

Joining Instructions

(Crowthorne)



Training Expertise



Remote
Emergency
Care

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JOINING INSTRUCTIONS

Thank you for considering a Training Expertise Course. The information below should give you some background information about the Remote Emergency Care courses and enable you to prepare.

Level 2:

Outdoor First Aid

A two or three-day course that is recognised by the MLTUK, BCU, RYA and other outdoor governing bodies. On this course we focus on dealing with incidents far from medical help with the minimal equipment you would carry while participating in or leading outdoor activities. Again the emphasis is on practical skills with plenty of hands-on practice including lots of outdoor scenarios. This course can be tailored to the requirements of special interest groups, for example climbers, mountain leaders, paddlesports instructors or divemasters.

Level 3:

First Aid at Work (HSE)

This three-day course is suitable for those requiring full Health and Safety Executive first aid training for the workplace and covers the appropriate syllabus for first aiders at work. This course trains the first aider to manage an incident until professional medical care arrives. Covering all the topics outlined for level 2, the subjects are explored in more depth, with an emphasis on gaining a good understanding of the fundamental principles. This course also covers the legal aspects of first aid as applied to the workplace.

Level 4:

This two-day course is designed for those playing or working in remote areas and builds on previous training. In order to provide tailored content, participants choose to specialise in either *Rescue* or *Expedition* streams. In order to attend a level 4 course, participants are required to have completed a Remote Emergency Care level 2 course (or equivalent) within the last two years.

4R: Remote (Rescue)

Ideal for rescue teams, or expeditions carrying rescue kit, this stream includes the use of medical equipment such as airway devices, suction, C-spine collars and spinal boards. Advanced techniques such as drug administration, helmet removal and use of medical gases are also covered. AED (defibrillator) training is included in this course.

4E Remote (Expedition)

This stream is designed for expedition leaders operating in remote areas with standard expedition first aid kits and drug packs. The course includes topics such as wound care, hydration, altitude illness, frostbite, insect and animal bites, and commonly encountered tropical diseases. AED (defibrillator) training is included in this course.

Level 5:

This two-day training complements the level 4 course to provide the participant with comprehensive wilderness medical care skills. Training includes the use of an on-call doctor, reduction of dislocated shoulders, ankle assessment, advanced incident management and evacuation management. Again, training is tailored into *Rescue* or *Expedition* streams. In order to attend Level 5 training, participants are required to have completed the appropriate level 4 stream within the last two years.

5R Wilderness (Rescue)

This stream includes training in the paramedic-assist role, including assisting with IV cannulation, advanced airway management and pulse oximetry.

5E Wilderness (Expedition)

This stream includes training in techniques such as drug administration, cervical collar application, helmet removal and the use of medical gases.

COURSE INFORMATION

Course Timings

The course will run between **09:00 to 17:30 hrs** on each day. Please ensure you arrive for a prompt start at 09:00 hrs. There will be several breaks for refreshments and lunch will be at approx. 12.00 each day.

The Venue:

The course will be held at our training room at Wellington College, Crowthorne, Berkshire. We also have access to the surrounding forest for practical outdoor scenarios. Directions are enclosed below. Lunch is provided each day as part of the course fee including course refreshments. Please let us know of any special dietary requirements well in advance of the course.

The Trainers:

We use only the highest quality trainers. They come from a variety of backgrounds: from Accident and Emergency Doctors to Nurses and Paramedics. Their experience in the pre-hospital setting is extensive and this combined with innovative training techniques ensure learning is optimal and fun.

The Equipment:

The cost of the course includes course notes as well as all the necessary practice materials (tape, bandages, syringes, needles, etc). Please bring a supply of paper, pens, highlighters etc. To enable the training to be specific and tailored to your activities please bring details of your medical equipment, casualty evacuation and expedition outline (if applicable). In addition, we welcome you to bring any basic safety equipment and medical kits you use.

Clothing:

The course involves practical scenarios outside, therefore warm comfortable clothes and waterproofs are required. You may be rolling around in the mud in the rain!

We very much look forward to meeting you on the day. Until then if you have any further questions regarding the course please don't hesitate to contact us.

Kind Regards,

The Training Expertise Team.

USEFUL LINKS

BACKGROUND READING

Levels 1-3:

NOLS Wilderness Medicine. Tod Schimelpfenig (ISBN-10: 0811733068)

First Aid at Work - Health & Safety (first aid). Regulations 1981 and Guidance HSE Publication, PO Box 1999, Sudbury, Suffolk CO10 6FS. Outlines correct protocols and legal situations.

First Aid Manual, Eighth Edition. A.K. Marsden, Dorling Kindersley Publishers (ISBN 0-75133-704-8). Basic Urban First Aid Manual.

