

Forest School First Aid (£155 total): sixteen-hour practical first aid training, featuring indoor and outdoor sessions, for those with a duty of care at Forest School or other Outdoor Learning including Early Years. Meets the recommendations of Institute for Outdoor Learning and the Forest School Association. Suitable for those working with all age groups above 1 year old. No previous qualifications or prior knowledge are needed. Trainer, Aline Hill, is a qualified Forest School leader and trainer, with 17 years' experience in working with learners of all ages in the outdoors, and 7 years' experience as First Aid trainer.

Dates and times: Fri 21 Mar & Mon 24 Mar, 8.45 for 9 am start until 6 pm both days.

Venue: Fives Hamilton, 67 B Bothwell Rd, Hamilton ML3 0DW (see next page for more details)

Cost: £155 total (no VAT)

Booking link: <https://forms.gle/NHe5yvRbDD8QXGZg9>

Contact: admin.office@forestschoolscotland.co.uk

What to expect: teaching is primarily through practical sessions. The course comprises progressive indoor practical sessions and outdoor scenarios on both days. You'll be expected to take full active part in all practical sessions. This includes:

- **Kneeling and rolling, lying on carpet and on ground outside**
- **simulating CPR**
- and having **physical contact** with other course members (to minimise infection risk, you can ask to work with just one other person and request that yourself and your partner wearing facemasks (provided), on relevant sessions of the course).

If you feel you may need to **request support or adjustment** during this course please view our Access to Qualifications policy [here](#) then contact Aline on aline@forestschoolscotland.co.uk to discuss or text Aline on 07796677059 to request a call back. We'll do our best to help.

Assessment is by tutor observation throughout. There is no written assessment.

You will need to bring:



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- A form of photographic ID. You will not be able to complete the course without this.
- Indoor and outdoor clothing suitable for the weather at the time, including for lying on ground outside. Full set of waterproofs is needed on both days.
- All food for morning and afternoon snacks and lunch and your own cup. No food is available at the venue. Hot water, tea, coffee, dairy and oat milk are provided.
- Note-taking materials should you wish (you will be given an ITC manual that contains all key information)

Getting to the training venue

Fives Hamilton, 67 B Bothwell Rd, Hamilton ML3 0DW

(<https://www.football5s.com/hamilton/>). Parking is available at the venue. Enter through main doors and reception will give you directions. We are in ground floor sports hall. Bus stops near Football 5s in Hamilton are May Street, Hamilton (1 min walk) and New Park Street, Burnbank (8 min walk) Train stations near Football 5s in Hamilton are Hamilton Central (7 min walk) and Motherwell (43 min walk). **Contact me on 07796677059** if you are having problems.

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About your qualification



Learner Entry Requirements for this Qualification

There are no previous qualification or prior knowledge requirements for learners for this qualification. However learners must be able to participate in an active course that involves some kneeling, rolling, lying on the floor and touching of others, in both indoor and outdoor woodland environments.

Course structure

The course comprises two mandatory units: Forest School Emergency Action and Forest School incident management. Candidates must successfully complete both in order to gain the qualification.

Qualification Objectives

Forest School Emergency Action Objectives:

The learner will.....

- 1 Be able to assess an emergency situation in a forest school setting and prioritise what action to take.
- 2 Be able to provide first aid to an unresponsive casualty in a forest school setting.
- 3 Be able to provide first aid to a casualty who is choking.
- 4 Be able to provide first aid a casualty with external bleeding.
- 5 Be able to provide first aid to a casualty who is in shock.

Forest School Incident Management Objectives:

The learner will . . .

- 1 Be able to apply incident management and casualty assessment principles in a forest school setting.
- 2 Be able to provide first aid to a casualty in a forest school setting with suspected injuries.
- 3 Be able to provide first aid to a casualty in a forest school setting with an acute medical condition.
- 4 Be able to provide first aid to a casualty in a forest school setting with anaphylaxis.
- 5 Be able to provide first aid to a casualty in a forest school setting with burns or scalds.
- 6 Be able to provide first aid to a casualty in a forest school setting with issues affecting the eyes, ears or nose.
- 7 Be able to provide first aid to a casualty in a forest school setting with suspected poisoning.
- 8 Be able to provide first aid to a casualty in a forest school setting who is experiencing the effects of extreme heat or cold.
- 9 Be able to provide first aid to a casualty in a forest school setting with minor injuries.