



## **LEVEL 3 FIRST RESPONSE EMERGENCY CARE - JOINING INSTRUCTION**

Thank you for booking on a First Aid Commercial Training course. Below is the information you need to prepare for your course. If you need any further information or clarification, please email us at [firstaidcommercialtraining@gmail.com](mailto:firstaidcommercialtraining@gmail.com)

### **COURSE**

These joining instructions are for the Quallsafe Level 3 Award in First Response Emergency Care (RQF) otherwise known as FREC3. This is widely regarded as the entry level requirement for pre-hospital care roles in both paid and voluntary sectors.

### **COURSE OVERVIEW**

You will receive your log in details shortly for 'The Swot Up', our online learning environment. Here you will find details of the online sessions and links to learning resources for you to look at prior to, and use during, the sessions.

During the online and face to face modules you will receive instruction on pre-hospital care techniques and related background knowledge to enable you to pass the assessments during the two days face to face.

### **PRE REQUISITES**

You must be at least 17 years old on the first day of the course.

You will need access to a laptop with a stable internet connection, a camera and a microphone to complete the online modules.

You will need to be in an environment that enable you to hear what is being said, interact with the group and answer questions.

You must have attended all online live sessions prior to attending the final two days face to face.

### **EXPECTATIONS**

You should expect an informative and enthusiastic instructor that can cater for the needs of all students within the group.

There are a number of practical and multiple-choice assessments throughout the course but you will be fully aware of what they require you to achieve, and will have been practiced on the requirements, prior to you undertaking these.

All that we ask is that you attend with a willingness to learn and with a basic level of fitness to be able to kneel and tend a casualty that is laying on the floor.

Please email us and let us know of anything we should be aware of to make your learning experience as enjoyable and achievable as possible.

### **CERTIFICATION & QUALIFICATION**

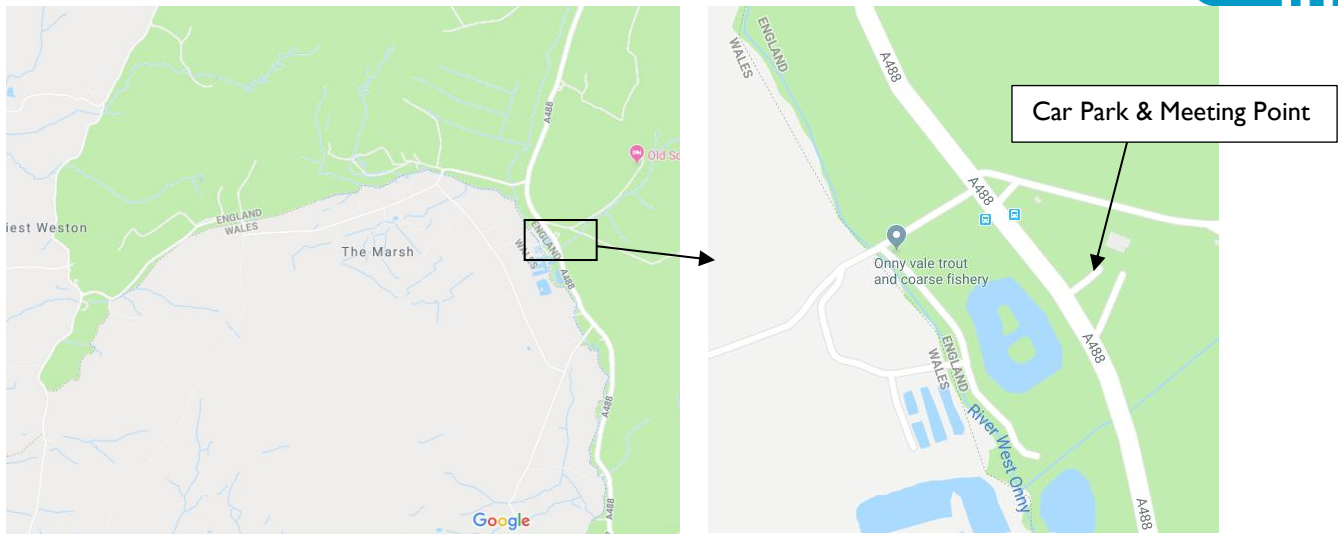
On successful completion of the course you will receive a certificate which will remain valid for 3 year. This will be emailed to you within two weeks of the course end date, as the results have to be moderated at Quallsafe head office prior to the issue of any certificates.

### **MEETING LOCATION FOR THE FACE TO FACE TRAINING**

Your meeting location is at The Old School Campsite, Shelve, Minsterley, Shropshire, SY50JQ. *///conjured.blantantly.printing.*

Please do not follow any SATNAV up the farm track behind the site. If you are coming from the Shrewsbury direction, remain on the A488 until you see the flag and canoe planter. This is the main entrance.

Please follow the signs as you go up the drive to direct you where to park. Please meet your instructor in the classroom.



## TIMINGS

The course will run from 0900hrs to 1700hrs each day.

## CONTACT DETAILS

If you encounter any problems prior to arrival on the first day of the course please call First Aid Commercial Training on 07951274504 stating the course that you are on. Please leave a message if you don't get through and someone will be in contact as quickly as possible to rectify any issues you may have.

## DETAILS AND APPLICATIONS

Prior to the course start date please complete the online [Medical Consent Form](#).

## ACCOMODATION

The campsite has a number of grass pitches with 16 amp electric hook up. If you wish to stay please email [bookings@theoldschoolcampsite.com](mailto:bookings@theoldschoolcampsite.com) stating what course you are on, how many nights you wish to stay and what you will be bringing. There is no charge for campervans, caravans or tents if you are staying for a course. If you wish to stay in our onsite caravan, Monty, please email to check availability. There is a £20 per night charge for this.

## FEEDING

Please bring your own packed lunch together with enough snacks and water/ fluid to keep you going for an active day. Refreshments will be available throughout the day but the closest shop is at least 15 minutes away so please come prepared.

## EQUIPMENT

Please attend the course ready for both classroom and scenarios both inside and outside. You may find yourself laying on the floor, kneeling on grass and working with casualty simulation make up so please wear clothes that are of a comfy fit and you don't mind getting dirty.

Handouts and a textbook will be provided for you but please bring a method of making notes.

## HEALTH & SAFETY

If you have sustained an injury after completing our medical consent form, or that you forgot to tell us about, that you think the instructor should be aware of please let them know at the beginning of the course. It is highly unlikely this will mean you cannot attend the course it just means the activities can be planned appropriately.

All our instructors hold an up to date first aid certificate and the relevant nationally recognised qualifications to run the course you are attending.

First Aid Commercial Training holds an in date public liability certificate.

All activities are fully risk assessed prior to the event and instructors are dynamically risk assessing throughout the day.



If you wish to see any information, risk assessments or qualifications please ask your instructor and they will be very happy to show you.

**GOOD LUCK**

We hope you have an enjoyable time with us and we look forward to welcoming you back in the future.

A handwritten signature in grey ink, appearing to be "Stuart Ellen", with a long horizontal line extending to the right.

Kind Regards

Stuart Ellen  
Director  
First Aid Commercial Training