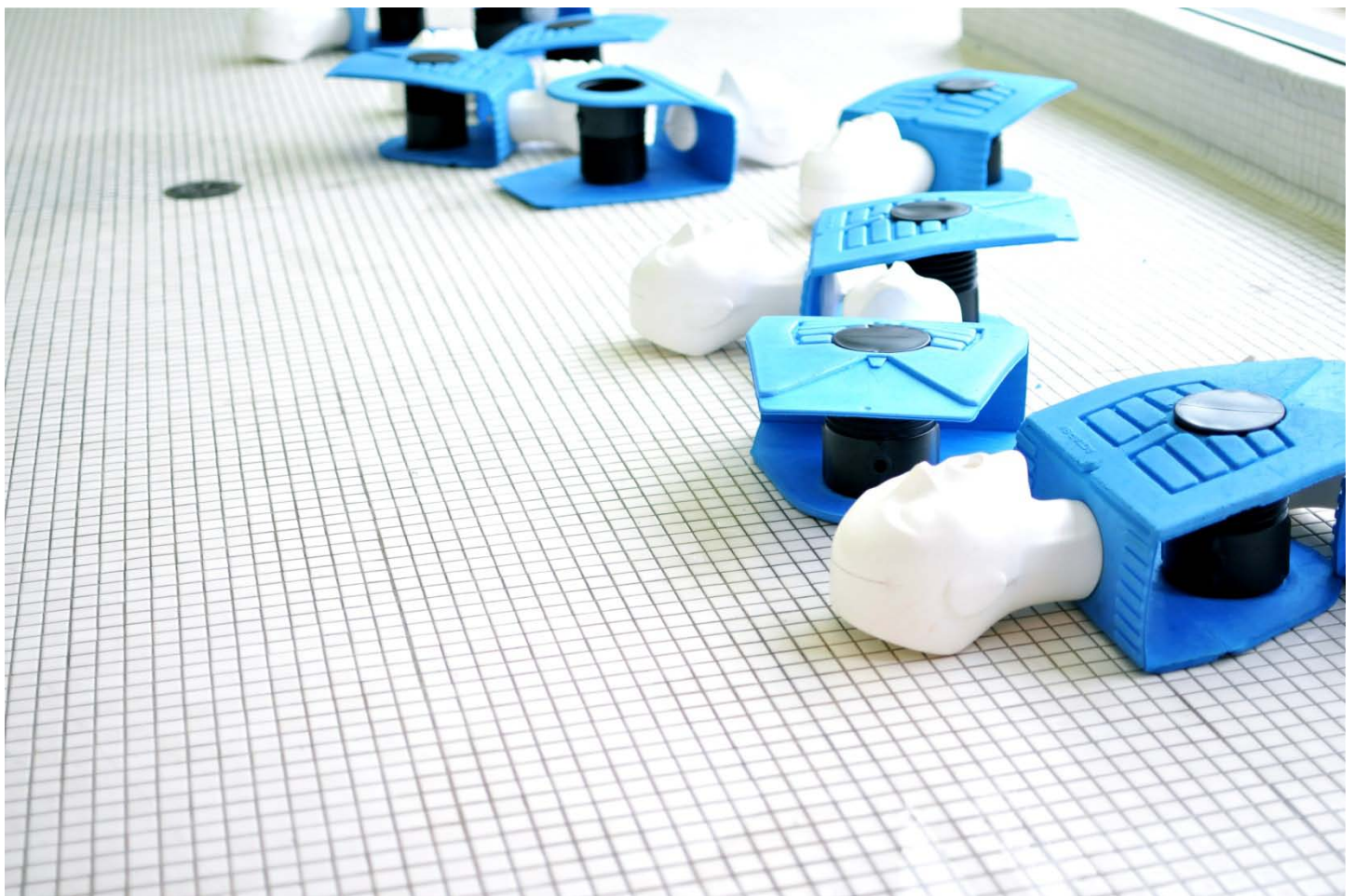




# First Aid Course Catalogue

September 2017 - Labour Day 2018



## My Safe Life

An SOS 4 Kids Program



**My Safe Life** is a personal safety program designed for children 7 – 9 years. Traditional gaming, digital media, video, role play and repetition are used to educate and engage children in a fun and interactive manner. Children learn life skills that empower them to make safe, caring and respectful decisions in their everyday lives both online and offline that emphasize a child's right to be safe and to get help.

