

## FIRST AID TRAINING

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**COURSE LINK:**

[Sports First Aid](#)

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**COURSE DURATION:**

**4 hours**

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**NZQA UNIT STANDARDS:**

**Nil**

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**NZQA LEVEL:**

**Two**

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**PREREQUISITE:**

**Nil**

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**COST (INCLUDING GST):**

**Public courses – \$70.00 per person**

**Private group courses – minimum \$630.00 for 10 persons, then \$52.00 thereafter to maximum 20**

*The above rates are valid till December 30th 2018, and are subject to change without notice*

For enquiries to book a private or public course:

 [firstaid@redcross.org.nz](mailto:firstaid@redcross.org.nz)

 **0800 REDCROSS**  
(0800 733 276)

 [redcross.org.nz/fa](http://redcross.org.nz/fa)

# SPORTS FIRST AID

## CONTENT:

- 10 point Action Plan for Sports Injury Prevention
- Primary Assessment
- Chain of Survival
- TOTAPS
- Manage Bleeding
- RICE
- Dislocations
- Fractures
- Hypothermia

This course is designed for players, coaches, team managers and active people in all sporting disciplines.

