



EMERGENCY FIRST RESPONSE

Many thanks for signing up to the EFR course with us. We hope that you never have to use the skills that you will learn on the course but it might just help you save someone's life one day.

The course will cover details such as how to provide CPR, use an AED and provide someone with oxygen.

You should receive your EFR manual in the post in a few days' time. Please read through the manual and answer all of the questions. Could you also watch the video on our [YouTube Channel](#) before we meet up. When we do meet up we will go through the knowledge reviews in your manual and practice various scenarios. At the end of the course will be a short multiple choice exam.

Your instructor will meet you in the reception area of the [Marshall Street Leisure Centre](#) at 18.30 and the course should finish around 21.30.

What to bring

Your manual with completed knowledge reviews and some drinking water. There is no pool work involved but as you will be by a pool it can get quite warm so you may wish to bring some cooler clothes to change in to.

Once you have passed your exam we will send off for your EFR certification card which you will receive by post within 2-3 weeks. If you are planning on joining one of our Rescue Diver courses then you don't need to wait to receive your card to start the course.

Thanks again for signing up to your EFR course with us and we hope you find it fun, interesting and informative.

The Team, Oyster Diving

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