

Awareness Course Outline:

Managing Violence and Aggression Control and Restraint

Course Title:	Managing Violence and Aggression Control and Restraint
Overview:	<p>The course will benefit those working within challenged environments with those with learning disabilities, children's services, mental health etc.</p> <p>Delivered by an accredited level 3 instructor, backed by the British Ju-jit-su Society and the National Institute of Sport)</p>
Course Content:	<p>The course covers:</p> <ul style="list-style-type: none">• Intervention techniques & communication• De-escalation and assault cycle• Reasonable force• Health & legislation• Holding levels 1 – 5• Team restraints (against wall and face up, face down on the floor)• Restraints with resistance and role-play• Breakaways
Methods Used:	<ul style="list-style-type: none">• Presentation• Discussion• Physical role-play• Questioning
Venue:	Workplace Venue to be Agreed
Course Duration:	3-days (consecutive)
Certificate:	Fully insured accreditation will last for 12 months, refresher training will be needed.