



General Outline

These are the details for the Outdoor First Aid courses taking place in Camberley. The course is a practical hands-on learning experience which takes place in and out of doors.

Meeting up time and place

This course requires 16 hours of contact time – and it begins with some paperwork. Hence we ask that you arrive at 0845 for a prompt 0900 start. You can expect to finish by 1800 each day.

[Caird Hall](#)

Frimley & Camberley Cadet Corps
Crawley Hill
Camberley
Surrey, GU15 2DA

Any problems – please call Lizzy on 07740461965

Homework

Hopefully this doesn't fill you with feelings of dread! First of all, please find maybe 20 - 30 minutes and watch this video on [YouTube of an accident that happened on Crib Goch](#). (The video is not gory in any way but it is full of tension, but don't worry: it turns out alright in the end. If the link doesn't take you to the beginning of the video, please rewind to the start).

We'll take some time to discuss the video at the end of the course. We're hoping that by the end of the course you will be able to consider yourself better at first aid and more confident should the same situation present itself.

Secondly, this is a [team log roll](#) demo which we managed to film some time ago. Please take a look at the clip before the end of your course and feel free to ask us any questions about it. If you watch it before the course it is actually a good opportunity to see the full accident procedure as well.

Covid adaptations

In a bid to be safer, we have drawn up an action plan to mitigate the risks posed by this pandemic.

1. Please don't come if you feel unwell or you show any symptoms of having Covid.
2. Please take a lateral flow test on the evening before the course. If your test is positive, please don't come. (We are happy to postpone your booking to another date in these circumstances).
3. Please note, first aid is a practical hands-on subject that needs you to practise the stuff we teach you on another human being. To that end please be aware you will be working in small groups of twos and threes in close proximity with each other.

We hope this all helps. Please do let us know if you remain concerned: it's important that we're all of one accord and that we respect your situation. Similarly, if there remain any questions, please do feel free to fire away.

Course Rationale

This course is designed for the outdoor leader and enthusiast in the UK. It will validate your NGB awards.

Because this course is recognised and accredited by the SQA (Scottish Qualifications Authority) as a level 6 qualification we are obliged to ask you to bring a proof of photographic identity –

passport, driving licence, firearms licence, student card, employer identity card etc for example would be great.

Qualification

At the end of this course, successful candidates will be awarded the ITC Certificate in Outdoor First Aid at SCQF Level 6.

Extras

Following successful completion of this course you will be sent an E-certificate. Should you wish to be sent a paper certificate as well, this will cost an extra £2. In addition, if you wish to be assessed and certificated for Emergency First Aid at Work, this will cost £15, plus £2 for a paper certificate.

Balance of payment

Payment to William Legon T/A Will4Adventure First Aid can be made

- by BACs transfer to William Legon 60-83-71 03958752
- by cheque to Will4Adventure First Aid, 13 Spring Hill, Sheffield, S10 1ET.

Leader

All outdoor first aid instructors who work for Will4Adventure First Aid are professional outdoor leaders first. They all hold various NGB awards and regularly work in the outdoors.

Equipment

a. Main rules of thumb:

We work indoors and out on this course.

We never travel far but will work outdoors regardless of the weather.

Come prepared for cold, rain and/or hot sun

b. You will need:

Evidence of identity – driver's licence, passport etc

Day-sack (lined with a plastic bag)

Waterproofs

Comfortable footwear suitable for the conditions outdoors

Watch / timer (for taking a pulse)

Torch (winter courses only)

Assessment

Throughout this course you will be assessed continually. Your practical skills will be assessed through many opportunities offered to demonstrate correct practice. Your knowledge at the end of day 1 will be assessed via ten question multiple-choice test.

If you think that you may have a condition, which may pose a problem or may prevent you from taking a full and active part on the course, we may be able to make a reasonable adjustment.

Please see [ITC First's Access to Qualifications Information](#). If you would like to request a reasonable adjustment please use the [Reasonable Adjustment Request Form](#).

You are advised that by registering on an ITC First qualification you are protected by Will4Adventure's policies and [ITC First's set of policies](#) including [Complaints Policy and Appeals Policy](#)

Responsibilities – please note

First Aid is an active practical subject. Participants are normally expected to be physically fit enough to kneel, twist and bend over simulated casualties, to sit on the floor, to perform simulated CPR, roll, help roll and help lift simulated casualties.



Part of your course will occur out of doors, and you will be expected to be responsible for your own warm and waterproof clothing. For indoor sessions wear loose comfortable clothing, shorts or low cut tops might not be the best choice. Please do not wear lipstick as it makes the mannequins difficult to clean.

Please bring any possible medical problems to our attention before booking the course. Please supply us with any specific needs or particular requirements e.g. diet requirements for residential courses.

Data

Before this course we ask that you register your details with ITC First (our awarding organisation) in order to satisfy the rigour of the assessment criteria. ITC hold onto this data securely for a minimum of three years for the duration that the award is valid.

Following the course you will be emailed just once by Lizzy from Will4Adventure to offer you extra reading and resources. ITC will initially email you to offer you the opportunity to give feedback on the course directly, (bypassing the trainers). In addition you will be emailed once again at around 33 months after the course to remind you that your first aid certificate will shortly expire.

Your data will not be shared with any third party and nor will your details ever be added to any mailing list.

Getting to the venue

By Car – we are 15 minutes drive from either junction 3 or junction 4 of the M3

By Train – the nearest railway station is Camberley, about 15 minute walk away. Camberley is on the Ascot to Aldershot/Guildford line. Also nearby are Frimley or Blackwater stations, both about 2.5 miles from the venue on the Reading to Guildford/Dorking/Reigate line

Contact

Please feel free to contact Will Legon from Will4Adventure First Aid about any aspect of this by emailing lizzy@will4adventurefirstaid.com.

Local accommodation

Travelodge

There are five Travelodges within 5 miles of the course location (Frimley, Camberley Central, Camberley, Farnborough Central and Fleet)

www.travelodge.co.uk

Tel: 08719 848484

Premier Inn

There are four Premier Inns within 5 miles of the course location (Camberley, Sandhurst, Bagshot, Farnborough Town Centre)

www.premierinn.com

AirBnB

Individual accommodation ranging from shared rooms to whole houses, often with self catering facilities

www.airbnb.co.uk

Booking.com

Hotels and Homes, bookable online, sometimes cheaper than booking direct.

www.booking.com

MacDonald Frimley Hall Hotel & Spa (10 minutes walk)
Lime Avenue, Off Portsmouth Road, Camberley, GU15 2BG
www.macdonaldhotels.co.uk