

# Spend A Day To Save A LIFE - April 8, 2017

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) and pocket mask. Here are the details:

**Date:** Saturday April 8, 2017

**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 Lunch\_  
 12:30 - 1:00P      **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 No  
**Please Note:**      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 is set back from the street.  
<http://mapq.st/ecENGV>

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

\*\*\* 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 4/1/2017 (to ensure enough books)**

---

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

(Please print clearly)

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

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

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

<u>Session (check all that apply)</u>	<u># people</u>	<u>\$ Class</u> <u>X</u>	=	<u>Total \$</u>
____ CPR/AED Certification	____	@ \$30	=	_____
____ Basic First Aid Certification Only	____	@ \$20	=	_____
____ Student Manual: CPR/AED with Basic First Aid (Not needed for renewals)	____	@ \$18	=	_____

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