



Registered Office:
Survival School Ltd
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Randwick
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GL6 6 HU
United Kingdom

Tel: 0871 222 7304
Web: www.survivalschool.co.uk
Email: info@survivalschool.co.uk

FPOS FIRST AID COURSE ESCOT PARK - DEVON

DAYS AND TIMES	7pm FRIDAY to SUNDAY 12pm
CONTACT TELEPHONE NUMBER	07786 436518
COURSE LEADER	JONNY CROCKETT

DIRECTIONS FROM EXETER	From Exeter, take junction 29 on the M5 and head towards Honiton on the A30. About 8 miles from Junction 29 you will see a brown road sign showing the turning for Escot. Turn left off the dual carriage way, turn right off the slip road, turn right after you pass under the dual carriage way, take the second turning on the left following signs for Fairmile (do not go back onto the dual carriage way). Turn right opposite the Fairmile Inn. Drive into Escot (between the stone pillars) and then take the left hand fork to the restaurant car park.
DIRECTIONS FROM THE EAST	Follow the A303 to the A30. Drive past Honiton. When you leave the built up area of Honiton, take the first slip road off the A30. Escot is marked on a brown road sign. Turn left at the end of the slip road. Keep going until you drive past a Memorial. Take the next left following signs for Fairmile (do not go back onto the dual carriage way). Turn right opposite the Fairmile Inn. Drive into Escot (between the stone pillars) and then take the left hand fork to the restaurant car park.
SATNAV POSTCODE	EX11 1LU

The course will start as soon as you arrive at Escot Country Park car park at 19:00 pm. You will be escorted from the car park to the course area by a one of the instructors who will guide you through until you get back to the car park at 12:00pm two days later.

Whilst every effort has been taken to ensure the safety of those who come to our courses, we would like to the following rules to be adhered to:

1. Instructors' directions are to be obeyed at all times.
2. No fires are to be lit unless supervised.
3. Only food brought with participants or provided by Survival School is to be consumed by visitors.
4. No litter to be dropped.
5. Safety should be the first concern of all participants.

6. Conservation should be the second concern of all visitors.

7. Where safety is an issue, the instructors' word is final.

Escot Country Park is still a family home. Please leave it as you found it. Nothing should be taken to Escot Country Park that is not taken away and nothing should be taken away except fond memories. We cannot control the weather and so if you bring everything on the Survival School Kit List, it will add to your survival experience.

Kit List

You do not need much for a Survival School course. Please save your money and do not buy expensive kit. The more you know, the less you need to carry.

IF YOU NEED TO BUY KIT, PLEASE LET US KNOW.

Suitable outdoor clothing (see below)

Sleeping bag

Insulated sleeping mat

Folding Chair for Classroom Sessions

Knife, fork, spoon, mug, bowl and plate

Water bottle (1 litre mineral bottle will do)

Torch with fresh batteries & 1 spare set

Food to last for 2 Breakfasts, 1 lunch and 2 evening meals

Means to light a fire or camping stove to cook with

Wash kit & towel

Billy Can

Basha + Bungees or Tent

Water is provided

Tea/coffee/chocolate + whitener

Whistle

Personal toiletries & medication (to include sunscreen, insect repellent and lip salve)

Small first aid kit (plasters, bandages, headache pills etc.)

Spare change of clothing

Camera + Notebook + pen (optional)

Outdoor clothing

Outdoor clothing should be tough and comfortable. Wearing several thin layers is better than a few thick layers. A waterproof jacket and several sweatshirts underneath are sufficient. Jeans should not be worn, as they are slow to dry, clinging and cold. Natural colours or camouflage will give you a better chance of spotting wildlife. Walking boots are ideal, but wellies in wet weather and trainers in dry weather will suffice.

Please pack your torch, antibacterial wipes/soap and insect repellent at the top of your bag.

Food

You will be fed on Friday night, three meals on Saturday and Sunday breakfast. Alcohol is not permitted on this course.

