



Outdoor First Aid Details

General Outline

These are the details for the Outdoor First Aid courses taking place in the Peak District National Park. 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.

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

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

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.

The course takes place at
Youlgrave Scout Hut,
Alport Lane,
Youlgrave,
Derbyshire,
DE45 1WN

The scout hut is next to the primary school and opposite the UK Petroleum Garage.

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

As you please – but you will need to bring a lunch pack for both Saturday and Sunday (though there is now a good local café/shop opened up). Tea and coffee will be available free of charge.

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

b. You will need:

Evidence of identity – driver's licence, passport etc

Day-sack (lined with a plastic bag)

Water bottle with about 1 litre of water

Waterproofs

Comfortable footwear suitable for the conditions outdoors

Watch / timer (for taking a pulse)

Torch (winter courses only)

Accommodation

Camping

Church Farm
Conksbury Lane
Youlegreave
DE45 1WR
Tel: 01629 636111

YHA

Fountain Square,
Youlegreave,
DE45 1UR
Phone: 01629 637518
youlegreave@yha.org.uk

B&B

[Bulls Head Hotel](#)
Fountain Square,
Youlegreave,
DE45 1UR
Phone:01629 636307

[The Old Bakery](#)
Church Street,
Youlegreave,
DE45 1UR
Tel: 01629 636887

[The Farmyard Inn](#)

Main Street
Youlgrave
DE45 1UW
Tel: **01629 636 221**
enquiries@farmyardinn.co.uk

The George Hotel
Main Street
Youlgrave
DE45 1UW
01629 636292

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.