



# Ely Sailing Club



## RYA FIRST AID Pre-Course Information

Full day courses run from 09.00 – 18.30.  
3 Evening Course 1830 – 2200.

Please bring with you:

- Warm Clothing (can get very cold)
- Old Blanket or rug (to lie on as a casualty)
- Packed lunch
- A little money if you would like to buy cans of drink, hot drinks, crisps or chocolate bars
- Pen and pad if you would like to take notes during the theory sessions
- Sense of Humour and willingness to look as stupid as the instructor.

Instructor : Steve Board 07771 985549