

Course Description

Mountain Bike First Aid



Training Expertise



Remote
Emergency
Care

Registered in England as Wilderness Expertise Training Ltd at Priory House,
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Level 2: Mountain Bike First Aid

What is it?

A two-day practical first aid course designed for people involved in Mountain Biking either as coaches or as general enthusiasts. This course fulfills the requirements for first aid training for many of the NGBs in Mountain Biking. The course is delivered by trainers with experience in Mountain Biking and wilderness medicine.

Do I need to have learned first aid before?

No – this is an entry-level course.

Where will the course take place?

The training is designed to take place at your club, meeting venue or a suitable venue with access to areas for Mountain Biking. Scenarios will take place on Mountain Bike tracks so that they are as realistic as possible.

What do you need to provide?

A training venue (if you have one) and your Mountain Bikes with associated safety kit.

Course Outline

Day 1

- Introduction
- Incident management: juggling environmental, patient and rescue factors while keeping everyone safe
- Assessing consciousness and helping unconscious patients
- Airway problems (choking and asthma)
- Breathing problems (hyperventilation)
- Circulation problems (serious bleeding, shock and anaphylaxis)
- Heart disease (angina and heart attack)
- CPR (including discussion of resuscitation in wilderness environments)
- Mt Bike specific trauma and injuries

Day 2

- Patient assessment and history-taking
- Communication
- Sprains and strains
- Fractures and dislocations
- Head and spinal injuries
- Hypothermia
- Dehydration and hyperthermia
- Burns (including sunburn and snow blindness)
- Medical problems (epilepsy, diabetes, stroke)
- Dealing with multiple patients (triage)

Do I get a certificate?

Yes – you will be issued a certificate valid for 2 years, certified by Remote Emergency Care (see www.remoteemergencycare.com for details).

Who should I contact?

To find out more, contact the Training Expertise team on info@training-expertise.co.uk or 01344 774430.

