



**ADVENTURE IS LEARNING**

DIRECTOR: PROF GRAEME ADDISON

MOBILE: +27 84 245 2490

EMAIL: assess@asafrika.org



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 17h00 with night sessions if necessary and a manual to study for the test. The instructor provides all first aid materials. Classes are in the conference centre and we do realistic outdoor scenarios including a mountain rescue casevac on the final morning



EMERGENCIES & CASEVACS

# Adventure PROGRAMME

DISCOUNTS FOR GROUPS! JUST ASK

DECEMBER 2022

FIRST AID L3 – 12-15 DEC (Mon-Thur)

PREPAREDNESS- 16-17 DEC (12 days)

RIVER SKILLS - 18-21 DEC (Sun-Wed)

**OUTDOOR PREPAREDNESS TRAINING (OPT)**

2 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**

4 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**

R3650

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, feedback discussions, camp catering and clean-ups, transport and equipment care. All nights are camping, with 2 nights out on the river. **Food is catered as part of course.**



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**  
 Mobile: +27 84 245 2490     [director.asafrica@gmail.com](mailto:director.asafrica@gmail.com)

<b>BOOKING FORM</b>		<i>Email or whatsapp the whole page. No fax.</i>	
		<i>Email: <a href="mailto:director.asafrica@gmail.com">director.asafrica@gmail.com</a> Phone/WhatsApp +27 84 245 2490</i>	
<b>PERSON DOING THE BOOKING:</b>	<b>FIRST NAME AND SURNAME:</b>		
<b>EMAIL:</b>			<b>CELLPHONE:</b>
<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>			
<b>TERMS AND CONDITIONS</b>	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.			
<b>PERSON DOING THE BOOKING:</b>	<b>SIGNATURE</b>	<b>PLACE:</b>	<b>DATE:</b>

**SCAN CLEARLY AND EMAIL BACK**