

DAY 1	Topics	Expected Results / Outcomes	Facilitation	Main characteristics of the facilitation	Methods
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### Objective

- Strengthen methodology and skills of the participants to effectively conduct first aid and disaster management training at different level using activities designed to engage a variety of learning styles and facilitation techniques.
- Contribute to the strategic plan of the National Society regarding its positioning in the area of emergency preparedness and response.

### Participants

- Number: 20 - 25 participants
- Facilitator to Participants ratio: 1:6

#### • Prerequisites:

- Age
- 21 - 50 years

- Competences:
- Participants must be a lay lecturer or medical professional (Doctor, or a nurse)
  - Participants must have conducted at least 5 First Aid training as instructor.
  - Be familiar with latest Indian Red Cross First Aid Manual and action-oriented methodology.
  - Experience in responding to a disaster.
  - To be able to participate actively in an intensive training workshop.

- Values:
- To value this community service and to be motivated in delivering in the future First Aid training and assistance work in given local contexts.

- Attitude:
- To feel comfortable working in a team.
  - To be flexible considering the evolving circumstances of First Aid assistance and disaster response delivery due to changing needs and contexts, and the customisation work that could be required for different characteristics of diverse publics/ audiences.

- Pre-reading:
- To get familiar with the reference documents used by the National Society regarding First Aid
  - Online Course from Learning platform <https://www.ifrc.org/en/get-involved/learning-education-training/learning-platform1/>
    - Code of conduct (30 minutes)
    - Principles and rules for RCRC humanitarian assistance (1 hour)

#### Participants should:

- Wear clothes allowing them to go on exercises/simulations.
- Bring their equipment/materials they use to respond to emergencies, whatever they have

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		<ul style="list-style-type: none"> <li>Become familiar with one another trainers and their context.</li> </ul>			
DAY 2	Topics	Expected Results / Outcomes	Facilitation	Main characteristics of the facilitation	Methods
		<ul style="list-style-type: none"> <li>Oriented about practical information.</li> <li>Participate in an ice break exercise.</li> </ul>			
10:00 - 10.15	<b>Break</b>				
10. 15 – 11.00	Understanding of RCRC Movement	<ul style="list-style-type: none"> <li>Understand the history of their National Society, the IFRC and the ICRC.</li> <li>Be able to embody the Fundamental Principles while delivering Red Cross programs.</li> </ul>		All the participants together	
11.00 am – 1:30 PM	Adult learning, Effective ToTs and communication including lesson plans	<ul style="list-style-type: none"> <li>Be able to use communication, teaching skills and effective feedback to become an effective ToT.</li> <li>Be able to construct lesson plans that will contribute in effective learning and time management.</li> </ul>		All the participants together	
1:30 - 2:15	<b>Lunch</b>				
2:15 - 3:30	Basic of FA/Airway, CPR – Adult, baby <b>(Methodology)</b>	<ul style="list-style-type: none"> <li>Demonstrate how to conduct a teaching session on CPR.</li> <li>To approach the use of the teaching sequence (IDPS)</li> <li>Demonstrate the CPR skill according to the IRCS First Aid manual.</li> </ul>		Participants keep the division in two groups GROUP A and B	Group Work & presentation.
3:30 - 3:45	<b>Break</b>				
3:45 – 6:00	Basic of FA/Airway, CPR – Adult, baby. <b>(Micro teaching and Skill)</b>	<ul style="list-style-type: none"> <li>Participants will able to demonstrate the role-based skills to their peers as facilitator &amp; participant according to the action-oriented approach.</li> <li>Encourage participants to learn from each other knowledge, experience and skills.</li> </ul>		Participants keep the division in four groups GROUP A, B, C and D	Group Work & practice in peers.

