

# COACHES FIRST AID COURSE

AT TST BOCES



## NOW AVAILABLE TO COACHES IN ANY SCHOOL DISTRICT!

THE COACHES FIRST AID COURSES OFFERED AT TST BOCES IS THE NEW YORK STATE EDUCATIONAL DEPARTMENT APPROVED FIRST AID COURSE DESIGNED TO MEET THE REQUIREMENTS FOR COACHES FOR ALL PUBLIC SCHOOL ATHLETIC PROGRAMS.

### NEW YORK STATE EDUCATION DEPARTMENT COACHES FIRST AID COURSE (INITIAL)

- The course teaches participants critical skills needed to respond to and manage a first aid emergency in the first few minutes until emergency medical services (EMS) arrives.
- Participants learn their role in supporting healthy participation by student athletes, rules for participation in sports, health and safety requirements and legal aspects of coaching.
- Participants learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies.
- All coaches are required to receive an initial course consisting of twelve hours of classroom, video-based and instructor-led education leading to a three-year coaches first aid certification.
- **You must attend all four sessions to be certified.**

### NEW YORK STATE EDUCATION DEPARTMENT COACHES FIRST AID COURSE (REFRESHER)

- The course reviews critical skills needed to respond to and manage a first aid emergency in the first few minutes until emergency medical services (EMS) arrives, the coach's role in supporting healthy participation by student athletes, rules for participation in sports, health and safety requirements and legal aspects of coaching.
- Participants review skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies.
- Participants interact with each other to discuss responses to emergencies and to share experiences.
- The initial course is the pre-requisite for the 5 ½ hour refresher course.

### REGISTRATION AND COST:

Districts from outside the TST BOCES region can cross contract from their BOCES for the cost of the courses.

- **Initial course** will cost **\$100**.
- **Refresher** will cost **\$75**.

Visit [www.tstboces.org](http://www.tstboces.org) to view our course offerings and register for a class

For assistance, please email [healthandsafety@tstboces.org](mailto:healthandsafety@tstboces.org) or call 607-257-1551

### CONTACT INFORMATION:

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