



General Outline

These are the details for the Outdoor First Aid courses taking place in Sheffield. 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.

[Awesome Walls Climbing Centre](#)

Garter Street,
Sheffield S4 7QX

(Once you arrive, you will find the classroom upstairs).

Please, please, please, be on time. (Sheffield traffic can be a nightmare the later you leave it). Any problems on the day, please call me on 07791860163.

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.

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 £5 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

Please note we work indoors and outdoors – even when it is pouring with rain.

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 (including trousers)

Comfortable footwear suitable for the conditions outdoors

Packed lunch

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.

Reasonable adjustments

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 Will Legon 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.

Contact

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

Sheffield

Unless you live here, you probably won't realize how great this city is. So here are a few things to consider on your stay (in the evening) ...

Climb – at Awesome Walls (where the course is held) or outdoors in the Peak District about 20 minutes drive away.

Walk – head out for some fresh air. Check out the [Rivelin Valley](#) or head to [Wyoming Brook](#).

Bike – a couple of great MTB technical trails can be found in the Peak District at [Lady Canning's Plantation](#) S11 7TU or maybe [one of these recommendations](#). Or, much closer to Awesome Walls there is [Parkwood Springs MTB Trail](#) S3 9AA. For the riders looking for some more technical trails to put you through your paces, head to [Grenoside Woods](#) (berms, drop-offs, jumps).

Drink ale

[The Sheffield Tap](#) – fantastic real ale pub sharing the same site as Sheffield railway station in town.

If you're staying at the Russell Scott Hostel – try [the Blake Hotel](#) (S6 3JQ) or the [Closed Shop](#) (S10 1GF) for great beer. The Closed Shop is also good for food.

Local accommodation

You'll find lots of local accommodation from campsites to hotels [here](#). (You'll need to scroll down a bit).