

## Red Cross First Aid and CPR

We will continue to schedule as many Outdoor, First Aid and CPR courses as we are able. We are limited in the number of these classes being offered by the number of trainers available.

**Cost of each element (Three elements in all) is \$8.00. Participants are encouraged to purchase a book for \$16.00.** Each troop should have a book. In order to take Child CPR, you must be certified in Adult CPR. Directions and a complete description of the classes can be found in:

**Training Information for All Times.** This document can be found at:

<http://www.comgirlscouts.org/TrainingForms/Training%20information%20for%20all%20times.pdf>

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|--------------------|---|
| September 14, 2010 | <b>Adult CPR</b><br>Register by August 31<br>Mechanicsville council office<br>6 PM - 10 PM (\$8.00)   |
| September 16, 2010 | <b>Child CPR (must have current Adult CPR certification)</b><br>Register by September 2<br>Mechanicsville council office<br>6 PM – 7:00 PM (\$8.00) |
| September 16, 2010 | <b>First Aid</b><br>Register by September 2<br>Mechanicsville council office<br>7:00 PM - 10 PM (\$8.00)  |
| September 28, 2010 | <b>Adult CPR</b><br>Register by September 14<br>Saint Luke Lutheran Church<br>6 PM - 10 PM (\$8.00)   |
| September 30, 2010 | <b>Child CPR (must have current Adult CPR certification)</b><br>Register by September 16<br>Saint Luke Lutheran Church<br>6 PM – 7:00 PM (\$8.00)   |
| September 30, 2010 | <b>First Aid</b><br>Register by September 16<br>Saint Luke Lutheran Church<br>7:00 PM - 10 PM (\$8.00)  |

October 7, 2010                   **Review Class (Indicate elements needed on registration form)**  
Register by September 23  
River Road Presbyterian Church  
6:30 PM - 8:30PM (\$8.00 per element)

October 23, 2010                   **Adult CPR**  
Register by October 8  
Mechanicsville council office  
8 AM - 12 PM (\$8.00)

October 23, 2010                   **Child CPR (must have current Adult CPR certification)**  
Register by October 8  
Mechanicsville council office  
12 PM – 1:30 PM (\$8.00)

October 23, 2010                   **First Aid**  
Register by October 8  
Mechanicsville council office  
1:30 PM - 4 PM (\$8.00)

November 16, 2010                   **Adult CPR**  
Register by November 2  
Mechanicsville council office  
6 PM - 10 PM (\$8.00)

November 18, 2010                   **Child CPR (must have current Adult CPR certification)**  
Register by November 4  
Mechanicsville council office  
6 PM – 7:00 PM (\$8.00)

November 18, 2010                   **First Aid**  
Register by November 4  
Mechanicsville council office  
7:00 PM - 10 PM (\$8.00)

- November 29, 2010      **Adult CPR**  
Register by November 15  
Saint Luke Lutheran Church  
6 PM - 10 PM (\$8.00)
- November 30, 2010      **Child CPR (must have current Adult CPR certification)**  
Register by November 16  
Saint Luke Lutheran Church  
6 PM – 7:00 PM (\$8.00)
- November 30, 2010      **First Aid**  
Register by November 16  
Saint Luke Lutheran Church  
7:00 PM - 10 PM (\$8.00)
- December 4, 2010      **Adult CPR**  
Register by November 19  
Mechanicsville council office  
8 AM - 12 PM (\$8.00)
- December 4, 2010      **Child CPR (must have current Adult CPR certification)**  
Register by November 19  
Mechanicsville council office  
12 PM – 1:30 PM (\$8.00)
- December 4, 2010      **First Aid**  
Register by November 19  
Mechanicsville council office  
1:30 PM - 4 PM (\$8.00)
- December 7, 2010      **Review Class (Indicate elements needed on registration form)**  
Register by November 23  
First Baptist Church - Monument Avenue  
6:30 PM - 8:30PM (\$8.00 per element)

- January 4, 2011           **Adult CPR**  
Register by December 21  
**Chesterfield Location TBD**  
6 PM - 10 PM (\$8.00)
- January 6, 2011           **Child CPR (must have current Adult CPR certification)**  
Register by December 21  
**Chesterfield Location TBD**  
6 PM – 7:00 PM (\$8.00)
- January 6, 2011           **First Aid**  
Register by December 21  
**Chesterfield Location TBD**  
7:00 PM - 10 PM (\$8.00)
- January 22, 2011           **Adult CPR**  
Register by January 7  
Mechanicsville council office  
8 AM - 12 PM (\$8.00)
- January 22, 2011           **Child CPR (must have current Adult CPR certification)**  
Register by January 7  
Mechanicsville council office  
12 PM – 1:30 PM (\$8.00)
- January 22, 2011           **First Aid**  
Register by January 7  
Mechanicsville council office  
1:30 PM - 4 PM (\$8.00)
- February 8, 2011           **Adult CPR**  
Register by January 25  
Mechanicsville council office  
6 PM - 10 PM (\$8.00)
- February 10, 2011           **Child CPR (must have current Adult CPR certification)**  
Register by January 27  
Mechanicsville council office  
6 PM – 7:00 PM (\$8.00)
- February 10, 2011           **First Aid**  
Register by January 27  
Mechanicsville council office  
7:00 PM - 10 PM (\$8.00)

