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| **2 day Outdoor First Aid Course**  **23/24 November 2019**  **Manvers Waterfront Boat Club** |  |

We are running a 2 day Outdoor first Aid course to ensure existing and trainee coaches have the qualification they need for their coaching award, and to ensure we have plenty of First Aid cover at our training days and competitions.

ITC outdoor first aid courses offer wilderness first aid training ideal for outdoor coaches, leaders and participants alike taking you through the skills essential for rescue and emergency care in the wilderness. Additionally, this 16hr SQA accredited outdoor first aid course meets the requirements of British Canoeing for Coach and Leader qualifications, as well as for other outdoor qualifications.

**When:** Saturday 23rd & Sunday 24th November, 9am – 6pm each day

**Where:** Manver Waterfront Boat Club, Wath upon Dearne

**Cost:** £50 for Yorkshire Slalom coaches and helpers. (Usual cost is £100 - £120pp)  
This does not include refreshments/lunch.  
*If we have spare places these may be available to other club coaches at an higher fee.*

**Booking:** To reserve your place email [lesford@ntlworld.com](mailto:lesford@ntlworld.com ) There are 12 places available, please book early to secure your place.

**Questions?** Contact Les by email or on 07786525912

**Full Details: ITC Certificate in Outdoor First Aid at SCQF Level 6**

This qualification is designed to meet the needs of those working away from immediate assistance (more than 30 mins) in the remote and rural regions of the UK. This Outdoor First Aid qualification is externally regulated and meets the standards to appear upon the national qualifications framework of Scotland.  This course is recognised throughout the UK and is the course of choice for experienced practitioners who use the outdoors.

It is suitable for workers in rural and remote settings and will maintain the license to practice for those with Outdoor National Governing Body Instructor awards.

**Delivery**Topics include;

* roles & responsibilities,
* dealing with collapse (with and without breathing),
* choking,
* bleeding,
* shock,
* major illnesses,
* torso and limb injuries,
* environmental effects,
* heat and cold injuries,
* using first aid kit,
* outdoor specific scenarios and outdoor incident management,
* answering queries such as when or how to remove boots, helmets and looking after a casualty for some hours.

This qualification is designed to provide outdoor incident management skills.  Typical delivery methods are predominantly practical, with elements occurring out of doors in outdoor clothing and on various terrains.  The course is assessed mainly by continual observation of candidate performance and a brief Multiple Choice Questionnaire.

Successful completion will result in candidate gaining ITC Certificate in Outdoor First Aid at SCQF Level 6 with a valid for 3 years from date of completion