09:00 - 09:30 AM	<b>RECAP</b>				
9:30am - 10:30	Bleeding Control <b>(Methodology)</b>	<ul style="list-style-type: none"> <li>Participants will able to use IDPS teaching methodology (action-oriented approach) including delivery of key messages.</li> <li>Demonstrate and practice bleeding control using IRCS FA manual 2016 (7<sup>th</sup> edition)</li> </ul>		<ul style="list-style-type: none"> <li>Participants keep the division in two groups GROUP A and B</li> </ul>	Group Work & Synthesis
10:30 – 10:45	<b>Break</b>				
10:45 - 1:00 PM	Bleeding Control <b>(Micro teaching and Skills)</b>	<ul style="list-style-type: none"> <li>Participants will able to demonstrate the role-based skills to their peers as facilitator &amp; participant according to the action-oriented approach.</li> <li>Encourage participants to practice the teaching skill using IDPS teaching sequence.</li> </ul>		<ul style="list-style-type: none"> <li>Participants keep the division in four groups GROUP A, B, C and D.</li> <li>Encourage the participant to learn from each other with an idea “practice makes better”</li> </ul>	Group Work & practice in peers
1:00 - 1:45	<b>Lunch</b>				
1:45 - 3:30	Fracture <b>(Methodology)</b>	<ul style="list-style-type: none"> <li>Participants will able to use IDPS teaching methodology (action-oriented approach) including delivery of key messages.</li> <li>Demonstrate and practice the immobilization techniques using IRCS FA manual 2016. (7<sup>th</sup> edition)</li> </ul>		<ul style="list-style-type: none"> <li>Participants keep the division in two groups GROUP A and B</li> </ul>	Group Work & Synthesis
3:30 - 3:45	<b>Break</b>				
3:45 – 4:45 PM	Fracture <b>(Microteaching and Skill)</b>	<ul style="list-style-type: none"> <li>Participants will able to demonstrate the role-based skills to their peers as facilitator &amp; participant according to the action-oriented methodology.</li> <li>Encourage participants to learn from each other knowledge, experience and skills.</li> </ul>		<ul style="list-style-type: none"> <li>Participants keep the division in four groups GROUP A, B, C and D</li> <li>Each encourage the participant to learn from each other with an idea “practice makes better”</li> </ul>	Group Work & practice in peers.
4:45 – 6:00 PM	Additional topics - Burn, Drowning, etc with key messages	<ul style="list-style-type: none"> <li>Participants will be able to demonstrate skills and knowledge asper action-oriented methodology in line with IRCS 2016 manual.</li> </ul>		<ul style="list-style-type: none"> <li>First Aid Instructors divided into groups with two MT’s with each group to guide and make them practice</li> </ul>	

DAY3	Topics	Expected Results / Outcomes	Facilitation	Main characteristics of the facilitation	Methods
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09:00 - 09:30	<b>RECAP</b>				
9:30 – 11:30 AM	Trauma / spine injury, immobilization and transport technique <b>(Methodology)</b>	<ul style="list-style-type: none"> <li>Participants will be able to use IDPS teaching methodology (action-oriented approach) including delivery of key messages.</li> <li>Be able to demonstrate and practice safe handling, transportation and stabilization technique.</li> </ul>		<ul style="list-style-type: none"> <li>Participants keep the division in two groups GROUP A and B</li> </ul>	Group Work & Synthesis
11:30 – 11:45	<b>Break</b>				
11:45 - 1:00 PM	Trauma / spine injury, immobilization and transport technique <b>(Micro teaching and Skill)</b>	<ul style="list-style-type: none"> <li>Participants will be able to demonstrate the role-based skills to their peers as facilitator &amp; participant according to the action-oriented methodology.</li> <li>Encourage participants to learn from each other knowledge, experience and skills.</li> </ul>		<ul style="list-style-type: none"> <li>Participants keep the division in four groups GROUP A, B, C and D</li> <li>Encourage the participant to learn from each other with an idea “practice makes better”</li> </ul>	Group Work & practice in peers.
1:00 - 1:45	<b>Lunch</b>				
1:45 – 3:00	Scenario Management	<ul style="list-style-type: none"> <li>Participants will be able to develop and practice various scenario for realistic learning and practice through role plays.</li> </ul>		<ul style="list-style-type: none"> <li>Participants keep the division in two groups GROUP A and B</li> </ul>	Group Work & practice in peers.
3:00 – 4:00	Choking and Epilepsy	<ul style="list-style-type: none"> <li>Participants will be able to develop lesson plan and deliver their respective topics as per the IDPS teaching methodology. (action-oriented approach)</li> </ul>		<ul style="list-style-type: none"> <li>Participants keep the division in two groups GROUP A and B</li> </ul>	Individual work on Lesson plan
4:00 - 4:15	<b>Break</b>				

DAY 5	Topics	Expected Results / Outcomes	Facilitation	Main characteristics of the facilitation	Methods
4:15 – 5:45	Choking and Epilepsy <b>(Demonstration)</b>	<ul style="list-style-type: none"> <li>Participants will be able to deliver First Aid session based on the lesson plan prepared following the IDPS methodology (Action oriented approach)</li> </ul>		<ul style="list-style-type: none"> <li>Participants learn the GROUP A, B, C and D</li> <li>Participants will deliver the assigned session as per the lesson plan</li> </ul>	Group Work & practice in peers.
5:45 PM – Onwards	Briefing and planning for 4 <sup>th</sup> day of Evaluation	Discuss modality of Day 4 and practice with Master trainers and peers			
DAY 4	Description				
9:00 - 9:30 AM	Post Test				
9:30 - 5:00 PM	<ul style="list-style-type: none"> <li>Using the lesson plan, individually participants will demonstrate the First Aid skills and action-oriented methodology</li> </ul>				
Using the competency matrix, the MT in pair going to assess, monitor and evaluate FA instructors and will submit their reports to the IRCS, NHQ					

