

# First Aid Course

This sports specific course meets the requirements of the BJA for those working to validate their coaching awards. The course is run by Andy Baker (Tora Judo Kai), who is a fire service trauma instructor and ex Royal marine combat medic with experience and able to deliver both sport and HSE courses.

This Sports first aid training is essential for those who have contact with people within a sporting environment and have the potential to be required to administer first aid as a result of a sports injury e.g. muscle strains, joint injuries, head injuries and other medical emergencies/conditions.

Sports first aid training is suitable for a wide range of people involved in sport. These include:

- Sports coaches
- Physiotherapists
- Osteopaths
- Match & club officials
- Teachers
- Parents
- Fitness & gym instructors
- Athletes & participants

The Course syllabus includes:

- Managing Incidents
- Basic Life Support
- Examination of a Casualty
- Unconsciousness
- Head Injuries
- Control of Bleeding
- Burns and Scalds
- Fractures
- Shock
- Anaphylaxis-Epi pen awareness
- Martial arts injury management
- Recording and Reporting

The next course will be held on Sunday 12th February 2012 from 10am to 4pm at:

The Scout Hall  
Christchurch Avenue  
Downend  
Bristol  
BS16 5TG

Course fee: £37

Please book on line through the link on [www.torajudo.org](http://www.torajudo.org)

There are only 12 spaces available on each course

Please feel free to contact Steve Chappell on 07989430288 or [info@torajudo.org](mailto:info@torajudo.org) if you require any further information.

Steve Chappell  
Tora Judo Kai  
07989430288  
[info@torajudo.org](mailto:info@torajudo.org)