



CPR/AED and First Aid Training FAQs

We want the best for our girls. It's important they're safe at all times, especially during troop activities. When planning events other than meetings, be sure to use our safety activity checkpoints found in your Volunteer Toolkit as a guide!

Why CPR/AED and First Aid certification?

To be prepared! First aid courses cover a variety of accidents from scrapes and cuts to bruises, choking, and accidental poisoning.

GSSWT Hosted Courses

GSSWT hosts CPR/AED and First Aid courses, led by certified American Red Cross volunteer instructors.

Online training for CPR/AED and First Aid

CPR/AED and First Aid training that is entirely online does not satisfy GSUSA or GSSWT requirements. Such courses do not offer the necessary hands on opportunity to learn and practice the skills in the course.

We do accept blended learning for most courses. Blended learning consists of watching a series of video modules (at home or in the classroom) and then attending an in person session to practice and demonstrate hands on skills. Contact Customer Care at customercare@girlscouts-swtx.org for more information.

GSUSA and GSSWT Certified Providers

GSSWT accepts credentials from the following approved CPR/AED/First Aid providers: American Heart Association, American Red Cross, American Health and Safety Institute (ASHI) and the National Safety Council.

Important Questions to ask before booking a CPR/AED and First Aid course not hosted by GSSWT:

1. Are they currently certified instructors from one of the organizations on our approved list of providers?

- a. Ask to see their authorized instructor provider card.
- b. Call the agency to verify they are an authorized provider.

2. Will the course cover?

- a. Adult & child CPR
- b. AED
- c. First Aid for adults and children

3. What is the participant to instructor ratio?

15 or less to 1 instructor is ideal; MAX: 20:1

4. How many participants to manikins?
3:1 ratio or less is recommended
5. What is the length of the course?
 - a. CPR for adult and child and AED: 3-4 hours
 - b. First aid: 90 min-3 hours
7. How much is the course?
The cost of a CPR/AED or First Aid course can vary depending on the instructor, materials provided and location. The average cost per class is \$40-\$60.
8. If GSSWT doesn't take my certification, can you get your money back?
Before paying for a class, check with the instructor/authorized provider about their refund policy.
9. Other items to keep in mind:
 - a. There are lots of CPR classes available online. Unfortunately, many of these are scams. To receive a valid CPR certification card, the course must include time in a classroom with a certified instructor and practice on manikins.
 - b. Certified Instructors are required by their organization to pay for the course materials, purchase authorized cards, and pay an authorized provider fee for each student taught.
 - c. BEWARE of any "Authorized Provider" who creates and distributes their own cards.

What does "first aider" mean in Girl Scouts?

A "first aider" is someone who has the appropriate CPR/AED/First Aid certificate. It can be one person with all the certifications or 2 persons – one with the CPR/AED certification and one with First Aid certification.

What is the difference between the "Adult CPR/AED" class and "CPR/AED for the Professional Rescuer"?

The "Adult CPR/AED" class is for the general public. "CPR/AED for the Professional Rescuer" is for individuals who have a job-related duty to respond to emergencies.

What's the difference between a Level 1 & a Level 2 First Aider?

A level 1 first aider is someone who has taken a CPR/AED/First aid course by one of our approved providers. A level 2 first aider is someone who has taken advanced CPR/AED/First aid.



When is a Level 1 First Aider needed?

See the Safety Activity Checkpoints to verify for your particular activity. A level 1 first aider is required when the location of the activity is less than 30 minutes from an EMS response station.

When is a Level 2 First Aider needed?

See the Safety Activity Checkpoints to verify for your particular activity. A level 2 first aider is required when the EMS is located 30+ minutes from the activity or 200+ people participate in the activity.

What courses are required for Level 2 First Aid?

GSSWT will accept American Red Cross Wilderness First Aid or First Aid Responding to Emergencies or Emergency Response as meeting level 2 first aid requirements. GSSWT requires level 2 first aiders to have current certification in AED use and infant CPR from a GSUSA approved agency. Level 2 certification can be used to satisfy the requirement for a level 1 first aider.

What is an automated external defibrillator (AED)?

An AED is a portable device used to bring the heart back to normal rhythm for people who are in cardiac arrest. The AED will analyze and, if needed, shock the patient in order to restore normal heart rhythm.

Can being a Nurse, Nurse Practitioner, Physician Assistant or Physician take the place of the required training?

A copy of their current medical license can replace the first aid training. Additionally, a current CPR certification from an approved provider should be presented along with the medical license.

Can being a Dentist or Dental Hygienist take the place of the required training?

No.