



Outdoor First Aid Details

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.

Course Rationale

This course is designed for the outdoor leader in the UK. It will validate your NGB awards. But, if you wish to lead expeditions overseas for example this course may not meet all your demands and you should contact us immediately to discuss other options.

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.

And, because the course is accredited by the SQA you can request a second certificate for Emergency First Aid at Work. If you wish to receive this please let us know beforehand or on the day and an extra certificate can be issued to you for an additional £12.

Leader

Will Legon will be leading this course. As well as being a qualified first aid trainer, Will works in the outdoors as a mountain leader and single pitch award holder taking groups walking, scrambling and rock climbing. If you have any problems or delays on the day – you should call/text him on 07791860163.

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 – please call me on 07791860163.

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.

Food

Food is available for sale at Awesome Walls – including some great coffee. Alternatively bring a lunch pack for both days (and local shops are limited).

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.
Expect rain and/or hot sun
Expect it to be cold

Water bottle with about 1 litre of water
Waterproofs
Comfortable footwear suitable for the conditions outdoors
Torch (winter courses only)

b. You will need:

Evidence of identity – driver's licence, passport etc
Day-sack (lined with a plastic bag)

nb. You don't need to bring a personal first aid kit, but if you don't already own one you should consider buying one. Some guidelines of what should be included and where to buy this online are given [here](#).

Accommodation

Grosvenor House Hotel
Charter Square, Sheffield, South Yorkshire S1 3EH
Tel: 0870 6096165

IBIS Sheffield (fairly central) from
Shude Hill, Sheffield, South Yorkshire S1 2AR, Tel: 0114 241 9600

Russell Scott Hostels,
28 Brandreth Road, Sheffield, S6 3JU, 01142 334691

Payment

Payment can be made either:

- by cheque
- by BACS transfer details – Will4Adventure 05-08-18 33259456
- by invoice – let us know who will need to be invoiced.

Post cheques to Will4Adventure Ltd, 13 Spring Hill, Sheffield, S10 1ET.

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 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.



Will 4 Adventure

Sheffield

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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) ...

[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 a beer instead. The Closed Shop are also good for food.

Run Your Own Business?

If our businesses don't compete, let me know if you'd like to swap website links or any other ideas how we might help each other after the course. Also we're happy to receive your cv if you're a freelance leader.