



# 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.

## **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.

## **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.

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 £15.

## **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.

## **Balance of 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.

## **Leaders**

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.

## **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)

Waterproofs

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 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.



# Outdoor First Aid Details

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

## **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

## **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 [Wyming Brook](#).

Bike – a couple of great MTB technical trails can be found in the Peak District at [Lady Canning's Plantation](#) S11 7TU. Or, much closer to Awesome Walls there is [Parkwood Springs MTB Trail](#) S3 9AA.

## 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 are also good for food.

## **Contact**

Please feel free to contact Will Legon from Will4Adventure about any aspect of this by emailing [will@will4adventure.com](mailto:will@will4adventure.com).