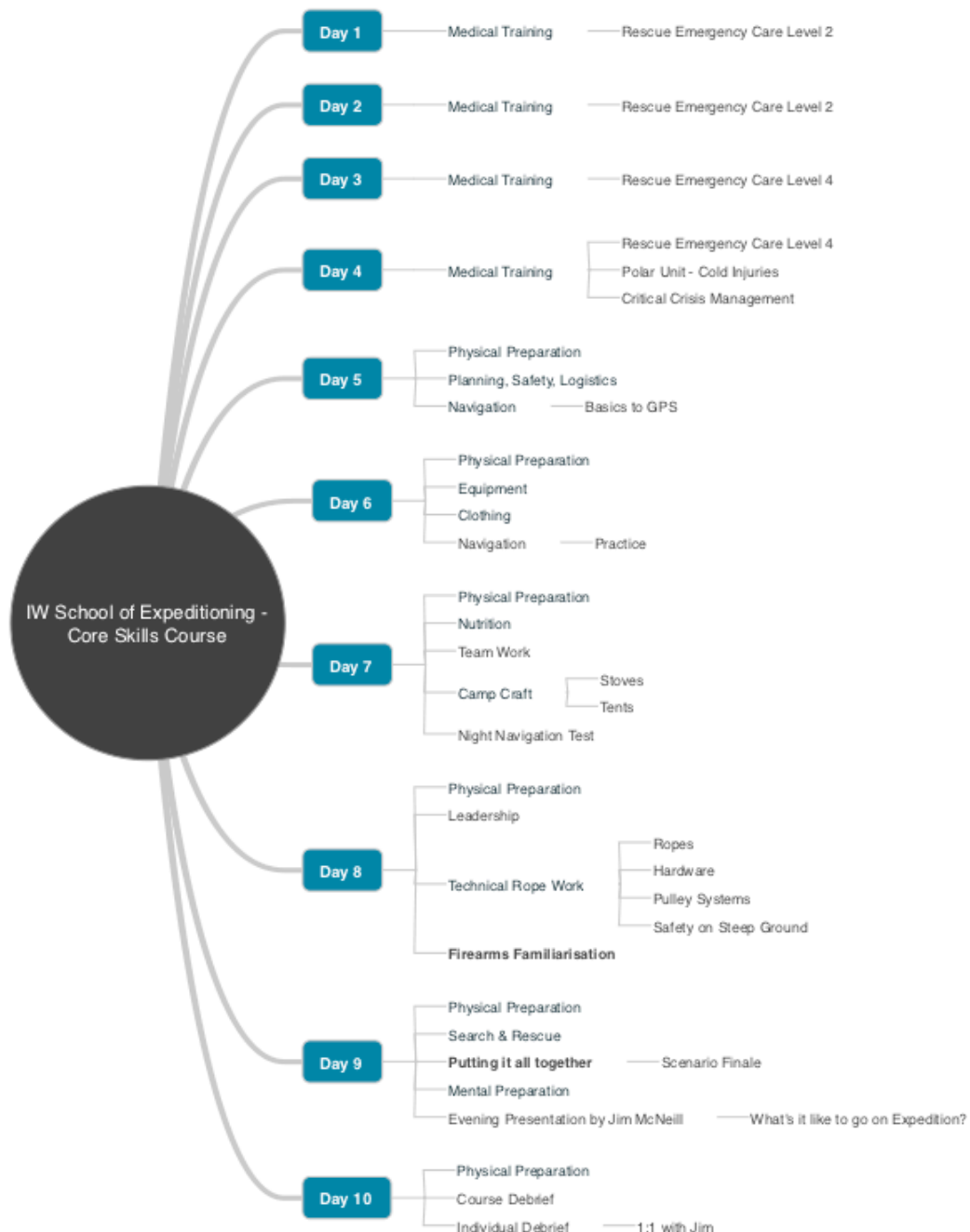




Expedition Core Skills

The Experience

You'll find no matter where you are in terms of your skills development there is a place for you within the programme and we measure and record your development throughout, so whether you're heading towards an Ice Warrior flagship expedition or considering your own expedition, you can join us at any stage. The only pre-requisite for any of the core training is an open mind and the right attitude - Positive!



How will you learn?

Our style is one of coaxing it out of you, wherever possible. We rarely lead you by the nose. We have found that this method results in a much better level of retention and therefore competence. This combined with providing the relevant chapters of Jim's Expedition Training Manual and employing the very best of instructional makes us confident of the thorough nature and high quality of training. We have a policy of continual improvement. All course delegates are given a feedback form to complete at the end of their course.

Where?

