

The Canadian & Alberta BMX Associations – 2009 First Aid Proposal

The ABA and CBA are seeking 3-4 talented individuals that would be interested in becoming BMX First Aid Officials for the National and Provincial BMX series.

Have fun, best seat in the house, 1 paid race fee per race worked as Core Group Volunteer!

Course Locations

Alberta Health and Safety Training Institute

CPR, First Aid, Wilderness, Industrial and Prehospital Care Training Standard - \$130.00

24-Hour Toll-Free Registration Hotline: 1.888.670.5406

Red Cross

Other locations as you may find. Must be a Certified First Aid course with CPR.

Commitment

In return for payment to become certified as well as 1 race fee paid per race worked, the ABA and CBA are asking that you commit to performing First Aid duties on the track a minimum 1 day per race weekend during either of the race series.

The cost of training is approximately \$130.00 at all locations. You will be reimbursed for the cost of training if you commit to volunteering once per race weekend next season.

Steve Glass will train all interested First Aid personnel in the fine art of extreme sports First Aid including the following topics:

**Trackside Manner
Safety Gear Watch
Hazard Identification
Practice & Race Rules
Off Track Second Assistance
Band Aid 101
Track Clown 200**

Our Racers and spectators need your assistance. Please see Steve Glass for further information, or call Steve at (403) 701-2467.