



TRAINING COURSE

DnR (Defence & Restraint) Techniques

AWARD: Certificate in DnR (Defence & Restraint) Techniques - Phoenix "Minerva" Ltd.

Course Description

This Training is designed to satisfy the needs of those who may feel they are at risk in the context of their employment. The emphasis is on self-preservation through the ability to defend oneself against the most common forms of attack. Techniques demonstrated are designed to provide those who feel at risk with the ability to safely withdraw report and /or get assistance. Effective communication skills are a very important part of this course. Note: Control and restraint should only be used as a means of last resort.

Course Content

Multiple Techniques including the theoretical and practical aspects. The more practical aspects and skills are developed during direct contact.

Course Duration

The course duration:

- 1) Three Hour Sessions Once Week for Eight Weeks.

Assessment

- Two (2) Practical Skills Demonstration (recorded).

Course Cost

The course fee is €# per person, including all Course Notes, and Certifications. It also includes refreshments.

Requirements for entry to programme:-

1. Working knowledge of the written and spoken English language (English need not be first language.)
2. Reasonable level of fitness and mobility.
3. Must be over 18 years of age.

Participants are required to bring for registration purposes:-

1. I.D. (Either Passport or Driver's Licence)
2. Two passport sized photos.
3. PPS number.

Participants are required to sign:-

4. A Health Declaration
5. A Disclaimer.

Course Accreditation

Successful candidates will attain:

- DnR (Defence & Restraint) Techniques Certification – Phoenix "Minerva" Ltd.