

# Training Thursdays – June 2019

## First Aid Courses

Following 3 First Aid Courses run by Caroline Hay-Crawford and to meet demand, we are offering another **First Aid Course on Thursday 6<sup>th</sup> June at Ellon Kirk Centre.**

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## Out of Doors Training

We are offering 3 Training Days for members, led by Alan Melrose.

**13<sup>th</sup> June at Glentnar – 10am -3pm. An introduction to Reading Maps –** “what is a map, distance, scale, classification, what does it look like on the ground?”.

**20<sup>th</sup> June at Haughton Park (or Alford area)) 10am – 3pm – Being confident with a Walk Leaflet** – aimed at leaders or members lacking confidence to lead walks. Main aim of the session will be to build confidence and encourage members to take on board the skills and confidence to lead a favourite or familiar walk with their local group.

**27<sup>th</sup> June at Aden Park (or Mintlaw area) 10am-3pm. Safety in the Outdoors.** This session will include:

- **Group Leadership and Management skills** – Looking at information available to support a local walk, recce reports, managing differing walking abilities, dealing with incidents and concluding a successful walk
- **Safety in the Outdoors** – assessing risks and hazards, looking at equipment useful to walk leaders, group shelters, mobiles configured to 999 Emergency texts, discussing scenarios plus Question & Answer session

As with First Aid, if there is demand, we will look at offering more courses. Any other suggestions for training, please let us know.

**Your Group Contact has further details. Group Returns only. Closing date for applications 24<sup>th</sup> May**

**Anyone interested in any training sessions should ask their group contact to send in names & topics at any time to Sue Wright, Secretary, 7 Lochter Park, Garioch View, Inverurie AB51 6BE or email to [grampian50plus@hotmail.com](mailto:grampian50plus@hotmail.com)**

