REMOTE RESCUE PROGRAM

HONG KONG

HIGHLIGHTS

- In depth personal development
- Focussed team building objectives
- Utilise advanced Mountain rescue skills
- Introduction to First Aid

Location: **TUNG LUNG & MT. DAVIS**

Accommodation: **TENTS & DORMS**

Length: **5 DAYS 4 NIGHTS**

Numbers: **12/18/24 STUDENTS**

GOALS

- Have a greater understanding of the need to prioritise team resources including time management
- Develop greater self-awareness when dealing with stressful situations
- Appreciate the intrinsic benefits of utilising the strengths of others in your team
- Face both physical and social challenges with an open mind
- Experiential learning in a safe and fun environment
- Introduction to advanced technical skills in rope management and rock safety

PROGRAM

DAY 1

Arrive on remote island location

- Team meetings, set team goals and objectives
- Set-up camp and community area
- Afternoon high element safety:
    - Belays
    - Rope skills with helmet & harness usage
    - Personal Skills – cook & camp in the wilderness environment

Evening activity: Night Hike

DAY 2

High element rotations

- Abseiling – Self managed under professional guidance
- Climbing with focus on peer to peer belaying
- Introduction Wilderness First Aid
- Search & rescue techniques

Evening activity: Campfire and breadsticks

DAY 3

- High element rotations
    - Via ferratta
    - Rescue skills training
    - Diagonal abseil
    - Advanced rope work skills

Transfer to Mt. Davis

Evening activity: Search and rescue scenario

Day 4

- Rescue Scenario 1 – Final preparations and training
- Rescue scenario 2 – Focus of whole program
    - Group will self manage and organise an advanced rescue of a casualty from a remote environment relying entirely on the group resources using real Search and Rescue equipment

Day 5

- Solo reflection time
- In depth debriefs & reviewing

Final celebration and certificates.

Pack up camp and depart

ACCOMMODATION

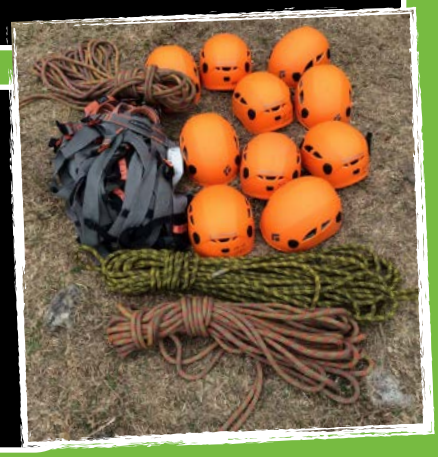
The wilderness campsites have basic facilities. The Youth Hostel has shower and bathroom facilities. Both campsites are safe and secure.

MEALS

We provide healthy, balanced meals with fruit and filtered drinking water throughout the day. Students will help prepare all meals.

EQUIPMENT

APA uses and maintains a high standard of equipment for all of its activities. APA provides their own PFDs (Personal Floatation Devices), ropes, helmets, harnesses and other technical equipment.



SAFETY

All lead APA staff are First Aid qualified and carry radios, mobile phones and first aid kits at all times.

APA follows a safety management system developed from decades of in-house senior team experience and influenced by several leading national governing bodies including: British Canoe Union, New Zealand Outdoor Instructors Award, Association of Canadian Mountain Guides, UK's Mountain Leader Training Board and USA's Rescue 3 International amongst others. APA has developed professional skills training programs for everything from mountain biking to rock rescue, as well as delivering Risk Management courses for international school faculty.

FACILITATION

Our company specializes in facilitation with a high staff to student ratio of 1:12, and 1:6 when using high elements and water based activities. Each group of 10-12 students will have their own APA facilitator for the entire program. Team names, song/chants and team goals will be established and team reflection and reviews carried out after each activity. Certificates will be given at the end of program.

OUR TEAM

COST

Program cost includes accommodation, meals (including snacks and filtered water), all transport once on location, experienced facilitators, program delivery, all activity & safety equipment and public liability insurance during activities.

Program cost is based on minimum 12 students. Price adjusted for less than 24 students. Teachers are included free of charge at a ratio of 1 per group (or part thereof) of 12 students