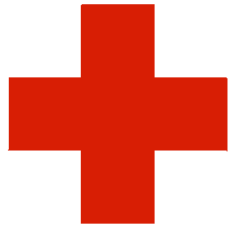


Delaware and Maryland's Eastern Shore Course Schedule

Educating our Community
with Preparedness Training



**American
Red Cross**
of the Delmarva Peninsula

Check our website for online registration
www.redcrossdelmarva.org

The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies.

Sponsored by
AstraZeneca 

JANUARY THROUGH JUNE 2011

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NEW! Online Training

The American Red Cross of the Delmarva Peninsula offers a new Red Cross Online Training called blended learning. Now you can learn CPR, AED, Universal Precautions and other classes at your own pace and on your own time – online!

Red Cross Online Training can be accessed from any computer with an Internet connection. That means classes are available seven days a week. The online classes offer written instruction, illustrations, photographs and videos to provide a well-rounded learning experience.

For blended learning courses, students will be required to attend a separate skill session for certification. The skill session is much shorter than a traditional class and provides an opportunity for students to practice the skills they have learned under the guidance of a Red Cross authorized instructor.

Office Locations

100 West 10th St., Suite 501
Wilmington, DE 19801

207 Blue Ball Ave.
Elkton, MD 21921

1505 Emerson Ave
Salisbury, MD 21801

1-800-777-6620

General Information

4 Easy Ways to Register!

Advance registration and payment is required.
Registration is on a first-come, first served basis.



Online

www.redcrossdelmarva.org
Click on Get Trained, Community Education



Mail

Payment and registration form to:
Red Cross / Health Services
100 W. 10th St., Suite 501
Wilmington, DE 19801



Phone

Call 1-800-777-6620 Option # 2
Monday through Friday
8:30am - 4:30pm



In Person

Bring payment to our office:
Monday through Friday
8:30am - 4:30pm

You must register directly through Chesapeake College and Cecil Community College Elkton Center for all courses conducted at their campus locations. Students not residing in MD will be charged an out of state fee.

What To Expect In Class

- Dress comfortably. Slacks are recommended.
- Course certificates will not be given to anyone arriving late or leaving early.
- Duration of a course may increase if that course extends over a meal period. **Red Cross does not provide meals or snacks.**
- For multi-part courses, attendance at all sessions is necessary to receive a certificate.
- Participants must achieve a score of at least 80% on written tests and successfully demonstrate all skills, or you may opt to audit the course for the same fee.
- Failure to attend or successfully complete course requirements will **not** result in a refund of payment.
- If you require accommodations due to disability, please contact your local office **prior** to registration.

American Red Cross of the Delmarva Peninsula reserves the right to cancel any course due to insufficient registration or inclement weather. **Please ensure that you provide a day and evening contact number as well as an email address should it be necessary for us to contact you.**

Payment Information

Payment for registration is required, in advance, at your local office 3 days prior to class date.

Payment types accepted:

- Cash
(Do not send cash in the mail)
- Money order
- Checks payable to: American Red Cross.
- VISA, MasterCard, American Express, Discover
(Include: account number, expiration date **and the name as it appears on credit card**)

NEW Transfer / Drop Policy

Refunds will not be given to those who:

- Fail the course
- Do not attend the course
- Refunds will not be given to anyone who fails to meet the prerequisites for any class

Cancellation/ Transfer Penalties

If cancellation/transfer occurs:
2 weeks prior to class
1 week prior to class
2 days prior to class

The Drop fee is:
10% of class fee
25% of class fee
50% of class fee

To cancel or transfer your registration with no penalty, notify your local office at least 10 business days before scheduled class.

Allow four to six weeks for processing refunds

For Lost or Missing Certificates

- Submit name/date/location of course
- Provide \$10 processing fee, per class, to local office

Returned Check Policy

- A \$25.00 fee will be assessed

Course Facilities

DELAWARE

Kent County

Central Delaware YMCA & Aquatic Center
1137 South State St., Dover

Milford VFW
77 Veterans Circle, Milford

New Castle County

Wilmington Office
100 West 10th St., Suite 501, Wilmington

Brandywine YMCA
3 Mt. Lebanon Rd., Wilmington

Christiana Presbyterian Church
15 N. Old Baltimore Pike, Christiana

Edgemoor Community Center
500 Duncan Rd., Wilmington

Glasgow Medical Center
2600 Summit Bridge Rd. Suite 209, Newark

Handloff Park
1000 Barksdale Rd., Newark

Nemours/A.I. DuPont Hospital for Children
1600 Rockland Road, Wilmington

New Castle County

Middletown Public Works
431 Haveg Rd., Middletown

Police Athletic League of Hockessin
7259 Lancaster Pike, Hockessin

Western Family YMCA
2600 Kirkwood Hwy., Newark

Windsor Place
6677 Lancaster Pike, Hockessin

Sussex County

Doggies on the Beach
18806 John J. Williams Highway, Rehoboth

Dr. Lorraine Wray Aquatic Center
20346 Ennis Road, Georgetown

Millsboro Public Library
217 W. State Street, Millsboro

Sussex Family YMCA
20080 Church St., Rehoboth Beach

MARYLAND

Caroline County

Campe Mardela
301 Deep Shore Road, Denton

Caroline County Health Department
403 S. 7th Street, Denton

Cecil County

Chesapeake City VFW
304 Basil Avenue, Chesapeake City

Elkton Office
207 Blue Ball Ave., Elkton

Cecil Community College
107 Railroad Avenue, Elkton
(410) 392-3366 *Must call college to register*

Dorchester County

Eastern Shore Area Health Education Center
814 Chesapeake Drive, Cambridge

Kent County

Kent County United Way
819 High Street, Chestertown

Queen Anne's County

Kent Island United Methodist Church
2739 Cox Neck Rd., Chester

Safe Harbor Presbyterian Church
931 Love Point Road, Stevensville

Talbot County

Talbot County YMCA
202 Peachblossom Ave., Easton

St. Marks United Methodist Church
100 Peachblossom Road, Easton

For more courses offered in Dorchester, Talbot and Queen Anne's counties in Maryland, please contact Chesapeake College.

**Chesapeake College Wye Mills Campus
1000 College Circle, Wye Mills
(410) 822-5400**

Course Descriptions

First Aid and CPR Courses

FIRST AID (only) ** \$45 (4 HRS)

(See Page 12)

Learn basic disease transmission precautions and emergency care for bleeding, splinting and other first aid emergencies. Meets Occupational Safety and Health Administration (OSHA) requirements for First Aid.

Certificate: First Aid (2 years)

ADULT CPR ** \$45 (4 HRS)

(See Page 12, 13)

Learn to recognize and care for breathing and cardiac emergencies in victims ages 12 to adult. Includes Adult CPR, basic precautions for preventing disease transmission, rescue breathing and care for a choking victim.

Certificate: Adult CPR (2 years)

ADULT CPR/AED ** \$50 (4.5 HRS)

(See Page 13, 14)

Learn to recognize and care for breathing and cardiac emergencies in victims ages 12 to adult. Teaches the basics of Automated External Defibrillation, including the rationale for early defibrillation and the role of CPR in cardiac arrest situations. Includes information about precautions to take when using an AED, what defibrillation is, how it works and troubleshooting for special situations. Includes Adult CPR and basic precautions for preventing disease transmission.

Certificate: Adult CPR/AED (2 years)

ADULT CPR AND FIRST AID ** \$60 (6 HRS)

(See Page 14)

Learn to recognize and care for breathing and cardiac emergencies in victims ages 12 to adult. Includes Adult CPR, basic precautions for preventing disease transmission and emergency care for conscious choking, bleeding, splinting and other first aid emergencies. Meets OSHA requirements for First Aid.

Certificates: Adult CPR (2 years), First Aid (2 years)

ADULT CPR/AED AND FIRST AID ** \$70 (7 HRS)

(See Page 15)

Learn to recognize and care for breathing and cardiac emergencies in victims ages 12 to adult. Includes Adult CPR, basic precautions for preventing disease transmission and emergency care for conscious choking, bleeding, splinting and other first aid emergencies. Teaches the basics of Automated External Defibrillation and includes information about precautions to take when using an AED, what defibrillation is, how it works and troubleshooting for special situations. Meets OSHA requirements for First Aid.