Feedback and Complaints

Any feedback from you course is always welcome. If you have a complaint it should first be raised with the instructor running the course. If you are still not happy, please contact us in writing at the address above within 10 working days of the course finishing. We will always strive to amend our courses for the best experience for all concerned.

Insurance

Our public liability insurance is with Inter Hannover and the certificate number is 1104WW0226.



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Survival School Emergency Details & Consent Form For Adults

(Please return this form to us as soon as possible. Thank you.)

Full name:

Address:

..... Postcode:

Telephone number:Email.....

Date of Birth..... Vehicle Registration Number

Dates of Course.....

I UNDERSTAND THAT

The survival course can be physically and mentally demanding and may require excessive exertion and that I will not bring any alcohol or non-prescription or over the counter drugs. The possibility of personal injury to me and others exists. The course may expose me to hazards (fire making and cutting instruments, cold and/or heat).

I CONFIRM AND AGREE

I am aware of the risks to myself and others whilst attending a Survival School survival course and agree to abide by the rules at all times. I am physically fit and mentally able to partake in the survival course. If I feel unwell to continue I shall alert a member of staff immediately. I agree to comply with the rules as given to me by Survival School staff, to use all equipment as instructed and to obey all directions given by Survival School staff.

MEDICAL QUESTIONS

Do you suffer from the following?

Please tick	YES	NO		YES	NO
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Heart trouble	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	Anaphylactic shock	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Dermatitis	<input type="checkbox"/>	<input type="checkbox"/>
Haemophilia	<input type="checkbox"/>	<input type="checkbox"/>	Hay fever	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	Migraine	<input type="checkbox"/>	<input type="checkbox"/>
Allergies (please specify)	<input type="checkbox"/>	<input type="checkbox"/>	Dietary Restrictions	<input type="checkbox"/>	<input type="checkbox"/>

(Please specify).....

Do you have a history of any other illness or learning difficulty not mentioned above? If so, please state illness below:

Are you under any medication at the moment? If so please state current medication. Please give details:

EMERGENCY CONTACT (PLEASE PRINT CLEARLY IN CAPITALS)

Full name:Relationship:.....

Address:

Telephone Number:

Survival School Survey

Please take a few minutes to fill in this survey. The information you give will help us to improve future courses. There is no need to give your name.

Name of Course: Date:

What do you think about the following aspects of your course? Please fill in the appropriate answer circle using the following scale: 1 = outstanding, 2 = good, 3 = satisfactory, 4 = inadequate. Please respond to all the statements, marking the 'n/a' (not applicable) column if it is not relevant to you.

What do you think about the following aspects of your course?

	1	2	3	4	n/a
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A. Start of the Course

- | | | | | | |
|---|-----|-----|-----|-----|---|
| A1. The usefulness of website for information about courses | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| A2. The helpfulness of any pre-enrolment advice & guidance you received | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| A3. The ease and simplicity of the signing up to the course | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |

B. Course Organisation

- | | | | | | |
|---|-----|-----|-----|-----|---|
| B1. The way in which the course was organised and delivered | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| B2. The information you were given about any changes to the programme | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |

C. Training and Learning on the Course

- | | | | | | |
|---|-----|-----|-----|-----|---|
| C1. The content of the course in relation to your job /career / leisure needs | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C2. How well prepared and organised the classes have been | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C3. The variety of teaching and learning methods used in the course | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C4. The clarity & usefulness of the learning materials (incl. handouts) | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C5. How clearly any assessments were set out and explained | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C6. How helpful the written feedback & reviews of your progress were | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C7. The help and support provided by the tutors | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C8. The standard of the learning environment (woodland) and the facilities | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C9. The overall quality of the instruction you received | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |

D1. Overall, how satisfied are you with your course?

1 ☺ 2 ○ 3 ○ 4 ☹ ○

E1. Are you getting good advice on what to do next?

1 ☺ 2 ○ 3 ○ 4 ☹ ○

F. Further Comments

Please add any final comments either to explain your views or to make any other points you think may be of use to improve your course for participants in the future. Comments in this section are often the most helpful.