

First Aid Awareness for Sports Coaches

Awareness Level

3 Hours—Delivered Online or In-Person

Duration

3 hours

A short course which will give sports coaches the awareness of treatments for injuries which may occur in their sessions, including emergency situations.

This course can be delivered online or in-person.

Syllabus

A range of subjects is covered including:-

- The role of a first aider

- Basic life support (including CPR and AED use)

- Shock

- Head Injuries

- Wounds

- Muscular and Skeletal Injuries

- Common Medical Conditions (including anaphylaxis and epi-pen use)

Certification

Delegates will receive a certificate of attendance. This course does not have an expiry date, however, it is recommended that learners refresh their knowledge after 2 years. Please check your NGB for their stated recertification timings.

Further Learning

This course is a great intro into first aid. To learn more, take a look at our regulated courses including First Aid at Work, Paediatric First Aid or Activity First Aid. If you are looking for a bespoke course to meet the needs of your NGB then please [contact us](#).

12.2.21

