



Basic First Aid for Emergencies Level 1

Overview:

The course is governed by the organisation 'Rescue Emergency Care' (REC). This is a rapidly growing organisation, which many outdoor providers now turn to because the ethos can be so easily tailored to applications in the outdoors. It is just as relevant to other walks of life, such as school trips and sports fixtures, and the practical elements will be adapted to the contextual background of the group members. The qualification is recognised by all outdoor activity National Governing Bodies, schools, clubs and in the workplace. Assessment will be continuous and informal rather than formal.

The time commitment is for 8 hours, commencing at 9.00am and finishing at 6.00pm.

Costs and Dates:

Please check our website for the most up-to-date information.

Further Information:

Please note that we are a **non-smoking site**. If you have any problems relating to this course please ring us on 015395 65961 as soon as possible.

Kit List:

Please bring the following:

- Course members should bring their own packed lunch and something to nibble on if 6.00pm is a little late for your gastric clock. Refreshments will be provided during natural breaks in the course.
- There will be simulated situations both inside and out, you will act as casualties as well as first aiders. Please bring with you warm and waterproof clothing which you don't mind lying around in.
- An old camping mat is also useful for insulation, keeping clothes clean and kneeling on if you have suspect knees. We can provide these.

Due to high staff/student ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled we strongly advise you to take out appropriate insurance. Dallam is not in a position

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Also experts in the provision of:

- BCU courses
- Cave Leader Levels 1 & 2
- REC First Aid 1, 2 & At Work



dallam outdoors

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to indemnify clients against any illness, injury or other misfortune, which may affect attendance. If a course has to be cancelled by the centre a full refund will be given.

What Happens Next?

- Check you meet all the pre-requisites for the course and you can provide all the necessary equipment.
- Read our Terms and Conditions.
- Download a Booking form and Personal Information form and post, with payment, to Dallam Outdoors.
- You will receive a receipt and some information about your course to re-read.
- Enjoy the course!

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