

Breakaway Techniques

This course is designed to sit alongside of the challenging behaviour course and is suitable for Personal assistants, Carers, volunteers and family friends and anyone who offers direct support for people whose behaviour is considered challenging. Delegates will develop their skills and gain a knowledge of this topic, whilst exploring techniques, care interventions and best practice guidance. The aim of the course is to understand how to safely, carefully and correctly extricate yourself from a potentially difficult situation, we realise that many staff attending a breakaway course are very apprehensive as they are not sure what to expect. This introduction aims to put your minds at rest. You are **not** there to throw each other around. It is about learning techniques to escape safely from an aggressor when all else has failed, to give you the confidence to be able to escape without injury to yourselves or the assailant, and to get help. You will find the course is designed not only to be informative, but also fun. It does not require strength or the need to be especially fit. Staff of all ages and abilities can participate, although we will want you to tell us if you have any medical conditions, which might limit your participation.

You will find all the instructors very approachable and willing to help. Please come along and enjoy the training.

This interesting and useful half day course covers the following:

- Level of threat and level of response
- Use of circles and other Techniques
- Balance, personal space, communication and stance
- How to deal with Wrist Grabs, Chokes, Hair Pulling, and ligatures, Common assaults and breakaway methods:- Hand grab; collar grab; grab from behind; front bear hug; rear bear hug; other grabs; front strangle; rear strangle; biting; scratching.
- The importance of the spoken word and the importance of disengagement
- The importance of situational awareness i.e. people, furniture and places
- Common assaults, the avoidance and deflection, strategies for punches kicks and thrown objects.

Training Methods: Lectures, and practical demonstrations and practical involvement.

Assessment is a thorough observation of practical elements and a written test paper which is marked by the Tutor and then verified by an assessor, for Quality Assurance purposes. To gain a certificate a course mark in excess of 80% is required. On successful completion of the course, students will receive a Certificate.

Employers will receive all necessary paperwork to provide an auditable paper trail

