

# TOLLYMORE NATIONAL OUTDOOR CENTRE FIRST AID TRAINING COURSES

2012



## WHY COME TO TOLLYMORE FOR YOUR FIRST AID COURSE?

- Tollymore has been delivering First Aid Courses for sporting organisations for more than 40 years.
- We use the Rescue Emergency Care (REC) Scheme for all our courses - a tried and tested practical approach to first aid, giving our students real confidence to deal with situations.
- We offer a range of courses, from one-day basic courses to two day courses and also qualifying trainers.
- All staff working on our courses are fully qualified REC trainers with a background in sports at all levels.
- The courses ran are practical courses and specific to your sport requirements.

<i>Dates</i>	<i>REC Level 1 First Aid 1 Day Course</i>	<i>REC Level 2 2 Day Course</i>	<i>REC Level 2 2 Day Course</i>
	<i>Lunch included</i>	<i>Residential inc food &amp; accommodation</i>	<i>Non residential but including lunch on both days, and dinner Sat evening</i>
<i>Summary of Course:</i>	<p>This is a one-day/8 hour course.</p> <p>This course covers the skills required to administer basic first aid in a sporting environment.</p> <p>It includes dealing with basic medical accidents and an element of CPR.</p>	<p>A two-day course (16 hours).</p> <p>The Emergency First Aid Course is certified for three years.</p> <p>It is designed to introduce a systematic way of first aid for managing casualties.</p> <p>Topic learning and practicals intermixed with scenarios of real situations. The course includes:</p> <ol style="list-style-type: none"> <li>1. The fundamental workings of the body, in particular the heart, lungs and airway;</li> <li>2. Assessing a casualty;</li> <li>3. Introduces a system to cope with all incidents as safely as possible;</li> <li>4. Deciding how to deal with an accident or incident; and</li> </ol> <p>Awareness of delayed medical help and adverse environmental conditions.</p>	
<i>Time</i>	Commence on Saturday at 9am, finish Saturday at 5pm)	Commence on Saturday at 9am to 9pm Saturday, and Sunday 9am to 3pm)	Commence on Saturday at 9am to 9pm Saturday, and Sunday 9am to 3pm)

<i>Saturday, 7, 14 and 21 January 2012</i>	<i>£55 per person</i>	<i>£136 per person</i>	<i>£117 per person</i>
<i>Saturday, 4, 11 and 18 February 2012</i>			
<i>Saturday, 3, 10 and 24 March 2012</i>			
<b>Discount</b>	For bookings of 5-10 people 10% discount will be applied; 10+ people 15% discount.		

For further information please contact [admin@tolymore.com](mailto:admin@tolymore.com)  
or telephone (028) 4372 2158



[www.tolymore.com](http://www.tolymore.com)