

Time	Activity	Description
Day One		
0900	Introduction & situation awareness	Introduction and explanation of programme and Objective's R.E.A.D.E. philosophy
0905 -1045	Security awareness, personal safety and pre assignment planning.	This session covers: <ul style="list-style-type: none"> • Threats in the field • Personal security. • International security research, culture, religious issues etc • Travel security, to include arrival on deployment, use of local transport. • Getting ready - Journalistic or NGO planning - being prepared for the short notice call; what to take, use of fixers, data security, local intelligence, money, communication with office, tracking etc
1045 - 1100	<i>Coffee Break</i>	
1100 - 1215	Weapons effects and ballistic penetration	Understanding the ballistic properties of small arms fire, and recognising what cover will keep you safe from it (video & lecture). If the area is suitable part of this discussion will be held outside. To include shotgun penetration demonstration. Rifles & Pistols.
1215 - 1300	Check points procedure.	Military/militia and police checkpoints - generic tips to negotiating safe passage. Theory & discussion of a series of video clips.
1300 - 1345	<i>Lunch</i>	
1345 - 1815	Medical Trauma - continue	First aid techniques to preserve life: Preserving life: Airways, Breathing and Circulation. Stemming blood flow, treating gunshot wounds. Recognising & treating shock - theory & practical, focusing on what is needed in a hostile environment. Use of defibrillator. Numerous breaks during the afternoon and practical sessions. <u>Students should not wear their best clothes as fake blood will be used during practical exercises.</u> <i>Class room and outside for practical exercises</i>
1900 - 2030	Kidnap abduction & survival.	Avoiding becoming the target and survival techniques if taken. To include feed back from journalists and NGOs kidnapped in Syria, Iraq, South America and elsewhere. Previous courses suggest that this lecture is highly effective in a more relaxed setting in order to understand the complexities of the K & R business. Alcohol served.
2030	Supper	During supper it is suggested that we have a discussion about Post Traumatic Stress Disorder. Astral navigation if sky clear.

Time	Activity	Description
Day Two		
0845 - 0900	Emotional Trauma and Post Traumatic Stress Disorder - summary	A summary of discussion points arising from the PTSD discussion of the night before.
0900 - 1000	Riots and civil disturbances	Discussion on crowd behaviour, police tactics, journalist protection equipment. Review of news clips of riots from Ukraine, Thailand and Israel.
1000 -1025	Accommodation security & defusing confrontation	Choosing and making accommodation more secure. To include simple emergency plans. For example attacks by Al Qaeda on hotels continue to pose a threat in parts of the Middle East, N Africa, Pakistan and Indonesia. A role-play demonstration on defusing confrontation – ideal for door stepping!
1025 - 1040	<i>Coffee Break</i>	
1040 - 1200	Medical - Burns, breaks & practical	Some new theory and recap practical exercise to reinforce day one. Medical kits.
1200 – 1230	Medical – Road Traffic Accidents	How to stabilise casualties in vehicles and safely removing injured person from vehicles. Theory and practical demonstrations using a 4 x 4.
1230 - 1300	Anti Ambush drills and use of cover	In the worst case scenario, techniques to maximise chance of survival if ambushed. To include practical demonstration.
1300 - 1400	<i>Lunch</i>	
1400 - 1430	Mines awareness	Consideration of the threat posed by mines, unexploded ordnance and IEDs. Optional extra.
1430 - 1600	Medical – Bugs, bites and bowels	Keeping yourself going – common threats and ailments; Malaria, Hot and Cold injuries, treating Diarrhoea. To include update on Ebola and challenges to cover the outbreak.
1600 - 1630	Military – Media Interface	Understanding military hierarchy, structures and signature vehicles. Tips on working with the military. Embedded and free running. For Journalists only
1630	Delegate discussion and course feedback	An opportunity to review the course and to address any additional topics.
1630 +	Course dispersal	

Notes

1. The instructors for course will Charlie McGrath, Nick Nash & Dai Jones.
2. During the course a number of notes will be handed out. At the beginning of the course a laminated Aide Memoire will be given out
3. The dress for the course is casual clothes and at times the course will be outside and therefore please bring waterproofs. Delegates are asked to bring a note book and pencil/pen.
4. Accommodation has been booked for 2 nights at The Olde Coach House, Main Street, Ashby St Ledgers, CV23 8UN, tel: 01788 890349, approx 5 mins from Bragborough Lodge Farm
5. Lunch on both days and dinner on day one will be at Bragborough Lodge Farm.