

Sports First Aid

About the course

Sports First Aid is a level 2 training course especially for people those regularly taking part in sport as a recreation or in a sport related role.

This is an interactive course where course participants learn the skills of emergency care and how to respond to an ill or injured athlete.

Who should attend

This course is an outstanding course for people who are working in sports related roles. This includes teachers of sport, coaches of football, tennis, cricket etc. linesmen and match first aiders.

What you will learn

You will learn basic life saving skills, how to manage a first aid incident and how to cope with sports related injuries.

The length of the course

12 hours; may be split into 2 x 6 hours, 4 x 3 hours to suit.

Course content

- Essential skills of patient care
- Protection of self and patient
- Initial assessment
- Recovery position
- Chain of survival
- Resuscitation
- Choking and airway complications
- Wounds and bleeding
- Shock management

The course features numerous sports-related scenarios managing incidents in football, basketball, soccer, volleyball, rugby and more.

Assessment and certification

Continuous assessment by the trainer. A certificate of competence will be issued on successful completion of the course which is valid for three years.

The course satisfies HSE recommendations for Appointed Persons in the workplace and is NVQ linked.

Where you can do the course

This course can be held in your premises throughout the UK. Open courses are held in Wiltshire and Gloucestershire.

How much it costs

See price list.

Continued over ...



How to apply

You can book on to a course or organise in house training:

- on our website www.switchtraining.co.uk
- by email info@switchtraining.co.uk
- by phone **01666 823626**