Certificates: Adult CPR/AED (2 years), First Aid (2 years)

ADULT, INFANT AND CHILD CPR ** \$60 (7 HRS)

(See Page 15, 16)

Learn to recognize and care for breathing and cardiac emergencies in infants, children and adults. Includes Adult, Infant, Child CPR and basic precautions for preventing disease transmission .

Certificates: Adult, Infant, Child CPR (2 years)

ADULT, INFANT, CHILD CPR AND FIRST AID ** \$70 (8 HRS)

(See Page 16)

Learn to recognize and care for breathing and cardiac emergencies, sudden illness, and injuries in infants, children and adults with instruction on emergency care for choking, bleeding, splinting and other first aid emergencies. Includes Adult, Infant, Child CPR and basic precautions for preventing disease transmission. Meets OSHA requirements for First Aid.

Certificates: Adult, Infant and Child CPR (2 years), Standard First Aid (2 years)

ADULT AND CHILD CPR ** \$55 (6 HRS)

(See Page 17)

Learn to recognize and care for breathing and cardiac emergencies in victims ages 1 to adult. Includes Adult and Child CPR, basic precautions for preventing disease transmission, child rescue breathing and care for a choking victim.

Certificate: Adult and Child CPR (2 years)

ADULT AND CHILD CPR/AED ** \$60 (7 HRS)

(See Page 17)

Learn to recognize and care for breathing and cardiac emergencies in victims ages 1 to adult. Teaches the basics of Automated External Defibrillation, including the rationale for early defibrillation and the role of CPR in cardiac arrest situations. Includes information about precautions to take when using an AED, what defibrillation is, how it works and troubleshooting for special situations. Includes Adult /Child CPR and basic precautions for preventing disease transmission.

Certificate: Adult and Child CPR/AED (2 years)

**** These courses are available online**

Course Descriptions

First Aid and CPR Courses

INFANT AND CHILD CPR ** \$55 (6 HRS)

(See Page 18)

Learn to care for breathing and cardiac emergencies with infants and children under the age of 12. Infant and Child CPR and basic precautions for preventing disease transmission.

Certificate: Infant and Child CPR (2 years)

INFANT AND CHILD CPR AND FIRST AID ** \$65 (8 HRS)

(See Page 18, 19)

Learn to recognize and care for breathing and cardiac emergencies, sudden illness, choking, bleeding, splinting and other First Aid emergencies with infants and children under the age of 8 years old. Course meets Delaware/Maryland childcare licensing requirements and meets OSHA requirements for First Aid.

Certificates: Infant and Child CPR (2 years), First Aid (2 years)

Adult, Child CPR/AED and Infant CPR and First Aid ** \$80 (9 HRS)

(See Page 19)

Identify how to respond to emergency situations by checking to see if it is safe to intervene. Identify how to reduce the risk and recognize the signals of a heart attack and provide care to reduce the chance of cardiac arrest. Learn how to care for an infant or child who stops breathing. Learn how to care for an adult, infant, or child who is choking, both conscious and unconscious, or needs CPR. Learn how to control bleeding, care for burns, and how to care for non life-threatening emergencies such as a strains, sprains, or fractures, and sudden illness. Identify how to use your community's emergency medical services (EMS) system effectively. This course also teaches the basics of Automated External Defibrillation and includes information about precautions to take when using an AED, what defibrillation is, how it works and troubleshooting for special situations.

Certificate: Adult and child CPR/AED Plus infant CPR (2 years) First Aid (2 years)

Wilderness and Remote First Aid \$130 (16 HR)

(See Page 19)

Wilderness and Remote First Aid is dedicated to teaching life-saving skills when help is delayed. This course is designed for Scouts, outdoor enthusiasts and those who work in remote environments; many parts of the class are conducted outside to give participants a real-life feel. This course provides training on head, neck and back injuries, heat-related emergencies, altitude sickness, bone and joint injuries and many more life-threatening conditions.

Prerequisite: Must be at least 14 years old and be currently certified in Adult CPR/AED

Presentations

SCRUBBY BEAR (30 MIN)

Scrubby Bear is a children's hygiene presentation. Its purpose is to teach children ages 4 to 7 years old how germs are spread, how to prevent the spread of disease and how to properly wash their hands.

COMMUNITY DISASTER EDUCATION FREE FOR GROUPS OF 10 OR MORE (1 HR)

Community Disaster Education provides public awareness and knowledge that helps people prevent, prepare for and respond to emergencies. Through this presentation, you can learn how to make your family and community safe in uncertain times and tackle any disaster that comes your way.

Call 1-800-777-6620 to schedule a class

Online Registration for Community Classes American Red Cross Learning Center

An easy way to register for your Red Cross classes!! Go to our website www.redcrossdelmarva.org and click on Get trained/Community education. Type in your zip code, select the type of class and date you wish to take. When the map appears click on the location that you would like and follow the directions for registration. You will receive an email confirmation and are automatically registered for the class. Directions are available online to all of our sites.

Course Descriptions

The American Red Cross has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102.

Here's how to apply and pay for your CEUs:

Go to RedCrossstore.org

You will need the following to select the appropriate CEU

- Course name
- Course date
- Instructor
- Location of course

Select the CEU for the course and pay the fee. Upon successful verification of course completion, the CEU certificate will be emailed to you from National Headquarters within four weeks. A hard copy is available on request

Specialty Course

Bloodborne Pathogens Training (Universal Precautions) \$30 is available online only. For details check our website www.redcrossdelmarva.org - click on Get Trained- Community Education- Online Training”

This course is dedicated to teaching how bloodborne pathogens are spread and how to recognize and prevent potential exposures by using work practice and engineering controls, as well as personal protective equipment.

*This course is also available with specific components for tattoo artists.

FIRST AID FOR COACHES \$45 is available online only. First Aid for Coaches, a component of Sport Safety Training, is a Web-based course developed by the American Red Cross of Greater Indianapolis and the United States Olympic Committee. The course teaches American Red Cross first aid in the context of sport and the prevention of sport-related injuries. The participant will learn about becoming a more responsible coach and safely returning the athlete to play. The course will take four hours.

Course participants will receive the Sport Safety Training handbook, a user-friendly quick reference tool that can be placed in a first aid kit for easy access in an emergency, along with the certification, valid for 3 years, from the Red Cross of the Delmarva Peninsula.

Professional Level Course

CPR/AED FOR THE PROFESSIONAL RESCUER AND HEALTHCARE PROVIDER (2 year certification) \$85 (8.5 HRS)

(See Page 20)

Teaches those with a duty to respond, the skills needed to appropriately care for breathing and cardiac emergencies in infants, children and adults. Learn Automated External Defibrillation, 2-person CPR, the use of a Bag Valve Mask and Pocket Mask. This course is not applicable for lifeguards. Does not meet the requirements for lifeguards.

Prerequisites: None

Certificate: CPR/AED for the Professional Rescuer and Healthcare Provider (2 years)

Course Descriptions

Aquatics and Youth Courses

BABYSITTER'S TRAINING \$50 (6.5 HRS)

(See Page 21)

Babysitter's Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to care for children and infants, be good leaders and role models, make good decisions and solve problems, keep the children they baby-sit and themselves safe, handle emergencies such as injuries, illnesses and household accidents. Students will receive a handbook packed with information and full-color skill sheets; a compact emergency reference guide; and an interactive CD-ROM.

Recommended : ages 11-15 yrs old to participate in this course **Certificate:** Babysitter's Training (has attended)

LIFEGUARD TRAINING w/AED \$200 (32 HRS)

Prepares lifeguard candidates in the skills and knowledge necessary to respond to aquatic emergencies, including First Aid and CPR/AED for the Lifeguard with a focus on decision-making, escape techniques, and backboard techniques. Prerequisites: Candidates must provide proof that they will be 15 years old before course completion.

