



American Red Cross



First Aid and CPR for the Community

Heather Wiggins, a Scouter and certified American Red Cross Instructor, is offering to come to your troop to present the “First Aid and CPR for the Community” course. It includes Adult and Child CPR and we can add on Infant CPR, auto-injectors, and/or inhaler training. This course meets all the *Guide for Safe Scouting* criteria for climbing and waterfront activities.

Scouts - This course works well with the First Aid merit Badge, and for merit badges that suggest CPR certification. It also qualifies for the BSA Emergency Preparedness Award.

So here is the deal:

- 1) Get a patrol, group of adult leaders (Cub Scouts, Boy Scouts, Girl Scouts, Crew, etc.) or Both together, and choose a few dates that will work for you.
- 2) Call Heather Wiggins at **(310) 548-7910**, or stop by Cabrillo Beach Youth Waterfront Sports Center to schedule your class at your location or mine.
- 3) Smile and enjoy the class!



Class size minimum is 4 students, maximum is 30.

Cost is \$30 per student. Units may wish to reimburse their adult leaders.

During school year, Saturday training is offered, and summer and holiday training can be worked out. Your location will need a large room with table and chairs to fit class, and a DVD player and TV. Or use my location at Holy Trinity Parish Center.

I need to get in at 9 a.m. to set up - I start talking at 10 a.m.- to complete we leave by 5 p.m.

Please bring food, drinks, pencils, and good attitude!