



FIRST AID COURSE

SUNDAY, 12TH FEBRUARY 2017

An essential course for all those who go afloat, which teaches the basic principles of first aid with the emphasis on situations you might encounter afloat and away from immediate assistance.

Subjects covered include:

- the recovery position in a confined space
- CPR including drowning protocol
- cold shock and hypothermia from immersion and/or exposure
- seasickness and dehydration
- medical assistance or advice by VHF
- helicopter rescue

Once again this year, club member Jerry Pocknell has agreed to run the course **on Sunday 12th February**. Numbers are limited to 12 so please book early. The cost remains at £30 which includes the latest First Aid handbook. Add your names to the list on the club notice board or contact the office.

Graham Turner
RMYC Training co-ordinator