Must be able to pass pre-course test: swim 300 yd continuously, using 200 yd of freestyle with rhythmic breathing and propellant kick and 100yd of breaststroke. Must swim 20yd using front crawl or breaststroke, dive 7-10ft, retrieve 10lb object, return to surface, swim 20yd back to starting point, exit the pool without using ladder or steps in 1 minute 40 seconds. Participant's face must stay above water and object must be held above water with both hands.

Certificates: Lifeguard Training and First Aid (3 years), CPR/AED for the Lifeguard (1 year).

Call 1-800-777-6620 to inquire about a class

LEARN TO SWIM

The Learn-to-Swim Program is divided into six course levels. Students receive instruction on specific topics at each level in order to prepare for advancement to the subsequent levels of the program. Students learn to orient to the aquatic environment, fundamental aquatic motion and safety skills, swimming skill competency, stroke refinement, rescue skills and lifetime fitness skills. Levels I through VI of the Learn-to-Swim program are available by contacting your local community site:

Jewish Community Center
Wilmington, DE (302) 478-5660

Fraim Boys & Girls Club
Wilmington, DE (302) 655-4591

Dr. Lorraine Wray Aquatics Center
Georgetown, DE (302) 856-1905
"Swim lessons given only in the fall"

Dorchester County YMCA
Cambridge, MD (410) 228-0505

Milford Parks and Recreation
Milford, DE (302) 422-1104

Caroline County Parks and Recreation
Denton, MD (410) 479-3721

Dorchester County Parks and Recreation
Cambridge, MD (410) 228-5578

Talbot County YMCA
Easton, MD (410) 822-0566

St. Andrews School
Middletown, DE (302) 378-9511

Plantations Resort
Lewes, DE (302) 645-1291

Queen Anne's County Recreation and Parks
Centerville, MD (410) 758-0835

Talbot County Parks and Recreation
Easton, MD (410) 770-8050



Course Descriptions

Review Courses

ADULT CPR REVIEW \$25 (2 HRS)	(See Page 21, 22)
ADULT CPR/AED REVIEW \$30 (2.5 HRS)	(See Page 22)
ADULT CPR AND FIRST AID REVIEW \$ 35 (3 HRS)	(See Page 22)
ADULT/INFANT/CHILD CPR REVIEW \$45 (4 HRS)	(See Page 23)
INFANT/CHILD CPR REVIEW \$35 (3 HRS)	(See Page 23)
FIRST AID REVIEW \$ 25 (2 HRS)	(See Page 23, 24)
ADULT, INFANT AND CHILD CPR AND FIRST AID REVIEW \$50 (5 HRS)	(See Page 24)
CPR/AED FOR LIFEGUARDS REVIEW \$55 (5 HRS)	(See Page 24, 25)
CPR/ AED FOR THE PROFESSIONAL RESCUER AND HEALTH CARE PROVIDER \$ 55 (5 HRS)	(See Page 25)

Participants must bring their textbooks (and pocket masks for the Professional Rescuer Review or CPR/AED for Lifeguards Review) to class. If you do not have these materials, you must purchase them prior to class.

Challenge Courses

Adult CPR Challenge \$25 (1HR)	(See Page 26)
Adult, Infant and Child CPR Challenge \$30 (2 HRS)	(See Page 26)
Adult, Infant and Child CPR and First Aid Challenge \$35 (3 HRS)	(See Page 26)
CPR/AED for the Professional Rescuer and Health Care Provider Challenge \$40 (3HRS)	(See Page 26)

Pet First Aid

DOG AND CAT FIRST AID \$45 (4 HRS) (See Page 27)

The purpose of this presentation is to teach participants how to be prepared for emergencies that involve a cat or dog and how to protect themselves and the animal from further harm, injury or suffering during emergencies by teaching prompt, effective first aid actions and care. The participants will use realistic dog and cat manikins for skills practice.

DO NOT BRING YOUR PET TO CLASS

Certificate: Dog and Cat First Aid (optional)

Instructor Level Courses

Knowledge of basic course content and skills are necessary before taking instructor level courses.

Reimbursement Program: Ask about the reimbursement program for your instructor specialty course in return for teaching as a volunteer for the Red Cross chapter organized courses.

FUNDAMENTALS OF INSTRUCTOR TRAINING (FIT) \$25 (5.5 HRS) (See Page 27)

Must complete this course before taking any instructor course.

Participants will learn to facilitate discussions, teach psychomotor skills, provide appropriate feedback, assess progress and give written examinations. Also includes instruction on Red Cross mission, local Red Cross Chapter issues and quality instructional standards.

Prerequisites: None **Certificate:** Fundamentals of Instructor Training (1year)

You may qualify for self study! Contact your local office for more details.

Course Descriptions

Instructor Level Courses

LAY RESPONDER FIRST AID/CPR/AED INSTRUCTOR \$255 (20 HRS)

(See Page 28)

Learn to teach First Aid, Infant, Child and Adult CPR and Automated External Defibrillation

Prerequisites: Must be at least 16 years of age. Must bring proof that you have successfully completed FIT course (see above) or proof that you are a currently certified instructor. Demonstrate knowledge of First Aid, Infant, Child and Adult CPR and AED basic course skills and information. *Successfully complete pre-course skills and knowledge test.* Obtain the (4) participant level texts from your local office to study for the pre-test.

Certificate: Lay Responder First Aid/CPR/AED Instructor

BABYSITTER'S TRAINING INSTRUCTOR \$80 (10 HRS)

Learn to teach Babysitter's Training course to children between the ages of 11-15 years old, teaching them problem solving techniques and care-giving skills.

Prerequisites: Must be at least 17 years of age. Must bring proof that you have successfully completed FIT course (see above) or proof that you are a currently certified instructor. Must know choking, rescue breathing for infant and child, and be fully familiar with the basic Babysitter's Training course information. *Successfully complete basic skills and knowledge pre-course test.* Obtain the *Babysitter's Training Handbook* for study for the pre-test.

Certificate: Babysitter's Training Instructor

Call 1-800-777-6620 to schedule a class

CPR/AED FOR THE PROFESSIONAL RESCUER AND HEALTH CARE PROVIDER INSTRUCTOR BRIDGE \$55 (4 HRS)

(See Page 28)

Learn to teach Adult, Infant, and Child CPR to the Professional Rescuer, two person CPR, Bag-Valve-Mask, and Automated External Defibrillation.

Prerequisite: Must be at least 17 years of age. *You must bring proof that you are a currently authorized American Red Cross FA/CPR/AED Instructor.* Demonstrate the skills and knowledge required for CPR/AED for the Professional Rescuer by successfully completing the pre-course written and skills test.

You may pick up the participant level text from your local office to study for the challenge.

Certificate: CPR/AED for the Professional Rescuer and Health Care Instructor

Call 1-800-777-6620 for details

CPR/AED FOR THE PROFESSIONAL RESCUER AND HEALTH CARE PROVIDER INSTRUCTOR \$300 (18 HRS)

(See Page 28)

Learn how to teach the course for people with a duty to respond, the skills needed to appropriately care for breathing and cardiac emergencies for infants, children and adults. Learn how to teach automated external defibrillation, 2-person CPR, the use of a Bag Valve Mask and Pocket Mask. This Instructor course offers dual authorization in both CPR/AED for the Professional Rescuer and Lay Responder First Aid CPR/AED .

Prerequisites: 17 years of age. All CPR/AED for the Professional Rescuer skills will be tested at the beginning of the class along with a written test. Anyone not passing this challenge will forfeit the fee and will not proceed to the instructor course. It is highly recommended that the participant manuals be obtained before the start of class

Certificate: CPR/AED for the Professional Rescuer and Health Care Instructor and Lay Responder First Aid /CPR/AED Instructor

BABYSITTER'S TRAINING INSTRUCTOR BRIDGE \$55 (5 HRS)

Learn to teach young participants from age 11 – 15 the knowledge and skills to care for infants and school age children. Learn to give participants confidence required to baby-sit in an exciting, new, activity based format that addresses safety issues, prevention of injuries and illness, basic childcare, first aid, decision-making skills and age appropriate behavior and play.

