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## **Sports Injury Prevention and First Aid** (*Sport Safety Training Program*)

### **Purpose**

To provide individuals with the knowledge and skills necessary to provide a safe environment to athletes while they are participating in sports and, in an emergency, to help sustain life and minimize the consequences of injury or sudden illness until medical help arrives.

### **Prerequisites**

Possess a current American Red Cross Adult CPR certificate or equivalent (issued within two years).

### **Learning Objectives**

- Explain how the Emergency Medical Services (EMS) system works and the coach's role in the EMS system, including how and when to call EMS personnel
- Recognize a coach's safety responsibilities and how they impact injury prevention for athletes
- Identify and eliminate or minimize potentially hazardous conditions that may place athletes, coaches, officials and spectators at risk of injury
- Identify life-threatening bleeding, and demonstrate how to control it
- Identify the signals of shock, and describe how to minimize its effects
- Identify the signals of various soft tissue and musculoskeletal injuries and demonstrate how to care for them
- Identify the signals of sudden illness, including poisoning, bites and stings, and heat and cold emergencies, and describe how to care for them
- Describe when and how to move an athlete in an emergency situation

**Length** Approximately 4 hours, 25 minutes

**Instructor** Currently certified Sport Safety Training, First Aid/CPR/AED, Lifeguarding or Emergency Medical Response Instructor

### **Certification Requirements**

- Attend and participate in all course sessions
- Demonstrate competency in all required skills listed on the skills checklist
- Participate in all skills sessions
- Pass the final written exam with a score of 80 percent or better

### **Certificate Issued and Validity Period**

Sports Injury Prevention and First Aid– 2 year certification

### **Participant Materials**

*American Red Cross Sport Safety Training Handbook* (Stock No. 655535) and the *Checking the Conscious Athlete Adult or Child Skill Sheet*