



RYA First Aid Course

A one-day course in First Aid for small boat users

at **NSTC Lion NTC**
Portsmouth



Everyone who goes on the water in small boats needs to know what to do in an emergency - could you cope until help arrives?

By the end of the course you will know how to deal with minor ailments such as sunburn through to the immediate response for serious medical emergencies in the special setting of watersports. You will learn through doing as well as watching and listening on this practical course. At the end of the course you will receive your personal copy of the St Johns/Red Cross First Aid Manual and, on showing the relevant competencies, your certificate. The certificate lasts for 3 years.

We offer

- Individual courses lasting one day (Start 09:00 finish by 17:30) which cost from £40 per person
- Integral courses with watersports which are scheduled over 2 days to fit with tide times and cost from £20 per person- contact us for details
- Courses run at your own location for NTC colleagues which can cost from as little as one third of a commercial course, depending on numbers and distance.
- Prices for non-NTC colleagues on application.

The RYA First Aid Certificate is available to everyone. The course is also suitable for young people from 11 years old.

Free carparking is available at Lion.

*Excellence and
enjoyment*

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