



THAMES REGIONAL ROWING COUNCIL
FIRST AID COURSE
(Outdoor and Water specific)

WEDNESDAY 28th OCTOBER 2009. 6.15-9.45pm

AT READING ROWING CLUB OR THAMES TRADESMAN ROWING CLUB

£46 per person

Application Deadline: extended to Tues 27th Oct or when full.

HSE approved course with a recognised certificate valid for 3 years

A practical 3 hour course covering essential lifesaving techniques to ensure you feel confident in dealing with incidents safely and systematically. **Tailored for rowing.**

Covers: incident management, recovery position, CPR, drowning, choking, bleeding hypothermia and more.

Module for UKCC L2 Coaching Rowing course.

Application forms and course fee to; Sarah Birch or Phil Simmons, British Rowing, Crescent House, Kingston University, Penrhyn Road, Kingston, KT1 2EE by the 27th Oct. Cheques payable to the Thames Regional Rowing Council. (late applications or those without course fee will not be accepted)

Enquiries to:

Sarah Birch and Phil Simmons; Thames Region British Rowing Coaching and Development Officers

Tel: Sarah 07818 576 144, Phil 07818 576 141

E-mail: firstname.surname@britishrowing.org