



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 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 (Emergency) or the 2-day course (Standard). Recertification courses are also available if participants haven't reached expiry of their current first aid certification.

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 / AED (1-day course)

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

Date: July 15, 2017, Time: 9:00 – 5:00

Date: August 26, 2017, Time: 9:00 – 5:00

Standard First Aid & CPR / AED (2-day course)

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

Date: July 22 – 23, 2017, Time: 9:00 – 5:00 (Sat) 9:00 – 5:00 (Sun)

Date: August 26 – 27, 2017, Time: 9:00 – 5:00 (Sat) 9:00 – 5:00 (Sun)

Recertification (0.5/1-day course)

Cost: \$60.86+HST = \$70.00 (Emergency) or \$78.25+HST = \$90.00 (Standard) (cash/cheque payable on the morning of)

Date: July 16, 2017, Time: 9:00 – 1:30 (Emergency), 9:00 – 5:00 (Standard)

Date: August 20, 2017, Time: 9:00 – 1:30 (Emergency), 9:00 – 5:00 (Standard)

In order to qualify for recertification, participants must not have reached expiry of their current certification

All courses will be held at Canadian Red Cross, 133 Troop Avenue, Dartmouth (Burnside Park).

Chief Instructors from each club should contact me at awright@eastlink.ca with the names of those individuals attending, their email address and phone number, whether the individual is attending the 1-day program or 2-day program, and the date(s) the individual will be attending by Tuesday, June 6, 2017.

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

Regards,
Aaron Wright
Karate Nova Scotia