

HOSTILE ENVIRONMENT AWARENESS AND FIRST AID TRAINING COURSE

JOINING INSTRUCTIONS

Dates: 2 - 4 November 2020 (modular)

Location - The address for the training in Bangor is

First Rock International
Unit 62
4 Balloo Drive
Bangor
County Down
BT19 7QY
Northern Ireland

From Belfast take the Holywood dual carriageway to Bangor. At the end of the carriageway take the left slip road before the flyover bridge. Keep in the right-hand lane turning right onto Bangor ring road and over the top of the bridge previously mentioned. Continue along the ring road towards Groomsport. Cross over the Newtownards Road roundabout taking the second option and keep straight. Move into the outside lane where you will notice Sainsbury's supermarket and KFC on your right-hand side. Take the slip road and turn right across carriageway. Ignore the first right turn that takes you to Sainsbury's and turn next right into a car park. Turn right in car park and park in the vicinity of the secondhand clothing store. Enter the door to the left of this purple coloured shop, ascend the stairs and enter the right door, which will be open. If staying in Bangor leave the town via the Donaghadee Road to the ring road roundabout. Take the third option along the ring road in the direction of Belfast. Cross over two roundabouts until you see the KFC on left hand side and then follow the instructions above. If anyone has any difficulties finding our location call me on my mobile number below.

Background -

First Rock was formed 20 years ago to serve the Missionary and Faith-based INGO community and Media. It is the only Christian Security Company of its kind in Ireland, the United Kingdom and Europe. Our Ministry is to help make people's lives safer through training and advice.

Some of our clients include World Vision International, Frontiers, Release International, Overseas Board of the Presbyterian Church of Ireland, Church Mission Society, Mission Africa, Arab World Ministries, Athletes in Action, Mercy Corps and the Christian band Blue Tree.

All our instructional staff are Christians, who view safety and security through the prism of the Bible. We believe in the power of prayer and God's providential care, however, acknowledge we are in a spiritual battle that manifests itself in the physical world.

Founder and Lead Instructor

Tim Mercer grew up in the Brethren Assemblies and now attends Thriving Life Church in Newtownards, County Down. He joined the Royal Ulster Constabulary immediately after leaving school. Most of his 16 years' service were spent within Special Operations Branch as a Tier 1 Surveillance Operator and Tactics and Firearms Instructor working alongside other UK Special Forces. On leaving the police he attended Belfast Bible College for three years before becoming the warden of a Christian Outdoor Pursuits centre. He formed First Rock after realising that the skills gained within the Public and Private Security Sector, including living through a 30-year conflict in Northern Ireland were of value to those carrying out the Great Commission.

Tim is currently a High-Risk Adviser and additionally, an operational Back-watcher and Medic for the media including Reuters, BBC, CNN, NBC and ITN. He recently returned from Tripoli, Libya where he was providing close protection and medic cover for journalists at the frontline. He is a vastly experienced and expert consultant security adviser and trainer, preparing individuals to live and work more safely in non-permissive environments. His experience is current, teaching from this and not from a book. He also undertakes crisis management tasks and security surveys and has worked in over 70 countries, developing cultural awareness.

The course is designed for individuals and organisations travelling to countries where there is a medium to high level security risk. This provides peace of mind for the traveller, their family and the sending organisation, plus protects against potential litigation and reputational damage. The course is of value to those going on short-term mission trips or embarking on a long-term overseas project.

Day 1

Personal Safety Foundation including behaviour on foot, in a vehicle or at a residence/hotel
Advise on useful and inexpensive safety equipment to bring with you
Situation awareness and spotting hostile watchers
Self-defence and breakaway techniques
Tactical driving and parking
Negotiating Vehicle Checkpoints safely
Dealing with a Road Traffic Collision and Safe Casualty Extraction
Ballistic Awareness, demonstrating what is cover from gunfire and cover from View
Surviving a Grenade attack or a thrown Improvised Explosive Device
Surviving an Active shooter, Stabber or Suicide Attack

Day 2

Anti-surveillance
Dealing with official detention by government forces
Handling questioning and interrogation
Kidnap prevention and survival covering Release, Rescue and Escape

The courses involve classroom, PPT, videos, demonstrations, role-play and outdoor exercises.

