

## EXAMPLE OUTDOOR SKILLS COURSE

DAY	TIME	SUBJECT	CONTENT
1	0800 – 0900hrs	Introduction and Administration	Course Register Certificate Order Forms Course Content Complaints Procedure
	0900 – 1100hrs	First Aid	Principles of First Aid Primary & Secondary Assessments Resuscitation & CPR
	1100 – 1115hrs	Break	
	1115 – 1230hrs	Leadership	How Teams Form & Develop Styles & Functions of Leadership
	1230 – 1330hrs	Lunch	
	1330 – 1500hrs	First Aid	Resuscitation & CPR Bleeding & Wounds
	1500 – 2030hrs	Camp Craft & Menu Planning	Locating & Establishing Campsites Comfort Techniques Using a Trangia Energy Requirements Shopping Exercise
2	0630 – 0800hrs	Camp & Personal Administration	
	0800 – 1030hrs	First Aid	Breaks & Burns
	1030 – 1045hrs	Break	
	1045 – 1230hrs	Navigation	Basic Map & Compass Skills Judging Distance Pacing
	1230 – 1330hrs	Lunch	
	1330 – 1400hrs	First Aid	Heat & Cold Injuries
	1430 – 1530hrs	Personal Equipment	Clothing Personal Items
	1530 – 1630hrs	Planning	Routes & Route Cards Expedition Area Analysis & other Planning Techniques
	1630hrs	Closing Address	