

# Sports First Aid Course



Latitude Training  
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## Course Details

This course is for coaches, match officials, or any support staff who are responsible for delivering higher risk sporting events. The course content can apply to any sport with prior discussion.

- ✓ Adult and Paediatric CPR
- ✓ Safe use of AED
- ✓ Recovery Position
- ✓ Fractures and dislocations
- ✓ Emergency Planning
- ✓ Head Injuries
- ✓ Spinal Injuries
- ✓ Minor Injuries
- ✓ Player Assessment (NGB Linked)
- ✓ Choking
- ✓ Sprains and Strains
- ✓ Seizures

### Pre - requisites

16 + years  
Level 2 English or equivalent

### Duration

Course Length: 9 hrs  
Certificate Expiry: 3 yrs

### Assessment

Practical Assessment  
MCQ paper



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