

Introduction to Football First Aid *

Why do an Introduction to Football First Aid Course?

- When there's no first aid person available, would you know what to do if a player was injured?
- This short, simple, interactive and practical course will give you the skills and confidence to handle this situation.

Who should do the course?

The Introduction to Football First Aid Course has been developed jointly by Football Federation Australia (FFA) and Sports Medicine Australia (SMA) with the support of Football NSW

The course is aimed at:

- Parents
- Players
- Coaches
- Club Staff
- Anyone else interested

Introduction to First Aid Principles

This course will provide First Aid Principles and basic skills. You will learn:

- how to initially care for an injured player;
- to identify when to refer the player for medical attention;
- when to call an ambulance.

What will you learn?

- Develop emergency planning skills
- Gain an understanding of hygiene and procedures to reduce contamination and infection
- Practice methods of dealing with Football Specific Injuries
- Use safe methods to transport an injured player
- Develop Concussion Recognition and initial management skills
- Recognise a Cardiac Arrest and practice initial response

Details of Course

- The course will be held at the club's indoor venue, at a time convenient for the club
- Interested individuals can join a "club" course with a minimum of 10 participants and a maximum of 30 for each course
- The course will run for 2 – 2 ½ hours
- Cost of course is \$20 per attendee (this will include course notes and a Certificate of Completion)
- A free First Aid Kit valued at \$180 will be provided to any club that has 20 or more attendees

Who to Contact

- Details on the course will be available from January 2014 on the My Football Club website – <http://www.myfootballclub.com.au>
- To register your interest please contact Mitch Jarvis (SMA) via phone: (02) 8116 9815 or email: mjarvis@smansw.com.au



Note that this is an introduction to first aid and not a certified first aid course