

**Cheshire Cricket Board
First Aid Courses for Cricket
Roger Pickering**

If you are a first aider at work and have undertaken training outside of sport and in particular Cricket do you need to do this course?

Are you comfortable in the potential life threatening injuries you might see in sport, the recognition of cardiac arrest and what can cause this? For example do you know what commotio cordis is and what can cause this?

Our First Aid Courses are specific to Cricket.

- We look at the potential injuries we may see in Cricket, focusing on life threatening illnesses and injuries and their recognition and treatment.
- We examine how ready we are for any incidents by looking at the emergency action plan and your procedures should a serious incident arise.
- We look at concussion protocols, signs and symptoms and how to manage this immediately, and the graduated return to play after a concussion

Feedback from those who have already attended one of these Courses:

'Really an enjoyable well thought out course, it was more than I expected and certainly brought home the importance of first aid in any environment. Probably the only course, I hope never to have to use the material learnt! '

'Tailored towards the needs of the coach and specific to cricket.'

'Having done a few first aid courses, this was the best one I have attended. Was awesome that it was so cricket specific and went over the necessary information needed. Many thanks!'

'Really great course that exceeded my expectations. I think the balance of common sense advice and cricket focused review was very good for someone like myself going through a refresh. Yesterday I had a head injury in my U13 training and the lad went off for five stitches at A&E. The course directly helped considering risks of concussion and my own confidence and readiness.... thankyou!!'

'Roger was excellent and very clear in delivering this course. Some of the content was distressing but certainly raised awareness of what can happen and the approach to dealing with it correctly. Hopefully, this won't be required but I feel better equipped should the worst happen.'

'It was very useful due to the cricket-centric approach and real life application of the theory and practise.'

'Very impressed with the application of the course to cricket and lifesaving.'

'Fantastic course and very relevant to our sport.'

'Better than the more generalist course I did four years ago.'

'Use of video showing what a cardiac arrest actually looked like was beneficial in recognising it in future. Thanks'

'Very well delivered and very relevant to the cricket environment.'

'I am a medical doctor and I am delighted to see evidence based teaching which was fun for learning.'

'Thoroughly enjoyed the course. The content was relevant and something I can use I everyday life too. Thank you for designing the course and helping save lives.'