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**Free life saving training for secondary students**

Posted on 12/5/2013 9:23:00 AM by [Wendy McLeod](#)



Central Okanagan Secondary students will learn life-saving skills this week.

The ACT Foundation will be teaching teens and even teachers at KSS on Friday how to conduct CPR as well as use a defibrillator.

Executive Director Sandra Clarke says there is a specific reason why they want the younger generation trained.

"We're ensuring all youth receive this live saving training for free and all of them receive it. That way we're empowering our youth and future generation. So eventually we will see everyone trained on how to save lives. It's a remarkable program."

She says the students quite enjoy the training and it's something they can keep with them for life.

"When we talk to them after, they're so modest. They say I'm just doing what miss or sir told me to do. By ensuring that young people are learning CPR and how to use a defibrillator in secondary school it becomes a life skill, it becomes natural."

All students will walk away with training certificates.

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