

SC002 First Aid - Injuries during sports activities

Course Outline:

This course is mostly applicable for any person with an involvement in sport activities. One may encounter several types of injuries when practicing a sport. This course, although following the procedures of the Basic first aid course, gives more focus towards sport related injuries and is ideal for coaches, technical team members, nursery assistants and members of sporting club administration as well as for anyone who practices a sport.

Who May Apply?

Coaches
Technical Team Members
Nursery Assistants
Sporting club administration members
Anyone who practices any sport

Learning Objectives:

Part 1: Emergency First Response Primary Care (CPR) teaches participants how to respond to life-threatening emergencies. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise. Primary Care (CPR) skills taught in this course:

- Scene Safety Assessment Universal Precautions
- Communicable disease protection, including barrier use
- Primary Assessment rescue breathing cardiopulmonary
- Resuscitation (CPR) Conscious and Unconscious
- Obstructed airway management
- Serious bleeding management
- Shock management
- Spinal Injury management

Part 2: Emergency First Response Secondary Care (First Aid) covers injuries or illnesses that are not immediately life threatening. Participants focus on secondary assessment and first aid through knowledge development and realistic scenario practice. Secondary skills taught in this course:

- Injury Assessment
- Illness Assessment
- Bandaging
- Splinting for dislocations and fractures

Course Structure:

12 hours: split into 4 sessions of 3 hours each
8 hours Theory, 4 hours Practical

Certification:

Certificate will be valid for 3 years covering attendance to the course as well as a qualified First Aider