**Example training plan –**

|  |  |  |  |
| --- | --- | --- | --- |
| **Training session title**  | 1st Response  | **Training session subject**  | 1st Response |
| **Date** | [DAY/MONTH/YEAR] | **County** |  | **Group size most suitable for** | [XX-XX] |
| **Suitable for members of Rangers, such as young leaders?** | Yes | **Session length**  | 6 hours / 3 x 2 hours  | **Expected numbers** | [XX-XX] |
| **Copy of information sent to participants seen?** | Yes/No | **Break allocated**  | [XX Minutes]  | **Actual numbers**  | [XX-XX] |
| **Training methods used** (for example Directive-presentation, Non-directive-discussion) |  | **Room set-up** (for example cabaret or semi-circle just chairs) |  | **Budget available** |  |
| **Facilities required**  |  | **Session evaluation requirements** (is there a specific form to use? Include link to form if on the website) |  |
| **Additional needs identified** (for example print out of slides needed for participant with visual impairment, limited mobility etc) |  |
| **Key person to liaise with** (full name) |  | **Phone** |  | **Email**  |  |
| **What the training organiser has asked to be covered** |  |
| **Equipment and resources required** |
| Training box | Yes/No | Mobile phone  | Yes/No | Bin bags | Yes/No |
| Flip chart paper | Yes/No | Flip chart stand | Yes/No | Drink  | Yes/No |
| Section resource box  | Yes/No | Music | Yes/No | Food  | Yes/No |
| First aid kit  | Yes/No | Extension lead | Yes/No | Poster displays  | Yes/No |
| Laptop and projector  | Yes/No | USB stick etc  | Yes/No | Leadership Qualification  | Yes/No |
| Speakers | Yes/No | Wi-Fi/internet  | Yes/No |  |  |
| **Additional equipment and resources required** (eg printed documents) |
| * 1st Response course PowerPoint, Scenario document, Arrival at an incident document, equipment to support practical (eg: manikin, AED etc)
 |

| **Time**  | **Topic** | **Delivery method** | **Resources required**  |
| --- | --- | --- | --- |
| 00:00(5 mins) | **Welcome and Introduce topic and learning objectives.**  | Talk  | PowerPoint |
| 00:05(10 mins) | **Safe approach** | * Talk
* Small group discussions
* feedback
 | PowerPoint, Arrival at incident resource |
| 00:15(15 mins)S | **Primary Survey and ABC assessment**  | * Talk
* Demonstration
* Practical \*\*must be demonstrated practically by the participants\*\*
 | PowerPoint |
| 00:30(20 mins) | **CPR (Adults)** | * Talk
* Demonstration
* Practical \*\* This ***must*** **be demonstrated practically by the participants\*\***
* Video
 | CPR (Adult) Video from PowerPoint or resource library, PowerPoint, Resuscitation manikins and all associated equipment.  |
| 00:50(15 mins) | **CPR (Children** | * Talk
* Demonstration
* Practical \*\* This ***must*** **be demonstrated practically by the participants\*\***
* Video
 | CPR (Adult) Video from PowerPoint or resource library, PowerPoint, Resuscitation manikins and all associated equipment.  |
| 01:05(15 mins) | **AED** | * Video
* Demonstration
* Practical
 | AED training equipment, PowerPoint, AED video from PowerPoint or resource library.   |
| 01:20(10 mins) | **Choking** | * Video
* Demonstration
* Practical
 | PowerPoint, choking vest (if available), video from resource library or PowerPoint.   |
| 01:30(5 mins) | **Unresponsiveness**  | * Talk
 | PowerPoint |
| 01:35(20 mins) | **Recovery position** | * Video
* Demonstration
* Practical
 | PowerPoint, video from resource library or PowerPoint |
| 01:55(5 mins) | **Summary and Q+A** |  | Powerpoint |
| **BREAK** |
| 02:00(5 mins) | **Welcome and Introduce topic and learning objectives.**  | * Talk
 | PowerPoint |
| 02:05(15 mins) | **Shock** | * Talk
* Discussion
* Video
 | PowerPoint, Scenario document, video from resource library or PowerPoint |
| 02:20(20 mins) | **Bleeding** | * Practical
* Group discussion
* Feedback
 | PowerPoint, Scenario document, video from resource library or PowerPoint, bandages, plasters. |
| 02:40(15 mins) | **Burns**  | * Talk
* Group discussion
* Feedback
 | PowerPoint |
| 02:55(20 mins) | **Fractures** | * Demonstration
* Practical
* Small groups
 | Powerpoint, Scenario document |
| 03:15(15 mins) | **Sprains** | * Talk
* Discussion
 | Powerpoint |
| 03:30(15 mins) | **Head injury** | * Talk
* Discussion
* Small groups
 | PowerPoint, Scenario document |
| 03:45(10 mins) | **Dental** | * Talk
* Small groups
 | PowerPoint, Scenario document |
| 03:55(5 mins) | **Summary and Q+A** |  | PowerPoint |
| **BREAK** |
| 04:00(5 mins) | **Welcome and Introduce topic and learning objectives.**  | * Talk
 | PowerPoint |
| 04:05(15 mins) | **Asthma** | * Talk
* Discussion
 | PowerPoint, Scenario document |
| 04:20(15 mins) | **Anaphylaxis** | * Video
* Talk
* Discussion
 | PowerPoint, Scenario document, video from resource library or PowerPoint |
| 04:35(15 mins) | **Heart attack** | * Talk
* Discussion
* Small groups
 | PowerPoint, Scenario document |
| 05:50(15 mins) | **Stroke** | * Talk
* Discussion
* Small groups
 | PowerPoint, Scenario document |
| 05:05(15 mins) | **Seizures** | * Talk
* Discussion
* Small groups
 | PowerPoint, Scenario document |
| 05:20(15 mins) | **Diabetes** | * Talk
* Discussion
* Small groups
 | PowerPoint, Scenario document |
| 05:35(15 mins)Slides X-X | **Meningitis and Sepsis**  | * Talk
* Discussion
* Small groups
 | PowerPoint, Scenario document |
| 05:50(10 mins) | **Summary and Q+A** |  | PowerPoint |