



REC Training

Blue Peris Mountain Centre

Rescue and Emergency Care
First Aid Training - Level 2
16 HOURS



First aid training for outdoor people

These courses are not designed to overload you with terminology. They will give you the strategies and skills you need to manage incidents properly in an emergency. This includes dealing with multiple casualty situations.

The widespread popularity of these courses is due to the very practical, lively and involved content that provides knowledge and confidence to course participants.

All the first aid training provided at Blue Peris is delivered under the authority of Rescue Emergency Care. REC, is one of the UK's leading organisations for delivery of outdoor first aid and was the pioneer of practical based outdoor first aid courses.

In addition, the national structure of the REC scheme enables trainers to enhance courses by using their own experiences and expertise. REC courses at Blue Peris specifically address a variety of issues involved with emergency care in mountain, water and outdoor environments.

HSE Approved

Officially recognised
by many outdoor
sports National
Governing Bodies

MTE

BOF

BCU

MTW

WCA

RYA



Practical, lively and involved content that
provides knowledge and confidence to
course participants

Who the course is for and what is covered

This practical course is recognized as the minimum qualification suitable for most National Governing Body qualifications, such as Summer ML, Winter ML, SPA, WGL, British Mnt Guides, BCU, RYA, BOF, BASI, D of E, in house schemes etc.

The course covers all the main areas of first aid which are appropriate for people in urban environments with an ambulance never far away. It also addresses people working in remote areas, where advanced medical aid may be a long time coming or evacuation may be required.

Vital signs
Body examination
Accident procedure
ABCDE
Bleeding
Safe airway position
Unconsciousness
Breathing difficulties
CPR
Drowning

Shock
Casualty handling
Circulation problems
Fractures
Dislocations
Common injuries
Environmental injuries
Common illnesses
Triage – Multiple casualties
First aid kits



Ideally suited for instructors, teachers, youth workers, any type of leader, voluntary assistants, climbers and canoeists.

This course is also very valuable experience and training for anyone working in the outdoors, schools, youth service and scouting.

No previous first aid training is required



About your tutor

Mark Baggy Richards is a very accomplished mountaineer and outdoor education / pursuits teacher with over 30 years active experience.

He is the manager at Blue Peris and holds the MIC which is the highest mountaineering qualification within the UK. Mark worked at Plas y Brenin National Mountain Centre for 5 years and is a qualified outdoor education teacher. Alongside this he has held positions in a variety of Outdoor Education Centres as well as working for Jagged Globe and Glenmore Lodge.

Mark holds the Rescue Emergency Care Instructional Certificate (REC) and has been involved with REC for over 14 years. Being a passionate and active world wide mountaineer and climber, a paddler, caver, and a paragliding pilot gives Mark a solid experience base for educating about real incident management

16 Hour REC Training Course dates and costs

£ 110 for the course.

£ 12.50 per night for onsite self-catering accommodation in our high quality annex (White Peris) if available.

10% discount available off the course cost for AMI, BMC and MLTA members. No discount for accommodation.

All costs include certificates, drinks & biscuits and use of all bandages etc. You do not need to supply your own unlike many other providers

We are only 10 minutes drive away from a variety of other bunkhouses, guesthouses, club huts and Llanberis.



**Dates are to be found
on our web-site
www.blueperis.co.uk**

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