



NaRS Emergency First Aid for Sport

Aim

The aim of the NaRS EFAS is to enable a candidate to be able to act as a first aider to take charge of the first aid arrangements, including looking after first aid equipment and facilities and calling the Emergency Services when required. It will also provide learners with the ability to respond to emergency first aid situations that may arise while coaching, officiating, helping or participating in sport. The NaRS EFAS course includes the Emergency First Aid at Work module which is approved by the HSE.

Pre-requisites

The candidate must be 16 years of age or older.

Validity of Award

36 Months.

Length of Course

Training courses, including final assessment, must last at least 8 contact hours. (where candidates have not undertaken prior reading and completed the 3 worksheets prior to the course then the minimum contact time will be 10 hours).

Course Information

On completion of training, successful candidates should be able to:

- Understand the role of the first aider including reference to:
 - ◇ the importance of preventing cross infection
 - ◇ the need for recording incidents and actions
 - ◇ use of available equipment
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious (including seizure)
- Administer cardiopulmonary resuscitation
- Administer first aid to a casualty who is choking
- Administer first aid to a casualty who is wounded and bleeding
- Administer first aid to a casualty who is suffering from shock
- Provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)
- Know how to assess a casualty and circumstances in order to act safely, promptly and effectively in an emergency
- Recognise the requirement for and administer cardiopulmonary resuscitation for a child
- Recognise and administer first aid to a child who is choking

- Recognise and administer first aid to a casualty who is suffering from sports related concussion
- Recognise and administer first aid to a casualty who is suffering from sports related wounds and bleeding
- Recognise and administer first aid to a casualty who is suffering from bone injuries
- Recognise and administer first aid to a casualty who is suffering from sports related head and spinal injuries
- Recognise and administer first aid to a casualty who is suffering from a sports related supporting tissue injury.

Assessment

The qualification is assessed as set out below:

- 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.
- Continual assessment by the tutor;
- Completion of the Final Worksheet to the satisfaction of the course tutor.

**For information of courses running in your area please visit
www.sta.co.uk or contact STA on 01922 645097.**