

# Outdoor Adventure Club



2<sup>nd</sup> Edition

## Expedition Training Project



## Basic Outdoor First Aid Camp



Do you want to learn How to provide First Aid treatment for the outdoors.

Suitable for



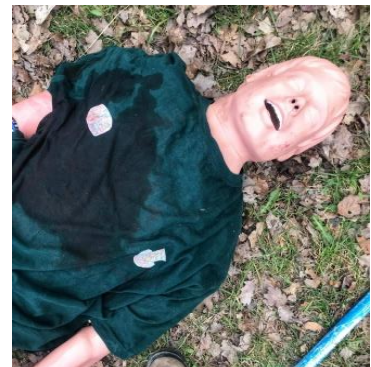
participants

Motivating Young People and raising achievements using outdoor adventure.

<b>Activity Name:</b>	First Aid Weekend Training Camp
<b>Dates:</b>	
<b>Pre-Requirements:</b>	Understanding First Aid Navigational skills Camping skills and Camp Craft (If camping) Emergency Procedures
<b>Outcomes:</b>	<ul style="list-style-type: none"> <li>• Understand the role and responsibilities of a First Aider.</li> <li>• assess an incident.</li> <li>• manage an Unconsciousness, casualty who is breathing and not breathing normally.</li> <li>• recognise and assist a casualty who is choking.</li> <li>• manage external bleeding and shock.</li> <li>• conduct a secondary survey.</li> <li>• Choking,</li> <li>• Severe external/internal Bleeding, Burns, Environmental illnesses, and minor illness/injuries.</li> </ul>

The training is all outdoor practical and scenario based.

<b>Personal Kit and Items:</b>	
Personal Kit	Personal Food
Spare Clothes	Packet Lunch for Day 1 Lunch
Indoor Footwear	Cooked Meal for evening meal.
Night Clothes	Food for Packet lunch (Day 2)
Toiletries	Plate, Cup, Bowel, Knife, Fork, Spoon
This should be carries in either a Rucksack or sports bag.	



**You will get dirty and wet so please come in old clothing**



Programme Agenda:		
Day	Times	Topic
1	10am	Arrive/Setup
	10:15 – 10:45	Re-cap on programme, Rules and expectations
	10:45 – 12:30	Activity 1 – Scenario Stations
	12:30 – 1pm	Lunch – Group Pack lunch
	1pm – 4pm	Activity 2 – Scenario Stations
	4pm - 6pm	Group Cooking Tea/ Washing and Cleaning up
	6pm - 11pm	Evening Activity 1 – Wood Craft and Night Camp fire
11pm – 9:00am - Night Sleep		
2	9am – 10am	Breakfast (Cereals, Eggs, Bacon and Sausage)
	10am – 12pm	Activity 3 - Scenario Stations
	12:30 – 1pm	Lunch – Pack Lunch
	1pm – 2:30	Pack up and Leave
	2:30 – 3pm	Evaluation



## Contact Details

**Contact No** - 07506 186 388

**Website** – [www.vyc.org.uk/](http://www.vyc.org.uk/)

**Email** - colin.cosgrove@vyc.org.uk

**Facebook** - Outdoor Adventure Club