



Sports First Aid Joining Instructions

Venue:

Games Room on lower ground floor
YMCA Indian Student Hostel
41 Fitzroy Square
London
W1T 6AQ

Tube: Euston Square, Warren Street, Goadge Street, Gt Portland Street

Course times:

Day 1: 08:45 registration
09:00-17:00, (includes a lunch break and tea breaks)
Day 2: 09:00-17:00, (includes a lunch break and tea breaks)
(2 x 15 minute breaks, plus a half hour for lunch)

All course members must be ready to start promptly at 09:00, please make sure that you arrive at least 15 minutes in advance.

Contact hours:

The Sports First Aid course is 14 contact hours and you need to complete all 14 hours to obtain your certificate, if you are unable to complete the hours we will try our best to accommodate you as best we can.

Clothing

Make sure you wear suitable clothes for rolling about on the floor, comfortable and practical clothes are best.

Lunch:

Tea and coffee will be provided, there are local shops for you to purchase food for lunch, however, as the lunch break is short we do recommend bringing something in with you on the day.

Please read – health and safety

Our First Aid training courses are active and practical in nature. If during any part of the practical sessions you feel uncomfortable or in danger, stop and ask the trainer for guidance.

Always be aware of your back when lifting, your knees when kneeling, and as ever assess your own safety first. Remember personal hygiene e.g. by making sure you wipe your manikin before use.

If you have any medical conditions or injuries, which could affect your performance, please bring them to the attention of our trainers at the start of the course.

Course members are expected to behave in a safe reasonable manner towards other participants and equipment.

Course notes are provided, they are designed to save you taking copious notes, and act as a reference after the course is completed.

Special needs

Please advise if you have any special needs, such as access or visibility or any other considerations we may need to plan in advance.

07799037773



Please note

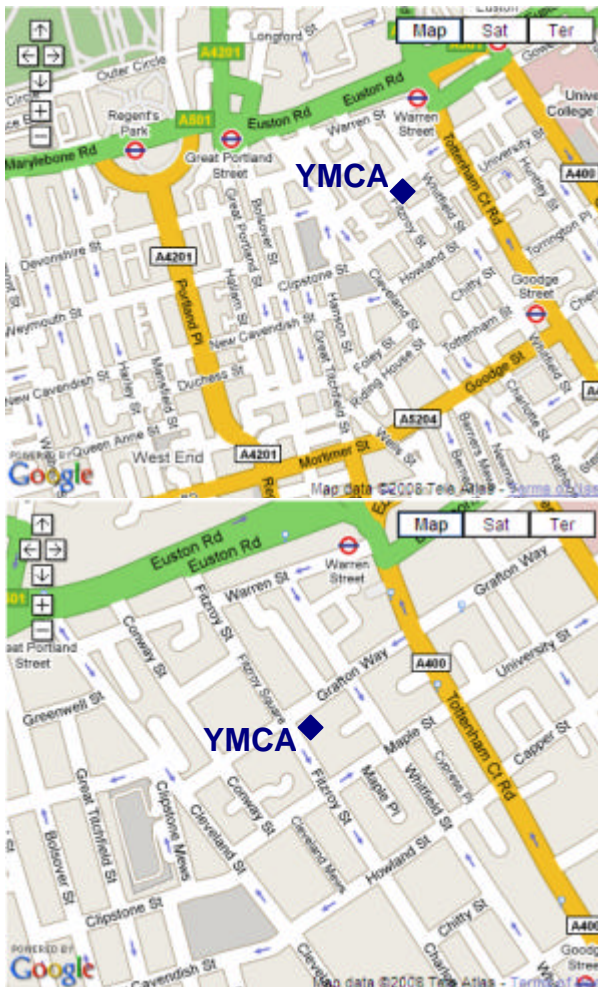
We cover injuries and illness in detail, this may remind participants of past events that may, in some instances, be distressing. If you find this happening please bring it to the attention of the trainers sooner rather than later.

If you have any worries, concerns or require further information, please do not hesitate to contact me.

I look forward to meeting you on the course.

Peta McSharry
HSE approved First Aid Trainer
London First Aid Ltd

info@LondonFirstAid.com
07799037773



07799037773