

Sports Injury First Aid Training

This course will give you all the necessary first aid skills to deal with a whole range of sporting injuries.

Who should attend?

Anyone involved in sporting activities - from referees and coaches to players.

What you will learn

How to deal with the type of injuries and medical emergencies that can happen during sporting activities.

Course contents

- Asthma
- Bleeding
- Bone, muscle and joint injuries
- Burns and scalds
- Chest pains
- Choking
- Communication and casualty care
- Emergencies in public
- Head injury
- Extremes of heat and cold
- Primary survey
- Resuscitation
- The role of the first aider
- Sprains and strains
- The unconscious casualty

Course duration

6 hours contact time

Assessment

Continuous assessment by trainer.

Candidates will receive a certificate of competency on completion of training 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

£65 (exempt from VAT)

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