

FUTURE MEETS

CMC Meet – First Aid Training Course

23-25 February 2018

First Aid Training 24th /25th Feb with Chris Harling

As the first aid course in January has proven so popular a second course can be provided if there are adequate numbers interested.

We are lucky to be able to offer a 16 hour Outdoor First aid Course for another 12 club members.

This course validates all NGB Outdoor Qualifications. It will include all the latest guidelines set out by the Resuscitation Council as well as specific training for those operating in the outdoor environment and away from immediate help.

There will be classroom sessions alongside practical elements and outdoor scenarios where participants will be required to lay on the floor. Old waterproofs, plenty of warm clothes and a mat or bivi-bag will be advantageous unless you really enjoy being cold and wet.

Accidents can and do happen and it the more of us who know what to do makes this a great course to do.

The cost is £20 per person

Please contact Angie Jaleel angiejaleel@icloud.com for enquiries

To secure a place on this course email Roger Brearley rj.rosecottage@gmail.com and send him your £20 preferably to the Club's bank account quoting reference MBK asap.