

1 Day BTEC Level 2 award in Breakaway & Self - Defence

The aim of this course is to instruct employed staff in customer facing roles, who may be exposed to the risk of physical violence at work, in the underpinning legal knowledge and physical skills necessary to enable them to be able to defend against a physical assault whilst undertaking their employed duties.

Who is the course for?

Anyone who may be at risk of physical assault whilst undertaking their employed duties.
Course structure The course covers and expands on the following areas:

Entry requirements

Candidates who undertake this training must have the physical capability to undertake physical skills training and will be required to fill in a confidential medical questionnaire.

Course structure

To achieve a successful pass in this course, learners will be expected to:

- Understand the Law in relation to the use of physical force for personal defence and the defence of others;
- Demonstrate the appropriate and effective physical skills for the purpose of breaking away and defending against a violent assault.

Assessment method

There is no formal assessment but there will be group discussion about current Policy and its effects.

Course duration

1 Day.

How much does the course cost?

£150 per person