



## First Aid for Sport, Exercise & Fitness

**Qualification:** ITC Level 3 Award in First Aid for Sport, Exercise & Fitness (RQF)

**Duration:** 1 day / 7 hours (plus breaks)

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

This fun, practical, dynamic course has been developed specifically for those that work or participate in the sport and exercise setting. This nationally accredited qualification is part of the Regulated Qualifications Framework (RQF) and is externally regulated by Ofqual.

The course covers all the essential basic life support and illness management topics found upon most first aid courses as well as key sports topics. These include systematic injury assessment, when/how to move casualties, return to play decisions, when to and when not to use ice, managing winding, possible compartment syndrome and other sports related first aid concerns.

Emphasis is placed on injuries specific to your situation and includes the incident management skills required to deal with situations safely and systematically.

**+ Suitable for**

Ideal for personal trainers, group exercise instructors, sports therapists, massage therapists, sports coaches, parents, volunteers, and for those working or involved in the sport, exercise and fitness industry.

### **+ Core content**

Roles & responsibilities, scene assessment, vital signs, primary survey, secondary survey, recovery position, seizures, CPR including safe use of an AED (Automated External Defibrillator) for adult, child & drowning, choking, bleeding (including life-threatening bleeding) & shock.

Core content also includes stop play decisions, systematic injury assessment and treatment of soft tissue injury, fractures, dislocation, head and facial injuries, neck & spinal injuries, plus other minor and major sport related injuries and illness.

### **+ Assessment**

Assessment is carried out throughout the day by the trainer, who will observe you demonstrating practical First Aid skills on a manikin and with other learners. To achieve the full regulated qualification, you must: attend for the full duration (regulated qualifications have mandatory contact training time requirements), take a full and active

part in the practical, scenario-based training, and successfully demonstrate all of the required practical First Aid skills. There's no scary exam or question paper.

### **+ Nature of training**

This is a practical, hands-on course delivered both indoors and outdoors. It involves working closely with other learners and includes some physical contact during training activities.

You'll be expected to participate in practical exercises such as placing someone into the recovery position and performing at least two minutes of CPR on a manikin positioned on the floor. As a result, you should be reasonably fit and able to bend, kneel, and get down to floor level several times throughout the day.

If you are likely to require any help or support, have an injury, medical condition, disability, or any other circumstance that may affect your ability to participate fully, please contact us before the course. We may be able to make reasonable adjustments to the training or assessment, or where appropriate, offer a non-regulated qualification or a certificate of attendance. We'll be happy to discuss the options available and help you find the most suitable solution.

## **+ Prerequisites**

Learners must be 16 years + to register for this qualification, however, due to the nature of training and safeguarding reasons, learners must be 18 years + to join a public course. Please contact us if you are under 18 years and would like to join as we may have some alternative options for you.

## **+ Dual qualifications**

Some learners require multiple First Aid qualifications. Additional qualifications may be gained by completing this training, avoiding the need to do multiple courses. There's a small admin fee and it may require some additional training time. Please contact us for more information and to discuss your requirements.

## **+ Certificate**

Certified by our Awarding Organisation ITC First and valid for 3 years. Electronic certificates are emailed out to learners approximately 2 weeks after the training. This fully accredited Level 3 qualification is regulated by the Office of Qualifications and Examinations Regulation (Ofqual) and is part of the Regulated Qualifications Framework (RQF).

## **+ Revalidation**

You need to do the full course again in 3 years time to revalidate. The HSE also strongly recommend that first-aiders attend an annual Basic Skills Refresher course (3 hours) to prevent skill fade and maintain confidence.

## **+ Price**

Individual joining a scheduled course - £130 per person + VAT

In-house group (minimum 6) - £100 per person + VAT

In-house group (full course max 12) - £1000 + VAT

Additional qualification certificates - £20 per person + VAT

Charity & Community discount available to registered charities and not-for-profit community organisations.

Trainer to student ratio 1:12. Smaller or larger groups can be accommodated. Price includes use of all course equipment including bandages & resuscitation manikins, PPE, a comprehensive First Aid manual, handouts, course registration and certification.

For private group courses, travel expenses and accommodation may be at an additional cost depending on course location.

