



EMERGENCY FIRST AID EDUCATION

In Fall 2017, Whitecaps London will begin providing Coaches with First Aid & CPR+AED education. Whitecaps London will maintain a record of all First Aid & CPR+AED Certified Coaches.

Course Outline

DURATION

CPR A: 6.5 hours in-class OR 3.5 hours in-class + 4 hours online learning*

CPR C: 7.5 hours in-class OR 4.5 hours in-class + 4 hours online learning*

PREREQUISITE

None

COMPLETION

- Successfully demonstrate skills and critical steps
- Min. 75% mark for written knowledge evaluation
- Attend and participate in 100% of the course

CERTIFICATION

3-year certification in Emergency First Aid and CPR Level A or C

RECERTIFICATION

CPR A: 4 hours in-class OR 3 hours in-class + 4 hours online learning*

CPR C: 5 hours in-class OR 4 hours in-class + 4 hours online learning*

COURSE CONTENT

- The Red Cross
- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and Circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care

Includes any other content required by specific legislation

PARTICIPANT MATERIALS

- First Aid & CPR (manual from the Canadian Red Cross)
- Comprehensive Guide to First Aid & CPR (eBook)
- Emergency First Aid CPR – Online access via PIN (Blended only)
- Emergency First Aid certificate