

Spend A Day To Save A LIFE - April 1, 2023

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: Saturday April 1, 2023

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** (no refrigerator is available)
1:00 - 4:00P Basic First Aid, modified for sailors - **scenarios will be mixed with the presentation**
Please Note: **No lunch food available at the Hills Clubhouse but can be purchased within walking distance.**

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, consider a pad for kneeling on, sailing scenarios

AHA Instructors: Bob Rainey

Location: Hills Highland Clubhouse, 75 Hansom Rd, Basking Ridge, NJ 07920
(Bob Rainey's cell: 908-872-9101)

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 ***

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 3/28/2023 (to ensure enough equipment)

Class size is limited – No walk-ins, Club Covid-19 policy applies

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

(Please print clearly)

Name: _____ Add'l Name: _____

Cell: _____ Cell: _____

Email: _____

<u>Session</u>	<u># people</u>	<u>\$ Class</u>	<u>=</u>	<u>Total \$</u>
AHA CPR/AED with Basic First-Aid Certification	_____	@ \$50	=	_____

Total \$ Amount Enclosed: _____

Make checks payable to "The Sailing Club, Inc."