

## SCHOOL-BASED CPR GUIDE



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## SCHOOL-BASED CPR

School-based CPR training teaches the skills needed to intervene effectively with an adult, child or infant (depending on the training) victim in cardiopulmonary arrest and/or with an obstructed airway. These trainings also teach the use of an automated external defibrillator (AED).

These trainings are designed to meet the requirements of the Ministre de l'Éducation et de l'Enseignement Supérieur concerning the general education of students. To do so, physical and health educators must be certified as School CPR Teachers by the Lifesaving Society.

The three courses in the School CPR program are:

- School-based CPR
  - **CPR/AED - A:** Methods with an **adult** subject
- School-based CPR Teacher
  - **CPR/AED - C:** Methods with **adult, child, and infant** subjects
- CPR Trainer - Physical and Health Educator

### IMPORTANT

- Simply completing a course does not mean that a candidate will automatically pass.
- Teachers and trainers are responsible for creating training schedules. These should include the location of the training, dates, scheduled breaks, and be tailored to the needs of the teachers and locations.

### CPR LEARNING OBJECTIVES

Upon completion of the course, candidates will be able to:

- Use an AED
- Explain the legal framework as it relates to first aid
- Respond to potential resuscitation complications
- Recognize controllable and uncontrollable risk factors
- Perform a primary examination on an unconscious victim without complications
- Demonstrate how to communicate with emergency medical services (EMS)
- Perform cardiopulmonary resuscitation and airway management

### EVALUATION

The evaluation of a training will be done progressively. Candidates will be evaluated over the course of exercises, activities, training sessions, or simulations.

### ATTENDANCE

Candidates must attend and participate in the entire course in order to complete it properly and receive the certification.

## REPRINTING LICENSES

Reprinting cards for all levels of training (School-based CPR, School-based CPR Teacher and CPR Trainer - Physical and Health Educator) involves the usual reprinting and Lifesaving Society postage fees.

## ADMINISTRATION

Successful completion of school-based CPR training will qualify candidates for a Lifesaving Society-issued certificate recognized by the government. Upon receiving a license, candidates must verify that the information is accurate. If there is an error, they have three months following the exam date to contact the Lifesaving Society to make the necessary changes. Please note that the certification fee is determined by the Lifesaving Society, while the training fee is determined by the teacher.

## SCHOOL-BASED CPR TRAINING

### TRAINING FEATURES

School-based CPR is a **3-hour** training that can be spread over several lessons during the school year. The target audience is **secondary 3** students, but it is possible to offer the training to students in other grades. There are **no prerequisites** for school-based CPR training.

The training must take place in a school or extracurricular setting. The person who teaches and evaluates the School-based CPR training is a **School-based CPR Teacher**. The School CPR Teacher is not required to inform the Lifesaving Society of the date or time of the training.

The validity period of the School-Based CPR license is **3 years**. To remain current, a candidate must redo **CPR/AED - A training (3 hrs)**.

## ISSUING LICENSES

Following the training, in order to issue licenses, it is required to provide the following information by email to [alerte@sauvetage.qc.ca](mailto:alerte@sauvetage.qc.ca) :

- the name of the school
- the date of the training (day/month/year)
- the name of the School-based CPR Teacher
- the names and group numbers of the students who successfully completed the training

Certificates will be mailed directly to the school or to the School-based CPR Teacher, as desired. Licences are **\$2.00** per student and the school will be billed.

## SCHOOL-BASED CPR TEACHER TRAINING

### TRAINING FEATURES

The School-based CPR Teacher training is **7 hours**. The target audience is physical and health educators or physical and health education students. In order to follow this training, the teacher **must have** a teaching license issued by the Ministère de l'Éducation et de l'Enseignement Supérieur or be in the process of obtaining said license. The person who teaches and evaluates the School-based CPR Teacher training is a **CPR Trainer - Physical and Health Educator** or a **certified instructor** (i.e. Lifesaving Instructor, First Aid Instructor, etc.).

The validity period of the School-based CPR Teacher license is **3 years**. To remain current, a candidate must:

- Redo **CPR/AED - C** training

**OR**

- Co-teach a **CPR/AED - A** training (**3 hrs**) with a "training supervisor\*" (i.e., School-based CPR Teacher, Lifesaving Instructor, First Aid Instructor, etc.)
  - The purpose of co-teaching is to validate the teacher's knowledge and skills to ensure that the teacher is still able to perform his/her duties.
  - A request for approval must be sent at least **2 weeks** prior to the start of the co-teaching. This must include the following information regarding the :
    - "Intern": first name, last name, phone number and email address
    - "Supervisor": first name, last name, phone number and email address
    - Co-teaching: date and location of training
- \* The Lifesaving Society may deny any request for co-teaching if a "supervisor" has been found to be negligent or inexperienced in the performance of his/her duties.

