



Saving Lives at the Office!

As many of you will know [Coral Cay Conservation](#) is part of the [Lifesigns Group](#), an umbrella organisation that includes the [Risk](#), [Medical](#) and [Expedition](#) arms of Adventure Lifesigns. What you may not know is that because of the risk and medical training which is carried out in house, a week doesn't go by without someone in the office being asked to pretend to be a casualty, or a Kalashnikov wielding terrorist! In all honesty it makes for a nice break from the daily grind. There's nothing like screaming the house down due to a fake gunshot wound, to let go of any pent up frustrations from a GIS map that won't format correctly or accidentally forgetting to hit save on a document.

This week, three of the Head Office team have been undertaking their First Person On Scene Intermediate course. This four-day course is a very intense set of lessons, which arm the trainee with the knowledge of the whys and wherefores of injuries and illness. By understanding why an event has happened, the trainee is able to make an informed decision on the best course of action to take, and is also able to deal with a greater variety of issues. The course is finished up with a written test and a practical test with both single and group scenarios to make sure that all trainees can put what they have learnt into practise. Covering topics from catastrophic bleeds to the use of lifesaving equipment, I think we're probably right in saying you couldn't find a safer office to work!

If you need to brush up on your first aid skills or want to further your qualifications check out [Medical Lifesigns](#) for the upcoming course dates and don't miss the offer down below!



The Southern Leyte Provincial Government Capitol Building



The Dive Show stand at DIVE 2016.

Coral Cay Conservation

At the beginning of the month Philippines Project Scientists, Jamie Parker and Darienne Lancaster, and Field Base Manager, Claire Ogg, were invited to a council meeting reviewing CCC's progress over the past year and the current Memorandum of Agreement. Attending were officials from the environmental and

Recent Events

The team from [Coral Cay Conservation](#) were very excited to be able to attend the annual Birmingham Dive show (DIVE2016) at the NEC on the 22nd/23rd October. We have been attending this event for as long as we can remember and it's one of our favourites.

tourism branches of the local government, and Vice Governor Coco of Southern Leyte.

The meeting began with a short presentation by Jamie giving an overview of CCC's work over the year establishing Marine Protected Areas, and updates on the Seastars and Filipino scholarship programmes. The progress report was met with approval and all those in attendance agreed that CCC's ongoing contributions to Southern Leyte's environmental and tourism sectors were invaluable for the municipality's development. Conservation efforts only work when one has the support of the local government and people, so we were very pleased with this outcome.

We have to admit that every year we choose our stand based on a combination of traffic flow, and the ability to see cool stuff whilst we man the stand! This year we lucked out and had our stand right next to the try-dive pool. It was really exciting to be able to watch people take their first breath underwater and begin their love of diving.

We chatted to 100s of people over the weekend due, we assume, to our sparkling and welcoming personalities, we're sure the chance to win a free expedition had nothing to do with it :)! We'll be announcing the winner of the competition after the London Dive Show 2017 so watch this space!!

Future Events

We are very proud to announce that our CEO, Alistair Cole; UK Manager, Ian Forbes; and Head of Operations, Tristan Brown, will be taking part in the Montane® Yukon Arctic Ultra (MYAU) next year! You may remember that Alistair and Ian successfully completed the Marathon des Sables in 2014, so it was only going to be a while before their itchy feet got the better of them.

The MYAU is a gruelling 3-day challenge requiring race participants to follow the Yukon Quest trail, which is the same trail used in the world's toughest dog sled race. Racers can choose to join the 430 mile, 300 mile or 100-mile event and undertake the race by snow-mountain bike, cross country ski or by foot. Temperatures can drop to a bone chilling -40°C, so this is sure to test our colleagues to the limit. This race is all about the personal challenge, but if you are going to risk frostbite why not take the opportunity to fund raise for a cause that's close to your heart? If you would like to contribute to a good cause in aid of our brave colleagues do check out Alistair and Tris' pages below. Ian will be raising money for a local cause, we'll be sure to pass on the details asap.

Alistair Cole's Just Giving Page: Alistair will be raising money for Deptherapy, a charity rehabilitating seriously injured soldiers through scuba diving.

Tristan Brown's Just Giving Page: Tristan will be raising money for Cardiac Risk in the Young, a charity which works to prevent "young sudden cardiac deaths through awareness, screening and research, and supporting affected families."

Alistair, Ian and Tristan have already started their training, we'll be sure to update you on their progress!

Offer of the Month!

If you would like to brush up on your First Aid skills, why not book on for our next Expedition Care Program course? It's on a weekend so no need to take any time off work, and you can start a new week knowing that you are better prepared to deal with an accident or emergency. You can either join us just for the Saturday or stay on for the whole two-day course. As an extra incentive we are very pleased to be able to offer you 10% off the dates below, just get in touch and mention the November 2016 newsletter.

17 – 18th December 2016 - Tongham
ECP Explorer Medicine 1 day course £75.00 plus VAT
ECP Exploration Medicine 2 day course £110.00 plus VAT

Book on via our online shop or for more details contact Pauline Lodge from the UK Operations team on 01483 810785 or ukoperations@lifesignsgroup.co.uk.

Terms and Conditions: Discount applies to above mentioned dates only. VAT will be calculated based on the discounted price. Discounted offer is only redeemable at the time of sale, through the mention of the November 2016 Newsletter. Offer cannot be combined with any other offer. Offer subject to availability. This offer has no monetary value and no cash or product alternative will be offered. Usual course expedition Terms and Conditions apply and are available on request.