



FIRST AID TRAINING

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## First Aid for Sport, Exercise & Fitness

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

**Duration:** 1 day / 7 hours

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

**Learner age:** 16 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**

Incident management, vital signs, recovery position, CPR including safe use of an AED (Automated External Defibrillator), choking, bleeding, shock, injury assessment techniques and cease play decisions, head injuries, spinal injuries, fractures, dislocations, soft tissue injuries, plus other minor and major sport related injuries and illness.

## **+ Assessment**

We'll observe you throughout the course and make sure you're completing all the practical tasks correctly. There's no scary exam or question paper. You'll need to be there for the full duration and get stuck in with all the practical work.

## **+ Nature of training**

This is an active and practical course that involves rolling around on the floor and some occasional close contact with another learner. Learners need to take a full and active part and comply with our Covid-19 mitigation measures. Please contact us prior to the course starting if you require a reasonable adjustment.

## **+ Prerequisites**

None

## **+ 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 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 - £100 per person

In-house group (minimum 6) - £80 per person

In-house group (full course max 12) - £800

Additional qualification certificates - £20 per person

Trainer to student ratio 1:12. Smaller or larger groups can be accommodated. Please contact us for more information. 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. We are not currently VAT registered.



