



**American
Red Cross**

CPR, First Aid, and AED Training at Hockessin Athletic Club

BLENDING LEARNING FORMAT

Available for ages 12+

Adult CPR, First Aid and AED Blended learning training (\$90)

Adult CPR First Aid and AED training course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older. This course meets OSHA/workplace requirements.

Allow approximately 2 hours 5 minutes to complete the online portion, then 2 hours in the classroom for live test out.

Adult and Pediatric CPR, First Aid and AED Blended learning training (\$105)

Adult and Pediatric CPR, First Aid and AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age).

Allow approximately 2 hours and 30 minutes to complete the online portion, then 2 hours in the classroom for live test out.

Blended Learning

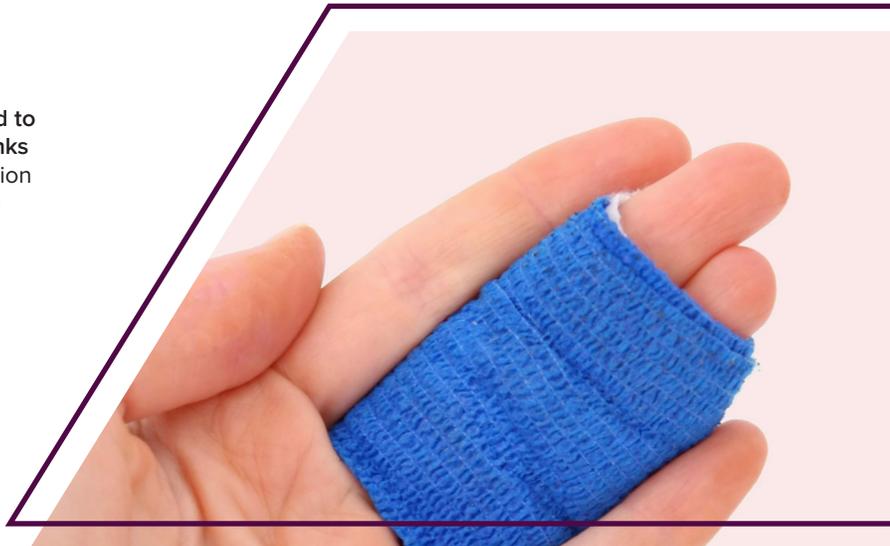
This is a blended learning course including an online portion and an instructor-led classroom skill session. **You are required to provide a valid email address in order to receive the hyperlinks to complete the online portion of the course.** The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection.

Live Test-Out Sessions

Once you have completed the online learning, you will need to complete the in-person skills portion and complete an assessment. The online coursework must be completed within 72 hours of your scheduled in-person session and the certification emailed to arc@hachealthclub.com.

For Test Out Day

1. Dress comfortably as skills are tested on the floor.
2. Please Note: If you are more than 5 minutes late to class you will need to re-schedule.



Upon successful completion of this course you will receive a digital certificate for **Adult CPR, First Aid and AED** or **Adult and Pediatric CPR, First Aid and AED** valid for two years. Red Cross courses offer Digital Certification, an online version of a Red Cross certificate, which provides anytime, anywhere access to student training history and course certificates. Digital certificates can be viewed, printed or shared online and can be accessed anytime through your Red Cross Account. Each certificate includes a unique ID and a QR code which meets employment requirements and allows employers to easily confirm your certificate is valid. There is no need to carry your printed certificate around anymore!