

**Theory 1: 30 minutes**

**What? am I doing here**

The course and people  
What if there is an incident  
Priorities  
EMS

**Theory 3: 30 minutes**

**What? does the body do**

**What if? the body goes wrong**

**Theory 3: 15 minutes**

**What? are the casualties**

Types of casualty  
Priorities  
Escapes and Defences

**Theory 4: 90 minutes**

**What if? the person is unconscious**

DRSAB  
Checks  
Turning a casualty  
Action for Vomit  
Recovery Position  
Top to toe  
CPR

**Theory 5: 45 minutes**

**What if? it is cold**

Hypothermia  
Effects of cold water

**Theory 6: 45 minutes**

**What if? there is bleeding**

Bandages

**Theory 7: 90 minutes**

**What if? there is no oxygen**

CPR on child/baby  
Problems with CPR

**Theory 8: 15 minutes**

**What? causes drownings**

Statistics  
Drowning Chain  
Water Safety Code

**Theory 9: 30 minutes**

**What if? they are in the water**

Drowning  
Choking

**Theory 10: 120 minutes**

**What? are the dangers of water**

Rivers  
Beaches  
Swimming pools  
Around the home  
Personal Survival  
Accident reports

**WATER 1: 120 minutes**

Personal safety  
Casualty Recognition  
Support Positions  
Land based rescues  
Entries  
Aids

**WATER 2: 120 minutes**

Exits  
Escapes and Defences  
Wading Rescues  
Non contact rescues  
Timed Swims

**WATER 3: 90 minutes**

Contact Tows  
Lift outs  
Unconscious Casualties  
Self Rescue

**WATER 4: 90 minutes**

Exam run through

**REVISION SESSIONS: 150 mins**

**THERE MAY BE ADDITIONAL  
HOMEWORK**

**TOTAL: 18 hours**

**Still have more questions? Contact:**

**training@whatiftraining.co.uk**

*C of Our promise of Excellence:*

At the end of the course you will be assessed by an assessor on:

1. Life Support Award; CPR, Rescue Breathing, Bleeding, Choking, Shock.
2. Water Rescue Tests including tied swims and incident.

The candidate must pass section one before completing section two.

**At the end of the course there will be the chance for you to evaluate the training, assessment and venue.**

**We constantly review the standards of our training but if there are any concerns during your course please consult your trainer with any worries you may have about your performance, or the quality of the course or the assessment. This will ensure that your course can be effective and enjoyable to optimise your learning experience.**

**If the actions undertaken are not satisfactory or you would rather not approach your trainer directly then please contact INTERNAL VERIFIER at the address overleaf or contact:**

**IV@whatiftraining.co.uk**

# WHAT IF? TRAINING

**whatiftraining.co.uk**

**2-4 Ranelagh Street**

**Leamington Spa**

**CV31 2AA**

# WHAT IF? TRAINING

**Bronze Medallion**

**Course Outline**