

Specialist Training for Remote Environments



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Training Expertise RLSS (UK) NWSMP - Joining Instructions Southampton, Hampshire

Training Expertise, Expertise House,
9 Cufaude Buisness Park, Cufaude Lane, Bramley, Hants, RG26 5DL

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Registered No 04051857. VAT Registered no 0988638735



remote emergency care





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Training Expertise

Part of the Expertise Consultancy Group; Training Expertise is a Limited company registered in the UK.

Our Aim

We are a specialist company committed to running quality training programmes. We aim to consistently deliver tailored courses that are effective at transferring knowledge, skills and attitudes to employees.

Our Philosophy

We are committed to building long-term partnerships with our clients to enable us to deliver tailored training solutions. To achieve this we invest time and energy in finding the right training for the group and designing an effective training package.

To meet our clients' needs, we aspire to integrate training into their systems to support the wider goals of Safety, Health and Environment policies within their organisation.

What we do

Since 1998, Training Expertise has been working with organisations and people who operate in outdoor or remote environments, designing training courses in the fields of first aid, field safety, defensive driver training and field leadership.

Over the years we have built a network of elite trainers to deliver a range of tailor made programmes. These include doctors, paramedics, nurses, field trip leaders, mountain rescue personnel and crisis management experts. We pride ourselves on the quality of training, adaptation to the operating conditions and recommendations of practical solutions.

We continue to strive to provide the best training available and welcome suggestions for new courses which will enable us to make operating in remote environments as safe as possible.

Please do not hesitate to get in touch to discuss your training needs:

Office: 01256 886543 (option 3)
Email: info@training-expertise.co.uk
Web: www.training-expertise.co.uk
LinkedIn: training-expertise
Facebook: trainingexpertise
Twitter: @trainexpertise



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Course Details – RLSS (UK) NWSMP

Thank you for choosing to complete your National Water Safety Programme with Training Expertise. The information below should give you enough detail to enable you to prepare for the course. Should you have any further questions however please do get contact with the office.

Course Outline

Training is modular with the emphasis strongly on risk management and prevention as follows:

- **Level 1: Water Safety Awareness Module** - For those working or supervising near water who do not have a definite intention to get into the water
- **Level 2: Environment Specific Modules** (River, Still Water, Beach) - For those who have a greater likelihood of getting closer to or in the water but with a definite intention to stay within standing depth,
- **Level 3: In Water Rescue Module** - For those with clients/ people under their supervision who might be swimming out of their depth.

Pre-course Learning

As part of the Level 1 Water Safety Awareness module there is an element of background pre-course learning. This will be emailed to you approximately 2 weeks before the course.

This pre-course learning does involve a multiple choice question paper to be completed before the start of the course. Going through this paper will constitute part of the first mornings work and therefore must please be completed prior to arrival.

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, Mountain Rescue Personnel and Expedition Leaders. Their experience in the remote pre-hospital setting is extensive and this combined with innovative training techniques ensure learning is optimal and fun.

Course Timings:

The course will run **09:30 to 17:00** on Day 1 and **10:00 to 17:00** on Day 2.

Please ensure you arrive for a prompt start. There will be several breaks for refreshments and lunch will be at approx. 12:30 each day.



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Course Venues

Due to the nature of this course the training will take place in two separate venues.

Day 1 – River Itchen

Woodmill Activity Centre, Woodmill Lane, Southampton, Hampshire, SO18 2JR
(www.woodmill.co.uk)

Day 1 Content covered; L1 WSA, L2 ESM River & Still Water

Day 2 – Southampton Water

Royal Victoria Country Park Café, Netley Abbey, Southampton, SO31 5DQ (Sat nav: SO31 5GA)
(<http://www3.hants.gov.uk/countryside/countryside-service/country-parks/rvcp/rvcp-cafe.htm>)

Day 2 Content Covered; L2 ESM Beach, L3 IWR





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Arrival & Parking:

Day 1:

Woodmill Activity Centre sits at the top of the River Itchen. It is on the non-tidal part of the river and there is a still water lake right next door as well.



Please follow signs to the car park and then head to the reception to sign in for the Training Expertise RLSS course. Please note that there could be several activity groups at the venue with us, so please act with consideration for the other groups.

Day 2:

Royal Victoria Country Park is located in Netley Abbey, and fronts right onto Southampton Water.



On entering Netley Abbey, carry on to the end of Station Road at its junction with Victoria Road and turn left and continue for 0.3 mile to the entrance to Royal Victoria Country Park.



Parking is inside the country park and is charged at £4.00 (for any length of stay, over 1 hour).

Once parked, please head for the park Café in the centre (towards the rear) of the park, where your trainer will meet you.

