



Sports First Aid Level 3 (VTQ)

QUALIFICATION SPECIFICATION

QUALIFICATION NUMBER: PRO/19/SPFA

This Qualification is Endorsed by an Awarding Organisation Regulated by Ofqual



Endorsed, CPD Certified and ISO Standards

All ProTrainings classroom and online qualifications are endorsed through an Awarding Organisation Regulated by Ofqual, through the Skills for Care Scheme with the highest level of recognition and are approved through the CPD Standards services for CPD certification.

ProTrainings: Additional quality at an affordable price.



This is the highest standard of recognised endorsement and only organisations who have a proven history of continued success in making a difference in the training industry can be awarded the Centre of Excellence endorsement. ProTrainings proudly announce that we have received this endorsement for continuous professional training delivery.

As a recognised Skills for Care provider who is already endorsed for delivering training through digital e-learning, classroom and blended formats, this enhanced Centre of Excellence endorsement will take our credibility and quality of training to an advanced state of recognition. But what does this new Centre of Excellence endorsement mean?

The Centre of Excellence status means that we have been able to consistently demonstrate exemplary commitment to meeting the needs of learners in the adult social care sector. This meant we needed to comply with the social model of care and be able to measure the impact of provision on the lives of people who use these services.

We embarked on this provision to prove how consistent ProTrainings services are, to test whether we are meeting a high standard, to evolve, adapt and improve our provision and to place ourselves amongst a small selection of companies who are a Skills for Care Centre of Excellence.

Gaining this accolade has resulted in receiving a designation as a 'Centre of Excellence in Adult Social Care and Learning and Development' and we do not plan on stopping our standards here. We will continue to offer the finest services so that lives are rewarded through the training and services we provide.

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Introduction

Welcome to **ProTrainings Europe Limited**.

ProTrainings EU stands as a reputable certifying organisation with recognition for delivering training and qualifications in England, the UK, and worldwide.

Our extensive range of qualifications encompasses those meticulously crafted in-house, as well as qualifications subject to regulation by Ofqual through an awarding organisation. These qualifications are thoughtfully designed to align with industry standards and regulatory mandates, instilling confidence in every learner and user that our training adheres to the rigorous standards set by HSE, Ofqual, the UK & EU Resuscitation Council, Skills for Health, Ofsted, and Skills for Care.

We pride ourselves on our innovative approach to training delivery, which caters to diverse learning preferences encompassing online, classroom, and blended formats. Our array of delivery methods has garnered popularity among learners pursuing training for personal interest or as an integral component of their profession. Our training programs have been structured to meet the exacting standards synonymous with qualifications overseen by accredited awarding bodies.

Our commitment to excellence is underscored by a robust training methodology adhering to stringent specifications, quality assurance requisites, and qualification standards. This dedication to quality has led to the CPD certification of ProTrainings' online and classroom courses. Moreover, our courses have received endorsement through The Skills for Care Scheme, marking ProTrainings as the pioneering organisation to gain approval for both classroom and online training in the United Kingdom. Furthermore, our unwavering commitment to organisational excellence is evidenced by our achievement of ISO45001, ISO27001 and ISO9001 certification.

Our qualifications are designed to empower and inspire learners to expand their knowledge and skills. This growth can pave the way for career progression and employment opportunities within the workplace. Additionally, our qualifications serve as stepping stones for learners to advance toward further educational achievements.

For the latest news, updates, and information on our diverse range of qualifications spanning the Health & Safety industry, First Aid sector, Pet First Aid domain, and Health & Social Care sector, please visit our website at www.ProTrainings.uk.

Qualifications Specifications

ProTrainings EU is pleased to furnish policies and directives to centres, organisations, and individuals via this comprehensive specification. Within this document, you will find pertinent information encompassing the course curriculum, learning objectives, unit breakdown, and general guidelines pertaining to course delivery.

Our primary objective is to offer unwavering support to our centres by providing clear and insightful guidance through this specification, ultimately enhancing their comprehension of the course delivery and processing procedures. To access our specifications document, please visit our website at www.ProTrainings.uk, where you will also find specifications for various qualifications, conveniently categorized under respective sub-headings. For further inquiries or assistance, we encourage you to utilize our online chat service. Alternatively, you can reach out to our office at 01206 805 359. You may also contact our support department at support@protrainings.uk or our compliance department at compliance@protrainings.uk.

Sports First Aid Level 3 (VTQ)

The ProTrainings Sports First Aid Level 3 (VTQ) qualification is perfect for individuals, groups, and professionals seeking first aid training related to sports accidents. The course includes primary and secondary care topics such as soft tissue injuries, sprains, strains, head injuries, various types of cuts, and illnesses.