### ROLES AND RESPONSIBILITIES

- Promote CPR
- Award students with licenses
- Promote healthy lifestyles
- Provide refresher training when guidelines change
- Teach CPR/AED - Level A according to ILCOR guidelines
- Maintain CPR Level C skills as required by the Lifesaving Society

## **ADDITIONAL TRAINING CONTENT**

- Asepsis and Infectious Diseases
- Learning and Evaluation Situation (LES)
- Roles and responsibilities of the School-based CPR Teacher
- Introduction to the Lifesaving Society and administrative processes

## **CPR TRAINER - PHYSICAL AND HEALTH EDUCATOR**

### **TRAINING FEATURES**

The minimum requirements to be considered a CPR Trainer - Physical and Health Educator are to hold a teaching certificate from the Ministère de l'Éducation et de l'Enseignement Supérieur and to be certified as a School-based CPR Teacher. In addition, a teacher must have taught a **minimum of 5 CPR courses** in a school setting.

### **ROLES AND RESPONSIBILITIES**

The CPR Trainer - Physical and Health Educator has the same responsibilities as a School-based CPR Teacher. In addition, trainers must:

- Inform the Lifesaving Society of any requirement for additional information.
- Train and mentor School-based CPR Teachers as required by the Lifesaving Society.
- Provide the School-based Teachers with information pertinent to maintaining their skills.

### **TEACHING THE TRAINING**

In order to teach a School-based CPR Teacher and CPR Trainer - Physical and Health Educator training, it is required to provide the Lifesaving Society with:

- the location, date and schedule of the training
- the names of the teachers attending the training
- the trainer's personal information (i.e. date of birth, address, city, postal code, phone number and email address)

After submitting the information, the trainer will have access to the electronic documentation including training materials. The licensing fee is **\$30.00** per teacher.

### **REFRESHER TRAINING**

The Lifesaving Society reserves the right to require refresher training for School-based CPR Teachers and CPR Trainer - Physical and Health Educators when guidelines change or any other changes are deemed significant. Knowledge and content refresher training can take many forms:

- Scientific and technological data adjustment (theoretical and practical)
- Administrative process adjustment
- Any other type of refresher training

## OVERVIEW OF SCHOOL-BASED CPR TRAINING

TRAININGS	School-based CPR	School-based CPR Teacher	CPR Trainer - Physical and Health Educator
<b>TRAINING FEATURES</b>			
Minimum course duration	3 h	7 h	Have taught <b>5 school CPR courses</b> Must have : School-based CPR teacher Teaching license
Minimum number of students	1	1	
Maximum student to instructor ratio	30	16	
Person teaching and evaluating	School-based CPR Teacher	CPR Trainer - Physical and Health Educator	
<b>CANDIDATE RECOGNITION</b>			
Lifesaving Society License	School-based CPR	School-based CPR Teacher	CPR Trainer - Physical and Health Educator
Licence validity period	3 years	3 years	3 years
Licence price	2\$	30\$	30\$
Process for maintaining a license	Redo CPR-AED - A training	Redo CPR-AED - C training or Co-teach CPR-AED - A training	Redo CPR-AED - C training or Co-teach CPR-AED - A training

## OVERVIEW OF SCHOOL-BASED CPR TRAINING (RCR-DEA – A)

### 3 HOUR TRAINING

#	Items	Trainings	Duration
2	Legal aspects of an intervention	CPR/AED - A	10 minutes
5	EMS Communications	CPR/AED - A	15 minutes
11	Resuscitation Techniques: Adult	CPR/AED - A	30 minutes
12	Airway Obstruction: Conscious Adult	CPR/AED - A	20 minutes
13	Airway Obstruction: Unconscious Adult	CPR/AED - A	20 minutes
14	Resuscitation complications or special situations	CPR/AED - A	20 minutes
15	AED knowledge and functioning	CPR/AED - A	15 minutes
16	AED and two-rescuer CPR	CPR/AED - A	30 minutes
19a	Cardiovascular emergencies	CPR/AED - A	20 minutes
		<b>TOTAL</b>	<b>180 minutes</b>



**OVERVIEW OF SCHOOL-BASED CPR TEACHER TRAINING (RCR-DEA – C)**

**7 HOUR TRAINING**

#	Items	Trainings	Duration
2	Legal aspects of an intervention	CPR/AED - C	10 minutes
5	EMS Communications	CPR/AED - C	15 minutes
11	Resuscitation Techniques: Adult, child and infant	CPR/AED - C	60 minutes
12	Airway Obstruction: Conscious Adult, child and infant	CPR/AED - C	35 minutes
13	Airway Obstruction: Unconscious Adult, child and infant	CPR/AED - C	35 minutes
14	Resuscitation complications or special situations	CPR/AED - C	35 minutes
15	AED knowledge and functioning	CPR/AED - C	15 minutes
16	AED and two-rescuer CPR	CPR/AED - C	60 minutes
19a	Cardiovascular emergencies	CPR/AED - C	35 minutes
1	Asepsis and Infectious Diseases	Teacher	20 minutes
2	Learning and Evaluation Situation (LES)	Teacher	35 minutes
3	Roles and responsibilities of the School-based CPR Teacher	Teacher	20 minutes
4	Introduction to the Lifesaving Society and administrative processes	Teacher	45 minutes
		<b>TOTAL</b>	<b>420 minutes</b>