



Bike First Aid (1 Day)

Course Booking Requirements Guide

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Bike First Aid – Course Booking Requirements

Introduction

The [Bike First Aid 1-day](#) course covers typical incidents and injuries sustained by cyclists and mountain bikers, and provides scenarios to help you manage emergencies.

It is ideally suited to general riders and club members, as well as those working in ambulance and phone landline accessible environments, such as holders of Group Leader and Club Leader Awards.

This course Exceeds the requirements for the HSE Emergency First Aid at Work Course.

Duration: 1 day/8 hours

Time: 9am to 5.30pm

Number of Participants: Minimum – 8. Maximum – 12.

Cost: £102 per person. £1102 per group of 12 participants.

Booking: Please provide a minimum of 3 dates to allow allocation of tutor. Cycling UK will forward a booking form to confirm dates, cost and venue requirements. Participants will receive more details upon course sign up.

Pre-Requisite Qualifications & Experience

Age Limit: Minimum age is 18 years old.

Previous Experience: Nil.

Venue and Resource Requirements

The Course Organiser is responsible for booking the venue. The following facilities will be required for the duration of the course:

Facility	Day 1	Remarks
Classroom	X	7m x 7m of floorspace Projector & Screen/Large Smart TV 13 x Tables & Chairs
Off Road/Traffic Free Area	X	Car Park/MUGA/Basketball Court/Park For scenarios
Equipment	X	Tutor will provide all training aids and reference material
Toilet/WC	X	
Kitchen/Cafe	X	
Parking	Optional	Vehicle access required for loading/unloading of equipment

Note: Consideration should be given to set up and tidy up times when booking venues (30 mins either side).

Catering

A kitchen/cafe facility is preferable; however, participants will be advised to bring a packed lunch. Tutor to provide tea, coffee and other refreshments, as required.