

Spend A Day To Save A LIFE – March 10, 2012

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). Here are the details:

Date: Saturday March 10, 2012

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 and only water/juice/soda/snacks in a vending machine.**
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 members of the Whitehouse Rescue Squad

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 certifications are valid for 2 years CPR/AED and Basic First Aid.

If you are a refresh student and have a previous expiring CPR or Basic First Aid card, bring it; you also do not need to order the student manuals. First time (initial) students need the book(s).

*** 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 2/24/2012 (to ensure enough books) Refresh only students by 3/3/2012.

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>=</u>	<u>Total \$</u>
____ CPR/AED Certification	_____	@ \$25	=	=	_____
____ Basic First Aid Certification Only	_____	@ \$20	=	=	_____
____ Student Manual: CPR/AED with Basic First Aid	_____	@ \$17	=	=	_____

Total \$ Amount Enclosed: _____

Checks to "The Sailing Club, Inc."