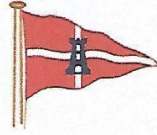


*EAST COWES*



*SAILING CLUB*

### **Defibrillator and CPR training and familiarisation session**

On Saturday 2nd July at 10am there will be a three hour first aid session for members of the East Cowes Sailing Club. This session will cover basic CPR, use of the club defibrillator, treatment of an unconscious patient and the recovery position. This session will take place in the clubhouse at the sailing club in Clarence Road.

If there is time the trainers will also cover how to treat a choking patient and also the correct management and treatment of a patient having a seizure.

This session will be delivered by Jon Knott who is a member of the club and the committee. Jon has 30 years experience working in various roles with the London Ambulance Service including being a front line paramedic for ten of those years. Jon is a qualified OfQual/FAA instructor and runs his own first aid business. Jon retired from the Ambulance Service last September.

Jon will be assisted by his stepson, Lewis, who is also a member of the club and is employed by the London Ambulance Service as an EMT responding to frontline 999 calls, Lewis is based at Camden Ambulance Station. Lewis is also a qualified OfQual/FAA first aid instructor.

Also helping out on the day will be Gemma. Gemma is Jon's niece and is also employed by the London Ambulance Service as an EMT and is based at Hillingdon Ambulance Station.

There are a maximum of twelve places available for this session...if you would like to book a place please contact Jon via email on: [jonknott999@hotmail.com](mailto:jonknott999@hotmail.com)

Places will be booked on a first come first served basis.

Jon and his team will be delivering this session on a voluntary basis, so there will be no cost to the club or to any of the members.

If there is anything else you would like Jon and his team to cover please include it in your email and he will try to cover it.

