

FIRST AID FOR SPORT



Course Outline

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

The course aims to inform of safe practice in attending to a casualty with a range of illness 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 bringing it in line with the Emergency first aid for Work qualification for those who wish the additional qualification.

A minimum of 6 contact hours in the classroom, consisting of practical and theoretical activities

Syllabus

A range of subjects are covered including:-

- Responsibilities and reporting • Resuscitation • Angina • Heart attacks
- Assessment of the situation • Choking
- Dealing with an unresponsive casualty • sprains strains • Seizures
- Basic hygiene in First Aid • Bleeding control • Shock
- Fractures • Head injuries • Spinal injuries
- Diabetes • Asthma

*(Drowning injuries • Burns • Electrical injuries •) added when appropriate to the sports on the course or if the EFAW is required by any candidate.

- Heat and cold

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 and should an Emergency First Aid at Work (EFAW) be required, additional registration paperwork is completed by the candidate and the certificate awarded through a separate awarding agency.

Numbers and entry requirements

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. However

any candidate under the age of 16 years is advised that they cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the person is suitable for that role in line with the HSE regulations

Exact timings are flexible and responsive to the specific needs of the students however the minimum 6 hours of teaching time is consistent as to align with the EFAW if required

Course timings

a) Introduction:

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

a = 30mins

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

B = 10 mins

c) Primary survey, DR ABC, safety, the bystander

c = 30 mins

d) Secondary assessment, top to toe, Recovery position

d = 30mins with practical

e) Resuscitation and AED, Principles of cardiopulmonary resuscitation, current resuscitation guidelines hand only face shields.

- CPR on your own, with help CPR protocols for children, and victims of drowning if needed
- Safe use of an AED Chain of survival

E = 60 Mins with practical and assessment.

f) Disorders of respiration (asthma anaphylaxis choking and brief anatomy and physiology

f = 40 mins with practical. With choking vest and auto adrenalin injector demo.

g) Disorders of circulation stroke, heart attack angina with brief anatomy and physiology, shock and fainting

g = 20 mins

h) Wounds and bleeding including nose bleeds infection control, minor major wounds , foreign object still in, amputations internal bleed recognition and bruising,

h = 40 mins including practical bandaging

I) Skeletal injuries, sprains strains fractures including neck and spine. RICE.

I = 40 mins with log roll practical

J) Head injury with reference to specific sport NGBs Seizures management and discussion surrounding major and minor seizures and causes plus and eye, ear injury.

J = 30mins

K) Hot and cold, dehydration, hypothermia discussion, recognition and treatment and prevention in sport

K = 20mins

L) Overview of diabetes and how exercise may affect the insulin dependent diabetic and the impact of unexpected length or activity level.

L = 10 mins

(Minor burns and scalds and electricity) for those requiring the EFAW this adds 20 mins to the course.

Closure

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.