

First Aid (14yrs+)

Rescue Emergency Care

Outdoor first aid for outdoor people! Most practical sessions will take place outdoors.

REC is recognised throughout the outdoor industry and approved by most adventure sport national governing bodies.

REC Basic First Aid

8 hour course. Essential skills to deal with an incident and use a basic first aid kit, includes treatment of drowning and hypothermia. Meets BCU and RYA requirements.

Pre reqs: None

Working towards: REC Basic First Aid

REC Emergency First Aid

16 hour course. Systematic way of administering first aid and to develop these essential skills to deal with more difficult incidents where there is no immediate help. Meets BCU and MLTB requirements.

Pre reqs: None

Working towards: REC Emergency First Aid

