

Level 1 – SPoRTS for All (One-Day Course)

Standard Principles of Resuscitation & Trauma in Sport (SPoRTS)

Practical training in the immediate management of injury and illness in sport, designed for anyone involved in supporting participants in a sporting environment.

Duration One-day practical course	Course fee €350 per participant
Group size Maximum 12 participants	Included Lunch and refreshments

About the course

SPoRTS is a practical, scenario-based immediate care course for anyone involved in supporting participants in a sporting environment. The one-day programme develops knowledge, practical skills and decision-making to assess and manage an injured or unwell player through skills stations, case-based discussion and realistic field-of-play scenarios.

Course content

- Musculoskeletal injuries
- Concussion and head injury
- Spinal assessment and stabilisation
- Immobilisation and player handling
- Safe removal from the field of play
- Wound management and control of bleeding
- Recognition of the deteriorating or seriously unwell player
- Structured assessment and escalation of care
- Teamwork, communication and structured handover

Practical training

Participants work through realistic field-of-play scenarios, developing a structured approach to immediate care and practising both team-member and team-leader roles.

Basic Life Support prerequisite

Participants are expected to hold a current, in-date Basic Life Support (BLS) certificate. The one-day course focuses on sports-specific immediate care rather than repeating a full BLS course. Where sufficient demand exists, a separate BLS course may be arranged for the preceding day.

Certification

Participants who successfully complete the programme receive a SPoRTS Level 1 course certificate. This course does not itself include a separate AHA BLS Provider qualification.

Course enquiries

For course dates, group bookings and further information, visit www.immediatecaretraining.ie.