

# THE PETERBOROUGH EXAMINER

## **All Grade 9s to take CPR**

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In one rhythmic movement, about 20 students pushed on their dummies' chests. In between pushes, they counted out loud, and once they reached 30, they bent over and administered mouth-to-mouth resuscitation.

The students, from Adam Scott Collegiate on Hilliard Street, were demonstrating their CPR training to about 20 onlookers yesterday morning.

The demonstration followed an announcement that CPR certification will be a regular part of mandatory Grade 9 physical education for both school boards beginning this fall.

About 4,300 students will partake in the Advanced Coronary Treatment program, said Perpetua Quigley, from the ACT Foundation in Ottawa.

The program wouldn't exist without the community's involvement, she said.

Though it's a national program, she said, donations and partnerships from the community make the program self-sustaining.

The provincial government, the Trillium Foundation, Shoppers Drug Mart and Hydro One have all contributed to the program.

About 60 teachers from the public and Catholic school boards have been trained as CPR instructors, she said, "Many schools bring it into other grades as well," she said.

Judy Malfara, spokeswoman for the Kawartha Pine Ridge District School Board, said CPR training has always been available in some programs, such as outdoor education.

The new program will allow all Grade 9 students enrolled in physical education to get certified, she said.

Tim Moloney, principal at Holy Cross Secondary School, said his school has been taking advantage of the program for about three years. It's an invaluable, immeasurable skill to have, he said.

"Students take it very seriously," Moloney said. "Who knows when you're going to have to use it?" Grade 12 Adam Scott Collegiate students Andrea Thompson and Courtney Little both took the course as part of the school's outdoor education program.

Little said she first learned CPR when she took a babysitting course several years ago. When she received her training, she was told to check for a pulse at the wrist or neck, she said. During her training this year, she said, she was told to immediately start CPR and forego the pulse check if someone's not breathing.

"A lot has changed since I first took it," she said, adding it was good to receive a refresher course. Thompson said CPR is a skill that's useful to have.

The other day, she said, someone collapsed at her workplace.

Though she wasn't there at the time, she knows that she'd be able to help. "I feel much more confident, knowing I can help," she said.