

## EFR-Primary and Secondary Care \$159

Emergency First Response training focuses on building confidence and increasing your willingness to respond when faced with a medical emergency.

You will learn:

- Primary Care (CPR)– the steps and techniques for handling life-threatening emergencies.
- Secondary Care (First Aid)– how to provide first aid that eases pain and reduces the risk of further harm in situations which are not life-threatening.
- Care for Children– learn how to respond to emergencies involving youngsters.
- CPR & AED– how to use an AED (automated external defibrillator).

This 2 full day course will include:

- Primary/Secondary Manual
- Care for children manual
- CPR/AED manual
- Class time
- Certification card.



Call Aqua Dive and Watersports now  
to book your next course.

587-353-3483



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[www.aquadiveandwatersports.com](http://www.aquadiveandwatersports.com)

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587-353-3483

# Aqua Dive and Watersports

Where family, friends, and fun come together.

The Rescue Diver course is the most challenging yet the most rewarding course you will take. Plus it is a ton of fun, in between all the focused learning. You will learn to prevent and manage problems in the water, and will feel more confident with your skills, knowing you can help other divers if they need it. During the course you will also learn how to prepare for dive emergencies, both minor and major. There will be knowledge development and rescue exercises done in both the pool and open water.

Rescue scenarios topics will include:

- Self-rescue.
- Recognizing and managing stress in other divers.
- Emergency management and equipment.
- Rescuing panicked divers.
- Rescuing unresponsive divers.

Prerequisites:

- 12 years or older
- Adventure Diver/Junior Adventure Diver (or qualifying certification) with completed Underwater Navigation Dive.
- EFR Primary and Secondary Care training (or qualifying training) within 24 months.

Prior to any course starting there is a medical form that is required to be filled out. If you answer "YES" to any question on this form then you must see your Doctor before continuing on the course.

Links to the form can be found on our website.



## Rescue Diver \$299

In the Rescue Course you will be given the Rescue manual to read over and complete the knowledge reviews. In class we go over those knowledge reviews, watch videos, and complete the exam. From there we will head into the pool for some review and go over some rescue scenarios. Then head out to the lake on a weekend to complete the course.

Includes

- Rescue Manual.
- In-class time.
- Pool session.
- Open water rescue scenarios.
- Pocket mask.
- Certification card.

## Rescue Diver eLearner \$339

The other option to complete your Rescue Diver course is the Rescue Diver eLearning option. You progress through five knowledge development sections (including watching the videos) using a web-based system that lets you learn at your own pace through an easy-to-use, interactive program. You also have access to an online version of the Rescue Diver Manual for reference during and after the course. Once you have completed the eLearning you will then come in for a quick review in the classroom, then jump into the pool for some review and go over some rescue scenarios. Then you and your instructor will head out to the lake on a weekend to complete the course. This is by far the most popular option for busy on the go divers.

Includes

- Rescue Diver eLearning code.
- Pool session.
- Open Water rescue scenarios.
- Pocket mask.
- Certification card.