SOCIÉTÉ DE SAUVETAGE

STANDARD FIRST AID/AED – SPORT AND RECREATION

16 HOUR COURSE

LESSON PLAN

Updated on July 2014

SAUVETAGE SECOURISME NAUTISME ÉDUCATION

4545, av. Pierre-De Coubertin, Montréal (Québec) H1V 0B2
Tél. : 514 252-3100 / 1 800 265-3093 • Téléc. : 514 254-6232
www.sauvetage.qc.ca • alerte@sauvetage.qc.ca
Organisme de charité enregistré : 10479 7212 RR0001

PRÉVENIR LA NOYADE

COURSE INTRODUCTION AND OBJECTIVES

The Standard Firs Aid/AED – Sport & Recreation course prepares candidates to endorse a prehospital responder role during an emergency situation that is related to recreational and sport activities, and that requires specific first aid notions. Candidates will, amongst other things, provide specific treatments in order to stabilize an injury while waiting for medical emergency services. They also learn to use an automated external defibrillator and to administer adrenalin by using an auto-injector* in any situation described in the *Regulation respecting the professional activities that may be engaged in within the framework of pre-hospital emergency services and care*.

This course also prepares candidates to play a preventive role during sport and recreational activities by teaching them how to quickly recognize abnormal signs and symptoms and to apply the required measures. It can be adapted to the type of sport or recreational activity in which the clientele works.

* Content of the MSSS Anaphylaxis Rescuers course (.5 h) must be taught in this course.

LEARNING OBJECTIVES

At the end of the course, candidates will be able to:

- ❑ Recognize and define the five (5) links in the Chain of Survival™;
- ❑ Describe his/her role within the Chain of Survival™;
- ❑ Recognize the controllable and uncontrollable risks factors;
- ❑ List three (3) signs and symptoms of angina / heart attack;
- ❑ List three (3) signs and symptoms of a stroke / transient ischemic attack;
- ❑ Apply the four (4) steps of the prehospital intervention protocol;
- ❑ Explain the signification of the article 2 of the *Charter of Human Rights and Freedom,* article 1471 of the *Civil Code of Quebec* and the *Civil Responsibility System of Quebec*;
- ❑ Carry out a primary assessment of a conscious victim and an unconscious victim without complication;
- ❑ Describe the procedure that must be applied when calling for the emergency response services (EMS);
- ❑ Carry out cardiopulmonary resuscitation (CPR) and the clearing of airway obstructions in an adult, child and infant;
- ❑ React to the possible complications of resuscitation;
- ❑ Use an automated external defibrillator (AED);
- ❑ Provide basic treatments for bleeding;
- ❑ Name three (3) signs and symptoms of shock;
- ❑ Provide basic treatment to someone who has fainted or is suffering from shock;
- ❑ Carry out a secondary assessment of a conscious victim and unconscious victim;
- ❑ Identify certain risks associated with a specific sport or activity;
- ❑ Perform some of the aforementioned interventions while taking into account the sport or activity's specific environment and equipment;
- ❑ Recognize signs and symptoms of an anaphylactic reaction;
- ❑ Apply epinephrine administration protocols to a victim know to be allergic.

EVALUATION

The evaluation for this course will be done progressively. The candidate will be evaluated through exercises, activities, practical sessions and practical situations.

COURSE DESCRIPTION

Time required:	❑ 16 hours
Required material:	❑ Guide du candidat Premiers secours - IRS (in French only)
	❑ Pocket mask and gloves
Certificate validity:	❑ 3 years

PREREQUISITES:

To be at least 14 years old. A 10 question pretest regarding the administration of epinephrine must be completed before the course. In order to successfully complete the course, participants will be required to perform specific in-class exercises.

ATTENDANCE

Attendance and active participation to the whole course are required in order to successfully complete the training and receive a certification. Candidates should be present to at least 90% of the training in order to receive the certification. It is the candidate's responsibility to update and recover missed lessons due to an absence.

ATTITUDE AND BEHAVIOUR

A respectful and safe behaviour is required throughout the course; otherwise, candidates can be expelled from the course.

ADMINISTRATION

The Lifesaving Society is a non-profit organization that relies on its instructors and affiliate members' involvement, dedication and professionalism. The Lifesaving Society develops its courses in collaboration with a medical committee and various national and international authorities, including the International Lifesaving Federation.

After successfully completing this course, candidates receive a Lifesaving Society award recognized by government authorities. The Lifesaving Society commits to sending the award within 10 business days after having received the candidates' results from the instructor or affiliate member.

As soon as you receive your award, you need to make sure your personal information is accurate; if it is not, you must contact the Lifesaving Society within 3 months after the exam date to make the required modifications.

Do not hesitate to contact us for any comment, suggestion or question, or to learn about how to get involved in one of our programs.

CONTACTS

Course instructor: _____

Phone: _____ E-mail: _____

Course instructor: _____

Phone: _____ E-mail: _____

Course manager (affiliate member): _____

Phone: _____ E-mail: _____

Contact information:

***IMPORTANT NOTICE ***

THE ACCREDITED INSTRUCTOR TEACHING THE COURSE SHOULD ALWAYS REFER CANDIDATES TO OFFICIAL DOCUMENTS PRODUCED BY THE LIFESAVING SOCIETY FOR ANY TECHNICAL QUESTION.

Feeling like broadening your knowledge?

Visit our Web site's FIRST AID section and discover our numerous trainings!
www.sauvetage.qc.ca

LIFESAVING SOCIETY
4545, av. Pierre-De Coubertin, Montréal, QC, H1V 0B2
514 252-3100 et 1 800-265-3093

Conseil de médecine du sport du Québec
4545, Pierre-De Coubertin, Montréal, Qc
H1V 0B2
514 252-3114 # 3492
www.sportsquebec.com

STANDARD FIRST AID/AED – SPORT AND RECREATION COURSE CONTENT

GENERAL ITEMS

Item 1	First aid basic principles
Item 2	Anatomy and physiology
Item 3	Legal aspects of intervention
Item 4	Transport of injured victim
Item 6	Communication with the emergency response services
Item 7	Prehospital assessment
Item 8	Primary assessment
Item 9	Secondary assessment

RESUSCITATION

Item 10	Chain of Survival™
Item 11	Resuscitation techniques – Adult, child and infant
Item 12	Airway obstruction – Conscious adult, child and infant
Item 13	Airway obstruction – Unconscious adult, child and infant
Item 14	Rescue breathing complications or specific situations
Item 15	AED functions and knowhow
Item 16	AED protocol for one and two rescuers

MEDICAL PROBLEMS

Item 17	Shock / fainting
Item 18	Convulsions and diabetic problems
Item 19	a.- Cardiovascular emergencies
	b.- Respiratory emergencies
	c.- Intoxication / poisoning
	d.- Abdominal pains

ENVIRONMENTAL PROBLEMS

Item 20	a.- Problems due to the cold
	b.- Problems due to the heat
	c.- Burns
	d.- Electrocution

TRAUMAS

Item 21	Bleeding
Item22	Head and spinal injuries
Item 23	a.- Musculo-skeletal injuries – Upper limbs
	b.- Musculo-skeletal injuries – Lower limbs
	c.- Soft tissue injuries
	d.- Thoracic wounds
	e.- Facial wounds

SPECIFIC SPORT AND RECREATION ITEMS

Item 24a	Sport & Recreation - Prevention
Item 24b	Sport & Recreation - Intervention

OTHER ITEMS

Ministère de la Santé et des Services sociaux	*Administrating epinephrine for acute anaphylactic type allergic reactions: People known to be allergic – 1.5 hour*