Prerequisites: **Must be a currently certified American Red Cross Instructor.** Must be fully familiar with the basic Babysitter's Training course information. *Successfully complete basic skills and knowledge pre-course test.*

Certificate: Babysitter's Training Instructor

Course Descriptions

Instructor Level Courses

LIFEGUARDING INSTRUCTOR (INCLUDES AED, O2, BBP) \$255 (27HRS)

Learn to teach the Lifeguard Training course, including First Aid, CPR/AED for the Professional Rescuer and Health Care, AED Essentials, Emergency Oxygen Administration, Bloodborne Pathogens Training, and Community Water Safety.

Prerequisites: Must be at least 17 years of age. Must bring proof that you have successfully completed FIT course (see above) or proof that you are a current, certified instructor. *Must be able to pass the Swimming, Lifeguarding, First aid, and CPR-PR written and skills pre-course test.* Obtain Lifeguard Training text to prepare for the pre-test.

Certificates: Lifeguarding Instructor and CPR/AED for the Professional Rescuer and Health Care Provider Instructor

A \$50 administrative fee will be retained if the candidate fails the swimming test

WATER SAFETY INSTRUCTOR \$255 (30 HRS)

The ARC Water Safety instructor course provides instructor candidates the training needed to teach courses in the ARC Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions, and how to evaluate participant's progress. The new 2009 program will be presented.

Prerequisites: You must be at least 16 years of age by the last day of the class, hold a current Fundamentals of Instructor Training certificate or hold a current authorization as a ARC Health and Safety Instructor and successfully complete a test of swimming skills the first day of class

Certificate: Water Safety Instructor

A \$50 administrative fee will be retained if the candidate fails the swimming test

AMERICAN RED CROSS INSTRUCTOR CROSSOVER \$55 (4HRS)

(See Page 28)

This class is for American Heart Association Instructors who would like to become American Red Cross Instructors. The course consists of a pre-course exam to test your Health Care CPR knowledge and skills, information on how the American Red Cross conducts and presents its classes, administrative information needed to conduct American Red Cross classes and a final exam

Prerequisite: Must be a current American Heart Association Instructor, must take the Fundamentals of Instructor training classes which can be done as a self study.

Why Donate to the American Red Cross of the Delmarva Peninsula?

The American Red Cross provides assistance to people in need ... **free of charge** ... *every single day!* We respond to families affected by disasters – and assist military families during emergencies – 24 hours a day, 7 days a week, 365 days a year. Your contribution means a great deal to the organization ... but even more to the families who rely on the Red Cross to help them through some of the most difficult times of their lives. The American Red Cross is not a government agency – the generosity of the American public enables us to carry out our humanitarian mission. With your ongoing support we can continue to keep the Delmarva Peninsula strong through the following services:

- Disaster Relief Services
- Community Disaster Preparedness
- Armed Forces Emergency Services
- Training in Lifesaving Skills
- Lifeline Personal Medical Alert Program

Your financial and volunteer support allows us to continue to be there providing relief to people in crisis ... *Red Cross assistance is a gift to the community, from the community.*



For more information about donating to the American Red Cross of the Delmarva Peninsula, please call (800) 777-6620, visit www.redcrossdelmarva.org, or write to us at: American Red Cross of the Delmarva Peninsula, 100 W 10th Street, Suite 501, Wilmington DE 19801.

First Aid and CPR Courses

First Aid ** (only) \$45 (4 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 18	Tue	Sussex Family YMCA	1	5:00pm - 9:00pm	Sussex
Jan 22	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 1:00pm	Kent
Feb 10	Thu	Windsor Place Assisted Living	1	9:00am - 1:00pm	New Castle
Mar 20	Sun	Milford VFW	1	12:30pm - 4:30pm	Kent
Mar 22	Tue	American Red Cross- Wilmington Office	1	4:00pm - 8:00pm	New Castle
Apr 27	Wed	Sussex Family YMCA	1	5:00pm - 9:00pm	Sussex
May 17	Tue	American Red Cross- Wilmington Office	1	5:00pm - 9:00pm	New Castle
Jun 9	Thu	Windsor Place Assisted Living	1	9:00am - 1:00pm	New Castle
Jun 11	Sat	Sussex Family YMCA	1	9:00am - 1:00pm	Sussex

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 11	Tue	St. Mark's United Methodist Church	1	6:00pm - 10:00pm	Talbot
Jan 11	Tue	American Red Cross- Elkton Office	1	4:00pm - 8:00pm	Cecil
Feb 8	Tue	Caroline County Health Department	1	5:00pm - 9:00pm	Caroline
Mar 2	Wed	St. Mark's United Methodist Church	1	5:30pm - 9:30pm	Talbot
Apr 6	Wed	Kent County United Way	1	6:00pm - 10:00pm	Kent
Apr 15	Fri	American Red Cross- Elkton Office	1	9:00am - 1:00pm	Cecil
May 17	Tue	YMCA of Talbot County	1	5:30pm - 9:30pm	Talbot
May 18	Wed	Kent County United Way	1	6:00pm - 10:00pm	Kent
Jun 7	Tue	St. Mark's United Methodist Church	1	5:30pm - 9:30pm	Talbot

Adult CPR ** \$45 (4 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 5	Wed	American Red Cross- Wilmington Office	1	4:30pm - 8:30pm	New Castle
Jan 8	Sat	Sussex Family YMCA	1	9:00am - 1:00pm	Sussex
Jan 16	Sun	Milford VFW	1	12:30pm - 4:30pm	Kent
Feb 1	Tue	Edgemoor Community Center	1	9:00am - 1:00pm	New Castle
Feb 26	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 1:00pm	Kent
Mar 5	Sat	Brandywine YMCA	1	9:00am - 1:00pm	New Castle
Apr 7	Thu	American Red Cross- Wilmington Office	1	4:30pm - 8:30pm	New Castle
Apr 9	Sat	Sussex Family YMCA	1	9:00am - 1:00pm	Sussex
May 4	Wed	Edgemoor Community Center	1	9:00am - 1:00pm	New Castle
Jun 3	Fri	American Red Cross- Wilmington Office	1	9:00am - 1:00pm	New Castle
Jun 4	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 1:00pm	Kent
Jun 22	Wed	American Red Cross- Wilmington Office	1	4:30pm - 8:30pm	New Castle

** These courses are available online

Adult CPR ** \$45 (4 HRS)

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 20	Thu	American Red Cross- Elkton Office	1	9:00am - 1:00pm	Cecil
Jan 29	Sat	St. Mark's United Methodist Church	1	9:00am - 1:00pm	Talbot
Feb 12	Sat	Kent County United Way	1	8:30am - 12:30pm	Kent
Feb 16	Wed	Kent County United Way	1	5:30pm - 9:30pm	Kent
Feb 17	Thu	American Red Cross- Elkton Office	1	4:30pm - 8:30pm	Cecil
Feb 26	Sat	Kent Island United Methodist Church	1	9:00am - 1:00pm	Queen Anne's
Mar 10	Thu	Kent County United Way	1	5:30pm - 9:30pm	Kent
Mar 16	Wed	Chesapeake City VFW	1	12:00pm - 4:00pm	Cecil
Apr 2	Sat	Kent County United Way	1	8:30am - 12:30pm	Kent
Apr 15	Fri	Caroline County Health Department	1	9:00am - 1:00pm	Caroline
Apr 19	Tue	American Red Cross- Elkton Office	1	9:00am - 1:00pm	Cecil
May 4	Wed	YMCA of Talbot County	1	5:30pm - 9:30pm	Talbot
May 14	Sat	Kent County United Way	1	8:30am - 12:30pm	Kent
May 19	Thu	American Red Cross- Elkton Office	1	4:30pm - 8:30pm	Cecil
May 20	Fri	Caroline County Health Department	1	9:00am - 1:00pm	Caroline
Jun 11	Sat	Kent County United Way	1	9:00am - 1:00pm	Kent
Jun 18	Sat	St. Mark's United Methodist Church	1	9:00am - 1:00pm	Talbot
Jun 28	Tue	YMCA of Talbot County	1	5:00pm - 9:00pm	Talbot

