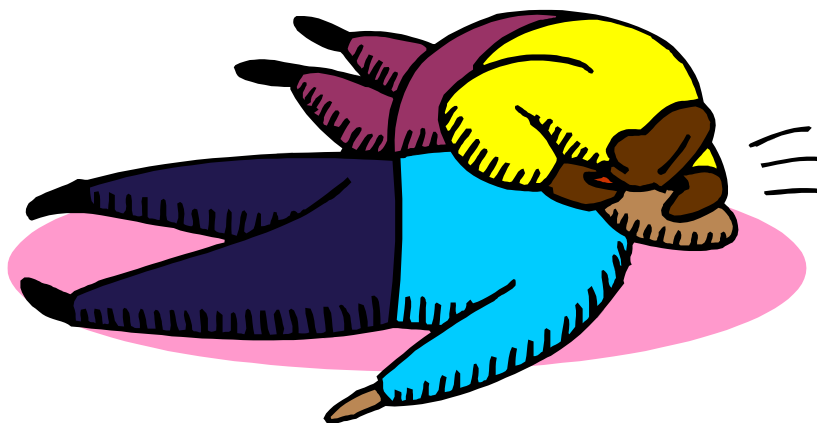




First Aid

Saturday
February 23rd
2007
9.00–17.00
£20
(to help cover
costs & handbook)



Just a few hours out of your busy life that can save a life.

The principles and practice of first aid have evolved dramatically over recent years. The course will include instruction on simple and effective ways to prevent the deterioration of injured people, both on and off the water. The syllabus includes

- resuscitation,
- control of bleeding,
- treatment of an unconscious casualty, and
- the recognition and treatment of hypothermia.

Leading the course will be Peter and Carol-Anne Pocock, formerly British Army medics; Peter is First Aid Advisor to the RYA.

If you have never been on a First Aid course this is an essential. If you last attended a course three or more years ago, it is time to revalidate. You must attend an update course every three years to stay qualified.

Bring a packed lunch. Tea/coffee will be available all day.

A nominal non-refundable charge of £20 (free to club Instructors and Assistant Instructors) will be made to help defray expenses. To ensure your place on the course make out a cheque payable to Banbury Sailing Club and send it to:

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1 Sylvan Drive
Styvechale
Coventry CV3 6AB

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