

**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.

Sep 22	Sun	9am-5:30pm	\$94/1	54008
Oct 20	Sun	9am-5:30pm	\$94/1	54009
Nov 17	Sun	9am-5:30pm	\$94/1	54010
Dec 15	Sun	9am-5:30pm	\$94/1	54011

### 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.

Sep 14-15	Sat-Sun	9am-5:30pm	\$133/2	54012
Oct 5-6	Sat-Sun	9am-5:30pm	\$133/2	54014
Nov 2-3	Sat-Sun	9am-5:30pm	\$133/2	54015
Dec 7-8	Sat-Sun	9am-5:30pm	\$133/2	54016

### 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.

Oct 26	Sat	9am-5:30pm	\$133/1	54021
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### 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

Sep 21	Sat	9am-5:30pm	\$68/1	54017
Oct 19	Sat	9am-5:30pm	\$68/1	54018
Nov 16	Sat	9am-5:30pm	\$68/1	54019
Dec 14	Sat	9am-5:30pm	\$68/1	54020

### 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.

Sep 22	Sun	9am-3pm	\$60/1	54000
Oct 20	Sun	9am-3pm	\$60/1	54001
Nov 17	Sun	9am-3pm	\$60/1	54002
Dec 15	Sun	9am-3pm	\$60/1	54003

### BASIC RESCUER 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).

Sep 21	Sat	9am-1pm	\$48/1	54004
Oct 19	Sat	9am-1pm	\$48/1	54005
Nov 16	Sat	9am-1pm	\$48/1	54006
Dec 14	Sat	9am-1pm	\$48/1	54007

 **Standard First Aid and CPR C**  
are required pre-requisites to complete  
the National Lifeguard Award (NL)  
(See page 63).

OnLine Registration [recreation.oakbay.ca](http://recreation.oakbay.ca)

## OAK BAY EMERGENCY PROGRAM

### 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](http://oakbay.ca) or call 250-592-9121

### EMERGENCY PREPAREDNESS 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.

**Wednesday, September 18, 2019 – 10-11:30am** • Emmanuel Baptist Church, 2121 Cedar Hill Cross Road

**Thursday, October 17, 2019 – 1-2:30 pm** • Monterey Recreation Centre, 1442 Monterey Avenue

**Wednesday, November 20, 2019 – 7-8:30 pm** • Windsor Park Pavilion, 2451 Windsor Road

Call 250-592-9121  
or  
email [obep@oakbay.ca](mailto:obep@oakbay.ca)  
to reserve your seat.

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