

Activity First Aid

This course is ideal for people who have responsibility for taking groups of people on activity outings such as outdoor walks or bike rides.

Who should attend?

This course is suitable for members and leaders of activity and youth groups.

What you will learn?

The course covers how to deal with conditions specific to leisure and sporting activities and the outdoors.

Course content

- Communication and casualty care
- Looking after yourself
- Emergencies in public
- Extremes of temperature
- Recognition and treatment of low blood sugar
- Role of the first aider in a group setting
- Resuscitation
- Choking
- Treatment of an unconscious casualty
- Bleeding
- Fainting, bites and stings, sprains and strains
- Asthma
- Head injuries, chest pains and shock
- Recognition and treatment for meningitis, poisons, seizures and stroke
- Bone, muscle and joint injuries

Course duration

12 hours contact time

Assessment and certification

Continuous assessment by the trainer.

Successful attendees will receive a certificate of competency that is valid for 3 years.

Course dates

If you are interested in this course, please email kweaver@ledleisure.co.uk for further details.

Cost

£95 (exempt from VAT)

Discount available for block booking of 5 candidates or more. Please contact training@ledleisure.co.uk for prices.