



FIRST AID TRAINING

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## Mountain & Outdoor First Aid

**Qualification:** ITC Level 3 Award in Outdoor First Aid (RQF)

**Duration:** 2 days / 12 hours

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

**Learner age:** 16 years +

Elements began in the mountains – it's part of our heart and soul. With many years of experience in resorts all over the Alps and New Zealand, we've designed this course specifically for Snowsport Instructors. From mountains to snow, slopes to rock faces, we'll look at the unique hazards, risks and challenges you'll face so that you come away with the knowledge, skills and confidence to help in a real emergency.

### + More info

We cover all the essential lifesaving techniques, then look at the common illness and injury situations you might face in a mountain environment, your roles and responsibilities as a Snowsport Instructor plus we also include plenty of practical scenarios outdoors. This fun, practical course meets the requirements for the British Association of Snowsport Instructors (BASI).

## **+ Suitable for**

Snowsport Instructors plus some other National Governing Body Instructor awards.

## **+ Core content**

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 and other outdoor related illnesses plus outdoor scenarios.

## **+ Assessment**

We'll observe you throughout the course and make sure you're completing all the practical tasks correctly. There's no scary exam or question paper. You'll need to be there for the full duration and get stuck in with all the practical work and outdoor scenarios.

## **+ Nature of training**

This is an active and practical course that involves rolling around on the floor and some occasional close contact with another learner. Learners need to take a full and active part and comply with our Covid-19 mitigation measures. Please contact us prior to the course starting if you require a reasonable adjustment.

## **+ Prerequisites**

None

## **+ Dual qualifications**

Some learners require multiple First Aid qualifications. Additional qualifications may be gained by completing this training, avoiding the need to do multiple courses. There's a small admin fee and it may require some additional training time. Please contact us for more information and to discuss your requirements.

## **+ Certificate**

Certified by our Awarding Organisation ITC First and valid for 3 years. Electronic certificates are emailed out to learners approximately 2 weeks after the training.

## **+ Revalidation**

You need to do the full course again in 3 years time to revalidate. The HSE also strongly recommend that first-aiders attend an annual Basic Skills Refresher course (3 hours) to prevent skill fade and maintain confidence.

#### **+ Price**

Individual joining a scheduled course - £150 per person

In-house group (minimum 6) - £120 per person

In-house group (full course max 12) - £1200

Additional qualification certificates - £20 per person

Trainer to student ratio 1:12. Smaller or larger groups can be accommodated. Please contact us for more information. Price includes use of all course equipment including bandages & resuscitation manikins, PPE, a comprehensive First Aid manual, handouts, course registration and certification. For private group courses, travel expenses and accommodation may be at an additional cost depending on course location. We are not currently VAT registered.

