

## 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.*