Lunch and Refreshments:

Coffee /tea will be provided on day 1, but please bring some change for tea/coffee in the café on day 2. **Please also bring a packed lunch and snacks each day as this is NOT included in the course fee.** There is limited access to & time for access to shops during this course.

Equipment & Clothing:

Please remember to bring the following:

- Supply of paper, pens, highlighters etc to make your own notes.
- Wetsuit/Drysuit
- Shoes for wearing in the water (old trainers or wetsuit boots)
- Outdoor shoes
- Indoor shoes
- Complete change of clothing
- Warm jumper/ fleece
- Waterproofs
- Towel
- Lunch & Snacks



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PLEASE NOTE THAT YOU MUST BRING YOUR OWN WETSUIT / DRYSUIT FOR THIS COURSE. IF YOU DO NOT HAVE ONE, WE CAN OFFER THE FOLLOWING EQUIPMENT SUPPLIERS.

DiveStyle

www.divestyle.co.uk/rentals.php

01189 761729

Ocean Turtle Diving

www.oceanturtlediving.com/rental.html

01256 819595

Background Reading:

You should receive candidate resources from Training Expertise a few weeks before the course. If you have not received these documents please contact our office to arrange for us to email these to you. **PLEASE NOTE; Unit 1 includes a self-study element, which must be completed in advance of the course.** We encourage you to read all the material prior to attending; i.e. Unit 2 and the four modules (Beach, River, Still Water and In Water Rescue).

Accommodation in the Southampton area:

Highfield House (3 stars) - www.highfieldhousehotel.co.uk

119 Highfield Lane, Southampton (023 80 554 223)

Aparthotel HSH Southampton Central – (see www.booking.com)

3, Pilgrim House, Southampton

Ellington Lodge at The Concorde (3 stars) - www.theconcordeclub.com

Stoneham Lane, Eastleigh (023 8061 3989)

DoubleTree by Hilton Southampton (4 stars) – www.doubletree3.hilton.com

Bracken Place, Chilworth, Southampton (023 8070 2700)

Holiday Inn Express Southampton - M27, J7 (3 stars) - www.hiesouthamptonhotel.com

Botley Road, West End, Southampton (023 8060 6060)

Hilton at the Ageas Bowl, Southampton (4 stars) - www3.hilton.com

The Ageas Bowl Stadium, Botley Road, Southampton (023 8202 0900)

Yew Tree Bed and Breakfast - www.yewtreebandb.com

88 St John's Rd, Hedge End (07841 425523)

The Navigator (4 stars) - www.thenavigatorswanwick.co.uk

286, Bridge Road, Lower Swanwick (01489 572123)



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Your Health and Safety:

1. Most of Training Expertise's courses involve practical elements, whether bending and lifting, active first aid, working outside on rough or uneven terrain or getting in the water. Clients are reminded of the importance of operating within their abilities and taking care of their health and safety. Please inform us of any medical or other issues that may affect your active participation.
2. Clients are reminded that all outdoor activities are potentially hazardous and that they are obligated to abide by any safety instructions provided on the course.
3. Please speak to your instructor should you have any issues during the course.

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.

Contacts for Training Expertise

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

Email: info@training-expertise.co.uk

Office: 01256 886543 (opt. 3)



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Training Expertise Ltd - Terms & Conditions

1 Interpretation

- “Activities” means activities for organisations, corporate groups and schools, first aid courses and other activity schemes details of which are more particularly described in Schedule 1 Part 2;
- “Client” means the individual, firm or company doing business with the Company and acting on behalf of the Participants and whose details are given in Schedule 1 Part 1;
- “Company” means Training Expertise Ltd (registered No. 04051857) of Registered Office; Expertise House, 9 Cufaude Business Park, Cufaude Lane, Bramley, Hants, RG26 5DL;
- “Conditions” means the terms and conditions set out in this document including the Schedule;
- “Participants” means persons taking part in the Activities, whose details are given in Schedule 1 Part 1;

2 Application of terms and conditions

- 2.1 Any application by a Client to take part in the Activities provided by the Company shall be accepted entirely at the discretion of the Company and if so accepted will only be accepted upon these Conditions.
- 2.2 No modification of the Conditions shall be binding on the Company unless in writing and signed by a director of the Company.
- 2.3 The Client acknowledges that there are no representations outside the Conditions, which have induced it to enter into this contract with the Company.
- 2.4 Any typographical, clerical or other error or omission in any sales literature, quotation, price list, acceptance of offer, invoice or other document or information issued by the Company shall be subject to correction without any liability on the part of the Company.

3 Payment

- 3.1 Payment by the Client for the Activities shall be made as set out in Schedule 1 Part 3.
- 3.2 The total cost of the Activities as detailed in the Schedule shall cover all aspects of the Activities provided by the Company except those specifically excluded in the Schedule.