Levels 4 and 5:

Practice Guidelines for Wilderness Emergency Care. William W Forgey: Wilderness Medical (ISBN-10: 0762741023)

Wilderness Medicine – Beyond First Aid. William W Forgey (ISBN-10: 076270490X)

Levels 4 (Expedition) and 5 (Expedition):

Field Guide to Wilderness Medicine. Paul S Auerbach: (ISBN-10: 0323018947)

Expedition Health and Safety, Course Notes. Expedition Advisory Centre, 1 Kensington Gore, London, SW7 2AR

Expedition Medicine. Royal Geographical Society, 2nd Edition (ISBN 1-86197-434-5)

Oxford Handbook of Clinical Medicine. Third Edition, R.A. Hope, Oxford University Press (ISBN 0-19-262988-3)

Wilderness and Rural Life Support Guidelines. R.J. Koester, DBS Publications (ISBN 1-879471-02-7)

EQUIPMENT SUPPLIERS

Equip-Me for bespoke expedition/outdoor medical kits and general expedition kit hire.

www.equip-me.co.uk

Kim Hurley

kim@equip-me.co.uk

07802 450115

ACCOMODATION NEAR WELLINGTON COLLEGE

Dial House Hotel (0.5 miles), 62 Dukes Ride, CROWTHORNE, RG45 6DL

Tel: 01344 776941

Prices from £60

The Waterloo Hotel (4*) (0.9 miles), Duke's Ride, CROWTHORNE, RG45 6DW

Tel: 01344 467900

Prices from £125

The Rose & Crown (2 miles), 108 High Street, SANDHURST, GU47 8HA

Tel: 01252 878938

Prices from £40

Premier Inn Sandhurst (3.1 miles), 221 Yorktown Road, College Town, SANDHURST, GU47 0RT

Tel: 0871 527 8958

Prices from £39

Abacus B&B (4.4 miles), 7 Woodside, Blackwater, CAMBERLEY, GU17 9JJ

Tel: 01276 38339

Prices from £40

Travelodge Camberley (5 miles), 507-537 London Road, CAMBERLEY, GU15 3JE

Tel: 0871 984 6315

Prices from £19

Morrisons Guest House (5.5 miles), Wokingham Road, BRACKNELL, RG42 1PB

Tel: 01344 867099

Prices from £45

Tenterden Guesthouse (5.5 miles), Rounds Hill, Wokingham Road, BRACKNELL, RG42 1PB

Tel: 01344 483052

Prices from £35

Please feel free to contact us with comments on your stay so that we are able to advise and recommend accommodation to future participants. Comments to info@training-expertise.co.uk please.

DIRECTIONS TO WELLINGTON COLLEGE

BY CAR

If you are coming by car please be cautious if using a SATNAV. When entering the postcode RG45 7PU, most SATNAVs will direct you to the East or South Gate, which is closed to the general public. Entrance to the college is via the **North Gate off Dukes Ride**. The nearest postcode on Duke's Ride is **RG45 6DY**.



From Junction 3 M3: Once inside the grounds go to next page

- **RIGHT** off **ROUNDAABOUT** to Bracknell **A322**
- Downhill to traffic lights, **STRAIGHT** on for **3 MILES**. (Keep in the **LEFT LANE** on dual carriage on **A322** to **BRACKNELL**. Do not go right to Ascot!)
- **ROUNDAABOUT** take **LEFT** on **A3095** to Crowthorne, (through woods for approx. **1.5 MILES**)
- **LEFT** off **ROUNDAABOUT** onto **A3095** to Crowthorne
- **RIGHT** off next **ROUNDAABOUT** following the **B3348** to **CROWTHORNE**. The road goes through woods again
- **STRAIGHT** at next **SMALL ROUNDAABOUT** following the **B3348** towards **SANDHURST** Roundabout with Ye Old Prince on left go **STRAIGHT** on **B3348**
- Over 4 speed ramps, **THROUGH TRAFFIC LIGHTS PAST WATERLOO HOTEL** on left
- **WELLINGTON COLLEGE ENTRANCE** is about **500 METRES** on your **LEFT**
- If you pass a parade of shops on your right you have gone too far!

