

Short Sports First Aid 3 Hours

Sprains, fractures, cuts and grazes are all part of the rough and tumble of sports. We've designed our course to teach you all the basics of First Aid as well as how to treat some of the most common sporting injuries.

Who is it for?

Coaches, teachers and volunteers involved with any sporting activities.

What will you learn?

- Role of the first aider
- Managing an emergency
- Communication & casualty care
- Bone, muscle and joint injuries
- Choking (adult)
- Head injuries - Concussion
- Resuscitation (adult)
- Spinal injury management
- Unresponsive casualty (adult)

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru Trainers in line with current HSE guidelines

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

Bespoke courses (See above for an example)

When you book with St John Cymru our friendly team can work with you to create our own bespoke, tailor made courses to suit your specific environment and needs.

Our courses can include scenario based training to ensure you obtain the most relevant practice and skills for your workplace.

For more information or to book your course please contact:

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