Adult CPR/AED ** \$50 (4.5 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 5	Wed	American Red Cross- Wilmington Office	1	4:30pm - 9:00pm	New Castle
Jan 8	Sat	Sussex Family YMCA	1	9:00am - 1:30pm	Sussex
Jan 16	Sun	Milford VFW	1	12:30pm - 5:00pm	Kent
Feb 1	Tue	Edgemoor Community Center	1	9:00am - 1:30pm	New Castle
Feb 5	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 1:30pm	Kent
Mar 5	Sat	Brandywine YMCA	1	9:00am - 1:30pm	New Castle
Apr 7	Thu	American Red Cross- Wilmington Office	1	4:30pm - 9:00pm	New Castle
Apr 23	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 1:30pm	Kent
May 4	Wed	Edgemoor Community Center	1	9:00am - 1:30pm	New Castle
Jun 3	Fri	American Red Cross- Wilmington Office	1	9:00am - 1:30pm	New Castle
Jun 4	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 1:30pm	Kent
Jun 22	Wed	American Red Cross- Wilmington Office	1	4:30pm - 9:00pm	New Castle

** These courses are available online

Adult CPR/AED ** \$50 (4.5 HRS)

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 20	Thu	American Red Cross- Elkton Office	1	9:00am - 1:30pm	Cecil
Jan 29	Sat	St. Mark's United Methodist Church	1	9:00am - 1:30pm	Talbot
Feb 16	Wed	Kent County United Way	1	5:30pm - 10:00pm	Kent
Feb 17	Thu	American Red Cross- Elkton Office	1	4:30pm - 9:00pm	Cecil
Mar 10	Thu	Kent County United Way	1	5:30pm - 10:00pm	Kent
Mar 16	Wed	Chesapeake City VFW	1	12:00pm - 4:30pm	Cecil
Mar 19	Sat	Kent Island United Methodist Church	1	9:00am - 1:30pm	Queen Anne's
Mar 25	Fri	Caroline County Health Department	1	9:00am - 1:30pm	Caroline
Apr 19	Tue	American Red Cross- Elkton Office	1	9:00am - 1:30pm	Cecil
May 19	Thu	American Red Cross- Elkton Office	1	4:30pm - 9:00pm	Cecil
May 21	Sat	St. Mark's United Methodist Church	1	9:00am - 1:30pm	Talbot
Jun 28	Tue	YMCA of Talbot County	1	5:00pm - 9:30pm	Talbot

Adult CPR and First Aid ** \$60 (6 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 14	Fri	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle
Jan 25	Tue	Edgemoor Community Center	1	9:00am - 3:00pm	New Castle
Mar 9	Wed	Glasgow Medical Center	1	9:00am - 3:00pm	New Castle
Mar 19	Sat	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle
Apr 16	Sat	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle
May 10	Tue	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle
Jun 11	Sat	Brandywine YMCA	1	9:00am - 3:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Feb 10	Thu	American Red Cross- Elkton Office	1	9:00am - 3:00pm	Cecil
Feb 12	Sat	Kent County United Way	1	8:30am - 2:30pm	Kent
Apr 15	Fri	Caroline County Health Department	1	9:00am - 3:00pm	Caroline
May 26	Thu	American Red Cross- Elkton Office	1	9:00am - 3:00pm	Cecil
Jun 11	Sat	Kent County United Way	1	9:00am - 3:00pm	Kent

** These courses are available online

Adult CPR/AED and First Aid ** \$70 (7 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 14	Fri	American Red Cross- Wilmington Office	1	9:00am - 4:00pm	New Castle
Jan 25	Tue	Edgemoor Community Center	1	9:00am - 4:00pm	New Castle
Feb 5	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 4:00pm	Kent
Mar 8	Tue	Glasgow Medical Center	1	9:00am - 4:00pm	New Castle
Mar 19	Sat	American Red Cross- Wilmington Office	1	9:00am - 4:00pm	New Castle
Apr 16	Sat	American Red Cross- Wilmington Office	1	9:00am - 4:00pm	New Castle
Apr 23	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 4:00pm	Kent
May 10	Tue	American Red Cross- Wilmington Office	1	9:00am - 4:00pm	New Castle
Jun 4	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 4:00pm	Kent
Jun 11	Sat	Brandywine YMCA	1	9:00am - 4:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 29	Sat	St. Mark's United Methodist Church	1	9:00am - 4:00pm	Talbot
Feb 10	Thu	American Red Cross- Elkton Office	1	9:00am - 4:00pm	Cecil
Mar 19	Sat	Kent Island United Methodist Church	1	9:00am - 4:00pm	Queen Anne's
Mar 25	Fri	Caroline County Health Department	1	9:00am - 4:00pm	Caroline
May 26	Thu	American Red Cross- Elkton Office	1	9:00am - 4:00pm	Cecil

Adult, Infant and Child CPR ** \$60 (7 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Feb 12	Sat	Brandywine YMCA	1	9:00am - 4:00pm	New Castle
Feb 26	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 4:00pm	Kent
Mar 15	Tue	Edgemoor Community Center	1	9:00am - 4:00pm	New Castle
Apr 2	Sat	Western Family YMCA	1	9:00am - 4:00pm	New Castle
Apr 9	Sat	Sussex Family YMCA	1	9:00am - 4:00pm	Sussex
May 20	Fri	American Red Cross- Wilmington Office	1	9:00am - 4:00pm	New Castle
Jun 4	Sat	Middletown Public Works	1	9:00am - 4:00pm	New Castle
Jun 21	Tue	American Red Cross- Wilmington Office	1	9:00am - 4:00pm	New Castle

** These courses are available online

Adult, Infant and Child CPR ** \$60 (7 HRS)

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 13	Thu	American Red Cross- Elkton Office	1	9:00am - 4:00pm	Cecil
Feb 26	Sat	Kent Island United Methodist Church	1	9:00am - 4:00pm	Queen Anne's
Feb 28	Mon	American Red Cross- Elkton Office	1	9:00am - 4:00pm	Cecil
Mar 12	Sat	Kent County United Way	1	8:30am - 3:30pm	Kent
Apr 2	Sat	Kent County United Way	1	8:30am - 3:30pm	Kent
Apr 14	Thu	American Red Cross- Elkton Office	1	9:00am - 4:00pm	Cecil
May 5	Thu	American Red Cross- Elkton Office	1	9:00am - 4:00pm	Cecil
May 14	Sat	Kent County United Way	1	8:30am - 3:30pm	Kent
May 20	Fri	Caroline County Health Department	1	9:00am - 4:00pm	Caroline
Jun 18	Sat	St. Mark's United Methodist Church	1	9:00am - 4:00pm	Talbot

Adult, Infant, Child CPR and First Aid ** \$70 (8 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Feb 12	Sat	Brandywine YMCA	1	9:00am - 5:00pm	New Castle
Mar 15	Tue	Edgemoor Community Center	1	9:00am - 5:00pm	New Castle
Apr 2	Sat	Western Family YMCA	1	9:00am - 5:00pm	New Castle
May 20	Fri	American Red Cross- Wilmington Office	1	9:00am - 5:00pm	New Castle
Jun 4	Sat	Middletown Public Works	1	9:00am - 5:00pm	New Castle
Jun 21	Tue	American Red Cross- Wilmington Office	1	9:00am - 5:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 13	Thu	American Red Cross- Elkton Office	1	9:00am - 5:00pm	Cecil
Feb 26	Sat	Kent Island United Methodist Church	1	9:00am - 5:00pm	Queen Anne's
Feb 28	Mon	American Red Cross- Elkton Office	1	9:00am - 5:00pm	Cecil
Mar 12	Sat	Kent County United Way	1	8:30am - 4:30pm	Kent
Apr 2	Sat	Kent County United Way	1	8:30am - 4:30pm	Kent
Apr 14	Thu	American Red Cross- Elkton Office	1	9:00am - 5:00pm	Cecil
May 5	Thu	American Red Cross- Elkton Office	1	9:00am - 5:00pm	Cecil
May 20	Fri	Caroline County Health Department	1	9:00am - 5:00pm	Caroline
Jun 18	Sat	St. Mark's United Methodist Church	1	9:00am - 5:00pm	Talbot

