

# Outdoor First Aid

## 2 Day (16 hr) ITC Level 3 Award in Outdoor 1st Aid Suitable for all UK outdoor NGB awards

This is a unique residential course including practical scenarios to consolidate learning. No prior First Aid training or experience is required.

The course focuses on developing the knowledge, skills & experience to successfully manage First Aid incidents in an outdoor environment where you may be more remote from help than in a workplace.

The course is led by a highly experienced trainer, and includes hands-on experience in realistic situations outdoors with casualty simulation, and a night exercise.

The course includes Catastrophic Bleed Management and Automated External Defibrillation module.

Certification validates NGB outdoor qualifications including MTUK British Canoeing, British Cycling, MIAS, RYA. Suitable for school Educational Visits leaders and Duke of Edinburgh Co-ordinators.

*Continuous assessment will take during the course.*

**Date:** Sat 18<sup>th</sup> to Sun 19<sup>th</sup> January 2020

**Times:** 9.00 am Saturday to 4.00 pm Sunday

**Venue:** Dean Garden Room, DFSC, Parkend  
Forest of Dean GLOS GL15 4JA

**Cost:** Residential £185 (Non-residential £145) **-£10 BCC discount**

Cost includes meals from Saturday lunch to Sunday lunch. Residential cost includes accommodation Saturday night – also available Friday night on request.



**TO BOOK A PLACE Contact: Debbie Ashwood**  
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