Core Skills

3rd to 12th November 2017 ¦ Duration: 5 x 2 days or 10 Days ¦ Location: Devon
Cost together £1200 ¦ Cost individually £250

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 recognized by most UK based outdoor programs including Mountain Leader.

We have a policy of continual improvement. All course delegates are given a feedback form to complete at the end of their course.

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.

When?

3rd to 4th November 2017
Arrive evening of 2nd

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.
er

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.

When?

5th to 6th November 2017
Arrive evening of 4th

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.

Course 3 - Ice Warrior Expedition Planning, Funding & Fitness Training

Who is this course for?
Those who want to learn about the art of putting any expedition on. Using the polar expedition as an example you will be taken through the vital steps of preparation, thoroughly.

When?
7th to 8th November 2017
Arrive eve of 6th

What will you learn?
- Safety Planning
- Risk Assessment and Managing
- Logistics
- Equipment
- Sponsorship
- Materials
- Budgeting
- Physical Preparation

Course 4 - Ice Warrior Navigation & Campcraft 1

Who is this course for?
This is for those with some basic knowledge of navigating using a map and compass who want to progress through basic use of GPS, to advanced use and other specific methods of navigation.

When?
9th to 10th November 2017
Arrive evening of 8th

What will you learn?
- Revision of Basics
- Maps and Projections
- GPS basics and advanced
- Natural indicators, Sun Navigation, Polar Practices
- Tents, Siting, Features, Storm Proofing
- Expedition Nutrition
- Stoves, Cooking, Ablutions, Good Polar Practice

Course 5 - Ice Warrior Technical Ropework & Campcraft 2

Who is this course for?

Those who want to advance their basic skills at using a rope and rope techniques as well as advanced camping tips and tricks.

When?

11th to 12th November 2017
Arrive evening of 10th

What will you learn?

- Rope knowledge and use
- Basic knot tying
- Belaying
- Rescue basics
- Use with difficult terrain
- Hauling and pulleys
- Securing camps
- Multi use of kit
- Shelter improvisation

General Notes

You'll find no matter where you are in terms of 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?

My 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 staff makes us confident of the thorough nature and high quality of training.

Where?

Bellever YHA, Bellever, Postbridge, Devon, PL20 6TU
The 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 Tor ideal for training.
Accommodation is bunkhouse style but very comfortable. Our host, Maria, cooks some great home cooked food using local ingredients – very welcome after an intensive day of training.
In 2008 YHA Bellever was a GTBS Gold award for its commitment to the environment

Getting There

Address: Bellever, Postbridge, Devon, PL20 6TU Website **Tel**: 0845 371 9622 Map Here

Finance

The course fee includes:

- Instruction and supervision, group kit and equipment
- Accommodation and all meals
- Certificate upon successful completion

The following items are not included:

- Travel to and from venue
- Optional insurance

Kit List - What to bring with you

I will send you a full kit list on booking your course but you will need to bring outdoor clothes which will allow you to operate in all sorts of weather - Waterproofs – Jacket and trousers, hat, gloves, etc. - Rucksack – 35 litres or above - Change of clothes – you may get wet...more than once!
If you have your own medical kit, bring that to review on the medical courses.

Please contact us for any outdoor gear you require – we now retail everything at super special rates to our participants!!

If you have any questions please don't hesitate to contact me – details below.

I look forward to seeing you there.

Jim McNeill – Founder, Ice Warrior

Ice Warrior Expeditions Ltd. 18 Daffodil Close, Hatfield, Herts, AL10 9FF. UK
Tel: +44(0)777 565 1471
Email: info@ice-warrior.com Website: www.ice-warrior.com
Company number: 06177730

ICE WARRIOR EXPEDITIONS LIMITED, hereinafter known as "The Company"
TERMS AND CONDITIONS

By signing The Company's Enrolment Form you agree to comply with and be bound by the following Terms and Conditions. Once a completed Enrolment Form has been accepted by The Company the participants named on the Enrolment Form will have entered into a binding contract on the basis of the following Terms & Conditions. These Terms & conditions are subject to variation without prior consent in writing from The Company. Expeditions and Training Courses are known as activities.

Pricing and Payment
Unless otherwise indicated, the costs of The Company's activities are inclusive of all accommodation, meals, some beverages, equipment and instruction.
We reserve the right to alter costs in response to a variety of conditions beyond our control. We will absorb the first 2% of any increase but thereafter will pass further increases on to you. Full payment is required 6 weeks prior to commencement of activities. A deposit of £100 per person is required to secure a place before this time.

Insurance
All participants must ensure that they have taken out full and appropriate insurance for their particular activity and we require that copies of such insurance be sent to us as soon as possible after enrolment. We are able to advise on insurance for those who wish. All participants must be insured for search & rescue, medical costs and repatriation in an emergency. Baggage and personal effects are at the risk of the participant at all times.

Participant Conduct
Participants are expected to comply with the reasonable instructions and leadership of The Company's staff and conduct themselves in a reasonable manner at all times. The Company reserves the right to remove any participant from the activity at the staff's discretion and will not be liable to any losses as a result and is also entitled to any reasonable costs arising, payable upon demand.

