



Educational Program Plan

Program Name: Safety And First Aid Education (S.A.F.E.)

Department/Focus Area: Educational

Summary: Training in safety, first aid and CPR to prepare people of all ages in emergency and non-emergency situations.

Prepared By: The Program Team of the Strategic Planning Task Force

TABLE OF CONTENTS

1	PROGRAM DESCRIPTION	3
2	INTENTIONS.....	3
2.1	GOALS.....	3
2.2	OBJECTIVES.....	3
3	AGE GROUP BREAKDOWN	4
3.1	AGE GROUP 1 – 5 TO 8 YEAR OLDS	4
3.2	AGE GROUP 2 – 8 TO 10 YEAR OLDS	4
3.3	AGE GROUP 3 – 11 TO 14 YEAR OLDS	4
3.4	AGE GROUP 4 - TEENS TO ADULTS.....	4
4	PROGRAM CONTENT	4
4.1	F.A.C.T. FOR AGES 5 TO 8 YEAR OLDS.....	4 <small>ERROR! BOOKMARK NOT DEFINED.</small>
4.2	B.A.T. FOR AGES 8 TO 10 YEAR OLDS.....	4
4.3	BABYSITTING TRAINING FOR AGES 11 TO 14 YEAR OLDS.....	5
4.4	FIRST AID/CPR FOR TEENS TO ADULTS.....	5
4.5	SPORTS SAFETY TRAINING FOR TEENS TO ADULTS.....	5
5	PROGRAM REQUIREMENTS.....	5
5.1	THE F.A.C.T. CLASS	5
5.2	THE B.A.T. CLASS	6
5.3	THE BABYSITTING TRAINING CLASS	6
5.4	FIRST AID AND CPR CLASS.....	6
5.5	THE SPORTS SAFETY TRAINING CLASS.....	6
6	RESOURCE LIST	7
7	SUGGESTED IMPLEMENTATION.....	7
8	FREQUENTLY ASKED QUESTIONS	8
9	MISCELLANEOUS NOTES	9

1 PROGRAM DESCRIPTION

This program is designed to teach life saving techniques and injury management to a wide range of ages. The American Red Cross CPR and First Aid training classes will be the primary focus. Certification is available.

2 INTENTIONS

2.1 GOALS

- ⑧ To educate Sokol members and non-members of the community at all age levels in valuable lifesaving skills and knowledge to respond to emergency and non-emergency situations utilizing the American Red Cross programs.
- ⑧ Instill an ongoing safety awareness and proactive injury prevention attitude in every Sokol Unit.

2.2 OBJECTIVES

- ⑧ To have qualified/certified trainers to conduct all classes to ensure desired quality.
- ⑧ To provide classes for all age levels.
- ⑧ To provide Sokol Units with information about the American Red Cross programs applicable to the S.A.F.E. Program.
- ⑧ To provide Sokol Units with resource information for materials available through the American Red Cross.
- ⑧ To provide the opportunity to become certified where applicable.
- ⑧ To have instructors in other existing programs become more safety conscious.

3 AGE GROUP BREAKDOWN

Based on the American Red Cross Programs the following age groups will be used to incorporate the various classes within the S.A.F.E. Program

- 3.1 AGE GROUP 1 – 5 to 8 year olds**
- 3.2 AGE GROUP 2 – 8 to 10 year olds**
- 3.3 AGE GROUP 3 – 11 to 14 year olds**
- 3.4 AGE GROUP 4 – Teens to Adults**

4 PROGRAM CONTENT

4.1 F.A.C.T. (First Aid for Children Today) for ages 5 to 8 years old

This class may be conducted by any responsible adult who has completed the leader kit. This class will lead children through health promotion and injury prevention activities that are age appropriate. Its environmental theme teaches safety in a non-threatening way.

- Topics will include:
- * Hygiene and Health Habits
 - * First Aid
 - * Personal Safety
 - * Injury Prevention

4.2 B.A.T. (Basic Aid Training) for ages 8 to 10 years old

This class may be conducted by any responsible adult who has completed the leader kit. This introduces children to the emergency action steps, Check, Call, Care and basic first aid procedures. An activity book with puzzles and games teaches them how to prevent injuries and what to do in an emergency.

4.3 Babysitting Training for ages 11 to 14 years old

This class is conducted by a certified Red Cross instructor. This class offers an interactive, educational format that tasks the youth with activities such as identifying safety problems around the house and yard and selecting appropriate toys and games for children in their care. Participants learn by doing. This format along with course video and enthusiastic American Red Cross certified instructor, keeps the interest of the babysitters and provides a meaningful classroom experience.

4.4 First Aid/ CPR for teenagers to adults

This class is conducted by a certified Red Cross instructor. This class combines lectures, demonstrations, and video with hands-on training and practice. Participants learn to recognize and respond to emergencies including shock, cardiac and breathing emergencies for adults, children and infants, heat and cold emergencies, sudden illnesses and poisonings. Additionally they will learn first aid for everything from cuts and scrapes to muscle, bone and joint injuries.

