

First Aid

Designed for persons with current CPR certification, this course trains responders to recognize and respond to an emergency and give care to help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. Students should review the Before Giving Care and Checking an Ill or Injured Person sections of their CPR course prior to attending this class. The component course includes identifying and treating shock, stroke, diabetic emergencies, heat and cold related emergencies, poisoning and allergic reactions. In addition, you will learn to control bleeding, care for a muscle, bone or joint injury, and care for a head, neck or back injury. Students will receive a First Aid certificate valid for three years.

Stand Alone Full Course Cost: \$30
Adding to a CPR Course Cost: \$15
Recertification Course Cost:** \$10
Duration: 2.5 hours

Class Dates:

First Aid can be added to any CPR course that we offer or scheduled as a stand alone course with at least a weeks notice.

First Aid courses are also eligible for recertification by appointment.

Waterpark Lifeguarding

This course teaches the duties and responsibilities of lifeguards to prevent and respond to aquatic emergencies and procedures to carry them out in a professional manner in regular pools and in waterparks. Certifies participant as an American Red Cross Waterpark Lifeguard. Includes certifications in CPR for the Professional Rescuer/AED, First Aid.

Full Course Cost: \$175
Recertification Course Cost: \$75
Duration: 37 hours

Course Notes: Minimum age of 15. Must swim 300 yards continuously using 100 yards of front crawl, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke. Swim 20 yards, surface dive to a minimum depth of 7 feet, retrieve a 10 lb. object, return to surface and swim back to starting point with the object within one minute and forty seconds.

Class Dates:

Session 1: May 14,15, 21, 22, 2011
Session 2: May 16,17,18, 2011
Class meets from 9am-6pm.
You must attend all class dates in the session.

Recertification Dates:
May 24, 2011 at 4pm
May 25, 2011 at 4pm

American Red Cross Training Schedule



**Offered by the
Kirksville
Aquatic Center**

To sign up for any class please contact us at
(660)627-7665.

Sign ups must be made by the Friday before the course.

CPR/AED

Adult

This course trains Lay Responders to recognize, respond to emergency situations and care for life-threatening respiratory or cardiac emergencies in adults (persons over 12 years of age).

You will learn to care for conscious and unconscious choking victims, perform CPR and use an AED on a victim of sudden cardiac arrest. Students will receive a CPR/AED-Adult certificate valid for one year.

Class fee includes all course materials and rescue equipment.

Full Course Cost: \$50

Recertification Course Cost:** \$30

Duration: 4.5 hours

Full Course Dates:

September 24, 2010
October 8, 2010
November 19, 2010
January 7, 2011
February 18, 2011
March 18, 2011
April 8, 2011

All classes start at 9am. There must be at least 2 students for the class to be held.

CPR/AED Adult & Child

Plus Infant CPR

This course trains Lay Responders to recognize, respond to emergency situations and care for life-threatening respiratory or cardiac emergencies in adults, children, and infants. You will learn to care for conscious and unconscious choking victims, perform CPR and use an AED on a victim of sudden cardiac arrest. Students will receive a CPR/AED-Adult & Child plus CPR-Infant certificate valid for one year. Class fee includes all course materials and rescue equipment.

Full Course Cost: \$60

Recertification Course Cost:** \$40

Duration: 6 hours

Full Course Dates:

October 1, 2010
November 12, 2010
December 17, 2010
January 21, 2011
February 25, 2011
March 25, 2011
April 15, 2011

All classes start at 4pm. There must be at least 2 students for the class to be held.

CPR/AED for the Professional Rescuer

This course is designed for the professional rescuer or healthcare provider. It covers CPR/AED skills for adult, child, infant and two-rescuer CPR. Students can earn a CPR/AED for Professional Rescuers and Healthcare Providers certificate valid for two years (this course is the equivalent of the BLS Healthcare Provider of the American Heart Association). Class fee includes a pocket mask.

Full Course Cost: \$70

Recertification Course Cost:** \$50

Duration: 8 hours

Full Course Dates:

August 30, 2010
September 20, 2010
October 4, 2010
November 1, 2010
December 6, 2010
January 5, 2011
February 7, 2011
March 7, 2011
April 4, 2011
May 2, 2011

All classes start at 9am. There must be at least 2 students for the class to be held.

****Think about recertifying!** If you possess a current certification or if it has expired less than a year ago, you are eligible to take a recertification course in CPR, First Aid and Lifeguarding. Recertifications are also offered by appointment with at least a week prior notice required. To set up your time call our office at (660)627-7665.