



## **Sports Emergency First Aid**

**Suitability:** This course is suitable for people who are involved in all kind of sports, especially sports where physical movement is required and therefore risk of injury is higher. It is also suitable for people who would like to learn or broaden their knowledge on basic life saving skills. This course is also suitable to renew an already existing qualification in the subject

**Validity of Certificate:** 3 years

**Duration:** 5 - 6 hours

**Course Assessment:** During the Sports Emergency First Aid course, participants are practically assessed on the various practical aspects (mentioned below). At the end of the course, participants are assessed by a theory assessment sheet to assess understanding of main topics

**Certification:** Upon successfully completing the Sports Emergency First Aid course, each participant will be awarded with a certificate of competence in the subject

The Sports Emergency First Aid course includes practice of Primary Survey concluded by CPR on adult and child manikin, Secondary Survey concluded by the recovery position, recovery position for spinal injury, practice of various wound dressing and sling-making

The Sports Emergency First Aid course is made up of 5 sections, which are:

### ***Introduction to First Aid***

1. Aims of First Aid
2. Hygienic Aspects when delivering First Aid
3. Legal Aspects that concern First Aiders
4. The Accident Book
5. Contents of a First Aid Box
6. Planning for an Emergency

### ***Minor First Aid Treatments***

7. Nose Bleeding
8. Panic Attack
9. Hyperventilation
10. Eye Injuries
11. Bruises
12. Grazes

### ***Major First Aid Treatments***

13. Being able to conduct a primary survey for an unresponsive, not breathing casualty - CPR
14. Being able to conduct a secondary survey for an unresponsive, breathing casualty - Recovery position
15. Use of an AED combined with CPR
16. Asthma
17. Head Injuries
18. Body Shocks
19. Heat Exhaustion
20. Heat Stroke

### ***Recognition of various Illnesses and First Aid Treatment***

- 21. Heart Attack & Angina
- 22. Diabetes
- 23. Seizures and Epilepsy
- 24.** Fainting

### ***Body Injuries and First Aid Treatment***

- 25. Bleeding
- 26. Sprains and Strains
- 27. Bone Fractures and Dislocations
- 28. Spinal Injuries
- 29. Body Burns and Scalds