

How do I book a course?

1. Having decided on the course you would like to attend, go to [Book Your Course](#)

Here you will find various pages where you can book online or download a Booking Form & post to us. You will also be able to pay online via PayPal

What dates are courses running?

Our OPEN courses are planned many months in advance to enable us to book venues and to enable our clients to plan ahead.

To view course dates go to [Course Dates](#)

Course Vacancies?

We can guarantee having vacancies. We are restricted to a ratio of one Instructor to 12 students.

Once we hit that number we simply employ more instructors.

If you have any concerns about vacancies please contact us.

How do I Pay?

You can pay in a variety of ways:

By Cheque (made payable to Vital Signs First Aid Training), cash, or by Credit Card/Debit Card using [PayPal](#).

This is a free service and is quick and simple to set up.



What time does the course start?

In general, all courses start **promptly** at 0845 and finish around 1800.

What do I need to bring along?

A pen, ID (Something with your signature on, or a Driving License/Passport will be fine) and yourself! A packed lunch is a good option and for those completing our 2/3/4 day courses, you will need waterproofs and warm clothes to be worn during our outdoor scenarios. The weather has been known to be changeable!

Can I download Pre-Course Information?

Sure! Pre-Course Information is downloadable on our [Downloads](#) page.

Vital Signs First Aid Training Cumbria Lake District Frequently Asked Questions

I have lost my certificate, what should I do?

Firstly don't panic! I am sure we can resolve the problem!

Everything is explained [here](#) to download a form to send to ITC & read up about the process.

Any problems, please get back to us.
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