

RECREATION SAFETY PROGRAMS



CPR FOR THE COMMUNITY COURSE

Wednesday, September 14, 5:00 PM to 9:00 PM, Arboretum, 12 through adult, \$25 per person

If you have ever wanted to learn CPR, this is the time. This CPR course is taught by Patrick Eckard, American Heart Association (AHA) Instructor. You will learn Adult, Child, and Infant CPR and Choking, and be ready to help anyone of any age. This is not a course for health care personnel. If you have a group of 2 to 6 people, you can set up a private class for Heartsaver or Basic Life Support for the Health Care Personnel; contact Patrick Eckard at peckard@co.hunterdon.nj.us

*The American Heart Association strongly promotes knowledge and proficiency in CPR and instructional material for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

BIKE SAFETY PROGRAM

Thursday, February 9, 5:00 PM to 6:30 PM, Echo Hill, ages 8 and up, \$3

This bike program will cover the NJ state bicycling laws, what you need to ride your bike, how to pick the right bike, and where to ride. There will be demos on how to check and fix your bike and how to size it. If you are a parent of a child who rides a bike then you should register your child for this program. For more information or questions contact Patrick Eckard, Recreation Leader at peckard@co.hunterdon.nj.us



FIRST AID COURSE



Session A: Wednesday, October 12

Session B: Wednesday, November 30 **SORRY CANCELLED**

6:00 PM to 9:00 PM, Echo Hill, 12 and up, \$25

This First Aid course is taught by an American Heart Association (AHA) instructor. You will learn basic first aid. Course will cover minor injuries to cold and heat emergency. This is a great course for everyone to attend.

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EMERGENCY PREPAREDNESS

Wednesday, December 14, 6:00 PM to 8:00 PM, Echo Hill, 12 and up, \$5

This is a presentation of knowledge for First Aid & CPR emergency preparedness, not a certification. We will go over what to do in an emergency including basic bandaging, bleeding, choking, as well as other medical emergencies. This program is taught by an Emergency Medical Technician (EMT) and will include a CPR demo. This is a great opportunity for Girl and Boy scouts who may have missed the program with your group.



CPR FOR THE COMMUNITY COURSE

Wednesday, January 11, 5:00 PM to 9:00 PM, Echo Hill, ages 12 and up, \$25

SEE WRITE-UP ABOVE

