

First Aid for Appointed Persons (Sport and Exercise) - HSE recommended

This is the minimum level of statutory first aid training for those required to act in an emergency. An essential course for sports coaches, fitness trainers, club officials or anyone who could be called on to deal with injury or illness in the sport and exercise situation. The certificate is accepted by all sport and exercise governing bodies for insurance and CPD purposes (6 hours).

This course will be ice hockey specific and so will take you through the possible problems with regards to management of ice hockey injuries.

Course content:

Delegates receive training in a range of first aid subjects, including:

- Legalities of First Aid: obligations, the Duty and Standard of Care expected of the first aider
- The Primary Survey in sport and exercise: ABCDE
- Basic Life Support: Resuscitation Council Guidelines 2005, Adult and Child sequence, including Defibrillation demonstration
- Sudden Death Syndrome: incidence of major cardiac illness in athletic populations
- Management of the unconscious casualty, including head injury/concussion assessment: AVPU/Maddocks/CogSport/referral forms
- Management of injury, illness and environmental scenarios: case studies and open forum - subjects discussed will include neck injury, bleeding, fracture, dislocation, soft-tissue injury, asthma, hypoglycaemia, fitting, heat and cold illness

Course outcome:

On completion of the course delegates receive the nationally-recognised 'First Aid for Appointed Persons' certificate which is valid for 3 years (annual refresher training recommended).

Cost will be £50.00 per delegate with a maximum of 24 delegates per course. Tea and coffee will be provided.

If you are interested then please could you email Kate Cady (Head of Physiotherapy for EIHA) on kate.cady@eiha.co.uk