



## KARATE NOVA SCOTIA

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Karate Nova Scotia has arranged for first aid training for its members 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 Nova Scotia 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: \$90.00 (cash or cheque, payable on the morning of)**

Date: August 11, 2018, Time: 9:00 – 5:00

Date: September 8, 2018, Time: 9:00 – 5:00

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

**Cost: \$130.00 (cash/cheque payable on the morning of)**

Date: August 11 – 12, 2018, Time: 9:00 – 5:00 (Sat) 9:00 – 5:00 (Sun)

Date: September 8 – 9, 2018, Time: 9:00 – 5:00 (Sat) 9:00 – 5:00 (Sun)

### **Recertification (0.5/1-day course)**

**Cost: \$70.00 (Emergency) or \$90.00 (Standard) (cash/cheque payable on the morning of)**

Date: August 19, 2018, Time: 9:00 – 1:30 (Emergency), 9:00 – 5:00 (Standard)

Date: September 16, 2018, 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](mailto: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 Friday, June 8, 2018.

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

Regards,  
Aaron Wright  
Karate Nova Scotia