Bellever YHA, Bellever, Postbridge, Devon, PL20 6TU

This property is in the centre of Dartmoor National Park surrounded by open moorland. Once part of a Duchy farm, YHA Bellever makes for a comfortable learning environment with the nearby East Dart River, Bellever Forest and Tors - ideal for training. Accommodation is bunkhouse style but very comfortable. We take over the property for the duration of the course and so cooking, clearing-up and cleaning is all part of the team-bonding process - as are the fun and games in the evening.

Finance

The course fee includes: instruction team equipment, accommodation and all meals, certificate upon successful completion - Does not include travel to and from the venue and alcoholic beverages.

Kit List - What to bring with you

We will provide you with a full list of personal kit and clothing on booking. If you have your own medical kit, bring that to review on the medical courses.

Please do contact us for any outdoor gear you require – at BASECAMP, we retail everything at super special rates to our participants and profits go towards our expeditions!!

Ice Warrior Medical Training

It is essential that every person in a team pushing the boundaries or operating in extreme and remote environments can cope in a time of crisis and coping successfully involves three things:

- Knowledge – knowing what to do
- Skills – having the skills to be able to resolve the crisis
- Preparation – planning for the eventualities and practising the scenarios

Ice Warrior Medical Training addresses all three of these crucial facets in the event of a medical crisis and is considered a vital part of being a competent expedition member.

This is an intense and enjoyable 4-day course. The training is based in the Remote Emergency Care tradition of concept and scenario-based learning. Participants receive practical and understandable guidance for pre-hospital recognition, treatment and transport of sick and or injured patients. A very strong emphasis is placed on care in the polar environment and the teamwork required to create and maintain a safe work environment to ensure optimal outcomes for the patient.

The scenarios used to support the class work will give you a strong sense of empowerment in these potentially stressful situations that could arise in a remote setting. They draw on the first aider's creativity, problem solving and memory to correctly diagnose and treat the patient. You are never alone! You will be supported by your teammates and will feel the intense satisfaction of giving high quality care under challenging circumstances.

On completion of the course you will be certified at Level 4 REC, which includes CPR. This certification is recognised by most UK based outdoor programs including Mountain Leader.

Course 1 - Ice Warrior Medical Training - Rescue Emergency Care II

Who is this course for?

Those who want to feel prepared for small incidents in remote areas but not without rescue cover.

Course Content

The emergency first aid course is designed to introduce a systematic way of first aid for managing casualties. Topic learning and practicals intermixed with scenarios of real situations.

The course includes:

- The fundamental workings of the body, in particular the heart, lungs and airway
- Assessing a casualty
- Introduces a system to cope with all incidents as safely as possible
- Deciding how to deal with an accident or incident
- Awareness of delayed medical help and adverse environmental conditions

The course is progressive by building on each session, introducing new scenarios to test all techniques for:

- Emergency: vital signs • emergency action • airway • unconscious • choking • bleeding • breathing and circulation • cpr
- Environment: heat stress • cold stress • hot injuries • cold injuries
- Illness: chest pain • stroke • asthma • epilepsy • diabetes
- Injury: head • spine • chest • abdomen • pelvis • bones • soft tissue • eye
- Rescue: transportation • communication

The Candidates

All candidates entering the REC scheme start with the Emergency First Aid module, REC II

The Qualification

The Emergency first aid course is certified for three years and is an entry point for the REC scheme. It is the approved course for RYA, BCU, MLTB.

Course 2 - Ice Warrior Medical Training - Rescue Emergency Care IV + Polar

Who is this course for?

Those who want to feel prepared for large incidents in highly remote areas without rescue cover.

Course Content

The advanced first aid course is designed to introduce a systematic way of advanced first aid for managing casualties. Topic learning and practicals intermixed with scenarios of real situations. The course includes:

Development of skills gained at Emergency level

In-depth review of emergency care topics • shock management • longer term care

Advanced techniques • skills • development • use of additional equipment

Review of special interest topics by the candidates

The course is progressive by building on each session, introducing new scenarios to test all techniques for:

- bls: basic life support • vital signs • blood pressure • Glasgow coma scale
- als: advanced life support • suction • airways • oxygen • shock • fluid replacement
- injury: head • spine • chest • abdomen • pelvis • bones • soft tissue • eye
- rescue: triage • rescue • co-ordination • casualty management • cpr

The Assessment

Advanced first aid is assessed by observation of practical skills throughout the course and written assignments

The Candidates

All candidates should either have Emergency or Standard (FAW) first aid module, REC II

Will be able to take control of an incident and direct standard First Aiders

Will be able to deal with more complex emergency situations and use advanced methods

The Qualification

The Advanced First Aid course is certified for three years.

If you have any questions at all please do not hesitate to call Jim directly on 0777 565 1471 or email jim@ice-warrior.com

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