

Sports First Aid Course (Basic)

The Sports First Aid course has been designed to:

- § Improve the quality of first aid available in the sport and exercise environment.
- § Increase awareness of the importance of sports first aid among leader's coaches, teachers and all volunteers involved in sport and exercise.
- § Make sport safer for everyone.
- § Help to ensure that any injuries are dealt with appropriately when they first occur and until arrival of health care professional.

The course is aimed at:

- § Coaches / Sports Leaders / Team Managers / Mentors / Club Volunteers
- § Teachers
- § Those who are on the touchline for sporting teams or events
- § Parents
- § Sports participants themselves

Course Duration: One Day (for example: 9.30-4.30pm)

Training is provided by qualified staff from Donegal Occupational First Aid Services and is delivered on a local and central basis as demand requires. Course materials will be provided and a Basic Certificate will be issued on completion of the training.

Course Content: The course covers basic first aid with an emphasis on sporting injuries including:

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| § Primary Survey (Examination of patient AcBC) | § Heart Attack |
| § External Haemorrhage | § Choking |
| § Internal Haemorrhage | § Fractures |
| § Treatment of Haemorrhage | § Sprains and Strains |
| § Nose Bleeding | § Asthma |
| § Concussion | § Introduction to CPR and Defibrillation procedures |
| § Compression | |

Cost: Individual €35 Group €350.00 (12 max per group and per session)

Proposed dates for Jan/Feb 2010: Saturday 30th January 2010
Saturday 6th February 2010
Saturday 13th February 2010

Further Information: Donegal Sports Partnership,
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