Empower children with the confidence and skills to recognize when things affecting their personal safety are just not right!

Topics include:

- People safety (strangers, tricky people and bullies)
- Online safety
- Fire safety
- Travel safety
- Strategies for getting help
- Decision-making skills to handle emergencies
- How to recognize risky situations and prevent injuries

All participants receive the My Safe Life manual and a wallet-sized certificate of attendance at the end of the program.

**Prerequisite:** 7 - 9 years of age

Course Cost: \$65 incl. HST

<b>Location</b>	<b>Course Dates</b>	<b>Times</b>	<b>Activity #</b>
TFS	Saturday October 28 <sup>th</sup>	10:00 am – 5:00 pm	25099
HAV	Sunday November 12 <sup>th</sup>	10:00 am – 5:00 pm	25100
FERN	Friday January 5 <sup>th</sup>	10:00am – 5:00pm	25101
TFS	Saturday February 10 <sup>th</sup>	10:00 am – 5:00 pm	25102
HAV	Wednesday March 14 <sup>th</sup>	10:00 am – 5:00 pm	25103
TFS	Saturday April 21 <sup>st</sup>	10:00 am – 5:00 pm	25104
HAV	Sunday May 6 <sup>th</sup>	10:00 am – 5:00 pm	25107
TFS	Saturday June 9 <sup>th</sup>	10:00am - 5:00pm	25105
HAV	Tuesday August 29 <sup>th</sup>	10:00am - 5:00pm	25106

## Home Alone Safety for Kids

An SOS 4 Kids Program



This comprehensive safety program is designed to help families prepare their children, aged 9 and over, to be responsible and care for themselves safely when home alone. The course will encourage families to communicate in order to gain an understanding of each other's concerns, needs, responsibilities, rules and expectations. It is a great step in helping to prepare your child or children for the exciting and sometimes scary event of leaving them without adult supervision.

The unique delivery model of the Home Alone Safety for Kids program reaches learning styles of all children. Innovative digital and traditional gaming techniques provide a fun and positive learning environment. Engaged participants learn valuable life skills to them make safer choices when on their own. Safety and accident prevention are the common theme throughout the program. Children will gain an understanding of emergencies and how to activate the Emergency Medical Services (EMS) system. They will also learn strategies to identify risks and hazards, and how to prevent injuries.

Topics covered during the course are:

- Street smarts and bike safety
- People safety (stranger danger vs. safe strangers and 'not-so-stranger' danger)
- Online and internet safety
- Healthy snacking and kitchen safety
- Sibling rivalry
- Preventing accidents
- How to handle emergencies and other situations
- Basic first aid skills

All participants receive the Home Alone Safety for Kids manual and a wallet-sized certificate of attendance at the end of the program.

**Prerequisite:** 9 – 12 years of age

Course Cost: \$65 incl. HST

<i>Location</i>	<i>Course Dates</i>	<i>Times</i>	<i>Activity #</i>
TFS	Saturday October 21 <sup>st</sup>	10:00 am – 5:00 pm	25108
FERN	October 29 <sup>th</sup> & November 5 <sup>th</sup>	Sundays 9:30 am – 1:30 pm	25111
HAV	Sunday November 26 <sup>th</sup>	10:00 am – 5:00 pm	25114
FERN	Wednesday January 2 <sup>nd</sup>	10:00 am – 5:00 pm	25112
HAV	Sunday January 14 <sup>th</sup>	10:00am - 5:00pm	25115
KEN	January 27 <sup>th</sup> , February 3 <sup>rd</sup> & February 10 <sup>th</sup>	Saturdays 9:30 am – 12:30 pm	25113
TFS	Saturday February 24 <sup>th</sup>	10:00 am – 5:00 pm	25109
HAV	Tuesday March 13 <sup>th</sup>	10:00 am – 5:00 pm	25116
HAV	Sunday April 15 <sup>th</sup>	10:00 am – 5:00 pm	25117
TFS	Saturday May 26 <sup>th</sup>	10:00 am – 5:00 pm	25110
HAV	Wednesday August 30 <sup>th</sup>	10:00 am – 5:00 pm	25118

## Babysitter Training Course with Basic First Aid CPR A & Anaphylaxis Rescuer

A Canada Safety Council Program

### Babysitter Training

The Babysitter Training Course is one of Canada Safety Council's longest running programs. The course is an ideal community project, which can help prevent injuries and promote the responsible management of common situations that may arise while children are under the care of babysitters. The program enables the students to demonstrate their capabilities and maturity by completing the course under the responsible direction of the instructor. Students must attend all sessions and establish a passing grade of 75 per cent on the final examination in order to receive their certificate. The course covers such topics as:

- ⊗ Becoming a successful babysitter
- ⊗ Caring for children from three months to school-aged
- ⊗ The behaviour and misbehaviour of children

A good babysitter knows all of these things and more. Learning them can be easy and fun with the CSC Babysitters Training Course!

