



# LOCH EARN SAILING CLUB

## Training Week 2009

### **RYA First Aid course**

Thank you for your enquiry regarding this year's **RYA First Aid course**

Please find enclosed a form for you to complete and return.  
Please read these notes carefully before completing the form.

#### **The Course**

- ◆ The course runs from Monday 6 July to Thursday 9 July. We begin each evening at 6 pm. until approximately 9pm

**Ask yourself the question:** Would you know what to do if someone else on the boat had a heart attack or injured themselves? The ability to give assistance to anyone who is ill or injured can be one of the most useful qualifications for just about everyone and may literally be a life saver. Injuries or illness may occur at any time when out sailing or boating so First Aid skills may be needed without warning –so be prepared.

The RYA First Aid course is specifically designed to cover the types of injury that may happen afloat as well as ashore. The certificate is a prerequisite for all RYA instructors, Coastal Skipper/Yachtsman exam candidates and applicants for Advanced Powerboat Courses.

During the course the current First Aid manual will be issued. This is included in the course fee

**THE COST** of the course is £32 per student (current members) and £42 per student (non-members). Please make cheques payable to Loch Earn Sailing Club

If you are a member of the club please make sure that your membership is **fully paid up**.

Please return your completed form by post to

Neil Morris, LESC Training Week, 23 Sedgebank, Ladywell,  
Livingston EH54 6HE

If I can give further help please feel free to phone me on 01506 433846 OR E-MAIL [neil.h.morris@blueyonder.co.uk](mailto:neil.h.morris@blueyonder.co.uk)

**Students Name**

Address. ....  
.....

Contact Telephone Number

Date of birth if under 21

**MEDICAL**

Details of any medical treatment being received (if none, write none)

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I declare that to the best of my knowledge, I am not suffering from epilepsy, disability, giddy spells, asthma, diabetes, angina, or other heart condition, and I am fit to participate in the course.

During the course photography/videos may be taken and used for instructional or promotional purposes.

I have read and understood all terms and conditions

<p><b>SIGNATURE</b></p>  <p>Date</p>
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