From Junction 10 M4: Once inside the grounds go to next page

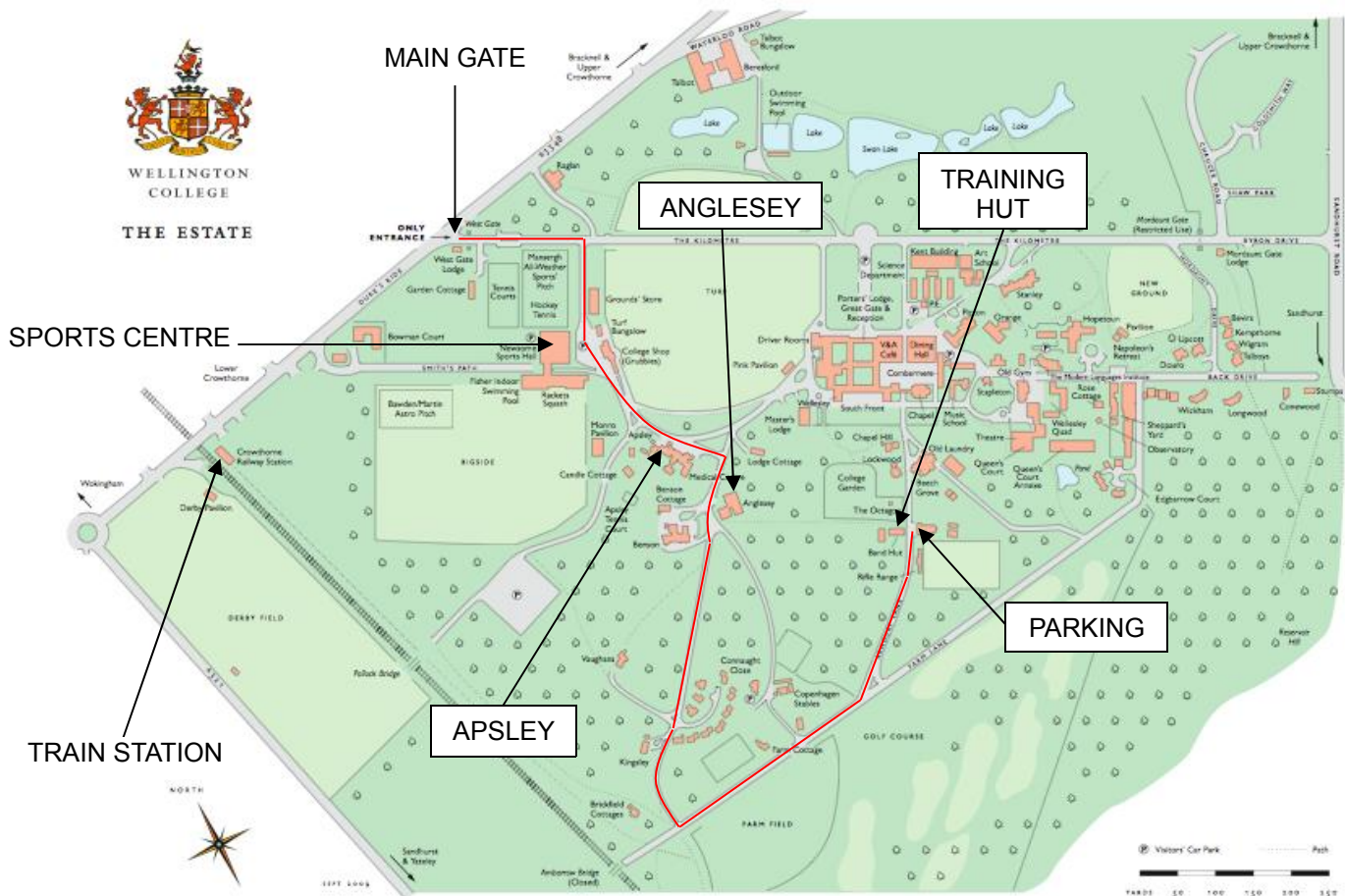
- Follow signs for **A329M, BRACKNELL**
- At **SECOND ROUNDABOUT**, take the **THIRD EXIT** on **A329M**
- At the next **ROUNDABOUT** go **STRAIGHT OVER**
- At **SECOND ROUNDABOUT** take **THIRD EXIT**. Follow signs for **SANDHURST**
- Follows signs for **CROWTHORNE**
- At **NEXT SMALL ROUNDABOUT** go **STRAIGHT OVER**
- Over 4 speed ramps, **THROUGH TRAFFIC LIGHTS PAST WATERLOO HOTEL** on left
- **WELLINGTON COLLEGE ENTRANCE** is about **500 METRES** on your **LEFT**
- If you pass a parade of shops on your right you have gone too far!

BY TRAIN:

There is a train station at Crowthorne, which is approximately 15 minutes walk from Wellington College. Trains run via Reading.

DIRECTIONS WITHIN WELLINGTON COLLEGE

- Once in through the **MAIN GATES** continue up the drive taking the **FIRST RIGHT** that leads you past the **SPORTS CENTRE ON YOUR RIGHT**.
- CONTINUE along this road **BEARING RIGHT** by a building labelled **APSLEY**.
- At the **T-JUNCTION TURN RIGHT** and follow the road past the **ANGLESEY** building on the **LEFT**.
- Just past Anglesey you have three options: hard left, a dirt track labelled 'Golf Course' and straight on down a paved road. Take the road **STRAIGHT ON** over a couple of humps.
- Follow this road past residential houses bearing hard left as you reach the golf course, which will be on your right.
- Follow the track into the woods and take the **SECOND LEFT** and continue up the tree-lined road.
- **PARK** by the brick building on the right.
- The Training Hut is the nearest of the wooden buildings on the left.



CONTACTS FOR TRAINING EXPERTISE

Please don't hesitate to get in touch if you have any further queries.

You can also visit our website for further information at:

<http://www.training-expertise.co.uk/>

Email: info@training-expertise.co.uk

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Mobile 07764 894470