



Activity First Aid

Qualification: ITC Level 2 Award in Activity First Aid (QCF)

Duration: 2 days / 12 hours (09.00 - 16.00)

Certificate: 3 years

This qualification introduces the techniques, skills and decisions that will be needed to manage emergency first aid, illness and injury in the context of activities. Suitable for any activity ranging from many outdoor or indoor sports such as swimming, gymnastics, martial arts, orienteering, rowing, cycling, climbing, skiing/snowboarding etc.

The first day covers essential lifesaving techniques with the second day building upon this with more in depth illness and injury first aid. The course covers the requirements of some National Governing Body Instructor awards and is tailored to your specific activity.

Core content: A systematic approach to incident management, vital signs, recovery position, CPR (adult and child), choking, first aid kits, bleeding, shock, minor and major injury, head/neck injuries, hypo/hyperthermia and other medical emergencies.

Assessment: Continual assessment by trainer observation and two short multiple choice question papers. Candidates must attend the full 12 hours to qualify.

This course is built by combining two mandatory units of assessment:

UNIT 1 = First Aid Essentials (D/504/6101)

UNIT 2 = Management of Illness & Injury in Activities (T/601/3616)

Certificate: Certified by ITC First and valid for 3 years.

This ITC qualification is regulated by the Office of Qualifications and Examinations Regulation (OfQual) and is part of the Qualifications & Credit Framework (QCF).



ITC First is a recognised awarding body that develops qualifications and approves, supports and verifies the activity of training centres delivering accredited first aid courses and qualifications.

Elements First Aid is a training centre approved to deliver Ofqual, SQA and ITC accredited courses and qualifications.

Established by Flora Schnider in 2006, **Elements First Aid** provide a variety of exceptional first aid courses to groups of individuals in the UK and overseas. Flora is an experienced professional trainer with over 10 years of experience dealing with accidents and emergencies on front line 999 ambulances in central London. She is passionate about the outdoor environment and about fun, practical, relevant first aid training.

Price: £895 for a group to a maximum of 10. Smaller or larger groups can be accommodated. Please contact us for more information.

Price is for a group in your own venue and includes all course equipment - course materials, first aid manuals, resuscitation manikins, handouts, course registration and certification. Travel expenses and accommodation may be at an additional cost depending on course location.