



## Bristol Orienteering Klub (BOK) //SWOA

### Outdoor First Aid course

Tuesday 16 August 2016

BOK (sponsored by SWOA) will be holding an 8 hour Outdoor First Aid course in Bristol this summer. The course is primarily designed for club orienteers, who are members of club First Aid teams or wish to become first aiders. It will cover basic First Aid skills and their practice in a typical outdoor competition area. A First Aid certificate will be awarded which is valid for 3 years. It is suitable for licensed coaches UKCC Levels 1 and 2, coaching on type A, B and C areas.

Other orienteers are very welcome to attend if there are places. The course is open to all members of SWOA and other orienteering associations.

**Date:** Tuesday 16 August 2016

**Times:** 0900 to 1700

**Location:** Avon Riding Centre, Kings Weston Road, Bristol, BS10 7QT; easy access from M4 Junctions 17 and 18

**Refreshments:** Hot drinks and biscuits provided. Bring your own lunch and mug.

**Clothing/equipment:** Bring a suitable floor mat, warm/waterproof clothing and shoes for outdoor work.

**Contact:** Katy Dyer BOK 0117 968 4173 family.dyer@blueyonder.co.uk

Further details and latest information on the BOK website:  
[www.bristolorienteeing.org.uk](http://www.bristolorienteeing.org.uk)