4 Cancellation charges

- 4.1 Cancellation charges for Activities shall be as set out in Schedule 1 Part 5.

5 Failure to pay on time

- 5.1 The amount of each payment shall become due and payable at the expiry of the relevant periods referred to in Schedule 1 Part 3. Where the Client falls outside the definition of “small business” under the Late Payment of Commercial Debts (Interest) Act (“the Act”), the Company shall be entitled to charge the Client interest on the amount unpaid at the statutory rate provided by the Act and in other cases charge the Client interest (before as well as after judgment) on the amount unpaid at the rate of 4% over the base rate of Lloyds Bank plc from time to time and compounded quarterly.
- 5.2 Time of payment shall be of the essence of the contract and the failure of the Client to pay any part of any invoice in due time shall entitle the Company to cancel the Activities and to recover damages for breach of contract by the Client. Such damages shall include, without limitation, any bank charges or other costs or expenses incurred directly or indirectly in connection with the Client’s failure to pay on the due date. The Company shall have authority to re-allocate the Activities without prejudice to any of its other remedies.
- 5.3 The Client waives all and any future claims and rights of set off against any payment due by the Client under these Conditions and agrees to pay any amounts due regardless of any equity, set off or cross-claim on the part of the Client against the Company.
- 5.4 The rights of the Company under this Clause 5 are cumulative and not alternative and any waiver by the Company of any of its rights shall be without prejudice to any other rights hereunder.

6 Changes to bookings

- 6.1 The Company will use reasonable endeavours to avoid having to change the Activities but the Company reserves the right to alter or omit or make changes for any reason which the Company in its absolute discretion shall consider to be just and reasonable.
- 6.2 In the unlikely event of political unrest, hostilities or other event beyond the control of the Company in an area to be visited, advice will be taken by the Company from The Foreign Office on the advisability to travel.
- 6.3 In the event that the number of Participants taking part in the Activities falls below the minimum number required by the Company to operate the Activities, then the Company reserves the right by written notification to the Client to terminate the contract for Activities at which time the Company will refund within a reasonable time to the Client all payments (including the deposit) referred to in Schedule 1 Part 3.
- 6.4 Cancellation by the Company of part of the Activities shall not entitle the Client to cancel any other part of the Activities. The Company shall reimburse or give credit to the Client for the cost of any part of the Activities so cancelled.

7 Finishing times

- 7.1 Events organised by the Company as part of the Activities are required to finish at the time agreed by the Company and extensions to this time will not be possible unless agreed to in writing by a director of the Company.

8 Notification of participant

- 8.1 The amount payable by the Client shall be calculated by reference to the number of Participants (unless otherwise stated to be a lump sum) indicated at Schedule 1 Part 1 but where the number actually participating is greater the Client shall be liable to pay an additional amount per Participant as specified in Schedule 1 Part 3 and invoiced by the Company.



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9 Refusal of admission

- 9.1 The Client shall use its best endeavours to ensure that all Participants read and study in advance, any information made available to the Client or Participants by the Company regarding preparations for the Activities to be provided. The Client shall use its best endeavours to make Participants aware that they are expected to follow the instructions given in such advance information.
- 9.2 If the Company in its absolute discretion considers the conduct or dress of any Participant seeking admission to or participation in the whole or part of the Activities is likely to cause risk to the welfare, safety or conduct of that Participant or any other Participant, then the Company shall have the right in its absolute discretion to refuse such admission or participation by such participant without having to give detailed reasons.
- 9.3 If a Participant's conduct whilst participating in the whole or part of the Activities is such that in its absolute discretion the Company believes it is likely to cause risk to the welfare, safety or conduct of others participating in the whole or part of the Activities, then the Company may require the Participant to retire from the Activities provided and in such circumstances the Client will be responsible for any additional costs incurred by the Company in returning the Participant to the UK return point.
- 9.4 The client shall ensure that Medical form and Parental consent forms are completed and presented to the Course Director prior to the start time. The Company shall have the right in its absolute discretion to refuse such admission or participation by such participant that do not have appropriate permission or medical forms.

10 Force Majeure

- 10.1 The Company shall not be liable to the Client for any loss suffered by the Client if the provision of the activities is prevented, restricted, hindered or delayed by reason of any circumstances outside the control of the Company including weather and without limitation labour disputes, strike, lock-out or shortage of materials or labour. In such circumstances non-performance, part-performance or delay in performance of the obligations of the Company shall not entitle the Client to claim damages of any kind whether direct, indirect or consequential.