As personal protective equipment (PPE) is required and evaluated in this program a convenient Zodiac keychain that contains a face shield and gloves has been included in the course cost and will be issued to each participant along with their required text, the Babysitter Training Course Student Reference Manual.

**Prerequisite:** 12 years of age in the calendar year of the course

Course Cost: \$80 incl. HST

### Basic First Aid & CPR A

This course provides students basic knowledge of first aid techniques that will assist in situations they may face while babysitting as well as everyday minor scenarios. The focus is on remaining calm and acting fast in first aid emergencies. Students will learn how to make a call to Emergency Medical Services, rescue breathing techniques as well as basic CPR and choking procedures

### Anaphylaxis Rescuer

This course certifies candidates in the prevention and treatment of anaphylaxis using auto-injectors. Candidates will learn the signs and symptoms of anaphylaxis reactions and learn what types of allergens can cause someone to experience anaphylaxis.

<b>Location</b>	<b>Course Dates</b>	<b>Times</b>	<b>Activity #</b>
HAV	October 1 <sup>st</sup> & 15 <sup>th</sup>	Sundays 10:00 am – 4:30 pm	25119
KEN	October 21 <sup>st</sup> , October 28 <sup>th</sup> , November 4 <sup>th</sup> & November 11 <sup>th</sup>	Saturdays 9:30 am – 12:30 pm	25127
HAV	November 19 <sup>th</sup> & 26 <sup>th</sup>	Sundays 10:00 am – 4:30 pm	25120
FERN	January 4 <sup>th</sup> & 5 <sup>th</sup>	Thursday & Friday 10:00 am – 4:30 pm	25129
HAV	January 21 <sup>st</sup> & 28 <sup>th</sup>	Sundays 10:00 am – 4:30 pm	25121
FERN	February 4 <sup>th</sup> , 11 <sup>th</sup> & 25 <sup>th</sup>	Sundays 9:30 am – 1:30 pm	25128
HAV	March 15 <sup>th</sup> & 16 <sup>th</sup>	Sundays 10:00 am – 4:30 pm	25122
HAV	April 8 <sup>th</sup> & 15 <sup>th</sup>	Sundays 10:00 am – 4:30 pm	25123
HAV	May 6 <sup>th</sup> & 13 <sup>th</sup>	Sundays 10:00 am – 4:30 pm	25124
HAV	June 3 <sup>rd</sup> & 10 <sup>th</sup>	Sundays 10:00 am – 4:30 pm	25125
HAV	August 28 <sup>th</sup> & 29 <sup>th</sup>	Monday & Tuesday 10:00 am – 4:30 pm	25126



## Standard First Aid-CPR C

A Lifesaving Society Program

This course provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of the Emergency First Aid content and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. It provides knowledge of how the heart works and what goes wrong when defibrillation is required. Candidates will learn when and how to operate a public access defibrillator.



**Required Materials:** CPR mask, gloves

*(If a candidate does not have any of the above items, they can be purchased from Zodiac at time of registration)*

Course Cost: \$145 incl. HST

Location	Course Dates	Times	Activity #
HAV	October 29 <sup>th</sup> & November 5 <sup>th</sup>	Sundays 9 am – 6 pm	25130
HAV	February 25 <sup>th</sup> & March 4 <sup>th</sup>	Sundays 9 am – 6 pm	25131
TFS	May 5 <sup>th</sup> & 12 <sup>th</sup>	Saturdays 9 am – 6 pm	25132

## Standard First Aid-CPR C Recertification

A Lifesaving Society Program

The Standard First Aid recertification course provides a review of first aid, CPR, and AED skills. Practical skills will be assessed through scenarios and knowledge will be assessed with written evaluation. Candidates should review the course content and practice their skills prior to the recertification course. It provides knowledge of how the heart works and what goes wrong when defibrillation is required. Candidates will learn when and how to operate a public access defibrillator.

