



ADVENTURE IS LEARNING

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Be safe and skilled in adventure! Get the know-how you need from the real pros. Covid protocols are strictly applied in all activities.

AFFILIATED TO THE ADVENTURE QUALIFICATIONS NETWORK, CATHSETA ACCREDITED TRAINING PROVIDER

WILDERNESS FIRST AID level 3 4,5 days

WHAT IS COVERED

- First Principles Informed consent
- Anatomy & Physiology Primary, Secondary & Triage stages
- CPR adults & older kids CPR 1-8yrs
- Spine & head Wounds & fractures
- Bites, stings, allergies, poison Heart & strokes
- Burns & electrocution Childbirth

WHAT TO EXPECT

R3450

The course is for anyone 14-65 and both genders. Days are 08h30` to 14h30-17h00 with night sessions if necessary and a manual to study for the test. The instructor provides all first aid equipment. Classes are in the conference centre and we do realistic outdoor scenarios including rescue casualty evacuation and practice summoning help.



EMERGENCIES & CASEVACS

Adventure PROGRAMME

DISCOUNTS FOR GROUPS! JUST ASK

DECEMBER 2022

RIVER SKILLS - 4-6 DEC (Sun-Tue)

FIRST AID L3 - 12-15 DEC (Mon-Thur)

YOUTH CAMP - 16-19 DEC (3,5 days)

YOUTH ADVENTURE CAMP (outdoor skills) 3,5 days

COURSE IS A "TASTER"

- Mental & physical approach Adventure ethics & law
- Equipping yourself Domestic and foreign traditions
- The experience economy Hiking Safety, sense and leadership
- Operations & regulations Reporting Camping
- Environmental care Jobs in tourism

WHAT TO EXPECT

R1950

The course is for youths and adults of both genders - anyone wanting outdoor competence. The training is intensive, morning till night, and extremely varied. Activities will include hiking and canoeing, camping and safety. **Self-catering food list is sent.**



ADVENTURE ACTIVITIES

RIVER SKILLS & SAFETY 3 days

WHAT IS COVERED

- Life on the river Paddling equipment
- Personal kit Reading the rapids
- Paddling and manoeuvring Capsizes
- River Safety Ropework Basic swiftwater rescues
- Emergencies River camping Job opportunities
- World rafting Free notes & resources

WHAT TO EXPECT

R4750

The course is for anyone 14-65 and both genders. We provide river kit: boats & paddles, helmets, lifejackets, etc. Days are long including instructional sessions, practice & discussions. A certificate of attendance is issued.



SAFETY IN WHITEWATER

THE VENUE: 3KM FROM PARYS, 130KM FROM JOBURG. IN THE BEAUTIFUL VREDEFORT DOME.



Adventure is Learning

TEAMBUILDING



NOTES ON BOOKING

This series of courses forms part of our Outdoor Preparedness Training (OPT) for anyone wishing to learn about or hone their adventure knowledge, skills and awareness. You can do any of the three offerings or all of them. Anyone planning an adventure career, or organising outdoor groups, should attend this introduction to life at the edge. Ages 14-60.

ASK FOR A QUOTATION. There are discounts for more than 1 person or family booking. To book, fill in the form below, scan and send it back VIA EMAIL. We do not use faxes. We will issue a quotation, and on acceptance, an invoice. Payment secures your place/s. Our terms and conditions are sent when booking.

The course/s are undertaken at own personal risk and you are required to sign an indemnity. There are no refunds. We welcome inquiries from clubs and organisations wanting to train their personnel. OPT courses are ideal for teambuilding and leadership development.

PROF GRAEME ADDISON
CONVENOR
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BOOKING FORM		<i>Email or whatsapp the whole page. No fax.</i>	
		<i>Email: director.asafrica@gmail.com Phone/WhatsApp +27 84 245 2490</i>	
PERSON DOING THE BOOKING:	FIRST NAME AND SURNAME:		
EMAIL:			CELLPHONE:
<i>Enter the names of those being booked and their cellphone numbers. Cross the items for which booking</i>			
FIRST NAME	SURNAME	AGE	GENDER
1			<input type="checkbox"/> Intern <input type="checkbox"/> FirstAid <input type="checkbox"/> River
2			<input type="checkbox"/> Intern <input type="checkbox"/> FirstAid <input type="checkbox"/> River
3			<input type="checkbox"/> Intern <input type="checkbox"/> FirstAid <input type="checkbox"/> River
<i>If booking for FIRST AID, do you want to stay in accommodation? Yes / No</i>			
TERMS AND CONDITIONS	Payment, due in advance on our invoice, secures your place/s.		No refunds. Ts&Cs apply
All participants must sign the indemnity. Parents of those under 18 must countersign.			
PERSON DOING THE BOOKING:	SIGNATURE		PLACE:
			DATE:

SCAN CLEARLY AND EMAIL BACK