

Emergency First Aid in Sports

The benefits of the Centaur Training Services - FA Basic Sports First Aid course is a foundation first aid sports-specific course for 'lay first aiders'.

PRESTON, LANCASHIRE, UNITED KINGDOM, August 31, 2022

/EINPresswire.com/ -- The [FA Basic Sports First Aid](#) course is a foundation first aid sports-specific course for 'lay first aiders'. Aimed specifically at sports coaches, PE teachers, personal trainers, athletes, gym supervisors, teachers, parents and volunteers, who

have a responsibility for the health and safety, and well-being of their athletes. The course is also suitable for athletes who wish to broaden their knowledge and be able to help their peers should the need arise. The provision of first aid is essential to support organised amateur and professional sporting activities for adults and minors in the UK.



FA Basic Sports First Aid from Centaur Training Services

“

The provision of first aid is essential to support organised amateur and professional sporting activities for adults and minors in the UK.”

Rose Watkins

The Centaur Training Services administered course aims to:

- To provide the student with an understanding of the general duties, responsibilities and treatment principles of first aid.
- To provide students with the basic knowledge, skills and attitude necessary to recognise and differentiate major from minor injuries and the ability to offer basic first aid and injury/illness management and advice to a participant

who has sustained illness/injury when engaged in sports activity, or sports environments.

Objectives

On completion of the course, the student should be able to:

- Describe the duties, responsibilities, general treatment principles and priorities of emergency care provision.
- Describe the elements of pre-event preparation for emergency care provision.
- Demonstrate an understanding of basic anatomy and physiology in relation to first aid.

- Conduct the logical 'on-field' assessment SALTAPS (See, Ask, Look, Touch, Active, Passive, Strength), to assess if an athlete needs to be rested or removed from the field of play, and apply the principles of infection control if necessary.
- Recognise and respond to the signs and symptoms of common injuries and illnesses.

The course is divided into three modules:

- General principles of first aid and emergency aid.
- Common musculoskeletal injuries, 'on-field' assessment and basic first aid management for acute soft tissue injury.
- Common medical conditions, the first aid kit and after-incident issues.

The FA Basic Sports First Aid course requires that candidates understand the principles, practice, and ethics of first aid. To be eligible for assessment and certification students must have completed all elements of the course. Assessment consists of 5 minutes (oral questioning) of practical observation in basic life support. The assessment will relate to the student's knowledge and understanding of the course content; the scenario will be either the recognition and response to an illness or the recognition and response to an injury.

Once attained, the qualification lasts three years and to remain qualified, holders must complete another course within the final three months before the expiry of their current qualification. Students must be 16 years of age or over on the date of the start of the course. This course is accredited by FAIB but can be accredited by Quallsafe awards for a small extra fee, depending on your needs (you must inform Centaur Training Services if you want it to be accredited by Quallsafe when booking).

First Aid – What do I need

It is recommended that employers conduct a new risk assessment regularly so that they select the most appropriate course and a number of first aiders for their business. This involves consideration of several factors including hazards and risks in your workplace, number of employees, accident history, lone workers and distribution of workforce. If you are unsure about what first aid provisions you require, please click the link below to complete our requirements calculator. It uses up-to-date HSE recommendations to find the right course for you, quickly and easily. [First Aid Requirements Calculator](#)

To find out more about Centaur Training courses and to get information about a wide range of other off and on-site, and e-training courses, please visit our website www.centaurtraining.co.uk or call 01772 433080.

Media contact at [Piranha Digital](#)

Don Fryer
Piranha Digital
+ +44 1772888331

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/588676496>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.