Day 3: First Aid training

During the third day we cover the following subjects:

Primary and Secondary Survey
Safe Airway Position
Cardiopulmonary Resuscitation (CPR)

Dealing with Stabbing, Gunshot Wounds and Blast Injuries
Bandaging and the use of haemostatic agents
Use of Tourniquets and Chest Seals
Improvised techniques, drags and carries of injured persons
The contents of a First Aid kit

Equipment and timings -

For the first two days we recommend you wear warm, waterproof clothing, woolen hat and gloves, which you do not mind lying on the ground in. Walking boots or any type of footwear with ankle support would be appropriate however training shoes are also ok. For the first aid day wear loose fitting clothes such as tracksuits. We will not be outside on this day.

Parade at our training rooms for **0845** where we will have tea and coffee. We will commence sharp **at 0900**. All other training equipment will be provided.

We will supply paper and pens for note taking.

We provide a handout containing other valuable information for overseas travel.

We can supply a copy of the PPT in notes form, however we expect that this will not be copied and used to train other staff at a later date. This has happened in the past and is a breach of contract. It has caused First Rock concern that we may be joined in liability should an incident occur as a result of that training. We do not authorise anyone to use our training materials to train others, in the form they are presented in, or in an adjusted manner.

We will be finished by around 5pm each day breaking for lunch at 1230 – 1300 for approximately 45 minutes.

Breaks -

We will have two tea breaks, one mid-morning and the other mid-afternoon, where tea, coffee and biscuits will be provided. Lunch will be sandwiches, Panini's or baked potatoes purchased from a nearby shop. We will also purchase water; juice or coke and the order will be placed each morning. If you have any specific dietary needs, please inform and we will cater for that.

The Course -

The first two mornings will be classroom-based then after lunch we will be going to an outdoor training area approximately 10 minutes drive away. We will have a room with a log stove for shelter in between exercises and there are also toilets. Tea, coffee and biscuits will be provided.

All the training is contained within a safe and controlled environment and delegates will neither be harmed, embarrassed or scared. We do however train the way we operate, so there will be a level of realism. No major fitness level is required, and delegates will not be required to run any great distance. Often the rumours relating to HEFAT courses are much worse than the reality. I wish to emphasise that this is a professional course, and everyone will learn from it and enjoy the experience. There is no need to feel concerned in advance or during the three days. This will become evident on the first day

We will be using blank rounds and pyrotechnic explosions to simulate ambushes. I mention this in advance so that delegates are aware and in case anyone has experienced trauma from gunshots or explosions in the past.

On the first aid day there will be some PPT pictures of wounds. These are not overly graphic, and delegates will be given advance notice of them being shown.

If you can inform of any physical or emotional injuries these will be kept in the strictest of confidence. Either by phoning myself, emailing or informing a member of your organization for onward transmission.

Payment -

First Rock operates a policy of 50% deposit to book a place on the course. The remaining payment of 50% must be paid no later than the first day of course. Preferred payment is via BACs and an invoice will be emailed to the client. If you are unable to attend up to two weeks prior to the training we will transfer your deposit onto another course that suits you. If you cancel within two weeks the deposit is non-refundable

1-day HET Course - **£200**

2-day HEAT Course - **£300**

3-day HEFAT Course - **£400**

1 day First Aid Course - **£150**

Accommodation -

Should you require somewhere to stay we can recommend guesthouse and hotels in the locality. You will require transport to and from the training venue and to the outdoor training area we visit un the afternoons.

**For further information contact - Tim @ 07809689987
tmercersec@aol.com**