

SportMedBC Sports First Aid Course Curriculum

Role of the SportsAider

- Role of the SportsAider
- Liability and Professional Behavior
- Sexual Harassment
- Confidentiality

Injury Prevention

- Facilities
- Equipment
- Environment
- Warm-up and Cooldown
- Flexibility
- Technique
- Medical History
- Hydration

On the Sidelines / First Aid Kits

- Emergency Action Plan
- Medical History Form
- First Aid Kit Supplies
- Emergency Equipment

Life Threatening Injuries

- Priority Action Approach
- Examining the Injured Athlete
- Vital Signs
- Respiratory/Cardiac Arrest
- Shock
- Concussion and Closed Head Injury



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Suspected Spinal Injury

Internal Injuries

Hyperthermia

Hypothermia

Injury Assessment & Management

Injury Assessment

Severity of the Injury

Management

Soft Tissue Healing and Repair

Criteria for Return to Play

Common Injuries

Sprains

Intro to Ankle Taping

Dislocation/Subluxation

Bursitis

Cartilage Injuries

Muscle Cramps

Strains

Contusions

Other Common Injuries and Conditions



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