

SCCMHA does not allow any modifications to any of the SCCMHA trainings.

All SCCMHA trainings are expected to be completed to fidelity in order to best care for SCCMHA consumers with safety in mind.

We ask that you refer to page 9 of the SCCMHA Training Guide found on the *Direct Care Provider Training* main page:

Verbal De-Escalation/Physical Intervention for Protection and CPR/First Aid classes will require some degree of physical activity including extended periods of standing, walking, bending, reaching and kneeling and assisting others.

Individuals must be physically able to participate in order to take the course. Participants should NOT register for Verbal De-Escalation/Physical Intervention for Protection or CPR/First Aid training if he or she cannot perform the activities listed above. **There will not be any modifications to the training. If staff are not able to complete the training as the trainers require for the entire group staff will be asked to leave.**

Do not register for Verbal De-Escalation/Physical Intervention for Protection and CPR/First Aid for example if:

- ▶ You are pregnant and have concerns regarding your pregnancy
- ▶ You have a medical condition that would prohibit you from engaging in physical activity.
- ▶ You are under a medical professional's care and he or she has restricted your physical activity.
- ▶ You have a chronic condition that would be worsened, even temporarily, by participating in physical intervention and advanced physical intervention, for example bad knees.
- ▶ You have had recent surgery and are back to work with restrictions.

This is just a list of examples of reasons individuals should not enroll or participate in physical intervention classes. There are many, many other reasons why individuals cannot participate. If you have any doubts about whether you should attend, please consult with your health care professional.

You must dress appropriately when attending Verbal De-Escalation/Physical Intervention for Protection and CPR/First Aid classes. Appropriate dress will include:

- ▶ Loose fitting clothing that will allow unrestricted movement.
- ▶ Shoes with low heels that provide support . (Walking/running/athletic shoes are encouraged; high heels, clogs, flip flops are not appropriate).
- ▶ Shirts that cover the stomach/abdomen and that do not reveal cleavage. Please refer to page 6 for appropriate dress code.
- ▶ Pants that stay in place without physically holding them on.