

## American Red Cross First Aid and CPR Courses

Girl Scout Commonwealth Council is an Authorized Provider of American Red Cross Courses. In order for these classes to be offered, volunteers must be certified instructors from the American Red Cross and conduct these classes in accordance with American Red Cross Guidelines. Other courses may become available if trained instructors are available.

### **First Aid/CPR for the Community**

American Red Cross Community First Aid and Safety is being offered to volunteers who, upon successful completion of the course, will serve as the primary first-aider for Girl Scout troop/group activities, programs, events and overnight camping and who want to have an American Red Cross certification.

- ✓ Each course participant must have a *Community First Aid and Safety Book* (cost \$16.00). Participants may include money for a book with their course registration. A book will be available on the first day of the training. Or, participants can borrow a book to use during the training.
- ✓ Each **course** offered has **three elements** (Adult CPR, Child CPR and First Aid). Each participant indicates on their training registration form which elements they will attend.

### **Description of Each Element**

**Element A – Adult CPR (no prerequisites)** – is needed for every person who is serving as the primary first-aider for Girl Scout troops/groups. This course teaches participants to overcome any reluctance to act in emergency situations and to recognize and care for life threatening respiratory or cardiac emergencies in adults and children older than twelve years of age. Good for one year.

**Element B – Child CPR (prerequisite is Adult CPR – no exceptions)** – is needed for every person who is serving as the primary first-aider for Girl Scout troops/groups which includes girls younger than twelve years of age. Skills taught include care for choking, rescue breathing and CPR skills for children. Good for one year.

**Element C – First Aid (prerequisite is current CPR certification)** – is needed for every person who is serving as the primary first-aider for Girl Scout troops/groups. Teaches treatment for severe bleeding, shock, fractures, temperature extremes, and more. Good for 3 years.

- ✓ Cost: \$8.00 per element
- ✓ You may bring a sack lunch/dinner and drink to class.

## **American Red Cross Water Safety Courses**

### **Basic Water Rescue**

Prerequisites: Must be able to stay afloat 5 minutes fully clothed in water, tread water for one minute, and swim 25 yards with and without a life jacket.

Cost: \$8.00

Bring: Change of clothes, paper, pencil, towel.

Description: Learn skills necessary to prevent, recognize and respond to aquatic emergencies. Prepares individuals to assist others while keeping themselves safe.

### **American Red Cross Small Craft Safety - Canoeing**

Prerequisite: Must be able to demonstrate basic canoeing ability. Must have documented: 1) ability to go under and back up to the surface of the water confidently; 2) comfort level in the water while wearing a PFD.

Cost: \$25.00 (includes book)

Bring: Paper and pencil, wear shoes that can get wet.

Description: The purpose of this course is to provide individuals with information and skills necessary to prevent, recognize, and respond to small craft emergencies. This course will also prepare individuals for small craft emergencies by teaching them how to protect themselves while assisting others.

## **EMP and American Safety and Health Institute** **(These Courses are conducted by J4, LLC)**

### **Pediatric Medic First Aid, Level 1 including CPR.**

J4, LLC can offer First Aid and CPR classes in areas throughout the council. The course they offer will certify participants through EMP America in Pediatric Medic First Aid, Level 1, including CPR.

Cost of the training is \$50.00. Participants will receive books and face mask as well as AED training. Certification is good for two years for all elements of the training. This training meets Safety-Wise requirements for First Aider, Level 1.

Service Units can arrange for training in their area by contacting Beth Fellenstein (804)746-0590, ext. 322 or [bfellenstein@comgirlscouts.org](mailto:bfellenstein@comgirlscouts.org).

### **Wilderness First Aid**

This is a weekend course and meets Safety-Wise requirements for First Aider, Level 2. This course can be scheduled by request. The course cost is approximately \$200.00. Girls age 14 and above can be certified. Certification lasts 2 years. Younger girls can participate in the weekend by acting as "victims." For more information about this training, contact Beth Fellenstein (804)746-0590, ext. 322 or [bfellenstein@comgirlscouts.org](mailto:bfellenstein@comgirlscouts.org).