Designed to align with UK and European Resuscitation Council Guidelines as well as HSE requirements, this course ensures that its certificates are valid for three years. It can be delivered entirely online, as a blended training, or exclusively in the classroom. The online module includes 4 hours of content, complemented by a 3-hour practical session in the blended format, where students can apply what they've learned.

The course content is independently verified to meet Continuous Professional Development (CPD) guidelines and includes a Certified CPD Statement, a ProTrainings Certificate, and, for online courses, an Evidence Based Learning statement. This comprehensive approach ensures that all participants receive training that is both thorough and compliant with the latest standards, providing them with the skills necessary to handle emergencies in sports settings efficiently. Each mode of delivery caters to different learning preferences, making it accessible to a wider audience.

Qualification Delivery

Guided Learning Hours (GLH): These hours are made up of real-time contact time, guidance or supervision of a learner by an instructor, supervisor, tutor or trainer.

GLH for this qualification is 7

Total Qualification Time (TQT): This is an estimate of the total length of time it is expected that a learner will typically take to achieve and demonstrate the level of attainment necessary for the award of the qualification i.e. to achieve all learning outcomes.

TQT for this qualification is 9

Our Management of Working at Height (VTQ) course is taught over 1 day and will include practical and theoretical participation.

Entry Requirements

There are no specific entry requirements however, learners should have a minimum of level 2 in literacy, numeracy or equivalent and must be aged 14 years and above.

Progression or Similar

Successful learners can progress to other qualifications such as:

- FAQ Level 3 Certificate for First Responders on Scene FROS® - FROS
- First Aid at Work Level 3 (VTQ)
- Immediate Life Support (ILS)

Requirements to teach the Sports First Aid Level 3 (VTQ)

Approval to deliver this course is sanctioned by ProTrainings Europe Limited only.

Instructors must hold the relevant qualifications, experience and occupational competence to qualify for approval. A detailed portfolio providing descriptive dates, CPD log and meeting/passing IQA reviews is required for approval.

Supporting evidence which clearly outlines where instructors qualify to teach this course must be emailed to our compliance manager at compliance@protrainings.uk.

Certification

This qualification is overseen by our compliance department and all courses undergo a robust internal quality assurance review prior to certification.

A desktop-review and site visit will form part of our evaluation.

Paperwork should be marked and assessed by the approved instructor/centre and uploaded to our online management suite following successful completion of the course. Courses should be passed within 5 working days after the course has been taught.

Learner Access

ProTrainings offer highly sophisticated and supportive services to successful learners who complete online, classroom and blended training. Our online system offers the learner a uniquely designed portal where there is access to a free student manual, CPD credit statement, evidence-based learning document, optional weekly refresher videos and an area for downloadable content with a cohort of supporting evidence relevant to the qualification the learner completes.

ProTrainings after service adds clarity to teaching, promotes continuous learning and encourages learners to revisit and revise subjects they have been taught.

Complaints - Scope of Complaints Procedure: The procedure deals with complaints arising from:

- Delivery (or lack of delivery) of services for education and training including teaching, course content, tutoring, assessment, feedback on progress and learner support during learning programmes
- Incorrect or misleading information about services provided by the Centre
- Delivery (or lack of delivery) of support services provided by the Centre including administration of fees, enrolment processes, Centre accommodation, health and safety and learner resource services
- Unacceptable actions or behaviour by Centre staff and/or other learners in the Centre

How to complain -Complaints should initially be made in writing to the Head of Centre or to your designated tutor. This can be completed using your student login for www.ProTrainings.uk

Support can be made available for all those involved in a complaint including:

- Representation: parent, guardian, friend or supporter
- Help with completing the written complaint

Induction will provide further details regarding this process.

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Course Summary

- **Introductory First Aid Training**
- Fears of First Aid
- Asking Permission to Help
- Scene Safety
- Chain of Survival
- DRAB and the ABCDs
- Initial Assessment
- Stop Think Act
- Barriers
- Face Shields
- Adult Bag Valve Mask (optional)
- First Aid Kit
- **Cardiac Arrest**
- Adult and Child CPR
- Adult CPR Hand Over
- Compression-Only CPR
- AED
- **Heart Attack and Stroke**
- Heart Attack
- Heat Stroke
- **Choking Training**
- Conscious and Unconscious Adult Choking
- Conscious and Unconscious Child Choking
- **Bleeding Control**
- Types of Bleeding
- Serious Bleeding
- Plasters
- Other Injuries
- **Secondary Care Ongoing Assessments for Injury and Illness**
- Illness Assessment
- RICE - Strains and Sprains
- Adult Fractures
- Paediatric Head Injury
- Eye Injuries
- Spinal Injury
- Allergies
- Burns
- Heat and Cold Emergencies
- Shock
- Epilepsy
- Seizures



Learning Outcomes – PRO/912/MWH

These learning outcomes are mapped to meet a Management of Working at Height (VTQ) criterion. Each learning outcome presents a knowledge, skill or assessment to help students understand the curriculum in finer detail.

