



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE:	Sport Safety Training with Adult and Child CPR
Course Code:	32255
Purpose	To provide individuals with the knowledge and skills necessary to provide a safe environment to adult and child athletes while they are participating in sports and, in an emergency, to help sustain life and minimize the consequences of injury or sudden illness until medical help arrives.
Prerequisites	None
Learning Objectives	<ul style="list-style-type: none">• Explain how the Emergency Medical Services (EMS) system works and the coach's role in the EMS system, including how and when to call EMS personnel;• Recognize a coach's safety responsibilities and how they impact injury prevention for athletes;• Identify and eliminate or minimize potentially hazardous conditions that may place athletes, coaches, officials and spectators at risk of injury;• Identify the signals of breathing emergencies, including choking;• Demonstrate how to provide adult and child rescue breathing and first aid for choking;• Identify the major risk factors for cardiovascular disease and describe how to minimize them;• Recognize the signals of a possible heart attack, and describe how to care for someone who is experiencing persistent chest pain;• Identify the signals of cardiac arrest, and demonstrate how to provide CPR for an adult and a child until emergency medical care arrives;• Identify life-threatening bleeding, and demonstrate how to control it;• Identify the signals of shock, and describe how to minimize its effects;• Identify the signals of various soft tissue and musculoskeletal injuries and demonstrate how to care for them;• Identify the signals of sudden illness, including poisoning, bites and stings, and heat and cold emergencies, and describe how to care for them; and• Describe when and how to move an athlete in an emergency situation.
Length	Approximately 7 hours
Instructor	Currently authorized Sport Safety Training instructor
Certification Requirements	<ul style="list-style-type: none">• Attend and participate in all course sessions;• Demonstrate competency in all required skills listed on the skills checklist;• Participate in all skills sessions; and



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- Pass the final written exam with a score of 80 percent or better.

Certificates Issued and Validity Periods	Adult and Child CPR – 1 year Sport Safety Training – 3 years
Participant Materials	<i>American Red Cross Sport Safety Training Handbook</i> (Stock No. 655550); and <i>American Red Cross Sport Safety Training Workbook</i> (Stock No. 655551)
