

First Aid - Rugby First Aid

Aim

Jointly produced by the Rugby Football Union and STA, the **First Aid - Rugby First Aid** programme aims to develop and demonstrate an understanding of the principles of and requirements for the provision of Emergency First Aid. It also provides learners with a clear understanding of their role as First Aiders, enabling them to practically apply general First Aid principles in an emergency situation. Additionally, it provides learners with the ability to respond to Emergency First Aid situations that may arise while coaching or officiating rugby.

Cost

£65.00

Validity of Award

This programme is valid for 3 years.

Length of Course

Approximately 10 hours, comprised of a recommended 4 hours distance learning through TrainSTA and 6 hours contact with a Tutor.

Course Information

The **First Aid - Rugby First Aid** programme covers:

- Understand the role of the First Aider
- Know how to assess an emergency situation and act appropriately
- Provide First Aid for an unresponsive casualty
- Recognise the requirement for and administer Cardio-Pulmonary Resuscitation
- Recognise and administer first aid to a person who is choking
- Recognise and administer first aid to a casualty who is wounded and bleeding
- Recognise and manage a casualty who is suffering from shock
- Know how to provide First Aid for minor injuries
- Recognise and administer First Aid to a casualty suffering from the following:
 - Sports-related concussion
 - Sports-related wounds and bleeding
 - Bone injuries
 - Sports-related head and spinal injuries
 - Sports-related supporting tissue injury.

Assessment

The assessment criteria are as follows:

- Complete an online pre-coursework unit
- Demonstrate the ability to carry out various defined First Aid activities in a safe manner
- Demonstrate CPR and the preparatory actions preceding the administering CPR
- Complete an end-of-course worksheet to the satisfaction of the course Tutor.

Revalidation

This programme requires revalidation every 2 years to update knowledge and demonstrate understanding.