



Cookson First Aid

Free First Aid for all

Emergency First Aid for Sport

LEVEL 3 : 1-DAY TRAINING COURSE

This qualification has been developed to support those working in a sporting environment to meet the Emergency First Aid Requirements for the purpose of the Health and Safety (First Aid) Regs and to comply with sports governing body requirements for first aid.

This qualification will provide learners with the skills, knowledge and understanding to support individuals carrying out an emergency first aid role in a sporting environment.

RQF Level 3 Award

QNUK Level 3 Award in Emergency First Aid for Sport (RQF)

The Emergency First aid for Sport (RQF) qualification is aimed at those undertaking the role of an emergency first aider in a sporting environment, for example PE teachers and sports coaches. The Qualification naturally meets the requirements of the Health and Safety (First Aid) Regulations 1981 (1982 NI), however there are additional modules related to head and other injuries and safeguarding while providing first aid to young people.

Duration

Total qualification Time (TQT) is 8 hours, with at least 8 Guided Learning Hours (GLH) in the classroom over a minimum of 1 day plus independent pre and post course study.

Course Content

- The learner will understand the role and responsibilities of a first aider
- The learner will be able to assess an incident
- The learner will be able to provide first aid to an unresponsive casualty who is not breathing normally
- The learner will be able to provide first aid to an unresponsive casualty who is breathing normally
- The learner will be able to provide first aid to a casualty who is choking
- The learner will be able to provide first aid to a casualty who is wounded or bleeding
- The learner will know how to provide first aid to a casualty who is in shock
- The learner will be able to provide first aid to a casualty with suspected injuries to bones, joints and muscles
- The learner will know how to provide first aid to a casualty with a head injury
- Emergency First Aid in a Sports Context

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age.

Assessment

The qualification assessment includes a written and practical assessment. You must successfully complete the written and practical assessment to achieve the qualification.

Certification

The qualification is valid for three years from the date of achievement. It is recommended that you attend annual refresher training. You will need to complete the full course again to re-qualify for a further three years.