** These courses are available online

Adult and Child CPR ** \$55 (6 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 29	Sat	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle
Mar 6	Sun	Milford VFW	1	12:30pm - 6:30pm	Kent
Apr 9	Sat	Sussex Family YMCA	1	9:00am - 2:00pm	Sussex
May 15	Sun	Milford VFW	1	12:30pm - 6:30pm	Kent
May 21	Sat	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle
Jun 5	Sun	Milford VFW	1	12:30pm - 6:30pm	Kent

MARYLAND

Date	Days	Location	Session(s)	Time	County
Feb 19	Sat	YMCA of Talbot County	1	9:00am - 3:00pm	Talbot
Mar 26	Sat	American Red Cross- Elkton Office	1	9:00am - 3:00pm	Cecil
May 7	Sat	Kent Island United Methodist Church	1	9:00am - 3:00pm	Queen Anne's

Adult and Child CPR/AED ** \$60 (7 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 29	Sat	American Red Cross- Wilmington Office	1	9:00am - 4:00pm	New Castle
Feb 23, 24	Wed, Thu	American Red Cross- Wilmington Office	2	4:30pm - 9:00pm	New Castle
Apr 12, 13	Tue, Wed	American Red Cross- Wilmington Office	2	4:30pm - 9:00pm	New Castle
May 21	Sat	American Red Cross- Wilmington Office	1	9:00am - 4:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 15	Sat	YMCA of Talbot County	1	9:00am - 4:00pm	Talbot
Mar 26	Sat	American Red Cross- Elkton Office	1	9:00am - 4:00pm	Cecil
Jun 29, 30	Wed, Thu	American Red Cross- Elkton Office	2	4:30pm - 9:00pm	Cecil



VINE, *Dine*, & DEAL

Friday, April 1, 2011 | 7 - 11pm | Christiana Hilton

For more information: www.redcrossdelmarva.org/events.htm

Infant and Child CPR ** \$55 (6 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 26	Wed	Glasgow Medical Center	1	9:00am - 3:00pm	New Castle
Feb 15	Tue	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle
Feb 19	Sat	Sussex Family YMCA	1	8:00am - 2:00pm	Sussex
Mar 2	Wed	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle
Mar 19	Sat	Middletown Public Works	1	9:00am - 3:00pm	New Castle
Mar 26	Sat	Central DE YMCA & Aquatic Center	1	8:00am - 2:00pm	Kent
Apr 13	Wed	Glasgow Medical Center	1	9:00am - 3:00pm	New Castle
May 7	Sat	Western Family YMCA	1	9:00am - 3:00pm	New Castle
May 14	Sat	Sussex Family YMCA	1	8:30am - 2:30pm	Sussex
May 25	Wed	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle
Jun 18	Sat	Central DE YMCA & Aquatic Center	1	8:00am - 2:00pm	Kent
Jun 24	Fri	American Red Cross- Wilmington Office	1	9:00am - 3:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 8	Sat	St. Mark's United Methodist Church	1	9:00am - 3:00pm	Talbot
Jan 15	Sat	Kent Island United Methodist Church	1	9:00am - 3:00pm	Queen Anne's
Feb 3	Thu	American Red Cross- Elkton Office	1	9:00am - 3:00pm	Cecil
Feb 11	Fri	Caroline County Health Department	1	9:00am - 3:00pm	Caroline
Apr 5, 12	Tue, Tue	Eastern Shore Area Health Ed. Center	2	6:00pm - 9:00pm	Dorchester
Apr 28	Thu	American Red Cross- Elkton Office	1	9:00am - 3:00pm	Cecil
Jun 1, 8	Wed, Wed	YMCA of Talbot County	2	6:00pm - 9:00pm	Talbot
Jun 7	Tue	American Red Cross- Elkton Office	1	9:00am - 3:00pm	Cecil

Infant and Child CPR and First Aid ** \$65 (8 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 26	Wed	Glasgow Medical Center	1	9:00am - 5:00pm	New Castle
Feb 15	Tue	American Red Cross- Wilmington Office	1	9:00am - 5:00pm	New Castle
Feb 19	Sat	Sussex Family YMCA	1	8:00am - 4:00pm	Sussex
Mar 2	Wed	American Red Cross- Wilmington Office	1	9:00am - 5:00pm	New Castle
Mar 19	Sat	Middletown Public Works	1	9:00am - 5:00pm	New Castle
Mar 26	Sat	Central DE YMCA & Aquatic Center	1	8:00am - 4:00pm	Kent
Apr 13	Wed	Glasgow Medical Center	1	9:00am - 5:00pm	New Castle
May 7	Sat	Western Family YMCA	1	9:00am - 5:00pm	New Castle
May 14	Sat	Sussex Family YMCA	1	8:30am - 4:30pm	Sussex
May 25	Wed	American Red Cross- Wilmington Office	1	9:00am - 5:00pm	New Castle
Jun 18	Sat	Central DE YMCA & Aquatic Center	1	8:00am - 4:00pm	Kent
Jun 24	Fri	American Red Cross- Wilmington Office	1	9:00am - 5:00pm	New Castle

Infant and Child CPR and First Aid ** \$65 (8 HRS)

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 8	Sat	St. Mark's United Methodist Church	1	9:00am - 5:00pm	Talbot
Jan 15	Sat	Kent Island United Methodist Church	1	9:00am - 5:00pm	Queen Anne's
Feb 3	Thu	American Red Cross- Elkton Office	1	9:00am - 5:00pm	Cecil
Feb 11	Fri	Caroline County Health Department	1	9:00am - 5:00pm	Caroline
Apr 28	Thu	American Red Cross- Elkton Office	1	9:00am - 5:00pm	Cecil
Jun 7	Tue	American Red Cross- Elkton Office	1	9:00am - 5:00pm	Cecil

Adult, Child CPR/AED and Infant CPR and First Aid ** \$80 (9 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 29	Sat	American Red Cross- Wilmington Office	1	9:00am - 6:00pm	New Castle
Feb 23, 24	Wed, Thu	American Red Cross- Wilmington Office	2	4:30pm - 9:00pm	New Castle
Apr 12, 13	Tue, Wed	American Red Cross- Wilmington Office	2	4:30pm - 9:00pm	New Castle
May 21	Sat	American Red Cross- Wilmington Office	1	9:00am - 6:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Mar 26	Sat	American Red Cross- Elkton Office	1	9:00am - 6:00pm	Cecil
Jun 29, 30	Wed, Thu	American Red Cross- Elkton Office	2	4:30pm - 9:00pm	Cecil

Wilderness and Remote First Aid \$130 (16 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jun 11, 12	Sat, Sun	Handloff Park	2	9:00am - 5:00pm	New Castle

Volunteer Opportunities

Health and Safety Instructors/Leaders

American Red Cross classes are taught by a group of dedicated, professional instructors. Can you commit to a teaching schedule, which may include nights and weekends? We will train volunteers to become certified American Red Cross Instructors in the following areas: First Aid, Adult/Child/Infant CPR, Babysitting, Pet First Aid, and CPR/AED (Automated External Defibrillator). Experience in public speaking, teaching or group presentation is preferred, but not required.

** These courses are available online

Professional Level Courses

CPR/AED for the Professional Rescuer and Health Care Provider \$85 (8.5 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Apr 23	Sat	YMCA of Talbot County	1	9:00am - 2:00pm	Talbot
Jan 22	Sat	American Red Cross- Wilmington Office	1	9:00am - 5:30pm	New Castle
Feb 8	Tue	American Red Cross- Wilmington Office	1	9:00am - 5:30pm	New Castle
Mar 5	Sat	Central DE YMCA & Aquatic Center	1	7:30am - 4:00pm	Kent
Apr 16	Sat	Christiana Presbyterian Church	1	9:00am - 5:30pm	New Castle
May 7	Sat	American Red Cross- Wilmington Office	1	9:00am - 5:30pm	New Castle
Jun 18	Sat	Christiana Presbyterian Church	1	9:00am - 5:30pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 14	Fri	Caroline County Health Department	1	8:30am - 5:00pm	Caroline
Mar 5	Sat	American Red Cross- Elkton Office	1	9:00am - 5:30pm	Cecil
Mar 12	Sat	YMCA of Talbot County	1	8:00am - 4:30pm	Talbot
Apr 16	Sat	Eastern Shore Area Health Ed. Center	1	9:00am - 5:30pm	Dorchester
Apr 29	Fri	American Red Cross- Elkton Office	1	9:00am - 5:30pm	Cecil
May 21	Sat	American Red Cross- Elkton Office	1	9:00am - 5:30pm	Cecil
Jun 2	Thu	American Red Cross- Elkton Office	1	9:00am - 5:30pm	Cecil

AstraZeneca and YOUR American Red Cross



AstraZeneca and the American Red Cross of the Delmarva Peninsula are continuing an established and successful partnership to help local families benefit from Red Cross safety and community preparedness programs.