- February 22, 2011      **Adult CPR**  
Register by February 8  
Chesterfield Location TBD  
6 PM - 10 PM (\$8.00)
- February 24, 2011      **Child CPR (must have current Adult CPR certification)**  
Register by February 10  
Chesterfield Location TBD  
6 PM – 7:00 PM (\$8.00)
- February 24, 2011      **First Aid**  
Register by February 10  
Chesterfield Location TBD  
7:00 PM - 10 PM (\$8.00)
- March 1, 2011      **Adult CPR**  
Register by February 15  
Mechanicsville council office  
6 PM - 10 PM (\$8.00)
- March 3, 2011      **Child CPR (must have current Adult CPR certification)**  
Register by February 17  
Mechanicsville council office  
6 PM – 7:00 PM (\$8.00)
- March 3, 2011      **First Aid**  
Register by February 17  
Mechanicsville council office  
7:00 PM - 10 PM (\$8.00)
- March 14, 2011      **Review Class (Indicate elements needed on registration form)**  
Register by February 28  
Chesterfield Location (TBD)  
6:30 PM - 8:30PM (\$8.00 per element)

- March 19, 2011      **Adult CPR**  
Register by March 11  
Mechanicsville council office  
8 AM - 12 PM (\$8.00)
- March 19, 2011      **Child CPR (must have current Adult CPR certification)**  
Register by March 11  
Mechanicsville council office  
12 PM – 1:30 PM (\$8.00)
- March 19, 2011      **First Aid**  
Register by March 11  
Mechanicsville council office  
1:30 PM - 4 PM (\$8.00)
- March 29, 2011      **Adult CPR**  
Register by March 15  
**Chesterfield Location TBD**  
6 PM - 10 PM (\$8.00)
- March 31, 2011      **Child CPR (must have current Adult CPR certification)**  
Register by March 17  
**Chesterfield Location TBD**  
6 PM – 7:00 PM (\$8.00)
- March 31, 2011      **First Aid**  
Register by March 17  
**Chesterfield Location TBD**  
7:00 PM - 10 PM (\$8.00)
- April 12, 2011      **Adult CPR**  
Register by March 29  
Mechanicsville council office  
6 PM - 10 PM (\$8.00)
- April 14, 2011      **Child CPR (must have current Adult CPR certification)**  
Register by March 31  
Mechanicsville council office  
6 PM – 7:00 PM (\$8.00)
- April 14, 2011      **First Aid**  
Register by March 31  
Mechanicsville council office  
7:00 PM - 10 PM (\$8.00)

## **Become an American Red Cross Instructor**

### **Admission Prerequisites:**

- Minimum age of 16.
- Have current Adult/Infant and Child CPR/AED certification.
- On day-one of class you must successfully demonstrate knowledge and skill competency by passing a pre-test with a score of 80% or higher.

**Length of Course:** Four non-consecutive days.

**Course Fee:** \$125.00 for registered Girl Scouts/\$200.00 for non-registered participants(For information on scholarships or course re-imbusement, contact Beth Fellenstein [bfellenstein@comgirlscouts.org](mailto:bfellenstein@comgirlscouts.org))

**Dates:** November 7, 13, 14, 21 (Participants must attend ALL classes)

**Location:** Mechanicsville Council Office

**Time:** 8:30 – 5:00 Saturday/Sunday

**Note:** Instructor Candidates must **be present** and **on time** ALL days to receive certification.

**Certification Period:** First Aid and CPR/AED Instructor authorization is valid for two calendar years. You must teach at least one full class in this time period.

### **American Red Cross Instructors:**

- Teach a variety of courses in first aid, CPR/AED, Blood borne Pathogens, CPR for Professional Rescuers and Healthcare Providers, aquatics, injury prevention, babysitting and others.
- Benefit from top-quality Red Cross course materials that make learning and teaching easy and fun.
- Receive great training and gain valuable teaching experience.
- Make a difference in others' lives as well as their own by helping people learn to save lives.

### **Instructor Course includes the following:**

- *Fundamentals of Instructor Training Participant Manual*
- *First Aid/CPR/AED for Workplace, Community and Schools Instructor Manual and Instructor Resource CD-ROM.*
- *First Aid/CPR/AED for Workplace Participant Workbook*
- First Aid/CPR/AED for Workplace First Aid Skill Card
- Child and Infant CPR/AED Skill Card
- Adult CPR/AED Skill Card
- Or participants kit
- Access to American Red Cross Instructor's Corner, the on-line portal for information, updates, resources, forums, and much more.
- Special offers, seminars and updates from your chapter.

### **Learning Objectives:**

- Demonstrate the characteristics required of an American Red Cross representative and role model.
- Teach courses in a manner that helps participants stay engaged in the learning process.
- Ensure participants' health and safety during training.
- Demonstrate applicable first aid, CPR and AED skills at an appropriate level of performance.
- Maintain complete and accurate records and reports.
- Plan, organize and conduct the first aid, CPR and AED courses in accordance with the requirements of the specific program they will be teaching.
- Evaluate participants; monitor participants' practice and provide corrective feedback and encouragement consistent with the critical skill performance steps.
- Choose the appropriate course and materials to meet specific training needs of participants or groups.