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DAY6	Topics	Expected Results / Outcomes	Facilitation	Main characteristics of the facilitation	Methods
	Management Concept	<ul style="list-style-type: none"> <li>Participants will be aware of Disaster Terminology and</li> <li>Participants will be aware of Role of SERV Volunteers before, during and after Disaster</li> </ul>		and group discussion.	Synthesis
10:00 – 11:00 AM	Disaster management Cycle and Response tools	<ul style="list-style-type: none"> <li>Participants will be able to describe phases of DM Cycle.</li> <li>Participants will be able to understand various Response tools (DREF) used by Indian Red Cross</li> </ul>		<ul style="list-style-type: none"> <li>Presentation and Group discussion</li> </ul>	Group Work & Synthesis
11:00 – 11:15	<b>Break</b>				
11:15 - 1:15 PM	Causes, Impact, Dos and Don'ts in different types of disasters (Specific to the areas)  SERV-Planning, Monitoring, Reporting & Management( condensed)	<ul style="list-style-type: none"> <li>Participants will be able to identify 5 main hazards in the region</li> <li>Identify causes, impact, Do's and Don'ts of a disaster and learn from each other knowledge, experience and skills.</li> <li>Participants will understand the importance of components of project management – i.e. Planning, Monitoring, Reporting and Management</li> </ul>		<ul style="list-style-type: none"> <li>Participants will be divided in five groups to work in one hazard.</li> </ul>	Group Work & presentation.
1:15–2:00	<b>Lunch</b>				
2:00 – 4:00 PM	Emergency Needs Assessment	<ul style="list-style-type: none"> <li>Participants will be able to familiarize themselves with the templates and steps involved in needs assessment.</li> <li>Participants to complete the assessment template using a case study</li> </ul>		<ul style="list-style-type: none"> <li>Guide participants to practice filling the assessment template</li> </ul>	Group Work & presentation.
4:00 - 4:15PM	<b>Break</b>				
4:15 – 5:15 PM	Assessment Report	<ul style="list-style-type: none"> <li>Participants will be able to complete the assessment report template</li> <li>Participants will understand the role of SERV in assessment and reporting</li> </ul>		<ul style="list-style-type: none"> <li>Participants will deliver the group work as per the case study given and the assessment report</li> </ul>	Group Work & practice
5:15 – 6:30 PM	Mock Drill	<ul style="list-style-type: none"> <li>Participants will understand do's and don'ts of firefighting, procedural evacuation and triage</li> </ul>		<ul style="list-style-type: none"> <li>Field work</li> </ul>	

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8:30 – 9:00 AM	RECAP				
9:00 – 10:00 AM	Early Warning and Alert	<ul style="list-style-type: none"> <li>Participants will be able to understand work of Indian Red Cross with Metrological Services in disseminating early warning messages</li> </ul>		<ul style="list-style-type: none"> <li>Presentation and Group discussion</li> </ul>	Group Work & Synthesis
10:00 – 11:00 AM	Introduction to Standards recommended by NDMA	<ul style="list-style-type: none"> <li>Participants will be able to understand minimum standards in humanitarian response</li> </ul>		<ul style="list-style-type: none"> <li>Presentation and Group discussion</li> </ul>	Group Work & presentation.
11:00 – 11:15	<b>Break</b>				
11:15 - 1:15 PM	Relief Operation	<ul style="list-style-type: none"> <li>Participants will be able to understand participatory beneficiary selection criteria – vulnerable group inclusion</li> <li>Participants will be made aware of distribution plan and logistics involved in relief distribution</li> <li>Inclusion of vulnerable group including women, children and elderly and disabilities</li> <li>Impact on Livelihood</li> <li>Restoring Family Links</li> </ul>		<ul style="list-style-type: none"> <li>Presentation and Group discussion</li> </ul>	Group Work & presentation.
1:15 – 2:00	<b>Lunch</b>				
2:30 – 3:00 PM	Public Health Emergency	<ul style="list-style-type: none"> <li>Participants will understand the risk of water borne and vector borne diseases after a disaster.</li> <li>Participants will understand tools (Government and Red Cross) available to prevent and control epidemics</li> </ul>		<ul style="list-style-type: none"> <li>Presentation and Group discussion</li> </ul>	Group Work & presentation.
3:00– 4:30 PM	Emergency WASH and Hygiene Promotion in emergencies	<ul style="list-style-type: none"> <li>Participants will understand Emergency WASH activities of IRCS.</li> <li>Participants will be able to understand principle of hygiene promotion in emergencies</li> </ul>		<ul style="list-style-type: none"> <li>Presentation and Group discussion</li> </ul>	Group Work & presentation.
4:30 - 4:45 PM	<b>Break</b>				
4:45 – 5:30 PM	Coordination during disaster (Local Level)	<ul style="list-style-type: none"> <li>Participants will understand the coordination mechanism at state and district level during disaster</li> </ul>		<ul style="list-style-type: none"> <li>Presentation and Group Discussion</li> </ul>	Group Work & presentation.
5.30-6.00 PM	Psychological Support	<ul style="list-style-type: none"> <li>Participants will understand the basic tips for psychological care</li> </ul>		<ul style="list-style-type: none"> <li>Presentation and Group discussion</li> </ul>	Group Work & presentation.