**Prerequisite:** The date on the original certification card **MUST BE LESS THAN 3 YEARS** from the date of the recertification course the candidate plans to attend – if it is **more than 3 years** from the date on the card the candidate must attend **A FULL COURSE**

**Required Materials:** CPR mask, gloves

*(If a candidate does not have any of the above items, they can be purchased from Zodiac at time of registration)*

**Proof of original certification must be presented at the course.**

Course Cost: \$115 incl. HST

Location	Course Dates	Times	Activity #
HAV	Sunday October 1 <sup>st</sup>	9 am – 6 pm	25133
HAV	Sunday March 4 <sup>th</sup>	9 am – 6 pm	25134
TFS	Saturday May 12 <sup>th</sup>	9 am – 6 pm	25138
HAV	Monday August 27 <sup>th</sup>	9 am – 6 pm	25136

### IMPORTANT SFA INFORMATION!

*Holders of Standard First Aid certificates from other agencies may **not** recertify their certificate with a Lifesaving Society recertification course. They may recertify only with the original certifying agency or take a full course.*

*In order to comply with WSIB regulations, current Standard First Aid award holders may do their first SFA recertification at a recertification course. Thereafter, individuals must alternate between full courses and recertification courses in order to renew their award.*

## Standard First Aid Instructor

A Lifesaving Society Program

Lifesaving Society's Standard First Aid Instructor course is designed to provide Lifesaving Instructors with the knowledge and resources required to organize, plan and deliver Lifesaving Society First Aid awards up to and including Standard First Aid and CPR-A, B and C.

Upon successful completion of this course, candidates will be certified SFA Instructors. SFA Instructors must then co-teach/examine with an experienced SFA Instructor/Examiner to achieve SFA Examiner appointment. The number of successful co-teaches/examinations required is at the discretion of the Area Chair. A minimum of 1 full course is required. The SFA Examiner candidate must submit their successfully completed application for SFA examiner appointment to the relevant Area Chair for consideration.

As the Standard First Aid Instructor Resource CD is required for use in Standard First Aid Instructor Course, the CD has been included in the course cost and will be issued to each candidate at the first class.

**Prerequisites:** Standard First Aid, Advanced Instructor, Lifesaving Instructor **OR** Core Instructor Clinic.

**Materials:** First Aid Award Guide, Canadian First Aid Manual

Course Cost: \$275

### IMPORTANT PRE-COURSE INFORMATION!

**Pre-course Assignment:** This course requires the completion of a pre-course assignment. Candidates will need to arrange for pick-up or delivery of the course materials two weeks prior to the first class to allow for completion of the assignment.

<i>Location</i>	<i>Course Dates</i>	<i>Times</i>	<i>Activity #</i>
FERN	January 2 <sup>nd</sup> – 4 <sup>th</sup>	Tuesday & Wednesday – 10am – 5pm Thursday – 10am – 1:30pm	25301

## National Lifeguard & Standard First Aid Instructor

A Lifesaving Society Program

This course is designed to provide candidates with an understanding of the expectations and requirements to teach and deliver the Standard First Aid and National Lifeguard programs. The class room and pool sessions allow participants to demonstrate their knowledge, skills, teaching and evaluation skills.

Upon successful completion of this course candidates will be certified NL and SFA Instructors. NL & SFA Instructors must then co-teach/examine with an experienced NL or SFA Instructor to achieve NL or SFA Examiner appointment. The number of successful co-teaches/examinations required is at the discretion of the Area Chair. A minimum of 1 full course and 1 recert course is required. The NL Examiner candidate must submit their successfully completed application for NL and SFA examiner appointment to the relevant Area Chair for consideration.

**Prerequisites:** National Lifeguard, Advanced Instructor, Lifesaving Instructor certification AND 18 years of age, Standard First Aid, Lifesaving Instructor **OR** Core Instructor Clinic.

**Expected:** 2 years experience instructing at Bronze level and Bronze Cross Examiner

**Required Materials:** Alert manual, First Aid Award Guide, & Canadian First Aid Manual

Course Cost: \$450 incl. HST

<i>Location</i>	<i>Course Dates</i>	<i>Times</i>	<i>Activity #</i>
FERN	January 2 <sup>th</sup> – 6 <sup>th</sup>	Tuesday - Friday 10am-5pm	25317