

FIRST AID/CPR TRAINING OVERVIEW

We want the best for our girls. It's important they're safe at all times, especially during troop activities. When planning events other than meetings, be sure to use our [safety activity checkpoints](#) as a guide!

Why First Aid/CPR certification? To be prepared! First aid courses cover a variety of accidents from scrapes and cuts to bruises, choking, and accidental poisoning.

GSNETX Courses

GSNETX periodically schedules First aid / CPR courses, led by a certified American Heart Association instructor, at Service Centers in Dallas! GSNETX accepts credentials from 6 approved First Aid/CPR providers (see attachment). Carefully review the information provided to ensure that you are making an informed choice when selecting a provider.

Important questions to ask before booking a First Aid/CPR/AED provider:

- 1. Are they currently certified instructors from one of the organizations on our approved list of providers?**
- 2. Will the course cover adult/child CPR, AED, and first aid for adults/children?**
- 3. What is the participant to instructor ratio?** 15 or less to 1 instructor would be ideal;
MAX: 20:1
- 4. How many participants to manikins?** 3:1 ratio or less is recommended
- 5. What is the length of the course?** A. CPR for adult, child and AED : 3-4 hours B. First Aid: 90 min
- 6. What does the certification card for students look like?** A. There are lots of CPR classes online. Unfortunately, many of these are scams. To receive a valid CPR certification card, you need to be in a classroom with a certified instructor and practice on manikins. B. Certified Instructors are required by their organization to pay for the course materials, purchase authorized cards, and pay an authorized provider fee for each student taught. C. BEWARE of any "Authorized Provider" who creates and distributes their own cards. Make sure the card looks like the cards on our Authorized Provider Card Chart.
- 7. How much is the course?** The average cost is \$40-\$60
- 8. If GSNETX doesn't take your certification, can you get your money back?**
Before paying for a class, check with the instructor/authorized provider about their refund policy.

Other FAQs

What does “first aider” mean in Girl Scout / GSNEXTX context? A “first aider” has the appropriate First Aid/CPR/AED certificate.

Why can’t I take a CPR/First Aid course online? They don’t provide hands on opportunities to learn and practice the skills.

What’s the difference between a “skills course” and an “instructor led course”? A skills course is reserved for those who are currently certified and are refreshing for recertification.

What is the difference between the “Adult CPR/AED” class and “CPR/AED for the Professional Rescuer”? The “Adult CPR/AED” class is for the general public. “CPR/AED for the Professional Rescuer” is for individuals who have a job-related duty to respond to emergencies.

What’s the difference between a Level 1 & a Level 2 First Aider? A level 1 first aider is someone who has taken a CPR/AED/First aid course by one of our approved providers. A level 2 first aider is someone who has taken advanced CPR/AED/First aid such as a nurse or paramedic.

When is a Level 1 First Aider needed? See the [Safety Activity Checkpoints](#) to verify for your particular activity. A level 1 first aider is required when the location of the activity is less than 30 minutes from an EMS response station.

When is a Level 2 First Aider needed? See the [Safety Activity Checkpoints](#) to verify for your particular activity. A level 2 first aider is required when the EMS is located 30+ minutes from the activity or 200+ people participate in the activity.

What courses are required for Level 2 First Aid? Usually 16+ hours of instruction such as Wilderness First Aid. Level 2 certification can be used to satisfy the requirement for a level 1 first aider.

What is an automated external defibrillator (AED)? An AED is a portable device used to bring the heart back to normal rhythm for people who are in cardiac arrest. The AED will analyze and, if needed, shock the patient in order to restore normal heart rhythm.

Can being a Nurse, Nurse Practitioner, Physician Assistant or Physician take the place of the required training? Partially; a copy of their current medical license can replace the first aid training. Additionally, a current CPR certification from an approved provider should be presented along with the medical license.

Can being a Dentist or Dental Hygienist take the place of the required training? No.

What does it mean when a company says they are AHA Compliant or follow the latest guidelines from the American Heart Association for CPR training? Does it mean that they are an American Heart Association affiliate/approved?

Answer Part 1: The American Heart Association acts as the American liaison to the International Liaison Committee on Resuscitation (ILCOR). It is the AHA's responsibility to communicate the international committee’s latest findings to ALL U.S. training companies.

Answer Part 2: AHA communicates the guidelines from ILCOR for CPR training; these are guidelines that any respectable CPR trainer should follow. However, the AHA does not take the responsibility of reviewing/approving other organizations’ curricula. More importantly,

not all organizations claiming to follow AHA guidelines are GSUSA/GSNETX approved.

First Aid Kit Information

Make sure a general first aid kit is available at your group's meeting place and accompanies girls on any activity. You may need to provide a kit if one is not available. You can purchase a Girl Scout First Aid kit, buy a commercial kit, or you can assemble one!

You can also customize a kit to cover your specific needs, including flares, treatments for frostbite etc. In addition to standard materials, all kits should contain the council and emergency phone numbers:

- **GSNETX Headquarters:** 972-349-2400 or 1-800-442-2260 (Monday - Friday 9am – 5pm)
- **GSNETX After Hours Emergency Line:** 214-353-4071. (For: fatality, serious illness or accident)

Girl Scout activity insurance forms, parent consent forms, and health histories may be included as well. Be sure to check and update the kit regularly for used or out-of-date contents:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

(Note: You cannot give girls any type of medications without direct parent/guardian permission.)