Camp Carl Summer Staff CPR Requirements and Instructions

For the safety of all of our staff and campers, Camp Carl requires all Summer Staff to be CPR trained. Please read these instructions and requirements thoroughly to **complete the CPR requirements BEFORE Staff Training**.

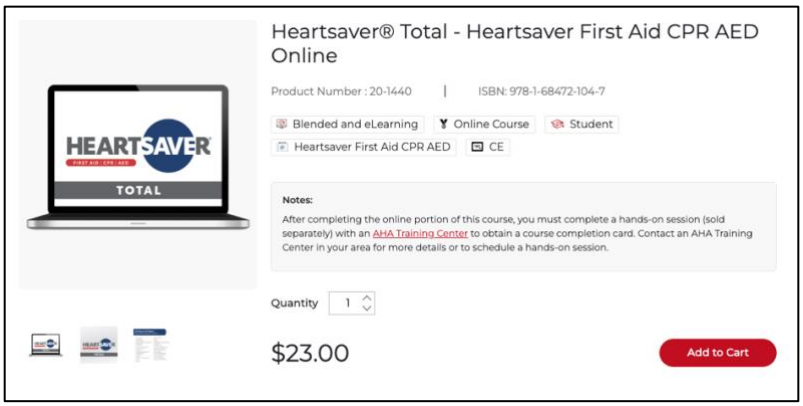
** If you are hired as a **Lifeguard**, please see the end of this document for specific instructions. **

If you are ALREADY CPR Certified, please upload your valid certificate through the **Staff Portal** before Staff Training. Your CPR training must have included First Aid, CPR, and AED training on both adults and children.

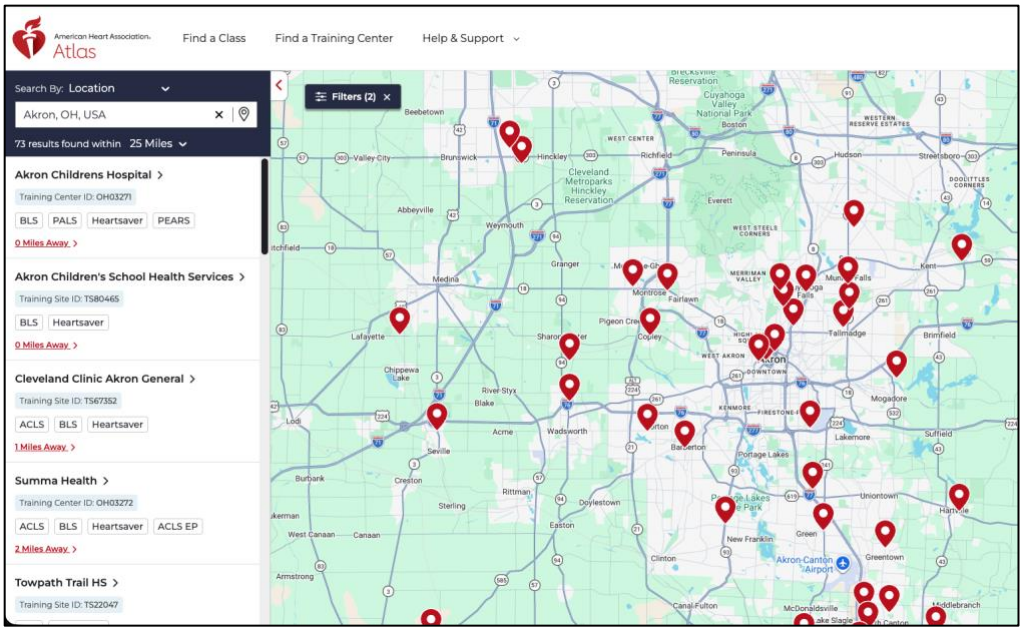
If you ARE NOT CPR Certified, you have **two options** to meet Camp Carl's CPR requirements:

1. **CPR Certification**: Please follow the instructions below to complete your CPR Certification. Your certification will last for 2 years and is a valuable skill to invest in!

    a. Click **this link** to complete the American Heart Association's *Heartsaver® Total – Heartsaver First Aid CPR AED Online* course (see picture below). Add it to your cart to register and pay the $23.00 to get the course.



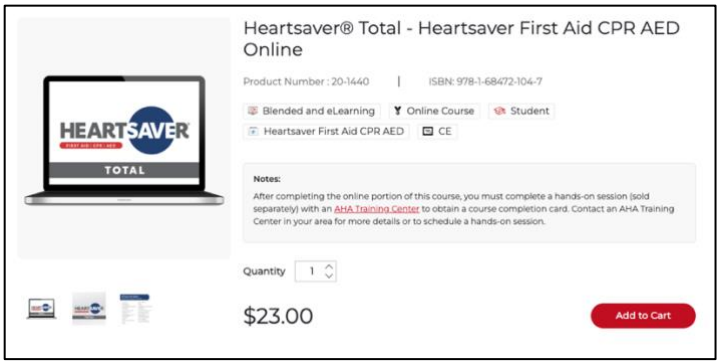
b. After you purchase the course, it will take **4-6 hours to complete**, so please prepare for that. Once you complete the online course, you can register for the **hands-on portion** for your certification through the American Heart Association's website **HERE**. When you search for a Training Center, enter your location, and the course you will need to select is the **"Heartsaver®"** option in the filters. You will also need to submit your certificate from the online course to take the hands-on portion.



c. After you complete the hands-on portion, your CPR instructor will send you a certificate of completion. Please upload this through the **Staff Portal** before Staff Training.

2. **CPR Camp Carl Training**: If you do not have time to complete CPR Certification, you can get CPR Trained at Camp Carl instead! This training **does NOT certify you in CPR**, but is sufficient for the summer to meet Camp Carl's requirements.
Note: If you do not get certified before staff training and choose this option, then you will forfeit free time during staff training to complete this training.
Please follow the instructions below:

   a. Click **this link** to access the American Heart Association's *Heartsaver® Total – Heartsaver First Aid CPR AED Online* course (see picture below). Add it to your cart to register and pay the $23.00 to get the course.



b. After you purchase the course, it will take **4-6 hours to complete**, so please prepare for that. Once you finish the video course, you must upload your video course certificate through the **Staff Portal** before Staff Training.

c. Then, during staff training, you will be required to attend a **CPR skills assessment** conducted by Camp Carl's Medical Director. You must complete the video course above to take the skills assessment, so make sure you have it completed prior to Staff Training. There will also be a **fee of $20.00 for this skills assessment training that will be deducted from your first paycheck**.

Lifeguards

If you are hired to be a Lifeguard this summer, you **do not** need to pursue CPR Certification following the steps above. A Lifeguard Certification fulfills CPR requirements and is sufficient for the summer.

If you are ALREADY Lifeguard Certified, please upload your valid certification through the **Staff Portal** before Staff Training.

If you ARE NOT Lifeguard Certified, you will be trained and certified during Staff Training!

If you have questions, please contact Elaine Bontrager at elaine.bontrager@campcarl.life.