



Remote Emergency Care Train the Trainer

Course Information

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www.remoteemergencycare.com

Welcome to your Remote Emergency Care Trainers' Course. These notes support the Trainers' course, and also provide information about Remote Emergency Care scheme and how it works for trainers. If you have any queries at all please don't hesitate to get in touch with the Remote Emergency Care Tutors on tutors@remoteemergencycare.com.

The Trainers' Course

This four-day course looks at how to set up and deliver effective first aid training. The focus is on developing your training techniques in theory sessions, practical demonstrations and scenarios. It includes video analysis of lectures and practical sessions. Open, constructive feedback is used to critique styles and presentation techniques – please don't be offended or shy, and ensure your critique of others is constructive.

The focus of this course is on learning or improving your training technique. Although some medical content will be covered, this course is not intended to train you in first aid.

Preparing for the course

The course requires you to deliver presentations and practical sessions to your peers. On the first day of your course you are asked to deliver a 5-minute theory-based presentation on a topic of your choice. This topic should be something with which you are familiar, and would preferably not be a medical topic. Please prepare this in advance. You may use any training aids you wish – a projector, laptop, whiteboard and flipchart will be available as a matter of course. If you require any other training aids please let us know in advance.

You will deliver first aid theory, practical and scenario sessions during the course, which you will be required to prepare during the evenings. Training during the day and preparation during the evenings mean the course is hard work.

What to bring with you

- Any reference material or tools you will require to prepare first aid lessons e.g. books, laptop
- Outdoor clothing in which you're happy to sit/lie on the ground in all weathers
- Your prepared 5-minute presentation on a topic of your choice for delivery on the first day (see above)

Course Material

This course is supported by the following documents and books, which will be provided for you:

- Course pack: Introduction, supporting information, course references, assignment information and course timetable
- Remote Emergency Care Trainers' Guide
- Wilderness First Aid: Emergency Care for Remote Locations (Howard D Backer)
- NOLS Wilderness Medicine (Tod Schimelpfenig)
- First aid at work: The Health and safety (First Aid) Regulations 1981. Approved code of practice and guidance (UK only)

Becoming a Remote Emergency Care Trainer

The trainers' course is the first step to becoming a trainer within the Remote Emergency Care scheme. Following this course you will be awarded the status of *Assistant Instructor*.

As an Assistant Instructor you may observe Remote Emergency Care courses throughout the UK and Ireland. To arrange this you should approach the course provider and ask to observe. This may not be appropriate for all courses.

During your time as an Assistant Instructor it is critical to **observe** different trainers with different training styles, and then develop your lesson plans. Once you feel confident you should start **assisting** the qualified trainer to deliver the course. The assistance builds from helping with practical elements though to delivering theory topics. You should volunteer this support outlining to the qualified trainer what you are capable of delivering. Be prepared to show the trainer your lesson plans and rehearse the lesson.

After your observation and assistance period, the next step is to **arrange and deliver** a course whilst being assessed by a Remote Emergency Care tutor. At the time of your assessment you should also present your completed lesson plans to the tutor. If successful, you are then awarded *Remote Emergency Care Trainer (Level 2)* status, authorised to deliver level 1 and level 2 courses, **once you have bought a Remote Emergency Care franchise for which a fee is payable**. The Remote Emergency Care franchise has many benefits, including automatic professional indemnity insurance. Details of all the benefits are available at http://remoteemergencycare.com/franchise_trainer.php.

The journey to become a Level 2 Trainer typically takes between 6 and 12 months. It takes time and stamina. Students normally observe at least three other trainers and assist on at least three courses before attempting the assessed delivery. Students are required to cover their own expenses during this period (e.g. travel costs) but are not charged for observing courses.