Medical conditions and fitness
Participants must complete and sign a consent form prior to commencement. Medical information provided will be treated in the strictest confidence. The Company cannot be held responsible for illness occurring as a result of an on-going medical condition or poor fitness level. If you have a medical condition The Company advises you to seek your own doctor's advice.

Complaints
Complaints will only be accepted during the activity period and should be brought to the attention of a member of staff who will endeavour to rectify any situation causing dissatisfaction. Should the cause of a complaint persist please notify us in writing within 28 days and we will endeavour to deal with the matter fairly and swiftly.

Cancellation of your Activity – by you
If for any reason you wish to cancel your participation we must be notified in writing, on receipt of which, we will acknowledge your cancellation. The charges made by us, based on the date we received your written confirmation of cancellation are as follows:

More than 42 days' notice	– deposit only
42-28 days' notice	– 60% of total cost
27-14 days' notice	– 80% of total cost
Less than 14 days' notice	– 100% of total cost

Proven exceptional circumstances will be considered, however, we advise you to have cancellation insurance.

Cancellation or Alterations – by us
The Company will not be responsible for any delays or alternations to the intended plan caused by illness, weather, strikes, war or threat of war, natural disaster, refusal of visas, riots, terrorism, political events or civil action affecting air or ground transport, or other events amounting to force majeure. We will send you details of alterations as soon as we are aware of them. Should we have to cancel the activities for reasons beyond our control (as above) then we will inform you without delay and shall offer a prompt refund of monies paid. We accept no liability for compensation beyond this refund. No refund will be made for any costs incurred by The Company up to this point. However, we will endeavour to obtain a refund ourselves for those costs and should we be successful then we will pass this on to you, less any administrative charges. The Company reserves the right to cancel all and any activities without reason or notice. In this unlikely event The Company agrees to refund all monies in full.

Liability
The Company's activities are by nature never completely free from hazard. Whilst all reasonable precautions are taken to minimise the risks, participants accept that accidents, including serious injury and death can occur without The Company being at fault. Participants also recognise that The Company is not responsible for any loss or damage to the personal property of the participant, including money, clothing or equipment. The Company will only accept liability for physical injury to a client that is shown to result from negligence on the part of The Company and takes no responsibility for any loss or injury occurring as a result of the participant's failure to follow instruction and also takes no responsibility for any mishap during an activity from any instruction or information not given by The Company's staff. The participant also recognises that attendance on The Company's activities in no way qualifies him or her to teach the course content. The Company therefore accepts no responsibility for any mishap occurring to third parties taught by attendees of any Company course.

Equipment
Where clients are entrusted with the use and care of specialist equipment they may be made liable for payment arising from any loss or damage made as a result of misuse or negligence.

Miscellaneous
Participants must accept and abide by the decisions of The Company's staff and by signing the Enrolment Form agree to do so. All participants should be fit and in sufficiently good health to enjoy their chosen activities. If you have doubts about your health, please discuss this with us and we can advise. All contracts and matters arising from them shall be subject to English Law and the exclusive jurisdiction of the English Counts. Participants are required to sign the Enrolment Form acknowledging that they have read and fully understand and accept The Company's Terms & Conditions.
-ends-

Ice Warrior Expeditions Ltd. 18 Daffodil Close, Hatfield, Herts, AL10 9FF. UK
Tel: +44(0)777 565 1471
Email: info@ice-warrior.com Website: www.ice-warrior.com
Company number: 06177730

Enrolment Form

Please use BLOCK CAPITALS throughout

Contact Details

Title		Contact Tel.	
First Name		Date of Birth	
Surname		Nationality	
Address			
Postcode		Passport No.	Not needed
Country		Expiry Date	Not needed
Email			

2017	Course Title	Cost	Please tick
2 Days	**Medical Course – Course 1**	**£250.00**	
2 Days	**Medical Course – Course 2**	**£250.00**	
2 Days	**Expedition Planning, Funding & Fitness**	**£250.00**	
2 Days	**Navigation & Camp Craft 1**	**£250.00**	
2 Days	**Technical Ropework & Camp Craft 2**	**£250.00**	
	Deposit of £100 per course	***Total***	
	Or Full Payment	***Total***	
10 Days	***Booked together@ £1200***	***£1200***	
	Please make BACS payments to: Ice Warrior Expeditions Ltd. HSBC Sort Code: 40-42-08 Account No: 72130580 Or contact us to pay by credit card.		

Declaration

I have read and accepted the Terms and Conditions. I will be arranging adequate insurance and will forward copies to Ice Warrior Expeditions Ltd prior to commencement of activities.

Signed: Date:

Ice Warrior Expeditions Ltd. 18 Daffodil Close, Hatfield, Herts, AL10 9FF. UK
Tel: +44(0)777 565 1471
Email: info@ice-warrior.com Website: www.ice-warrior.com
Company number: 06177730