



RFU Sports First Aid

Aim

RFU Sports First Aid Course (RFUSFAC) has been jointly produced by the Rugby Football Union and The Swimming Teachers Association (STA).

The aim of the RFUSFAC is twofold:

- 1.** To enable a candidate to be able to act as an appointed person to take charge of the first aid arrangements, including looking after the equipment and facilities and calling the emergency services when required.
- 2.** To deal with incidents that may arise whilst coaching or officiating rugby.

Pre-requisites

The candidates must be 16 years of age or older.

Validity of Award

36 Months.

Length of Course

Six guided learning hours.

Course Information

The course syllabus, in addition to dealing with incidents that may arise whilst coaching or officiating rugby, covers the following as laid down by the Health & Safety (First Aid) Regulations 1981:

- What to do in an emergency;
- Cardio-pulmonary resuscitation;
- First aid for the unconscious casualty;
- First aid for the wounded or bleeding;
- First aid equipment;
- Employers risk assessment of first aid needs.

Assessment

- Demonstrate the ability to carry out various defined first aid activities in a safe manner;
- Demonstrate CPR and the preparatory actions preceding the administration of CPR;
- Satisfactorily complete the final course worksheet.

**For details on courses running in your area please visit
www.sta.co.uk or contact the course department.**