The SAFE and SAFE Plus+ Courses

Easier access to Pre-Deployment Training

These courses enable Her Majesty’s Government (HMG) personnel to access essential pre-deployment safety training.

Pre-deployment training is a crucial element to a successful posting or short visit to countries considered by the British Foreign & Commonwealth Office (FCO) as fragile or hostile environments. The main objective of these courses is to ensure that delegates are properly prepared to deal with the wide range of situations they could face.

Immersed in a conflict zone

Both courses are set in the fictitious country scenario of the Federal Republic of Lugaria.

You will arrive in and be based from the town of Loznica. The country is in turmoil with the Lugarian Freedom Fighters (LFF) controlling large parts of the country and the Lugarian Government Forces (LGF) holding onto only the southern parts of the country.

You will be issued with the required paperwork and will be provided with the necessary country and information briefs when you arrive. We have found that immersing delegates in a fictitious conflict zone enables more safety and medical skills to be assimilated.

The learning takes places through:
- Theory briefs
- Practical training and assessments
- Realistic scenario training
- Group debriefs and reflective learning
- A written exam.

Course attendance requirements

SAFE Course – Security Awareness in Fragile Environments

A three-day course.
1. No prior training required.
2. Course attendance booked via Pilgrims’ internet booking site www.safeguardelearning.com
3. All delegates must ensure their organisation has submitted a valid purchase order (PO) for their attendance on the course and may be asked to submit evidence of this.

SAFE Plus+ Course – Security in Fragile Environments plus a hostile environment day.

A four-day course.
1. Delegates must have attended the SAFE course. Normally, delegates complete the SAFE course then continue with the SAFE Plus+ course the following day.
2. Course attendance booked via Pilgrims internet booking site www.safeguardelearning.com
3. All delegates must ensure their organisation has submitted a valid purchase order (PO) for their attendance on the course and may be asked to submit evidence of this.
4. All delegates require a completed and signed off RPS ‘Fitness to Attend’ form.
SAFE Course – *Security Awareness in Fragile Environments.*

A three-day course.

**Who is the programme for?**

Essential preparation for individuals required to work and travel in regions classified by the FCO as fragile environments.

This course is designed for personnel being posted to or simply visiting such regions where they may be targeted. Personnel who visit a country for a short period could still be exposed to the same threats as those on full-time postings.

Delegates are those who have little or no experience of working and travelling in these areas and who are open to gaining essential safety skills and being practically assessed in a demanding and fast paced learning environment.

**What will you get out of the programme?**

You will gain:

- The skills needed to be able to deal with and reduce the impact of threats and risks encountered in fragile environments.
- The importance of constantly assessing your own safety while on task.
- Understanding of how pressured situations can affect your decision making process.
- First aid and trauma medical skills that have been proven to save lives.

**What is the programme about?**

The course is designed to make effective use out of today’s particularly busy schedules and the pressures of time on business. It is an intensive, three-day, practical course that hardwires these skills to the individual through interactive theory sessions and realistic scenarios.

**Programme summary**

The course includes:

- Pre-departure considerations
- Basic radio communications
- Personal safety and situational awareness
- Vehicle safety considerations
- Basic navigation
- Conflict management
- Trauma First Aid training
- Residential and hotel security
- Weapons awareness
- Avoiding Kidnap and Profile awareness.
SAFE Course – Security Awareness in Fragile Environments

A three-day course.

Pre-departure Considerations: Key points to remember before deploying on tasks, contingency planning and the importance of correct pre-departure documentation.

Basic Radio Communications: How to operate a VHF radio and basic voice procedures.

Personal Safety and Situational Awareness: A personal safety template to increase awareness, theft avoidance measures and situational awareness tested and exposed.

Vehicle Safety Considerations: Vehicle journey planning, vehicle search and how to negotiate legal and illegal check points effectively.

Basic Navigation: How to use a map; taking grid references, orientation and measuring distances.

Conflict Management: Body language and body positions tested, portraying a non-aggressive presence, avoiding being a ‘victim’ and how to survive a riot situation.

Trauma First Aid Training*: Casualty care and assessment, recovery position and CPR practice. Competence with use of a trauma bandage and tourniquet in a variety of challenging situations. Treatment of burns and fractures. Road traffic accident considerations.

Residential and Hotel Security: The importance of physically checking exit routes, grab bag and hotel safety preparations explained.

Weapons Awareness: Capabilities of key small arms, awareness of improvised explosive devices (IEDs), protective measures and emergency actions.

Abduction and Kidnap Survival: Kidnap avoidance methods, hostage survival techniques and danger points during a rescue.

*Trauma First Aid training is a very important part of the course. It has been proven to save lives. There is practical and scenario trauma First Aid training on every day of the SAFE course.
SAFE Plus+ Course – Security in Fragile Environments plus a one day hostile environment day.

A four-day course.

Who is the programme for?

Essential preparation for individuals required to work and travel in regions classified by the FCO as hostile environments. These countries currently include Iraq and Afghanistan, amongst others.

It is designed for personnel being posted to or simply visiting such regions where they may become targeted. Personnel who visit a hostile region for short periods could still be exposed to the same threats as those on a substantive posting.

Individuals who have some or no experience of working and travelling in these areas and who are open to gaining essential safety skills and being practically assessed in a demanding, fast paced learning environment.

What will I get out of the programme?

You will gain:

- Awareness of the capabilities of ballistic protection
- How to correctly fit body armour and ballistic helmets
- Practical experience of how a close protection team operates
- Safety procedures and life saving skills needed for working in hostile environments, including helicopter safety drills.

What is the programme about?

An intensive course to prepare delegates for operating and travelling in hostile regions that may include places where they are supported by a close protection team. A one-day, practical course that hardwires these skills to the individual through interactive theory sessions and realistic scenarios.

Programme summary

The course includes:

- Working with Close Protection teams
- Ballistic protection
- Emergency Navigation Global Positioning System (GPS)
- Helicopter safety considerations
- Working with the military
- Emergency evacuation.
SAFE Plus+ Course – Security in Fragile Environments plus a one day hostile environment day.

A one day course.
Delegates must have attended the SAFE course.

Working with Close Protection Teams: Generic composition of a close protection team, basic foot/vehicle drills and reaction to attack.

Ballistic Protection: Awareness of various types of ballistic protection, fitting and wearing Personal Protective Equipment.

Emergency Navigation: How to use a hand held Global Positioning System (GPS). Setting up the system and relating GPS information to a map.

Helicopter Safety Considerations: Basic safety considerations when using military helicopters.

Working with the military: A basic overview of life whilst embedded within a military environment, including military hierarchy and ethos.

Emergency Evacuation: An exercise which includes emergency planning, movement on foot to an extraction point and situational awareness whilst involved in an emergency evacuation scenario.

For Ministry of Defence staff only.

For information on the MOD country list and requirements please visit the Overseas Travel and Risk Management (DII) web page (this link will only work on the MOD intranet).

http://defenceintranet.diif.r.mil.uk/Tools/Admin/UseDefenceTravel/Pages/OverseasTravelRiskManagement.aspx

The Operational and fragile country list and training preparation is to be found under related documents. All queries should be addressed to PJHQ-J8-S2O-SftySyMgr@mod.uk