4.5 Sports Safety Training for ages teens to adults

This class is conducted by a certified Red Cross instructor. This class is ideal for coaches, athletes or parents of an athlete. This course covers sports-related injury prevention, first aid care and Adult CPR. An optional Child CPR Course can also be added.

5 PROGRAM REQUIREMENTS

5.1 The F.A.C.T. Class

- Participants must meet age requirements
- Instructor must have completed the Leader Kit
- Approximately 10 – 14 hours of class time
- Materials available through the American Red Cross Program

5.2 The B.A.T. Class

- Participants must meet age requirements
- Instructor must have completed the Leader Kit
- Approximately 6 hours of class time
- Materials available through the American Red Cross Program

5.3 The Babysitting Training Class

- Participants must meet age requirements
- Instructor must be certified by the American Red Cross
- Approximately 6 hours of class time
- Materials provided by the American Red Cross Program
- Participants will receive a certification upon successful completion of this class

5.4 The First Aid and CPR Class

- Participants must be teens or adults
- Instructor must be certified by the American Red Cross
- Approximately 6-10 hours of class time
- Materials provided by the American Red Cross Program
- Participants will receive a certification upon successful completion of this class

5.5 The Sports Safety Training Class

- Participants must be teens or adults
- Instructor must be certified by the American Red Cross
- Approximately 6-7 hours of class time
- Materials provided by the American Red Cross Program
- Participants will receive a certification upon successful completion of this class

6 RESOURCE LIST

Specialty	Name	Contact Information
	American Red Cross	Local Chapter
	Program Team Members	Available through the American Sokol Office

7 SUGGESTED IMPLEMENTATION

- ⑧ Start the F.A.C.T and B.A.T. programs by inviting all members interested in becoming leaders/instructors to a meeting to discuss the program. Include the Educational Director and maybe even a local Red Cross representative to help facilitate the discussion and explain what is necessary.
- ⑧ Select interested/qualified members to teach the F.A.C.T. and B.A.T. Programs for the children. Instructors must complete the leaders' kit prior to being eligible to teach the classes. A teaching/parenting and first aid/ medical background may be helpful, but not necessary.
- ⑧ The F.A.C.T. class should meet once a week for 6 weeks for one hour each time.
- ⑧ The B.A.T. class should meet once or twice a week for 6-12 weeks for one hour each time.
- ⑧ Offer each class on a continuous basis, i.e. quarterly, but minimally once a year. Not all classes have to run simultaneously.
- ⑧ Offer some of the Adult classes on the children's gym night to get parents to attend them.

- ⑧ Offer the children's classes on a non-gym night to avoid conflicts.
- ⑧ Find an instructor for the Teen and Adult classes, either by contacting your local American Red Cross (ARC) office or have interested/qualified members take the ARC class to become certified to teach the appropriate class.
- ⑧ If a class doesn't fill up or get much interest, don't discard it. Try a different day or time or later on in the year.
- ⑧ Instructors should record a review of the course including what did or did not work. This review will indicate how successful the students were in reaching the goals. This can be turned into the National Sokol Office (possibly a National Program Director) and/ or the American Red Cross where applicable.

8 FREQUENTLY ASKED QUESTIONS

Question	Answer
1) How do we start?	1) A packet of material will be mailed to each Sokol Unit. It will have all the information you need.
2) What do we do if we can't find anyone to teach these classes?	2) For certification classes, someone from the local American Red Cross chapter can teach the class for you. Some programs take no previous experience or certification and can be run by your members. Speak with a few of the parents, one on one, explaining the benefits of the program to see if you can get one of them to run the class for you. Make sure you have enthusiastic instructors who will make the class fun and educational. Also interested members can take the certification class to become instructors.

<p>3) Is there a charge for these classes and/or materials?</p>	<p>3) There is a standard charge for the programs that each Unit can add to their fees. You should charge enough to cover the cost of books and materials. The ARC fee includes materials/books needed for that course.</p>
<p>4) Do we have to follow the Programs in the books? Can we copy books?</p>	<p>4) These are copyrighted ARC programs that cannot be altered, changed or reproduced.</p>
<p>5) Once we offer a program to a child or adult are they finished with the S.A.F.E. Program?</p>	<p>5) A child can retake the same program if the parent so desires them to, however they cannot take the next program until they are age eligible. An adult has a choice of several different classes within the S.A.F.E. Program. They will also need to retake the class in order to keep their certification current.</p>

9 MISCELLANEOUS NOTES

We have established a National Partnership with the American Red Cross. This will help to standardize cost of the classes across the country, get us volume purchase discounts, and instructor certification of our own Sokol members. We will establish a National Account Network and provide the American Red Cross with a Sokol Administration Chapter location (probably in the Chicago area) and sites of all of our Units. Please contact the American Sokol office for information or with any additional questions.