



Mountain & Outdoor First Aid

Qualification: ITC Level 2 Award in Activity First Aid (RQF)

Duration: 2 days / 12 hours

Certificate: 3 years

This qualification introduces the techniques, skills and decisions that will be needed to manage emergency first aid, illness and injury in the context of activities. Designed for those that use the mountains for work or recreation, it is ideal for skiers, snowboarders, climbers, walkers, orienteers etc.

Training and scenarios are based on situations that may occur in the mountain environment with emphasis placed on the roles and responsibilities of a Snowsport Instructor. The first day covers essential lifesaving techniques with the second day building upon this with more in depth illness and injury first aid including plenty of practical scenarios outdoors.

The course covers the requirements of some National Governing Body Instructor awards and in particular is recognised by the British Association of Snowsport Instructors (BASI).

Core content: A systematic approach to incident management, vital signs, recovery position, CPR including safe use of an AED (Automated External Defibrillator), drowning, choking, casualty monitoring, bleeding, shock, hypo/hyperthermia, head injuries, spinal injuries, fractures, dislocations, soft tissue injuries, other minor and major injuries, common medical emergencies, bites/stings and other outdoor related illnesses plus outdoor scenarios.

Assessment: Continual assessment by trainer observation and two short multiple choice question papers. Candidates must attend the full 12 hours to qualify.

This course is built by combining two mandatory units of assessment:

UNIT 1 = First Aid Essentials (D/504/6101)

UNIT 2 = Management of Illness & Injury in Activities (T/601/3616)

Certificate: Certified by ITC First and valid for 3 years.

This ITC qualification is regulated by the Office of Qualifications and Examinations Regulation (OfQual) and is part of the Regulated Qualifications Framework (RQF).



ITC First is a recognised awarding body that develops qualifications and approves, supports and verifies the activity of training centres delivering accredited first aid courses and qualifications.

Elements First Aid is a training centre approved to deliver Ofqual, SQA and ITC accredited courses and qualifications.

Established by Flora Schnider in 2006, **Elements First Aid** provide a variety of exceptional first aid courses to groups of individuals in the UK and overseas. Flora is an experienced professional trainer with over 15 years of experience dealing with accidents and emergencies on front line 999 ambulances in central London. She is passionate about the outdoor environment and about fun, practical, relevant first aid training.

Price: £130 per person joining a scheduled course. In-house group rate* £89.50 per person (minimum 6). Trainer to student ratio 1:12. Smaller or larger groups can be accommodated. Please contact us for more information.

*Price is for a group in your own venue and includes all course equipment - course materials, first aid manuals, resuscitation manikins, handouts, course registration and certification. Travel expenses and accommodation may be at an additional cost depending on course location.