

# Spend A Day To Save A LIFE - March 15, 2020

The Safety Committee of The Sailing Club is pleased to sponsor CPR/AED and Basic First Aid training. These invaluable skills could save people's lives. While certification in CPR and Basic First Aid is required for all Skippers in The Sailing Club, this session is open to all Club members, family & friends. The more people who know these life-saving skills, the safer we will all be. This year's training will use the American Heart Association (AHA) HeartSaver series of classes; we will include AED (Automated External Defibrillator) for Adult. AHA pricing of cards has changed and it is now far more cost effective to take both certifications the same day. Here are the details:

**Date:** **Sunday, March 15, 2020**

**Time:** 8:15 - 8:30A Arrival **Please be on Time** Coffee and donuts will be provided  
 8:30 - 12:30P CPR/AED Instruction & Certification - AHA's "Practice While Watching" videos used  
 12:30 - 1:00P Lunch. **Bring Your Own** (if desired, a refrigerator is available at the squad building)  
 1:00 - 4:30P Basic First Aid, modified for sailors - **scenarios will be mixed with the presentation**

**Please Note:** **No lunch food available at the squad building.**  
**A McDonalds, King's supermarket and Pizza/Subs within 1 mile from the building.**  
**Session completion times are approximate; NOTE: only 30 minutes allowed to purchase/eat food.**

**Attire:** Jeans, sneakers, sweats, anything casual **What to Bring:** Note pad, pencil or pen - sailing scenarios

**AHA Instructors:** Bob Rainey with other American Heart Association instructors

**Location: Whitehouse Rescue Squad, 269 Main St, Whitehouse Station, NJ 08889**

**Telephone # 908-534-2509 (Bob Rainey's cell: 908-872-9101)**

**Directions:** Whitehouse Station ZIP code is in Readington Township. Main St is also called Hunterdon County Rt 523. Squad is about 300 feet South of the grade level railroad crossing; building and is set back from the street. Entrance is at the middle of the 4 bay doors.

**NOTE: All CPR/AED and Basic First Aid certifications are valid for 2 years.**

**Student Manuals are included in pricing below.**

\*\*\* If you have questions, please contact Bob Rainey (c) 908-872-9101, [rjraineyjr@aol.com](mailto:rjraineyjr@aol.com) \*\*\*

**Sign-Up & Payment:** Make checks payable to: **The Sailing Club, Inc.** Send check with Sign-Up Form to:  
**Bob Rainey, 2006 S Branch Dr, Whitehouse Station, NJ 08889**

**All sign-ups must be received by 3/1/2020 (to ensure enough instructors)**

## CPR/AED & BASIC FIRST AID CERTIFICATION SIGN-UP FORM

(Please print clearly)

Name: \_\_\_\_\_ Add'l Name: \_\_\_\_\_

Cell: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

<u>Session (check what applies)</u>	<u># people</u>	<u>\$ Class</u>	<u>X</u>	=	<u>Total \$</u>
____ AHA CPR/AED with Basic First-Aid Certification	____	@ \$55		=	_____
____ AHA CPR/AED Certification Only	____	@ \$44		=	_____
____ AHA Basic First Aid Certification Only	____	@ \$34		=	_____

Total \$ Amount Enclosed: \_\_\_\_\_  
**Checks to "The Sailing Club, Inc."**