

EMERGENCY FIRST AID FOR SPORT



Course Outline

This course is specifically designed for those who are involved in sports competitive and non-competitive as well as recreational activities.

The course aims to inform of safe practice in attending to a casualty with a range of illnesses or injury that may occur or be affected by activity or sport. It aims to provide the student with knowledge and confidence to attend to an injured or ill casualty.

Basic Life Support is included, as well as many other First Aid conditions

It provides a minimum of 3 hours teaching time consisting of practical and theoretical activities.

This course is appropriate for those with a good knowledge of first aid practices or where there are other first aiders available so basic skill only are required.

Syllabus.

1. Brief overview of roles responsibility and legislation
2. Assessment of the casualty.
3. Management of the unconscious casualty.
4. CPR up to date guidelines and AED use
5. Wounds, breaks, sprains, strains.
6. Head injury specific to each relevant sport's governing body.
7. Choking

Certification

Assessment is ongoing by the instructor with verbal questioning and observation of practical aspects.

Every candidate is required to take part in all the practical aspects including CPR.

Certification is valid for three years

The course includes practical aspects including CPR at floor level so a degree of mobility is required and appropriate clothing to maintain dignity. A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

Exact timings are flexible and responsive to the specific needs of the student.

Course timings

a) Introduction:

- What is first aid?
- Overview of Legislation including first aid kits, signage, level of provision, accident reporting, GDPR, HSE
- Responsibilities

a = 10mins

b) Action in an emergency, Priorities of first aid treatment, Contacting the emergency services

b = 10 mins

c) Primary survey, DR ABC, Safety

c = 20 mins

d) Secondary assessment, top to toe, Recovery position and shock

d = 20 mins with practical

e) Resuscitation and AED, Principles of cardiopulmonary resuscitation, current resuscitation guidelines, Safe use of an AED Chain of survival

e = 40 Mins with practical and assessment.

f) Disorders of respiration (asthma anaphylaxis choking)

f = 20 mins with practical. With choking vest demo

g) Wounds how to dress and how to recognise significant bleed

g = 20 mins with practice

h) How to recognise sprain strain break dislocation and how to treat RICE discuss neck and back injury.

h = 20 mins

i). Head injury; discuss recognition and specific governing body guidelines, seizures as a consequence management

i = 20 mins

Teaching method

The method of teaching will include written media, pictorial media and auditory media adapting to the venue and the needs of the group.

The trainer will be a recognised trainer and assessor regularly assessed by a recognised training body and delivering regular "at work training" regulated by the HSE and a recognised awarding agency.