

## CPR/First Aid

Girl Scouts of Greater Iowa courses are conducted by American Red Cross (ARC) and American Heart Association (AHA) Instructors, who are also Girl Scout Facilitators. Current certification in both CPR and First Aid meets the GSUSA safety standard for "Level One First Aider". Please check with the Adult Leadership Enhancement Director at the Des Moines Leadership Center for equivalency course criteria if you plan to attend a course without the aforementioned certifications.

CPR/FA certification is a valuable skill and anyone with credentials can serve as the certified adult required at many Girl Scout activities including travel and outdoor activities. Certifications are issued by the ARC (CPR – 1 year; FA – 3 years) and AHA (CPR/FA – 2 years). The ARC or AHA fee must be paid prior to receipt of the certification card. Please bring the \$7 per certification (CPR and/or First Aid) to the session so that you can receive your card upon successful completion of the course.

If you are attending both sessions, please bring a sack lunch. Also, please dress comfortably as the skills practice requires

physical activity on the floor. Those with a medical condition or disability that might prevent them from taking part in practice sessions should contact the Adult Leadership Enhancement (ALE) Director at the Des Moines Leadership Center to discuss available options prior to attending.

Please note that fewer sessions of First Aid/CPR have been scheduled than in the past. When volunteers who will serve as First Aider are not able to attend one of these sessions, they should contact their local Service Unit or Council Leadership Center. We anticipate that Service Units will be able to review with volunteers the courses which remain to be completed to meet the basic safety and risk management needs of Girl Scouts. The Service Unit can then contact the Adult Leadership Enhancement Director to request that a course facilitator be made available at a date, time, and location that would work for their volunteers.

DAY	DATE	TIME	LOCATION	TOWN, STATE
Sat	Feb. 20	8:30 am – 4 pm	Girl Scout Leadership Center 601 S Illinois Ave	Mason City, IA 50401
Sat	Feb. 27	8:30 am – 4 pm	Girl Scout Leadership Center 10715 Hickman Rd	Des Moines, IA 50322
Sat	Mar. 6	8:30 am – 4 pm	Grinnell College Old Glove Factory 733 Broad St	Grinnell, IA 50112
Sat	Mar. 20	8:30 am – 4 pm	Girl Scout Leadership Center 526 S 3rd St	Council Bluffs, IA 51503
Sat	Mar. 27	8:30 am – 4 pm	Girl Scout Leadership Center 1515 Zenith Dr	Sioux City, IA 51103
Sat	May 1	8:30 am – 4 pm	Girl Scout Leadership Center 10715 Hickman Rd	Des Moines, IA 50322

### Leadership Essentials courses are online!

We are continually developing our educational sessions to meet the needs of our volunteers. In light of this, we have developed an interactive, online Leadership Essentials course! This course will take you through the essentials of the grade level of the girls you are working with and bring you through the Girl Scouts of the USA Journey books. If you aren't able to make a face-to-face meeting, or would just prefer to take this course at your convenience, make sure to check out this option.



You will find this information on our website under Adult Education.

The link is: <http://www.girlscoutsiowa.org/online-leadership-essentials.cfm>