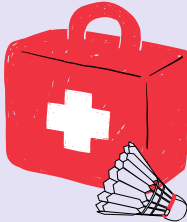
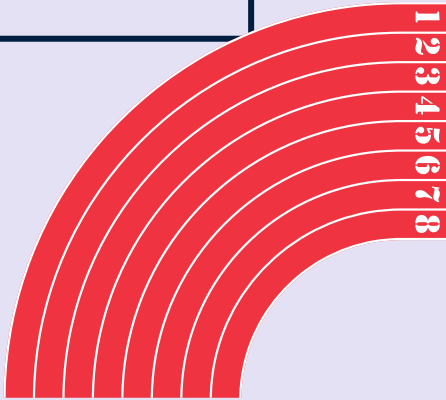


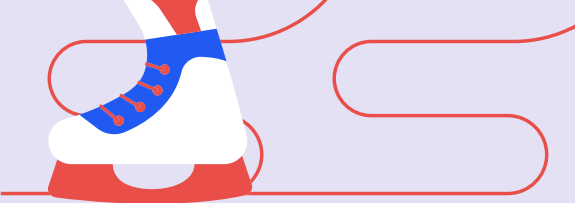
# FIRST AID AND SPORTS

## B I N G O



<p>I took a first aid course</p> <p>.....</p>	<p>I regularly do a physical activity</p> <p>.....</p>	<p>I know the number of emergencies services</p> <p>.....</p>	<p>I recognize the signs of dehydration</p> <p>.....</p>	<p>I remember to keep well hydrated during exercise</p> <p>.....</p>
<p>I have already provided assistance in an emergency to someone</p> <p>.....</p>	<p>I recognize the signs of muscular fatigue</p> <p>.....</p>	<p>I can recognize the symptoms of a heart attack</p> <p>.....</p>	<p>I am a volunteer with my national society</p> <p>.....</p>	<p>I know how to call for help in the event of an accident</p> <p>.....</p>
<p>I assess the potential dangers on a playing field before a sporting activity</p> <p>.....</p>	<p>I know what position to adopt in the event of a suspected spinal injury</p> <p>.....</p>		<p>I use protective equipment appropriate to my sport</p> <p>.....</p>	<p>I avoid excessive exposure to the sun when doing sport</p> <p>.....</p>
<p>I stretch before doing sport</p> <p>.....</p>	<p>I know how to use a defibrillator</p> <p>.....</p>	<p>I have a first aid kit</p> <p>.....</p>	<p>I know how to help a sportsperson if they feel unwell</p> <p>.....</p>	<p>I know how to put someone in the lateral safety position</p> <p>.....</p>





# FIRST AID AND SPORTS

## BINGO RULES

### Welcome to First Aid and Sports Bingo!

You are invited to take part in a game designed to explore the link between first aid and sport. The aim is to fill in as many squares as possible on your bingo grid by marking the names of the other participants in the squares corresponding to activities they have already done or do regularly. This game must be played with at least 10 people.

**Materials required:** Each player will need a printed bingo sheet and a pen or pencil to write in the squares

#### How to play the game:

- ▶▶ Each player receives his or her own bingo sheet containing items relating to first aid and sport.
- ▶▶ Review your bingo grid and talk to the other players to share your experiences and knowledge about the links between first aid and sport.
- ▶▶ Write the names of the other players in the boxes corresponding to the activities or exercises they have already carried out or do regularly.
- ▶▶ The player who fills in the maximum number of boxes with names on his/her card is the winner. The game must be completed within 3 minutes.
- ▶▶ Don't forget to keep your completed grid after World First Aid Day so that you can continue to adapt your sporting habits to take into account first aid recommendations and to ensure your safety and that of others.

