

First Aid for Fitness & Yoga Instructors



First Aid for Fitness and Yoga Instructors

This Level 3 qualification is ideal for most instructors who have identified they require a first aid qualification to practice. Whether at their own venue, a hired space or supplementing existing provision.

Upon successful completion of this qualification, candidates will be equipped with the essential skills needed to give safe, prompt and effective first aid in emergency situations. Whether a hot yoga faint, a dislocated knee or a diabetic emergency.

Using the Yoga Barn and their wonderful venue we will be providing first aid training for fitness and yoga instructors.

The syllabus includes:

- First Aid Equipment
- Adult Basic Life Support and AED training
- Trauma management, dislocations, sprains & strains
- Management of bleeding
- Environmental emergencies
- Health and Safety Regulations
- Medical emergencies, including fainting, asthma, diabetic.

Duration: 1 day.

Entry Criteria: No prior qualifications required.

Certification: First Aid for Fitness & Dance Instructors Level 3. Valid for 3 years.

Cost: £78.00 plus VAT. Tea, coffee, refreshments provided.

Date:

For more Information please contact:

Email: bruce@inveniotraining.co.uk

Telephone: 07710 785777, 01494 702733

