

## World Rugby Level 1 Rugby First aid course

Suggested- 8 hour practical programme to support on line learning.

T 0            **Introduction (including key messages/ chain of surv.)** (15 mins)  
- Lecture

T+15           **Standard Assessment Workshop – the injured rugby player – intro to Dr ABC and MILS** (30 mins)  
- Discussion based workshop

T+45           **Airway workshop** (45 mins)  
- Practical workshop

T+90           **Breathing and choking workshop** (45 mins)  
- Practical workshop

*Break (15 mins)*

T+150          **Circulation, bleeding and shock** (30 mins)  
- Discussion based workshop

T+180          **CPR / AED** (60 mins)  
- Practical workshop

T+240                            *Food Break (30 mins)*

T+270          **Head and spinal injury workshop** (60 mins)  
- Practical workshop

T+330          **Limb injury workshop** (45 mins)  
- Practical workshop

T+375          **Medical problems** (30 mins)  
- Discussion based workshop

T+405                            *Break (15 mins)*

T+420      **Practical scenario practice** (60 mins)

- Practical workshop

T+480      **EAP and closure** (20 mins)

- Discussion workshop and feedback

+500 total. (8 hrs 20 mins including breaks)

Equipment needed (- per 6 candidates)

- Flip chart/ white board and pens
- BLS manikin
- AED trainer/ simulator
- Broad arm sling x3
- Malleable splint x 3

Per course – 1 projector/ laptop with DVD facility.