

First Aid Course Notice



KARATE NOVA SCOTIA

Karate NS has arranged for its members first aid training with LifeShield Fire, Medical & Safety Training. Two main courses will be available: Emergency First Aid & CPR (C) + AED Provider course (1 day) and Standard First Aid & CPR © + AED course (2 days). Members are welcome to choose from the 1-day or 2-day course. The 1-day offering addresses medical concerns that are immediately threatening to life (choking, cardiac arrest, etc.). The 2-day course also includes your less life threatening issues, including head injuries, fractures, dislocation etc. It's up to the individual attending to decide whether they want to take the 1-day course or the 2-day course.

In addition to the regular courses, if your current certification for both Standard First Aid & CPR and Emergency First Aid & CPR is **not expired**, you may attend a recertification (0.5 day Emergency course/1 day Standard course) on the specific dates for recertification.

Karate NS will pay the cost for two members of each registered dojo to attend. Any other person who would like to attend is welcome but they will be required to pay their cost for the course. The cost is due on the course date. If you are not selected to attend but wish to attend, please speak with your Chief Instructor and they will pass your name along with the two designated club members.

Emergency First Aid & CPR (C) + AED Provider (1 day course)

Cost: 78.25+HST = \$90.00 (cash or cheque, payable on the morning of)

Facility: Absolute Wellness Studio - 3090 Barrington Street, Halifax

Date: June 25, 2016 Time: 9:00-4:30

Date: July 23, 2016 Time: 9:00-4:30

Date: August 20, 2016 Time: 9:00-4:30

Standard First Aid & CPR C + AED Provider (2 day course)

Cost: 113.05ea+HST = \$130.00 (cash/cheque payable on the morning of)

Facility: Absolute Wellness Studio - 3090 Barrington Street, Halifax

Date: June 25 – 26, 2016 Time: 9:00-4:30 (Sat) 9:00-3:00 (Sun)

Date: July 23 – 24, 2016 Time: 9:00-4:30 (Sat) 9:00-3:00 (Sun)

Date: August 20 – 21, 2016 Time: 9:00-4:30 (Sat) 9:00-3:00 (Sun)

Emergency First Aid & CPR/ Standard First Aid & CPR RECERTIFICATION

Must hold non-expired EFA/SFA certification to partake in abridged recertification

Cost: Emergency - 60.85+HST = \$70.00, Standard - 78.25+HST = \$90.00 (cash or cheque, payable on the morning of)

Facility: Dartmouth Sportsplex, 110 Wyse Road, Dartmouth, Nantucket Room (2nd Floor)

Date: July 13, 2016, 9:00-4:30 (Standard), 9:00-1:30 (Emergency)

Date: August 23, 2016, 9:00-4:30 (Standard), 9:00-1:30 (Emergency)

Date: September 21, 2016, 9:00-4:30 (Standard), 9:00-1:30 (Emergency)

Chief Instructors from each club should contact Aaron with the names of those individuals attending, their email address and phone number, whether the individual is attending the 1-day program, 2-day program, or recertification (and type), and the date(s) the individual will be attending by June 3, 2016.

To register, the **Chief Instructor** from each dojo is asked to **contact Aaron Wright at wrighthfx@gmail.com** to confirm who from their club will be attending and what session. **Please confirm by June 3, 2016.**

If you have any questions, please do not hesitate to contact us. Thank you!