



From WIAA:

Requirement For All Paid Coaches

Beginning with the **2017-18 school year**, all paid coaches shall be certified and will maintain certification in **First Aid, Cardiopulmonary Resuscitation (CPR) certification and AED operation**. Beginning with the **2016-17 school year**, this requirement must be met before coaches start their second year of coaching.

Class Description: The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This training will offer Adult CPR (ages 8+), AED and First Aid.

*Certification is valid for 2 years

Learning Objectives:

Before Giving Care and Checking an Injured or Ill Person

- Describe how to recognize an emergency and prioritize care for injuries and sudden illnesses.
- Identify the difference between (expressed) consent and implied consent.
- Identify how to reduce the risk of disease transmission when giving care.
- Explain how to activate and work with the emergency medical services (EMS) system.
- Describe the purpose of Good Samaritan laws.
- Explain when to move an injured or ill person from a dangerous scene.
- Explain how to check a conscious person for life-threatening and non-life-threatening conditions.
- Identify signals of shock and help minimize its effects.
- Demonstrate how to check an unconscious person for life-threatening conditions.

CPR/AED

- Recognize the signals of a cardiac emergency.
- Identify the links in the Cardiac Chain of Survival.
- Describe how to care for a heart attack.
- List the causes of cardiac arrest.
- Explain the role of CPR in cardiac arrest.
- Demonstrate how to perform CPR.
- Recognize the signals of a breathing emergency.
- Demonstrate how to care for a person who is choking.
- Explain what defibrillation is and how it works.
- Identify precautions to take when using an AED on a person in sudden cardiac arrest.
- Demonstrate how to use an AED.

First Aid

- Identify the signals of common sudden illnesses and how to care for common sudden illnesses.
- Describe how to care for someone who is having a seizure.
- Identify the signals of and how to care for heat related illnesses and cold-related emergencies.
- Identify signals of and how to care for various soft tissue and musculoskeletal injuries.
- Demonstrate how to control external bleeding.
- Identify signals of and explain how to care for head, neck and spinal injuries.
- Explain how to care for muscle, bone or joint injuries.

Trainer—Karen Wegge, K-12 Physical Education & Health Curriculum Coordinator, School District of DC Everest

Two Training Locations:

October 8, 2015

8:30am-1:00pm

GreenHeck Field House, 6400 Alderson St., Weston, WI

Cost: \$60/School Improvement Members, \$160/Non-School Improvement Members (includes certification card from American Red Cross)

Register here: <http://bit.ly/1Kdjp7m>

CESA 9 Contact: Lynn Verage, lverage@cesa9.org

June 16, 2016

8:30am-1:00pm

CESA #9, Tomahawk, WI

Cost: \$60/School Improvement Members, \$160/Non-School Improvement Members (includes certification card from American Red Cross)

Register here: <http://bit.ly/1Ococt7>

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