11 Limitation of liability

- 11.1 In arranging for any part of the Activities to be delivered by a third party the Company acts as the agent of the Client and no liability to any third party or to the Client of any kind whatsoever shall attach to the Company in connection with or arising from the arrangements between the Client and the third party. The Client shall indemnify the Company against any claim made by such third party.
- 11.2 In respect of Activities provided by a third party under the Conditions the Company shall, at the request of the Client, give reasonable assistance to the Client to pursue any claim against such third party, save that the Company shall not be obliged to pursue any third party if this involves legal or other professional expenses, court or arbitration proceedings, unless the Client agrees to fully and effectively indemnify the Company against all costs and expenses in respect thereof including the cost of the Company of involvement of Company staff in connection with pursuing a claim.
- 11.3 Except in respect of death or personal injury caused by the negligence of the Company the Liability of the Company to the Client for any consequential (whether direct or indirect) loss or damage, costs, expenses or other claims for consequential compensation whatsoever (and whether caused by the negligence of the Company, its employees or agents or otherwise) which arises out of or in connection with the provision of the Activities, shall be limited to the amount that the Company has charged for the part of the Activities in relation to the particular event giving rise to the liability.
- 11.4 The Client shall be responsible and shall fully indemnify the Company for any damage intentionally or negligently caused by the Client, its sub-contractors, agents, guests or the Participants to any property of the Company or venue being used by the Client. Should any such damage occur the Company will specify, in writing, the damage and cost of repairs and the Client shall, within 7 days of the date of the Company's letter, pay to the Company the sum required to rectify the damage caused.
- 11.5 If the Client or a Participant is not satisfied with the Activities provided by the Company, such dissatisfaction must be communicated without delay in writing to the Company's place of business or if this is not practical to the employee or third party appointed by the Company to provide the Activities and the Company will take all steps reasonable in the circumstances to remedy the situation. If provision of the Activities has been completed complaints must be communicated to the Company in writing to the Company's place of business within 14 days of completion of the Activities.

12 Amendment

- 12.1 No relaxation or indulgence, which, the Company may from time to time or at any time extend to the Client, shall in any way prejudice or act as a waiver of the Company's rights hereunder.

13 Notices

- 13.1 Any notice to be given by either party to the other under these Conditions shall be in writing addressed to that other party at its principal place of business or registered office or such other address as has been notified to the party giving the notice and shall be deemed to be duly served on the day after being posted if being sent by first class pre-paid post or on the day received if given by facsimile or other means of telecommunication in permanent written form.

14 General

- 14.1 If any provision of these Conditions is held by any competent authority to be invalid or unenforceable in whole or in part the validity of the other provisions of these Conditions and the remainder of the provisions in question shall not be affected thereby.
- 14.2 The Company is registered as a Data User under the Data Protection Act 1984 as amended by Data Protection Act 1998 and complies with the principles set down by the legislation.
- 14.3 The Company holds the right to use any photographic material taken during the course for general marketing purposes.



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15 Law

15.1 These Conditions shall be governed by and interpreted in accordance with English law and the parties hereby submit to the exclusive jurisdiction of the English Courts.

Schedule 1

Part 1 - Client Details

Client Name: Open Course Client as per Invoice
Address: Open Course Client as per Invoice
Tel: Open Course Client as per Invoice
Participants' Details: Open Course Client as per Invoice

Part 2 - Description of Activities

Course Title: Open Course as per Course Information Pack &/ or Invoice
Course Content: Open Course as per Course Information Pack &/ or Invoice
Course Description: Open Course as per Course Information Pack &/ or Invoice

Part 3 - Costs

Venue Hire - Per course costs: £ Open Course as per Invoice
Activity Costs - Per course costs: £ Open Course as per Invoice
Certification Costs - Per person costs: £ Open Course as per Invoice
Specialist Kit Hire - Per item cost: £ Open Course as per Invoice

Part 4 - Payment Terms

Pre-course Charges: On receipt of a *Pre-course Invoice* - if applicable; the full cost of the Activity must be paid to the Company by the Client a minimum of 7 days before the start of the Activity.
Post-course Charges: On receipt of a *Post-course Invoice* - if applicable; from the Company; all other costs must be paid to the Company by the Client immediately on completion of the Activity, on receipt of an invoice from the Company.

Part 5 - Cancellation Charges

Advanced Notice: Should the Client cancel the Activities one calendar month (or more) prior to the first date on which any of the Activities are due to be provided; the Client shall remain liable for the 50% of the costs, as agreed at point of sale.
Limited Notice: Should the Activities be cancelled by the Client in whole or in part less than one calendar month prior to the first date on which any of the Activities are due to be provided; the Client shall remain liable for the entire costs, as agreed at point of sale.
Individual: Should individual participants cancel before or during the Activities; the client will be held liable to pay the Company, all Costs as detailed in Schedule 1 Part 3 that may already have been incurred by the individual.

Regards

Richard Mayon-White

Director - Training Expertise Ltd.

info@training-expertise.co.uk - 01256 886543 (opt. 3)