



SURF LIFE SAVING®
NEW ZEALAND

In it for life



First Aid Level 1 Course

Date: 3rd & 4th October
Venue: Spencer Park Surf Life Saving Club
Address: Hayders Road, Bottle Lake, Christchurch 8083
Time: 8am – 5pm (Saturday); 8am – 12pm (Sunday)
Cost: \$90 - \$110 pp

COURSE OVERVIEW

This is a 2-day resuscitation course covering the following topics: assessment of emergency situations, basic life support, soft tissue injuries, bleeding, shock, fractures and head injuries, hypothermia, asthma, oxygen delivery systems, burns, asthma and basic drowning physiology. Encompasses Unit Standards 6400, 6401 and 6402.

COURSE INFORMATION

Duration: 2 days. Those completing the full course will have to attend both days.
1 day for those completing the refresher

Requirements: Participate in the full 2-days of training course
Complete all practical requirements
Complete all theory requirements

Registration: Please contact your club lifesaving coordinator or administrator to register for this course.

COURSE COST

Full course (2 days): \$90 - \$110 pp

Refresher (1 Day): \$90 - \$110pp dependant on numbers in course

PRE-REQUISITES

First Aid Level 1 14 years of age
Current member of a SLS club

CONTACT

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