Learning Outcomes (LO) The learner will:	LO
UNIT – 1	
Understand the roles and responsibilities associated with the provision of first aid during sporting activities	LO1
Describe the role of a first aider	1.1
Identify common medical details to be collected on the sports participants	1.2
Assess risks that could cause injuries and illnesses	1.3
Demonstrate how to follow incident reporting procedures	1.4
Outline the required first aid equipment	1.5
Understand common injuries incurred through sporting activity	LO2
Identify common injuries incurred through sporting activity	2.1
Describe causes of traumatic injuries incurred in sport	2.2
Describe the signs and symptoms of traumatic injuries incurred in sport	2.3
Describe an injury recognition routine	2.4
Differentiate between major and minor injuries	2.5
Explain when to refer injuries to medical personnel	2.6
Explain how to refer injuries to medical personnel	2.7
Be able to provide first aid to an unresponsive	LO3
Identify when to administer Cardio Pulmonary Resuscitation (CPR)	3.1
Demonstrate CPR using a Manikin (including the use of an AED)	3.2
Identify when to place a casualty into the recovery position	3.3
Demonstrate how to place a casualty into the recovery position	3.4
Demonstrate continual monitoring of breathing whilst the casualty is in the recovery position	3.5
Identify how to administer first aid to a casualty who is experiencing a seizure	3.6
Be able to provide first aid to a casualty who is choking	LO4
Identify when a casualty is choking	4.1
Demonstrate how to administer first aid to a casualty who is choking	4.2
Be able to provide first aid to a casualty with external bleeding	LO5
Identify whether external bleeding is life-threatening	5.1
Demonstrate how to administer first aid to a casualty with external bleeding	5.2

Know how to provide first aid to a casualty who is in shock	LO6
Recognise when a casualty is suffering from shock	6.1
Identify how to administer first aid to a casualty who is suffering from shock	6.2
Be able to provide first aid to a casualty with suspected injuries to bones, muscles and joints	LO7
Recognise suspected: - Fractures and dislocations - Sprains and strains	7.1
Identify how to administer first aid for: Fractures and dislocations - Sprains and strains	7.2
Demonstrate how to apply: a support sling - an elevated sling	7.3
Be able to provide first aid to a casualty with suspected head and spinal injuries	LO8
Recognise a suspected: - Head injury - Spinal injury	8.1
Identify how to administer first aid for a suspected head injury	8.2
Demonstrate how to administer first aid for a casualty with a suspected spinal injury	8.3
Know how to provide first aid to a casualty with suspected chest injuries	LO9
Identify how to administer first aid for a: - fractured ribs - Penetrating chest injury	9.1
Understand common illnesses incurred during sporting activity	LO10
Identify common illnesses incurred during sporting activity	10.1
Describe the signs and symptoms of illnesses incurred during sport	10.2
Differentiate between major and minor illnesses	10.3
Explain when to refer illnesses to medical personnel	10.4
Explain how to refer illnesses to medical personnel	10.5
Be able to assess the seriousness of injury and prescribe the correct course of action	LO11
Perform an injury recognition routine	11.1
Demonstrate how to assess the severity of an injury	11.2
Demonstrate how to apply first aid to the injury	11.3
Demonstrate how to follow an injury incident reporting and referral procedure	11.4
Be able to assess the seriousness of an illness and prescribe the correct course of action	LO12
Perform an illness assessment	12.1
Demonstrate first aid care for the identified illness	12.2
Demonstrate how to follow an illness reporting and referral procedure	12.3

Useful Websites

ProTrainings Europe Limited

www.ProTrainings.uk

The Resuscitation Council (UK)

www.resus.org.uk

Health and Safety Executive

www.hse.gov.uk

Skills for Health

www.skillsforhealth.org.uk

Office of Qualifications and Examinations Regulation

www.ofqual.gov.uk

Ofsted

www.gov.uk/ofsted

Skills for Care

www.skillsforcare.org.uk

FOFATO

www.fofato.co.uk

NASDU

www.nasdu.co.uk

TQUK

www.tquk.org

CQC

www.cqc.org.uk

citizenAID

www.citizenaid.org



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