Through a commitment to the local Red Cross, AstraZeneca hopes to increase awareness of the critical programs, trainings and volunteer opportunities that the Red Cross makes available to the community, and calls upon other corporations and businesses to make a similar commitment. In this way, your local Red Cross – which is NOT a federally funded agency – can benefit from the sustained support of the community and continue to provide critical programs and services that are so beneficial to local families.

Youth Courses

Babysitter's Training Course \$55 (6.5 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 8	Sat	A.I. DuPont Hospital	1	9:30am - 4:00pm	New Castle
Jan 22	Sat	A.I. DuPont Hospital	1	9:30am - 4:00pm	New Castle
Jan 29	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 3:30pm	Kent
Feb 12	Sat	Christiana Presbyterian Church	1	9:30am - 4:00pm	New Castle
Feb 26	Sat	A.I. DuPont Hospital	1	9:30am - 4:00pm	New Castle
Mar 12	Sat	A.I. DuPont Hospital	1	9:30am - 4:00pm	New Castle
Mar 12	Sat	Sussex Family YMCA	1	9:00am - 3:30pm	Sussex
Mar 26	Sat	American Red Cross- Wilmington Office	1	9:30am - 4:00pm	New Castle
Apr 2	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 3:30pm	Kent
Apr 30	Sat	A.I. DuPont Hospital	1	9:30am - 4:00pm	New Castle
May 14	Sat	A.I. DuPont Hospital	1	9:30am - 4:00pm	New Castle
Jun 4	Sat	Christiana Presbyterian Church	1	9:30am - 4:00pm	New Castle
Jun 18	Sat	A.I. DuPont Hospital	1	9:30am - 4:00pm	New Castle
Jun 25	Sat	Sussex Family YMCA	1	9:00am - 3:30pm	Sussex

MARYLAND

Date	Days	Location	Session(s)	Time	County
Feb 5	Sat	Cecil College	1	9:00am - 3:30pm	Cecil
Feb 12	Sat	St. Mark's United Methodist Church	1	9:00am - 3:30pm	Talbot
Mar 19	Sat	Cecil College	1	9:00am - 3:30pm	Cecil
Apr 9	Sat	American Red Cross- Elkton Office	1	9:30am - 4:00pm	Cecil
Apr 16	Sat	YMCA of Talbot County	1	9:00am - 3:30pm	Talbot
May 7	Sat	Cecil College	1	9:00am - 3:30pm	Cecil
May 7	Sat	St. Mark's United Methodist Church	1	9:00am - 3:30pm	Talbot

Review Courses

Adult CPR Review \$25 (2 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 11	Tue	American Red Cross- Wilmington Office	1	5:00pm - 7:00pm	New Castle
Feb 9	Wed	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle
Feb 9	Wed	Sussex Family YMCA	1	5:00pm - 7:00pm	Sussex
Apr 8	Fri	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle
May 9	Mon	American Red Cross- Wilmington Office	1	5:00pm - 7:00pm	New Castle
Jun 10	Fri	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle

Adult CPR Review \$25 (2 HRS)

MARYLAND

Jan 25	Tue	YMCA of Talbot County	1	5:00pm - 7:00pm	Talbot
Feb 2	Wed	YMCA of Talbot County	1	6:00pm - 8:00pm	Talbot
Feb 22	Tue	St. Mark's United Methodist Church	1	6:00pm - 8:00pm	Talbot
Mar 3	Thu	American Red Cross- Elkton Office	1	5:00pm - 7:00pm	Cecil
Apr 11	Mon	Kent Island United Methodist Church	1	6:00pm - 8:00pm	Queen Anne's
May 11	Wed	Eastern Shore Area Health Ed. Center	1	6:00pm - 8:00pm	Dorchester
Jun 14	Tue	Kent Island United Methodist Church	1	6:00pm - 8:00pm	Queen Anne's

Adult CPR/AED Review \$30 (2.5 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 11	Tue	American Red Cross- Wilmington Office	1	5:00pm - 7:30pm	New Castle
Feb 9	Wed	American Red Cross- Wilmington Office	1	9:00am - 11:30am	New Castle
Apr 8	Fri	American Red Cross- Wilmington Office	1	9:00am - 11:30am	New Castle
May 9	Mon	American Red Cross- Wilmington Office	1	5:00pm - 7:30pm	New Castle
Jun 10	Fri	American Red Cross- Wilmington Office	1	9:00am - 11:30am	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Feb 2	Wed	YMCA of Talbot County	1	6:00pm - 8:30pm	Talbot
Feb 22	Tue	St. Mark's United Methodist Church	1	6:00pm - 8:30pm	Talbot
Mar 3	Thu	American Red Cross- Elkton Office	1	5:00pm - 7:30pm	Cecil

Adult CPR and First Aid Review \$35 (3 HRS)

DELAWARE

Feb 25	Fri	American Red Cross- Wilmington Office	1	9:00am - 12:00pm	New Castle
Mar 29	Tue	American Red Cross- Wilmington Office	1	4:00pm - 7:00pm	New Castle
Apr 30	Sat	American Red Cross- Wilmington Office	1	9:00am - 12:00pm	New Castle
May 18	Wed	Windsor Place Assisted Living	1	9:00am - 12:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 27	Thu	American Red Cross- Elkton Office	1	9:00am - 12:00pm	Cecil
Jun 9	Thu	American Red Cross- Elkton Office	1	4:00pm - 7:00pm	Cecil

Adult/Infant/Child CPR Review \$45 (4 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 7	Fri	American Red Cross- Wilmington Office	1	9:00am - 1:00pm	New Castle
Feb 9	Wed	Sussex Family YMCA	1	5:00pm - 9:00pm	Sussex
Feb 16	Wed	American Red Cross- Wilmington Office	1	5:00pm - 9:00pm	New Castle
Mar 18	Fri	American Red Cross- Wilmington Office	1	9:00am - 1:00pm	New Castle
Apr 6	Wed	American Red Cross- Wilmington Office	1	9:00am - 1:00pm	New Castle
May 12	Thu	American Red Cross- Wilmington Office	1	5:00pm - 9:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 25	Tue	YMCA of Talbot County	1	5:00pm - 9:00pm	Talbot
Apr 11	Mon	Kent Island United Methodist Church	1	6:00pm - 10:00pm	Queen Anne's
May 11	Wed	Eastern Shore Area Health Ed. Center	1	6:00pm - 10:00pm	Dorchester
Jun 14	Tue	Kent Island United Methodist Church	1	6:00pm - 10:00pm	Queen Anne's
Jun 25	Sat	American Red Cross- Elkton Office	1	9:00am - 1:00pm	Cecil

Infant/Child CPR Review \$35 (3 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 7	Fri	American Red Cross- Wilmington Office	1	9:00am - 12:00pm	New Castle
Feb 16	Wed	American Red Cross- Wilmington Office	1	5:00pm - 8:00pm	New Castle
Mar 1	Tue	Sussex Family YMCA	1	5:00pm - 8:00pm	Sussex
Mar 18	Fri	American Red Cross- Wilmington Office	1	9:00am - 12:00pm	New Castle
Apr 6	Wed	American Red Cross- Wilmington Office	1	9:00am - 12:00pm	New Castle
May 12	Thu	American Red Cross- Wilmington Office	1	5:00pm - 8:00pm	New Castle
May 21	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 12:00pm	Kent

