

# ATHLETES' ANGELS TRAINING COURSES

## SPORTS PITCH-SIDE FIRST AID

### SPORTS 'PITCH-SIDE' FIRST AID - ONE DAY

This is essential for any therapist working in the sports injury field and a great course for anyone working at events with us. All techniques can be adapted for use in any sporting environment.

Teaching includes:

- **INTRO TO FIRST AID**
- **INCIDENT & CASUALTY MANAGEMENT**
- **BREATHING DIFFICULTIES**
- **RECORD KEEPING**
- **TREATMENT OF HEAD & SPINAL INJURIES**
- **PREVENTION OF SPORTS INJURIES**
- **RECOVERY POSITION**
- **RESUSCITATION**
- **SHOCK, WOUNDS & BLEEDING**

### AVAILABILITY

#### EDINBURGH

**Date:** Email for details

**Times:** 0830 - 1700hrs

**Venue:** Edinburgh Academy Junior School

**Cost:** £110

#### ABERDEEN

**Date:** Email for details

**Times:** 0830 - 1700hrs

**Venue:** Curl Aberdeen

**Cost:** £110



ALL EQUIPMENT, COURSE MANUALS, CPD CERTIFICATES  
AND REFRESHMENTS ARE INCLUDED IN THE COST.

A CERTIFICATE WILL BE PROVIDED UPON COMPLETION OF AN EXAM AND THE  
CERTIFICATE IS VALID FOR 3 YEARS.

**EMAIL:** [info@athletesangels.com](mailto:info@athletesangels.com)

**CALL:** Caroline: 07977 151540

Places are given on a first come, first served basis. A non-refundable £50 deposit will secure your place. Please contact us to find out about how to pay.

