

Stronger Together CPR Course Description and Rates



Stronger Together is a community outreach program run by members of BC South Fire Protection District. Our mission is simple, to promote health AND improve safety in our community. **According to the American Heart Association (AHA), those who get bystander CPR within two minutes, have an 81% greater chance of surviving.** Our inclusive CPR course is one that empowers fellow community members with the lifesaving skills, confidence, and readiness to act in time sensitive medical emergencies. Through brief, interactive lessons and guided hands-on practice, participants learn adult, child, and infant CPR, how to use an AED, and proper choking responses, all in compliance with the latest AHA guidelines. The course emphasizes calm decision-making, teamwork, simple communication strategies, and coordination with emergency services until professional help arrives.

What you'll learn:

- Recognize cardiac arrest, choking, and other basic emergencies
- Perform high-quality chest compressions and rescue breaths (adult/child/infant)
- Safe, effective use of an automated external defibrillator (AED)
- Recovery position, bleeding control basics, and how to summon EMS
- Techniques to remain calm and lead bystanders in an emergency
- When and how to provide care while minimizing risk to yourself
- What to expect when professional help arrives

Format & duration:

- 2–4 hours depending on certification option
- Short instructor demonstration, supervised hands-on practice on mannequins, scenario-based drills, and Q&A
- Small class sizes for personalized feedback

Who should attend:

- Neighbors, parents, teachers, coaches, faith groups, youth leaders, small-business staff — ANYONE who wants to help their community. 13 years of age or older recommended

Outcomes & certification:

- Practical competence and increased confidence to intervene in emergencies
- Optional completion certificate or nationally recognized CPR card (if requested and included)
- Resources and quick-reference materials to keep skills fresh

Accessibility & inclusivity:

- Accommodations available for different learning needs and physical abilities
- Materials provided in plain language; translation options on request

Call to action: Be the calm, capable person your community can rely on — sign up to learn skills that save lives. Together, we are stronger!

Stronger Together CPR Rates

Class A: 100% Free

- BC South covers costs of certification and CPR cards

- Description: Under 21 years of age or a student (student verification required)

Class B: Course is free

- Individual covers cost of CPR card if one is desired

 - Card: \$25

- Description: **Individuals** of the general public that do not qualify for class A

Class C: \$50/person + cost of facility space if not at Station 3

- Description: Private group class