



# RFU Emergency First Aid for Sport

## Aim

The RFU Emergency First Aid for Sport Course (REFAS) has been jointly produced by the Rugby Football Union and Safety Training Awards (the Awarding Organisation arm of the STA) and is a fully recognised HSE First Aid qualification.

The aim of the REFAS is twofold:

1. To ensure that learners develop and demonstrate an understanding of the principles of and requirements for the provision of Emergency First Aid.
2. To provide learners with a clear understanding of their role as First Aiders, enabling them to practically apply general First Aid principles in an emergency situation.
3. To provide learners with the ability to respond to Emergency First Aid situations that may arise while coaching or officiating rugby.

## Pre-requisites

The candidates must be 16 years of age or older.

## REFAS Course

- Undertake self study through the pre-course Virtual Learning Environment (VLE) unit and completing the assessments.
- On successful completion of the above unit, attend a 6 hour course of instruction.

## Validity of Award

36 Months.

## Length of Course

10 hours comprising of a recommended 4 hours distance learning through the Virtual Learning Environment (VLE) and 6 hours contact with a tutor.

## Course Information

Candidates will learn how to deal with a range of First Aid situations that occur within rugby. By the end of the course candidates will:

- Understand the role of the First Aider.
- Know how to assess an emergency situation and act appropriately.
- Provide First Aid for an unresponsive casualty.
- Recognise the requirement for and administer Cardio-Pulmonary Resuscitation.
- Recognise and administer first aid to a person who is choking.
- Recognise and administer first aid to a casualty who is wounded and bleeding.
- Recognise and manage a casualty who is suffering from shock.
- Know how to provide First Aid for minor injuries.
- Recognise and administer First Aid to a casualty who is suffering from sports related concussion.
- Recognise and administer First Aid to a casualty who is suffering from sports related wounds and bleeding.
- Recognise and administer First Aid to a casualty who is suffering from bone injuries.
- Recognise and administer First Aid to a casualty who is suffering from sports related head and spinal injuries.
- Recognise and administer First Aid to a casualty who is suffering from a sports related supporting tissue injury.

## Assessment

- Demonstrate the ability to carry out various defined First Aid activities in a safe manner;
- Demonstrate CPR and the preparatory actions preceding the administration of CPR;
- Satisfactorily complete the final course worksheet.