

Location: Windsor Pavilion Once registered, please read your receipt for detailed course information before attending class.

13 yrs+

EMERGENCY FIRST AID

This one-day course teaches you basic first aid and lifesaving practices. You will learn the current CPR and choking practices for adults, children and infants as well as how to deal with basic traumas and first aid situations. This course includes both CPR C and AED training and the certification is current for three years.

Jan 20	Sun	9am-5:30pm	\$91/1	38295
Feb 24	Sun	9am-5:30pm	\$91/1	38296
Mar 24	Sun	9am-5:30pm	\$91/1	38297
Apr 28	Sun	9am-5:30pm	\$91/1	38302

STANDARD FIRST AID

Learn what to do in an emergency! This course offers a broad foundation of basic first aid training including: CPR level C, Automated External Defibrillator (AED) training, choking procedures, bleeding, shock, broken bones, medical emergencies, and more. Both Standard First Aid & CPR C are current for three years.

Jan 12-Jan 13	Sat,Sun	9am-5:30pm	\$129/2	38624
Feb 9-Feb 10	Sat,Sun	9am-5:30pm	\$129/2	38625
Mar 9-Mar 10	Sat,Sun	9am-5:30pm	\$129/2	38626
Apr 13-Apr 14	Sat,Sun	9am-5:30pm	\$129/2	38627

STANDARD FIRST AID - ONLINE

Learn what to do in an emergency! This new flexible program allows learners to complete online modules covering a broad foundation of basic first aid training including CPR C, AED training, choking procedures, bleeding, shock, broken bones, medical emergencies, and more. Once the online portion is completed, candidates will complete a one-day practical evaluation in order to be certified. The Standard First Aid & CPR certification remains current for three years.

Jan 26	Sat	9am-5:30pm	\$129/1	38632
Mar 30	Sat	9am-5:30pm	\$129/1	38634



STANDARD FIRST AID - RECERT

Recertify your Standard First Aid award in one day! Please bring your previous certification card to class and wear comfortable clothing. This certification is current for three years and includes both CPR C and Automated External Defibrillator (AED) training. Prerequisite: Standard First Aid

Jan 19	Sat	9am-5:30pm	\$66/1	38618
Feb 23	Sat	9am-5:30pm	\$66/1	38619
Mar 23	Sat	9am-5:30pm	\$66/1	38620
Apr 27	Sat	9am-5:30pm	\$66/1	38621

BASIC CPR C


CPR C teaches participants the current Cardio Pulmonary Resuscitation (CPR) practices and choking procedures for adults, children, and infants. CPR C is required for lifeguards, medical personnel and paramedics, but is ideal for anyone to have. This course includes both CPR C and Automated External Defibrillator (AED) training and the certification is current for three years.

Jan 20	Sun	9am-3pm	\$58/1	38091
Feb 24	Sun	9am-3pm	\$58/1	38092
Mar 24	Sun	9am-3pm	\$58/1	38093
Apr 28	Sun	9am-3pm	\$58/1	38094

BASIC CPR C - RECERT

This course will recertify those who currently hold a CPR C certification. Candidates will review the current Cardio Pulmonary Resuscitation (CPR) and choking practices for adults, children, and infants. This certification is current for three years and includes Automated External Defibrillator (AED) training. Prerequisite: CPR C (please bring your old certification card to class).

Jan 19	Sat	9am-1pm	\$47/1	38388
Feb 23	Sat	9am-1pm	\$47/1	38401
Mar 23	Sat	9am-1pm	\$47/1	38402
Apr 27	Sat	9am-1pm	\$47/1	38615

 **Standard First Aid and CPR C**
are required pre-requisites to complete
the National Lifeguard Award (NL)
(See page 68).

OnLine Registration recreation.oakbay.ca

OAK BAY EMERGENCY PROGRAM (OBEP)

1703 Monterey Avenue, Victoria, British Columbia V8R 5V6 • Fax: 250-598-2749

Check for details on the website: oakbay.ca or call 250-592-9121

DISASTER RECOVERY INFORMATION SESSIONS

To recover from an emergency or disaster you need to prepare for the risks, have recovery and response plans, have kits and supplies, and know your neighbours and neighborhood. The best time to begin the recover process is before you need it. This information session will be the first step for you and your family to recover from whatever has happened.

Tuesday, February 12 – 10-11:30am • Monterey Recreation Centre, 1442 Monterey Avenue

Tuesday, March 12 – 7-8:30 pm • Windsor Park Pavilion, 2451 Windsor Road

Tuesday, May 14 – 1:30-3 pm • Emmanuel Baptist Church, 2121 Cedar Hill Cross Road

Call 250-592-9121

or

**email obep@oakbay.ca
to reserve your seat.**

Oak Bay Emergency Program (OBEP) • Neighbours Helping Neighbours Build a Disaster Resilient Community