

Date as Postmark

Dear **Sir / Madam**

**CERTIFICATE IN FIRST AID FOR SPORT (MARCH / APRIL 2010)**

Thank you very much for your interest in football coaching and medical courses offered by the Herefordshire Football Association, in particular the Certificate in First Aid for Sport course.

**The course dates / times are as follows (3hrs per week):**

<b>Week 1</b>	<b>WEDNESDAY 17<sup>TH</sup> MARCH 2010</b>	<b>7pm to 10pm</b>
<b>Week 2</b>	<b>WEDNESDAY 24<sup>TH</sup> MARCH 2010</b>	<b>7pm to 10pm</b>
<b>Week 3</b>	<b>WEDNESDAY 31<sup>ST</sup> MARCH 2010</b>	<b>7pm to 10pm</b>
<b>Week 4</b>	<b>WEDNESDAY 7<sup>TH</sup> APRIL 2010</b>	<b>7pm to 10pm</b>
<b>Week 5</b>	<b>WEDNESDAY 14<sup>TH</sup> APRIL 2010</b>	<b>7pm to 10pm</b>
<b>Week 6</b>	<b>WEDNESDAY 21<sup>ST</sup> APRIL 2010</b>	<b>7pm to 10pm</b>
<b>Week 7</b>	<b>WEDNESDAY 28<sup>TH</sup> APRIL 2010</b>	<b>7pm to 10pm</b>
<b>*Candidates will also be required to undertake hours of home study to cover the course syllabus.</b>		

The cost of the course and assessment is **£120.00** per person including a medical bag OR **£85.00** per person with assessment but excluding medical bag.

**APPLICATION DEADLINE:** WEDNESDAY 24<sup>TH</sup> FEBRUARY 2010.

**PLEASE NOTE**

This course will only be registered with the F.A. and go ahead if a minimum of 6 completed applications including full course fee have been received by the application deadline. There will be no refunds given unless the course is cancelled by the H.F.A.

**COURSE TUTOR**

MR COLIN TAYLOR

**COURSE VENUE**

HEREFORDSHIRE FOOTBALL ASSOCIATION, COUNTY GROUND OFFICES, WIDEMARSH COMMON, HEREFORD, HR4 9NA.

I have enclosed details of the course structure and application form.

If you require further information regarding the CERTIFICATE IN FIRST AID FOR SPORT or other F.A. courses then please do not hesitate to contact me.

I look forward to hearing from you.

Yours in Sport,

**Paul**

Paul Carpenter  
Football Development



County Ground Offices  
Widemarsh Common  
Hereford HR4 9NA

PRESIDENT  
Sir Colin Shepherd

CHAIRMAN  
W.E. Shorten

CHIEF EXECUTIVE  
J.S. Lambert

## **CERTIFICATE IN FIRST AID FOR SPORT**

### **Introduction**

Since 1993 the FA has provided the Emergency Aid course. From this, it has been identified the need for a more comprehensive First Aid course, to provide a person with the knowledge and skills to deal with injuries that occur on the field of play from the minor to the severe. This course will identify these injuries and deliver the knowledge and skills required to treat them.

### **For Whom is the Course Intended?**

The Football Association's CERTIFICATE IN FIRST AID FOR SPORT course is a comprehensive course, aimed at personnel acting as 'Manager', 'Coach', 'Trainer', or 'Therapist' for Amateur and Youth Clubs and for Teachers responsible for school teams. This course is designed for all levels of football and other sports.

The course will provide participants with the opportunity to gain fundamental knowledge and skills in order to recognise and manage common injuries sustained in football and other sports and administer immediate "Non-Emergency" first aid care.

### **Pre-Course Requirements**

Candidates are required to be over 16 years of age before certification. Candidates must hold a current **Emergency Aid Certificate**, or equivalent, offered by an approved body such as The Health and Safety Executive, St John Ambulance, British Red Cross, The Football Association, Medic First Aid etc. Emergency Aid courses cover aspects of lifesaving (i.e. cardio-pulmonary resuscitation and artificial respiration), which are not included in the Certificate in First Aid for Sport course. Candidates are also expected to have attended and completed a **Child Protection & Best Practice workshop** either before the course of training or before the final assessment. The cost of these modules is not included in the course cost.

### **Course Aim**

To train a person in the basic knowledge of first aid and illnesses. It will provide a person with the skills required to identify injuries and provide a level of first aid to prevent these injuries worsening by applying these first aid principles on the pitch side.

