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# The Valley VOICE

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## Mt Sentinel and LV Rogers students to be trained in CPR and AED use

by Jan McMurray

Students at Mt. Sentinel and LV Rogers Secondary Schools will soon be learning how to save lives with CPR and AEDs (automated external defibrillators).

On April 16, grade 10 phys ed and health teachers from the two schools were trained by paramedics to teach these skills to their students. The program is organized by the Advanced Coronary Treatment (ACT) Foundation, a national charitable organization.

"Our goal is to see every young person with the skills and knowledge to save a life," said ACT Executive Director Sandra Clarke in an interview.

Clarke explains that the ACT Foundation is contacting every public secondary school across Canada about the program. She says that because grade 10 Physical & Health Education is mandatory in BC, BC schools typically choose to have grade 10 Phys Ed & Health teachers trained to teach their students these life-saving skills. ACT arranges for the paramedics to train the

teachers, and raises the \$5,000-\$6,000 to purchase the training mannequins and AED training units, which they donate to each school.

Clarke says the students learn not only the skills of CPR and AED use, but also how to recognize the developing signs of heart attack and stroke, the importance of calling 911 right away, and what to do while waiting for the ambulance to arrive.

"We're urging the BC provincial government to put this in the curriculum," Clarke explains. "That's a very important step to ensuring it's being taught province-wide and being continued over the years." She adds that it has been included in the Quebec, Ontario and Manitoba high school curriculums.

Apparently, the training pays off. "We've had many successes throughout BC and across Canada," says Clarke, "and when we interview students who have saved lives with their training, they are very modest, and say they were just doing what they were taught to do. When

they learn young, it becomes a skill that they carry with them throughout their lives."

ACT has set up the program in 240 secondary schools in BC – that's 98% of them – with 46,000 students trained annually, so far. An impressive 460,000 BC students have already been trained in CPR.

"The schools love it; the teachers love it; and it's immediately relevant to the students. We're seeing amazing reception throughout BC and across Canada," Clarke says.

The training and equipment for the Mt. Sentinel / LVR session was provided thanks to ACT, British Columbia Emergency Health Services, AstraZeneca Canada, Sanofi Canada, Amgen Canada, Apex Geoscience Consulting, CIBC Wood Gundy Nelson, Kalesnikoff Lumber Co. Ltd., Kootenay Stocan Lions Club, L.V. Rogers Secondary School Parent Advisory Committee, Nelson & District Credit Union, RHC Insurance and the Rotary Club of Nelson.



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