

Sample Outline

Break Away / Safe Escape Training Course

This course is designed to equip staff with the skills necessary for breakaway and safe escape from an aggressive situation where defusing and de-escalation techniques have failed and they are been physically assaulted. When staff receive personal safety training from SIPS Training they will find that they feel more confident and ready to be able to deal with such circumstances when they arise.

Summary of Outcomes:

By the end of the course, delegates should be able to:

1. Realise that breakaway and self-defence techniques are only used when all other options have failed.
2. Understand the Law in relation to the use of force for personal Defence and / or the Defence of others.
3. The Common and Criminal Law, including the meaning of 'Reasonable Force' with reference to Section 3(1) of The Criminal Law Act 1967, in relation to Defence of self and / or others
4. Understand how Health & Safety legislation is there for your benefit.
5. The various elements of Health and Safety Statute and associated Health and Safety Regulations that relate to the use of physical force in the workplace, including what is meant by the:- common-law duty of care',
6. Health and Safety at Work Act etc 1974, sections 2, 3, 7 and 8
7. The Management of Health and Safety at Work Regulations 1999, Regulations 3, 8 and 14.
8. Apply the correct & safest way to defend themselves from a variety of wrist & body grabs whilst standing, seated behind a desk, in a bed situation, and whilst in a car for those in the community.
9. Know the quickest & safest escape from stranglers.
10. How to apply an effective stance in order to deal with head butts, punches, kicks, & kneeing to the groin.

11. Assess, & use your environment, thus working out the quickest possible escape route, to minimise confrontation.
12. Remember this is only used as a last resort when your de-escalation & defusing techniques have failed, and to use the minimum amount of force, thus minimising any possible injury to yourself, & the assailant, & to continually remember your responsibility towards therapeutic input at all times.

All techniques have been risk assessed according to a process within the ICM guidelines

Programme:

- Relevant legislation & the law regarding dealing with breakaway techniques.
- Understanding Reasonable Force: Common Law
- Understanding Reasonable Force: Section 3 (1) of the Criminal Law Act 1967
- Escape from wrist grabs, body grabs, hair & clothing grabs.
- Breakaway from strangulations including attacker using ligatures.
- Dealing with punches, head butts, kicks, & groin attacks.
- How to deal with assaults whilst on the floor.
- Intervention techniques to break up fights
- Use of defensive body positioning & personal space.
- Aspects of good communication skills.
- The “what if’s”.

Note:

This is a sample course outline, we always customise to your organisation and the situational challenges that your staff may face. We look forward to working with you.

More:

To discuss this course for your organisation,

Contact John Davies or Nick Attard today on 01446 740 411

Or email: info@basistraining.co.uk