



Scottish Youth FA Criteria

FAO Officials seeking an SYFA Approved Sports First Aid Qualification

Clubs must ensure that all officials undertaking the role of First Aider have completed a course provided by an SYFA Approved Supplier.

Information for Clubs

- Course taught by appropriately qualified individuals from an appropriate provider in a suitable venue.
- Course duration should be a minimum of 7 hours with at least 1 component in person.
- Course accreditation to last no more than 3 years without an update/refresher session.
- Course covers list of topics – see topics to be covered below.
- Course is specifically designed as Sports First Aid and materially different from an existing First Aid course.
- Course teaching materials to include PowerPoint presentation or equivalent with additional written material/course handbook for participants to retain.
- Course to have appropriate examination procedure, which must include basic life support/CPR and scenario, based assessment in “real-life” sporting situations. Course participants must be examined as individuals. Written examination may be added to the examination process but when not used it is important that the scenario examination covers multiple areas of the syllabus.

Topics to be Covered

- The role of the first aider ☐
- Legal responsibilities of a first aider, duty of care/standards of care, roles and responsibilities especially regarding children ☐
- First aid at sporting events ☐
- The first aid room and kit ☐
- Incident assessment including sending for help and personal safety ☐
- Basic life support (as per latest European Resuscitation Council guidelines) including use of AED + practical session + examination ☐
- Management of the unconscious casualty + practical session + examination ☐
- Recovery position + practical session + examination ☐
- Action for vomiting, choking and suspected heart attack ☐
- Injuries to the head including facial injuries + practical session + examination.
Criteria state examination - informal ongoing assessment is appropriate and practical but not a substitute for formal end of course examination as in the criteria ☐
- Specific information on the management of concussion with evidence approach based on new Scottish guidelines ☐
- Spinal injury + practical session + examination this mean immobilisation on the field not moved till emergency services arrive ☐
- Injuries to the limbs – soft tissue and suspected fracture / practical session / examination ☐
- Bleeding injuries including management of shock ☐
- Management of wounds and burns ☐
- Medical conditions in sport including asthma, diabetes, seizures, angina/heart attack, stroke and environmental problems including heat and cold. ☐

The course should include scenario-based teaching of the major expected injury situations in sport. This also allows a degree of continuous assessment and the tutor to emphasise/expand on areas where course participants appear unclear and to ascertain which participants require additional practice regarding CPR skills.