

MEDIKITS DEFENCE · CLASSROOM TRAINING

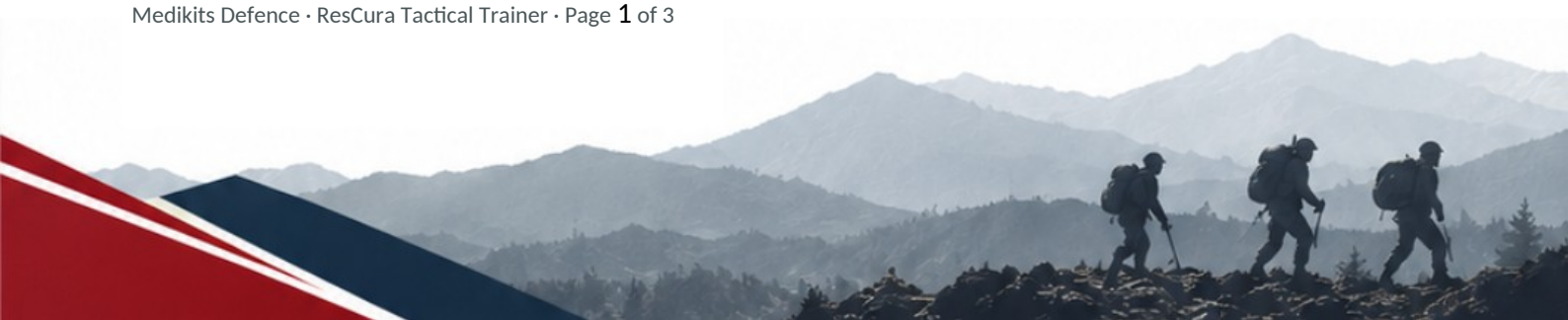
ResCura Tactical Trainer

Twelve sessions from the MARCH protocol to independent application

A complete lesson package for classroom training of defence and civil protection personnel. Over twelve one-hour sessions, trainees combine theory and practice on the ResCura trainer until they can independently apply the MARCH protocol, apply a tourniquet, convert a tourniquet and pack a wound (wound packing).

12 sessions of 60 minutes	**22** slides per lesson	**3** exercises per lesson	**1** final assessment with 3 stations

Content based on the CoTCCC Guidelines of 1 May 2026.



PROGRAMME

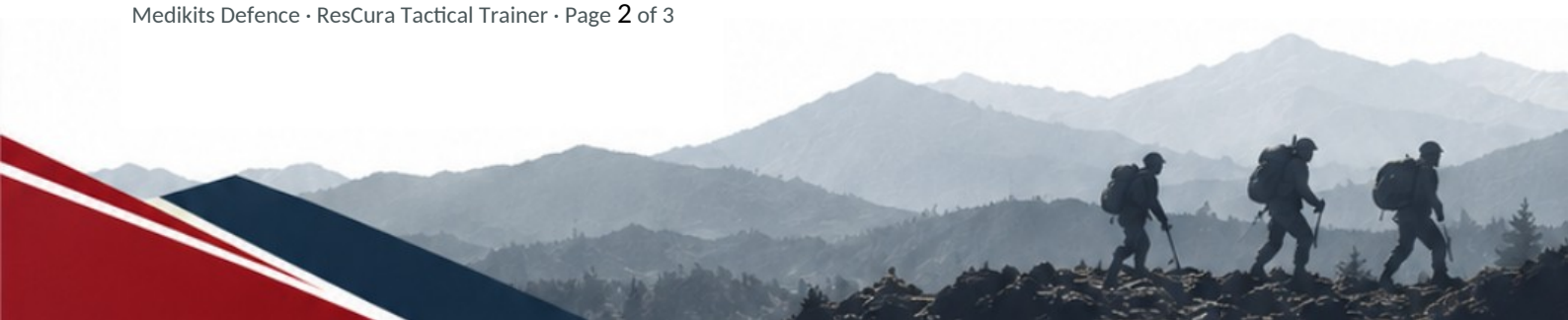
Twelve sessions, one goal

Each session lasts 60 minutes and builds on the previous one. Session 1 sets the framework, sessions 2 to 7 teach bleeding control, sessions 8 and 9 add airway, respiration, circulation and hypothermia, and sessions 10 to 12 bring everything together.

Lesson	Topic	Phase
1	Framework and MARCH overview	Basics
2	M: massive hemorrhage	Bleeding
3	Tourniquet I: technique	Bleeding
4	Tourniquet II: self-aid	Bleeding
5	Wound packing I	Bleeding
6	Wound packing II	Bleeding
7	Tourniquet conversion	Bleeding
8	A and R: airway and respiration	A R C H
9	C and H: circulation and hypothermia	A R C H
10	MARCH integrated	Integration
11	Scenario training	Integration
12	Final assessment	Integration

Outcome for the trainee

- **MARCH:** applies MARCH independently and in the correct order.
- **Tourniquet:** applies a tourniquet correctly, including as self-aid.
- **Wound packing:** packs a wound and applies a pressure dressing with at least 3 minutes of pressure.
- **Conversion:** decides whether conversion is allowed and performs it safely, or justifies why not.



How a lesson runs

Every lesson follows the same structure, so instructors and trainees know what to expect.

- **Presentation:** a lesson deck of 22 slides with objectives, schedule, theory, demonstration and debrief.
- **Exercises:** three per lesson: a warm-up with answers, a hands-on exercise on the trainer and a scenario or test exercise.
- **Visuals:** medical procedures are shown with images or animations in Medikits style.
- **Wrap-up:** a checklist, an overview of common mistakes and a debrief per lesson.

Assessment in lesson 12

- **Written:** 20 multiple-choice questions in the app in 15 minutes; proposed pass mark 16 out of 20.
- **Practical:** three stations (MARCH scenario, tourniquet with conversion, wound packing), each with its own examiner.
- **Critical errors:** for example a tourniquet over a joint, uncontrolled bleeding or conversion in shock results in an immediate fail.

Materials

Per group a trainer kit and a tablet or laptop with the trainer app; per lesson a projector and the handout. The exact contents of the trainer kit follow the kit list of the training command.

Reservations

- A medical reviewer validates the content before use.
- Time standards and pass thresholds are proposals for the training command.
- IV access, fluids, TXA, analgesia and needle decompression are knowledge only, not examined skills.

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