**Example training plan –**

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| **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 |