### **Course Objectives**

On completion of the course, the student should be able to:

- i.* List or outline the tasks of a first aider for sport.
- ii.* Describe the pre-game/event preparation for duties as a "first aider".
- iii.* Outline the general structure and function of the relevant body tissues.
- iv.* Define common injuries in football and sport.
- v.* Describe the injury classification used for sports injuries.
- vi.* Describe the reaction of tissues to injuries and the degrees of tissue damage.
- vii.* Demonstrate the recognition/identification of injuries using the "SALTAPS" on-field injury assessment routine.
- viii.* Describe the signs and symptoms of common injuries and methods used in the testing and recognition/differentiation of injuries.
- ix.* Demonstrate practical first aid and management of injuries sustained in football and sport.
- x.* Explain the importance of advice and actions to prevent or reduce injury.
- xi.* Describe the important aspects of an Injury Report Form and an Emergency Information Form.



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## **Course of Training**

- Minimum 14 hours contact
- Suggested 8 hour's pre-course reading
- In-course study

## **Assessment/Certification**

Assessments will be conducted on a continual assessment basis throughout the course using first aid scenarios for practical assessment.

## **What is the Duration of the Course?**

The course involves a minimum of 14 contact hours. Students will be expected to prepare themselves through pre-course reading (8 - 10 hours) using the FA's 's course workbook. In-course practice of skills is expected.

## **What is the Duration of the Qualification?**

The FA qualification is valid for 3 years, after which, attendance on a further course is required.

## **Course Syllabus**

### ***Course Introduction***

- Course Aims and Objectives
- Legalities and Ethics

### ***The First Aider for Sport***

- Duties and Responsibilities
- First Aid Priorities and General Treatment Principles
- Pre-event Preparation

### ***Basic Anatomy and Physiology of the Body Tissues***

### ***Injury***

- Injury Classification/Definitions
- Effects and Reaction of Tissues to Injury
- Degrees of Injury

### ***"On-Field Injury Assessment Routine"***

- "SALTAPS" Regime

### ***Recognition of and First Aid Practical Training for Injuries Sustained in Association Football and Sport***

- Fractures - General
- Head Injury
- Slings, Supports and Dressings
- Injuries to Joints
- Minor Cuts/Abrasions/Skin Burns
- Fractures to Clavicle/Ribs
- Ligament Injuries - Sprains
- SALTAPS - "On Field" Assessment Routine
- Muscle/Tendon Injuries:-
- Strains
- Contusions

- Ruptures
- Fracture to Cheekbone/Mandible
- Winded Player
- Muscle Cramp
- Neck and Spinal Injury

### ***Injury Reporting***

- Injury Report Form

### ***Awareness of Other Medical Conditions***

### **The Medical Bag**

- Types
- Contents
  - Essential items
  - Useful items but not essential

The Certificate in First Aid for Sport course leads to the **Level 2 Certificate in the Treatment and Management of Injury in Football (L2TMI) course.**



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APPLICATION DEADLINE: WEDNESDAY 24<sup>TH</sup> FEBRUARY 2010



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**COURSE APPLICATION FORM**

Name of Club/Team within Club: .....

Do you currently hold any of the following F.A. qualifications (PLEASE CIRCLE)?:

**CHILD PROTECTION – FA EMERGENCY FIRST AID**

Other Coaching Qualifications:.....

Name: .....

Address:.....

.....

.....Postcode: .....

Date Of Birth ..... Age:.....

National Insurance Number .....

(If aged under 18 years of age, please supply signature of parent/guardian)

Signature of Parent/Guardian .....

Telephone Home: .....

Telephone Work: ..... Tel Mobile: .....

E-mail address: .....

**WEDNESDAY 17<sup>TH</sup> MARCH 2010**

Course Start Date: .....

Venue: Herefordshire Football Association, County Ground Offices, Widemarsh Common, Hereford

Any special requirements/medical conditions: .....

Do you have any objection to photographs being taken during the course for the purposes of HFA Football Development promotion? YES - NO (Please circle as applicable)

I understand that The Herefordshire Football Association Limited, The Football Association, their agents, servants and employees are not under any liability whatsoever in respect of injury, loss or damage, however caused whilst attending the course.

**£ 120.00 / £ 85.00**

Please find enclosed a cheque/Post Order for £ ..... with my application made payable to **The Herefordshire Football Association Limited. I understand that my course deposit/course fee will only be returned if the course is cancelled by the H.F.A.**

Signed: ..... Date: .....

Your personal details will be stored on The Herefordshire Football Association's Coaches Database. Information may be obtained by organisations wishing to employ coaches. If you do not want your personal details known please tick

Please return to: **Paul Carpenter, HFA Football Development, County Ground, Widemarsh Common, Hereford, HR4 9NA.** Telephone 01432 342179

Email [paul.carpenter@herefordshirefa.com](mailto:paul.carpenter@herefordshirefa.com)