

# SPEND A DAY TO SAVE A LIFE

The Safety Committee of The Sailing Club is again pleased to sponsor a training session in which participants can become certified in CPR/AED and Basic First Aid. These are invaluable skills that could save peoples 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 years training will use the American Safety and Health Institute Course, which will include AED (Automated External Defibrillator). Here are the details:

**Date:** Sunday April 18, 2010

**Time:** 8:15 -- 8:30A Arrival **Please be on Time** Coffee and donuts will be provided  
 8:30 --12:30P CPR Instruction & Certification – **more hands-on / less PowerPoint**  
 12:30 -- 1:00 Lunch **Bring Your Own** (if desired, a refrigerator is available at the squad building)  
 1:00 -- 4:30 Basic First Aid, modified for sailors – **scenarios will be mixed with the presentation**

**Please Note:** **No lunch food available and only water/juice/soda in a beverage machine.**  
**A McDonalds is across the street.**

**Session completion times are approximate.**

**Attire:** Jeans, sneakers, sweats, anything casual

**What to Bring:** Note pad, pencil or pen – sailing scenarios

**Instructors:** Raritan Valley Emergency Services Consulting & Education <http://www.rvescue.com>

**Location: Branchburg Rescue Squad, 113 River Rd, Branchburg, NJ 08876**

**Telephone # 908-722-4645**

**Directions:** From the Somerville Circle, take Route 202 south, approximately 2.5 miles. Make a right turn onto River Rd, just after the McDonalds. Rescue Squad is on the left after you have turned onto River Road.

<http://www.mapquest.com/maps?city=Branchburg&state=NJ&address=113+River+Road&zipcode=08876>

**NOTE: For certification purposes, all certifications are valid for 2 years CPR/AED/Basic First Aid.** Certifications are with American Safety and Health Institute. <http://www.ashinstitute.org/about.htm>

If you took the class last year and have the ASHI book, use the refresh prices. If you have let your previous certifications expire, it is recommended that you use the initial price to get the book. If you have current or near current CPR and/or BFA from other recognized orgs – bring the card(s) to class; you decide: if you want the book use the initial price.

\*\*\* If you have questions, please contact Bob Rainey (c) 908-872-9101, [rjrainejr@aol.com](mailto:rjrainejr@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 4/4/2010 (to ensure enough books) Refresh only students by 4/11/2010.**

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

(Please print clearly)

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

Phone: \_\_\_\_\_ Phone: \_\_\_\_\_

Session (check all that apply)	# people	\$ Initial w/book X (circle)	-or-	\$ Refresh no book X (circle)	=	Total \$
____ CPR/AED & First Aid Certification	____	\$75	-or-	\$65	=	_____
____ CPR/AED Certification Only	____	\$53	-or-	\$45	=	_____
____ Basic First Aid Certification Only	____	\$43	-or-	\$35	=	_____

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