

## First Aid for Leisure – Course Range

1. ITC Certificate in Outdoor First Aid - 16+ hours (SQA)
2. Expedition First Aid - 1 or 2 days (ITC)
3. Advanced First Aid - 2 days (ITC)
4. Forest School First Aid - 2 days (ITC)
5. ITC Level 2 Award in Activity First Aid - 12+ hours (QCF)
6. Sport Injury & Pitchside Return to Play Decisions - 1 day (ITC)
7. Sport First Aid Emergency Action - 1 day (ITC)
8. Sport First Aid - 2 days (ITC)
9. Paediatric Emergency First Aid - 1 day (ITC)
10. Road User First Aid Emergency Action (Unit 1)
11. Road User First Aid Incident Management (Unit 2)
12. Motorcyclist Expedition First Aid

1. **ITC Certificate in Outdoor First Aid** - This course is designed to meet the needs of those working away from immediate assistance in the remote regions of the UK. It is composed of 2 units for assessment, although the content from both units is typically delivered together, integrated throughout the course so that the course is relevant for, and aimed at, the outdoor worker from the moment candidates walk through the door. Comparing and contrasting what is different in the urban context when appropriate, giving the first aider a clear understanding of their first aid roles in urban and outdoor settings. This is the only Outdoor First Aid qualification that is externally regulated and meets the standards to appear upon a national qualifications framework.
2. **Expedition First Aid** - Days from Help. The courses are aimed at the expedition member who is traveling away from medical help and requires further First Aid insight rather than invasive medical training.
3. **Advanced First Aid** –Up to 24 Hours From Help? These courses are designed especially for the outdoor person who may be away from immediate help for some time. It covers the requirements of all of the outdoor national governing body Instructor awards making you advanced at the basics and skilful at techniques. Providing additional knowledge and developing relevant understanding, it builds upon previous knowledge enhancing casualty monitoring skills and extending incident management skills. This course deals with relevant issues: Adult/child. Urban/remote. Single/team. Minutes/hours and offers a proactive approach to incident management.
4. **Forest Schools First Aid** - The course content and context is totally integrated with the Forest School ethos and rationale. It should be the course of choice for the Forest School practitioner.

5. **ITC Level 2 Award in Activity First Aid** - Unit 1 Emergency First Aid at Work (separate certificate may be issued to meet HSE regulations) & Unit 2 Management of Illness & Injury in Activities.
  
6. **Sport Injury & Pitchside Return to Play Decisions - 1 day (ITC)** - This qualifications is for the team sports person, coach, spectator or other involved adult. This course includes key topics such as the principles for making return/cease to play decisions, managing specialist sports kit such as gum shields, when to and not to use ice, and sports specific first aid concerns such as managing winding, blows to testicles and dead legs. Serious injury requiring immediate medical attention is reviewed as well as conditions such as compartment syndrome.
  
7. **Sport First Aid Emergency Action - 1 day (ITC)** - This qualification is for the sports person, coach, spectator or other involved adult. This single module covers essential life-saving first aid and is the first module of the 2-module Sport First Aid qualification.
  
8. **Sport First Aid - 2 days (ITC)** - This qualification is for the sports person, coach, spectator or other involved adult. As well as the basic life support and illness management topics found upon most first aid courses, this course includes key sports topics such as return to play decisions, managing specialist sports kit such as gum shields, when to and not to use ice, and sports specific first aid such as managing winding, blows to testicles, dead leg, possible compartment syndrome and other sports related first aid concerns.
  
9. **Paediatric Emergency First Aid - 1 day (ITC)** - This course is the first day (6 hours) of the 2-day Paediatric First Aid qualification. It is suitable for those who require knowledge and skills of emergency first aid for children and babies. It is NOT suitable for current Ofsted requirements. The 2-day ITC Paediatric First Aid qualification is what is required by Ofsted.
  
10. **Road User First Aid Emergency Action (Unit 1)** - For candidates to use a system to cope with all immediate life-threatening emergencies. Including Assessing scene safety, getting appropriate medical help, keeping casualties alive until ambulance arrives
  
11. **Road User First Aid Incident Management (Unit 2)** - For candidates to use a system to cope with all immediate life-threatening emergencies and manage a range of first aid situations. To work in a team of two or more when managing these incidents.
  
12. **Motorcyclist Expedition First Aid** - The motorcyclist may well be the first on the scene in a lonely location and is often faced with daunting decisions not typically covered on a work based first aid course, especially if the casualty is another biker. This course uses 'Systems First Aid' and provides the knowledge and skills to manage incidents involving motorcycle casualty's safely until emergency medical help arrives. This course receives wide support from both individuals and organisations involved with motorcycling. It does include Helmet removal, when to and how to.