

You are doing your certified First Aid course in school...

8.30am: Meet your first aid instructor, Tom, **in Lourdes Hall.**

We are operating on normal school times for the day...

Break & lunch as usual...

3.28pm: Home time!

Wear your tracksuit - this is essential as you will need to do some practical work for CPR on the mannequins.

Have an A4 pad and a pen.

Nothing else required other than a good attitude!