The process of observe-assist-deliver is used to progress through the scheme and become authorised to deliver all the Remote Emergency Care courses. Depending on your expertise you may find yourself suited to delivering, for example, advanced *expedition* courses, but not so suited to *rescue* courses. For this reason, authorisation to deliver courses is considered on a course-by-course basis. Please note that trainers will automatically be authorised to deliver UK HSE Emergency First Aid at Work, First Aid at Work, First Aid at Work Basic Skills Update and First Aid at Work Requalification courses once they have delivered four level 2 courses. In order to train AED and Medical Gases, trainers are required to hold an AED/Med Gases Trainer certificate, valid for 2 years. Remote Emergency Care provides training courses regularly.

Tutors are drawn from any category, and are responsible for trainer mentoring and development, and delivery of the *Train the Trainer* courses. Remote Emergency Care Tutors are selected by the unanimous vote of the existing Tutors and undergo annual Tutor training.

After the course your trainer, Naomi Roberts, will be available to support you through the qualification process by email. It is your responsibility to co-ordinate the move through observation, assistance and delivery at a pace that suits you.

Your course outline and lesson plans

It is a requirement that trainers hold course and lesson plans for every course they deliver. This is not only good practice, but also a requirement of the UK Health and Safety Executive for providers of First Aid at Work training.

In order to be signed off as a level 2 trainer (and also at subsequent levels) you are required to present the tutor with your written course and lesson plans at the time of your assessment. These should be printed and available in a folder unless you have agreed a different format (e.g. digital on CD) in advance with the tutor.

You are strongly advised to write the first draft of your course and lesson plans before observing any courses, and then edit them according to your observations.

Your course and lesson plans should consist of:

- Course Overview
- Lesson Plans
- Demonstration Plans
- Scenario Plans
- Summary of Health and Safety considerations

They should take a format that is most useful to you, for example lists, tables, mind maps, flow charts etc.

For help or advice, please contact Naomi Roberts via tutors@remoteemergencycare.com.

Course References

Wilderness protocols and articles:	www.wemsi.org
Travel advice and guidelines for medical issues	www.masta.org
First At Work guidelines	www.hse.gov.uk
UK resuscitation council guidelines	www.resus.org.uk
Medical Indemnity register	www.medicalindemnity.com
Trauma updates	www.trauma.com
Remote Emergency Care	www.remoteemergencycare.com
Pre Hospital Emergency Care Council (Ireland)	www.phecc.ie
Irish Heart Foundation	www.irishheart.ie

Further Training

Wilderness FR and EMT Training courses	www.wemsi-europe.org
Brathay Soft Skill courses	www.brathay.org
Glenmore Lodge Rescue Courses	www.glenmorelodge.org.uk
Plas y Brenin Rescue Courses	www.pyb.co.uk

Course Timetable

Please note – this course timetable is likely to change as the course evolves!

Day 1

9.00	Welcome, Health & Safety and Introductions
9.30	Course aims and expectations
9.45	About Remote Emergency Care
10.00	Student presentations and feedback
10.40	Break
11.10	Student presentations and feedback
12.30	Lunch
1.30	Course preparation
2.30	Training methods and aids
3.15	Break
3.45	Nonverbal communication
4.45	Homework allocation: theory lesson
5.00	Close – appointments for individual feedback until 6pm

Day 2

9.00	Student theory lessons and feedback
10.30	Break
11.00	Student theory lessons and feedback
12.30	Lunch
1.30	Communication and educational theories
3.00	Break
3.30	Summary of learning points from theory lessons
4.00	Running demonstrations and practicals
4.45	Homework allocation: theory lesson, demonstration and practical
5.00	Close – appointments for individual feedback until 6pm

Day 3

9.00	Student theory lesson, demonstration and practical and feedback
10.30	Break
11.00	Student theory lesson, demonstration and practical and feedback
12.30	Lunch
1.30	Assessing competency
2.00	Training across cultures
3.00	Break
3.30	Running scenarios
4.45	Homework allocation: scenarios
5.00	Close – appointments for individual feedback until 6pm

Day 4

9.00	Student scenarios and feedback
10.30	Break
11.00	Student scenarios and feedback
12.30	Lunch
1.30	Coaching – summary of feedback and review skills
2.00	Running courses – your franchise
2.30	Course conclusion
2.45	Individual reviews
5.00	Close
