



CC Rugby First Aid Training

Timetable for Full Day Course

Unit 1 – Qualsafe Level 3 Award Emergency First Aid at Work (6 Guided Learning Hours)

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| 0900-0915 (15 mins) | Introductions |
| 0915-0935 (20 mins) | Roles and responsibilities of first aider Role, responsibilities, infection control, consent, and incident reporting |
| 0935-1005 (30 mins) | Incident and casualty assessment Scene survey, primary survey, calling for help/information needed |
| 1005-1150 (105 mins) | CPR and AED: Unresponsive casualty not breathing normally Recognition, treatment and CPR and safe use of an AED practical assessment |
| 1150-1200 (10 mins) | Break |
| 1200-1235 (35 mins) | Choking casualty Recognition, treatment and Choking casualty practical assessment |
| 1235-1320 (45 mins) | Unconscious casualty breathing normally Recognition, treatment and Unconscious casualty practical assessment Management of a seizure |
| 1320-1350 (30 mins) | Lunch |
| 1350-1405(15 mins) | Shock Types, recognition and treatment |
| 1405-1530(85 mins) | External bleeding Recognition, treatment and Wounds, bleeding and shock practical assessment Minor injuries Small cuts, grazes, bumps and bruises, small splinters, minor burns/scalds and nosebleeds |
| 1530-1605 (35mins) | Multiple choice question paper theory assessment |



1605 – 1615 (10 mins) **Break**

Unit 2 – Rugby Specific Content (RFU Approved)

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|---------------------|---------------------------------|
| 1615-1640 (25 mins) | Suspected Fractures |
| 1640-1710 (30 mins) | Suspected Spinal Injuries |
| 1710-1730 (20 mins) | Prevention & Play On Assessment |
| 1730-1750 (20 mins) | Head Injury and Concussion |

1750 – 1800 Wrap-up and Feedback



Timetable for Split Course

| Session One – 3 hours 5 mins | |
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| Unit 1 – Qualsafe Level 3 Award Emergency First Aid at Work | |
| 15 mins | Introductions |
| 20 mins | Roles and responsibilities of first aider Role, responsibilities, infection control, consent, and incident reporting |
| 30 mins | Incident and casualty assessment Scene survey, primary survey, calling for help/information needed |
| 105 mins | CPR and AED: Unresponsive casualty not breathing normally Recognition, treatment and CPR and safe use of an AED practical assessment |
| 15 mins | Shock Types, recognition and treatment |

| Session Two – 3 hours 20 mins | |
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| Unit 1 – Qualsafe Level 3 Award Emergency First Aid at Work | |
| 35 mins | Choking casualty Recognition, treatment and Choking casualty practical assessment |
| 45 mins | Unconscious casualty breathing normally Recognition, treatment and Unconscious casualty practical assessment Management of a seizure |
| 85 mins | External bleeding Recognition, treatment and Wounds, bleeding and shock practical assessment Minor injuries Small cuts, grazes, bumps and bruises, small splinters, minor burns/scalds and nosebleeds |
| 35 mins | Multiple choice question paper theory assessment |



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| Session Three – 2 hours 45 mins | |
| Unit 2 – Rugby Specific Content (RFU Approved) | |
| 25 mins | Suspected Fractures |
| 30 mins | Suspected Spinal Injuries |
| 20 mins | Prevention & Play On Assessment |
| 20 mins | Head Injury and Concussion |
| 20 mins | Recap of Unit 1 |
| 15 mins | Wrap-up and Feedback |