



## First Aid Day course

### Avon Riding Centre

### Run by Frenchay FA

- Date:** Saturday October 20<sup>th</sup> 2018
- Location:** **Avon Riding Centre**, Kings Weston Road, Bristol, BS10 7QT; easy access from M4 junctions 17 and 18. Plenty of parking and please use the first car park you come to i.e. not beside the building, thank you. Be aware of wheel chairs, horses and disabled people.
- Timings:** 09.00 - 16.00 Please arrive early for a prompt start. Breaks 1030 and 1500. Lunch 1230 for 30 minutes.
- Refreshments:** Refreshments: Hot drinks and biscuits provided. Bring your own lunch and mug.
- Clothing/ equipment:** Bring suitable oldish warm/waterproof clothing and shoes for outdoor work. Spare clothing will be useful in case you get really wet. You will be outside some of the time, rain or shine.
- Cost:** Free to BOK members intending to use it for the FA squad or coaching. £40 to other club members.
- Contact:** Carol Iddles 07719 449941  
[bokmemberssecretary@gmail.com](mailto:bokmemberssecretary@gmail.com)
- Data Protection:** Your personal information provided for this event will be used to process your entry, inform BOK/BOF of attendees, and used to generate certificates.

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

