

First Aid Course Content

It is essential that you complete a first aid risk assessment to determine the number of fully qualified Level 3 first aiders (who have completed a one-day, in-person course) required within your setting.

Parkour UK has developed an online first aid course (not qualification) in conjunction with [Vital Workplace Training](#), which is designed to refresh your understanding of first aid techniques, policies and procedures, with a particular focus on accidents and injuries that may occur within a parkour environment. Visit our website to book online.

Please note that this course does not provide a formal first aid qualification. Instead, it is intended to support individuals who are not primarily responsible for first aid within their setting, or who wish to update and reinforce their existing knowledge.

If you are responsible for first aid in your setting you must take part in a 1 day (Approx. 6 hours) in person course and cover the criteria below.

You must be at least 16 years of age (prior to attending the course):

- Understand the role and responsibilities of a first aider.
- Recording and reporting of accidents and incidents including Riddor.
- Contents of a first aid kit (including prevention of cross infection).
- Assessing the situation and acting safely, effectively and promptly in an emergency.
- How to administer first aid to a casualty who is/requires:
 - Unconscious.
 - Cardiopulmonary resuscitation (CPR) and AED.
 - Choking.
 - In Seizure.
 - In Shock.
 - Bleeding.
 - Minor cuts and grazes.
 - Minor scalds and burns