

## Train the Trainer – Breakaway Training Course 3 days

### Aim.

To support organisations in providing a Train the Trainer course in Breakaway Techniques. The training will enable the delegates to deliver a complete Breakaway training programme within your organisation.

### Outcomes.

- Participants to qualify as Blue Concept Breakaway Trainers.
- Gain the skills to deliver a Breakaway Techniques course.
- Understand the underpinning legal and health considerations.
- Safely conduct a Breakaway training course and equip the end-user with a set of breakaway skills.

This train the trainer course assumes no prior knowledge of physical intervention skills.

### Training.

The Blue Concept training model promotes engaging training. The end-user training course will include health screening, understanding of the legal use of force in a healthcare setting, how to manage personal safety and a set of breakaway techniques.

### Training course framework.

The train the trainer course will begin with a simulated course to provide context for the underpinning theory and techniques. The course will then be broken down into the key theory elements and how to deliver the physical breakaway skills.

### Restrictions and requirements.

Please note that no one pregnant will be able to take part. A suitable training room to be provided by the client is essential to the safety and effectiveness of the training.

### Breakaway techniques course - modules to be included:

- Training course set-up.
- How to conduct the health screening.
- Course administration.
- Theory content: managing violence, use of force, breakaway context.
- Safe physical skill training guidelines.
- How to teach a technique.
- Training room assessment.
- Warm-up routine.
- Breakaway techniques.
- Comprehensive tuition on how to deliver the physical skills.
- Practice running various course elements.
- Practice techniques.
- Assessment – theory presentation and physical training.

### Practice and assessment.

Delegates will have the opportunity to practice delivering the various modules and will be assessed at the end of the course. The assessment will include course delivery, the underpinning theory and physical skills.

### Resources.

The resources to be provided include a lesson plan, end-user presentations, check lists and the legal use of force background. The training also includes unlimited access to video support, for both the warm-up routine and all breakaway techniques.

### Annual requalification course.

Attendance of an annual requalification course is mandatory.