

Outdoor Leader Professional Development Programme



Training Expertise



Remote
Emergency
Care

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Registered in England as Training Expertise Ltd at 45-51 High Street, Reigate, Surrey RH2 9HE Registered No. 04051857
VAT Registered No. 988 6387 35

Outdoor Leader Professional Development

Anyone responsible for leading activities in an outdoor setting need to have a variety of skills and competencies to meet the demands of modern expeditions and outdoor activity whether in the UK or overseas. With the recent development of the BS8848 standard for expeditions and the National Occupational Standards (NOS) for Expedition Leaders the framework for providing meaningful and nationally recognised training is better than ever.

The past 10 years **Training Expertise Ltd** have developed a suite of training programmes for people leading groups in the outdoors with our extensive knowledge of the outdoor and expedition sector. We are now very excited to offer these training programmes as a coordinated, modular, professional development programme for current or aspirant leaders.

Who is this for?

Anyone who is involved with running or leading groups in the outdoors whether in the UK or overseas to include:

- Teachers
- Youth Workers
- Expedition Leaders
- Outdoor Instructors
- Scout Leaders
- Charity trek leaders

The following is a list of courses from which you can select to design your own tailored professional development programme. Training has been referenced and aligned to the NOS to allow for easy identification of key leader competencies within each programme.

Outdoor First Aid: Level 2 (2 day)

The course certificated by **Remote Emergency Care** takes delegates through basic life support looking at patient assessment (ABCDE) and the treatment of bleeding, breaks and burns. Illness and incident management are also introduced. This is a course focused on teams working with good access to medical aid and support.

Duration: 2 days

Cost £120 per person (ex VAT)

Advanced Expedition First Aid: Level 4 (2 day)

This course certificated by **Remote Emergency Care** builds on the training covered in the Level 2: Outdoor First Aid course and so delegates need to have a current 16hr Outdoor First Aid qualification. Delegates are trained in advanced life saving techniques and equipped with the skills necessary to deal with any incident in remote, expedition environments where evacuation to definitive care may be protracted and they will have limited resources in the field.

Duration: 2 days

Cost: £180 per person (ex VAT)



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Water Safety Management (RLSS)

This exciting, newly developed two-day course certificated by the **Royal Life Saving Society (RLSS)** is designed to prepare delegates to manage activities in and around water safely in a variety of environments. The course is practical and hands-on and focuses on providing a set of principles that can be applied to a variety of situations and environments. The core ½ day module ensures participants have the basic water safety and rescue skills required. The remainder of the course focuses on in-land flat and moving water and beach water environments.

Duration: 2 days

Cost: £180 per person (ex VAT)

Off-Site Safety Management (RGS-IBG)

This two day course is designed to provide the participants with an understanding of the safety systems and statutory requirements needed when planning to take young people off-site. The course covers everything from a day trip to the Tate to a month long expedition to Ecuador. The course provides a sound framework to plan any trip or expedition safely. The Royal Geographical Society with IBG certificates the course.

Duration: 2 days

Cost: £170 per person (ex VAT)

Expedition Food Safety (Level 2 Award NCFE)

A one-day NCFE Level 2 Award run in conjunction with **Cookout**. This course is tailored for food preparation and cooking in an outdoor, expedition environment. A large focus will be on the safe and hygienic handling of food to prevent illness from occurring within the group. A must for anyone where they may be expected to manage cooking and food preparation in the outdoors.

Duration: 1 day

Cost: £75 per person (ex VAT)

Facilitation Skills (IOL)

This two-day course certificated by the **Institute of Outdoor Learning** provides delegates with a set of tools to facilitate experiential learning with their group in a fun and exciting way. The delegate will come away from the course with the ideas and the confidence to facilitate group reviews in any situation and environment overseas. The Course Director is Lun Roberts.

Duration: 2 days

Cost: £175 per person (ex VAT)

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Environment specific training

These one or two day courses, run in conjunction with **Field Skills**, are designed to prepare the leader to manage and operate safely in a specific overseas environment. Choose from **Tropical Forest, Desert, Mountain** and **Savannah** environment specific courses.

Duration: 1 or 2 days

**Cost: £80 – 1 day (ex VAT)
£120 – 2 days (ex VAT)**

Expedition Leader Training

A condensed two day course, run in conjunction with Field Skills, giving you the hard and soft skills required to lead your own expeditions or fieldwork trips. Scenario based exercises are used to look at the soft skills which are vital in leading and organising expeditions as well as looking at pre-planning and dynamic safety management during the trips.

This course looks at the logistics of organising and leading an expedition and follows the stages through from planning on paper to applying this paperwork actively in the field.

Duration: 2 days

Cost: £120 (ex VAT)

Recognising and Coping with Psychological Health Issues in Volunteers and Expeditioners

This one day interactive workshop from **Inter Health and the Royal Geographical Society and IBG** is aimed at team leaders from GAP, volunteer and expedition agencies that have direct responsibilities for those on the field. It will enable leaders to spot early warning signs of psychological health issues in volunteers and expeditioners. Participants will also learn to assess the severity of situations, possible implications and what initial steps to take to give appropriate support or obtain further help and back-up.

Duration: 1 day

Cost: £135 per person (ex VAT)

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Multi-booking discounts

Design your own tailored development programme from the above and book together to attract the following discounts:

Book 1 place	Full price
Book 2-3 places	10% discount
Book 4-5 places	15% discount
Book 6 or more	20% discount

For dates of courses please see our website <http://www.training-expertise.co.uk/first-aid-public.asp> or call the office on **01344 466390**.

Bespoke courses

We also run any of the above programmes as bespoke courses for organisations and companies. Please call or email the office for further details

Ready to Book?

Please call the Training Expertise office on **01344 466390** or email info@training-expertise.co.uk to book or discuss any of the above. Alternatively you can complete and return the **booking form** which can be found on our website http://www.training-expertise.co.uk/documents/outdoorleadercpd_datesflyer.pdf.

We have a dedicated team who will be more than happy to discuss your objectives and help you design your development programme.

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