



Flotsam and Jetsam

25th March 2022

First Aid Course Sunday 10th April

We are running an RYA first aid course on Sunday 10th April.

We have a few places still available,

The course is free to members.

Please let the training team know if you would like a place -

training@havershamsc.org.

The RYA first aid course covers the recovery position in a confined space, CPR, including the drowning protocol, cold shock and hypothermia from immersion and/or exposure, seasickness and dehydration.

This course is a requirement for all instructors and highly recommended for safety boat volunteers.

Early Bird Membership Renewal

20% Discount for memberships renewed before 1st April

Don't forget payment must be completed and membership form received for the discount to apply.

Link to online membership form [here](#)