MARYLAND

Date	Days	Location	Session(s)	Time	County
Feb 7	Mon	Kent Island United Methodist Church	1	6:00pm - 9:00pm	Queen Anne's
Mar 23	Wed	YMCA of Talbot County	1	5:00pm - 8:00pm	Talbot

First Aid Review \$ 25 (2 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Feb 25	Fri	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle
Mar 29	Tue	American Red Cross- Wilmington Office	1	4:00pm - 6:00pm	New Castle
Apr 30	Sat	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle
May 18	Wed	Windsor Place Assisted Living	1	9:00am - 11:00am	New Castle

First Aid Review \$ 25 (2 HRS)

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 27	Thu	American Red Cross- Elkton Office	1	9:00am - 11:00am	Cecil
Mar 9	Wed	Eastern Shore Area Health Ed. Center	1	6:00pm - 8:00pm	Dorchester
Apr 18	Mon	Kent Island United Methodist Church	1	6:00pm - 8:00pm	Queen Anne's
May 3	Tue	St. Mark's United Methodist Church	1	6:00pm - 8:00pm	Talbot
Jun 9	Thu	American Red Cross- Elkton Office	1	4:00pm - 6:00pm	Cecil

Adult, Infant and Child CPR and First Aid Review \$ 50 (5 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Feb 25	Fri	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
Mar 29	Tue	American Red Cross- Wilmington Office	1	4:00pm - 9:00pm	New Castle
Apr 30	Sat	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
May 18	Wed	Windsor Place Assisted Living	1	9:00am - 2:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 27	Thu	American Red Cross- Elkton Office	1	9:00am - 2:00pm	Cecil
Jun 9	Thu	American Red Cross- Elkton Office	1	4:00pm - 9:00pm	Cecil

CPR/AED for Lifeguards Review \$50 (5 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 12	Wed	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
Feb 13	Sun	Milford VFW	1	12:30pm - 5:30pm	Kent
Feb 26	Sat	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
Mar 23	Sat	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
Apr 10	Sun	Milford VFW	1	12:30pm - 5:30pm	Kent
Apr 28	Sat	American Red Cross- Wilmington Office	1	4:00pm - 9:00pm	New Castle
May 7	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 2:30pm	Kent
May 14	Sat	Brandywine YMCA	1	9:00am - 2:00pm	New Castle
May 25	Wed	Sussex Family YMCA	1	4:00pm - 9:00pm	Sussex
Jun 4	Fri	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
Jun 14	Sat	American Red Cross- Wilmington Office	1	4:00pm - 9:00pm	New Castle

Participants must bring their textbooks (and pocket masks for the Professional Rescuer Review or CPR/AED Lifeguard Review) to class. If you do not have these materials, you must purchase them prior to class.

CPR/AED for Lifeguards Review \$55 (5 HRS)

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 4	Tue	Eastern Shore Area Health Ed. Center	1	5:00pm - 10:00pm	Dorchester
Mar 8	Tue	Caroline County Health Department	1	5:00pm - 10:00pm	Caroline
Mar 29	Tue	YMCA of Talbot County	1	5:00pm - 10:00pm	Talbot
Apr 2	Sat	St. Mark's United Methodist Church	1	9:00am - 2:00pm	Talbot
Apr 2	Thu	American Red Cross- Elkton Office	1	9:00am - 2:00pm	Cecil
May 10	Tue	Caroline County Health Department	1	5:00pm - 10:00pm	Caroline
May 24	Tue	Eastern Shore Area Health Ed. Center	1	5:00pm - 10:00pm	Dorchester
May 24	Fri	American Red Cross- Elkton Office	1	4:00pm - 9:00pm	Cecil
Jun 17	Fri	Caroline County Health Department	1	9:00am - 2:00pm	Caroline

CPR/AED for the Professional Rescuer and Health Care Provider Review \$55 (5 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 12	Wed	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
Feb 13	Sun	Milford VFW	1	12:30pm - 5:30pm	Kent
Feb 26	Sat	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
Mar 23	Sat	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
Apr 10	Sun	Milford VFW	1	12:30pm - 5:30pm	Kent
Apr 28	Sat	American Red Cross- Wilmington Office	1	4:00pm - 9:00pm	New Castle
May 7	Sat	Central DE YMCA & Aquatic Center	1	9:00am - 2:30pm	Kent
May 14	Sat	Brandywine YMCA	1	9:00am - 2:00pm	New Castle
May 25	Wed	Sussex Family YMCA	1	4:00pm - 9:00pm	Sussex
Jun 4	Fri	American Red Cross- Wilmington Office	1	9:00am - 2:00pm	New Castle
Jun 14	Sat	American Red Cross- Wilmington Office	1	4:00pm - 9:00pm	New Castle

MARYLAND

Date	Days	Location	Session(s)	Time	County
Jan 4	Tue	Eastern Shore Area Health Ed. Center	1	5:00pm - 10:00pm	Dorchester
Mar 8	Tue	Caroline County Health Department	1	5:00pm - 10:00pm	Caroline
Mar 29	Tue	YMCA of Talbot County	1	5:00pm - 10:00pm	Talbot
Apr 2	Sat	St. Mark's United Methodist Church	1	9:00am - 2:00pm	Talbot
Apr 2	Thu	American Red Cross- Elkton Office	1	9:00am - 2:00pm	Cecil
May 10	Tue	Caroline County Health Department	1	5:00pm - 10:00pm	Caroline
May 24	Tue	Eastern Shore Area Health Ed. Center	1	5:00pm - 10:00pm	Dorchester
May 24	Fri	American Red Cross- Elkton Office	1	4:00pm - 9:00pm	Cecil
Jun 17	Fri	Caroline County Health Department	1	9:00am - 2:00pm	Caroline

Challenge Courses

Adult, Infant and Child CPR Challenge \$30 (2HRS)

Delaware						
Date	Days	Location	Session(s)	Time	County	
Feb 11	Fri	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle	
Apr 5	Tue	American Red Cross- Wilmington Office	1	5:00pm - 7:00pm	New Castle	
May 13	Fri	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle	
Jun 8	Wed	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle	

MARYLAND						
Date	Days	Location	Session(s)	Time	County	
Mar 17	Thu	American Red Cross- Elkton Office	1	9:00am - 11:00am	Cecil	
Mar 25	Fri	Safe Harbor Presbyterian Church	1	6:00pm - 8:00pm	Queen Anne's	

Adult CPR Challenge \$30 (1HR)

MARYLAND						
Date	Days	Location	Session(s)	Time	County	
Mar 25	Fri	Safe Harbor Presbyterian Church	1	6:00pm - 7:00pm	Queen Anne's	

Adult, Infant and Child CPR and First Aid Challenge \$35 (3HRS)

MARYLAND						
Date	Days	Location	Session(s)	Time	County	
Mar 25	Fri	Safe Harbor Presbyterian Church	1	6:00pm - 9:00pm	Queen Anne's	

CPR/AED for the Professional Rescuer and Health Care Provider Challenge \$40 (3HRS)

DELAWARE						
Date	Days	Location	Session(s)	Time	County	
Feb 11	Fri	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle	
Apr 5	Tue	American Red Cross- Wilmington Office	1	5:00pm - 7:00pm	New Castle	
May 13	Fri	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle	
Jun 8	Wed	American Red Cross- Wilmington Office	1	9:00am - 11:00am	New Castle	

MARYLAND						
Date	Days	Location	Session(s)	Time	County	
Mar 17	Thu	American Red Cross- Elkton Office	1	9:00am - 11:00am	Cecil	

Pet First Aid

DELAWARE

Date	Days	Location	Session(s)	Time	County
Jan 26	Wed	Doggies at the Beach	1	3:00pm - 7:00pm	Sussex
Feb 1	Tue	Hockessin Police Athletic League	1	2:00pm - 6:00pm	New Castle
Mar 22	Tue	Doggies at the Beach	1	3:00pm - 7:00pm	Sussex
Apr 20	Wed	Hockessin Police Athletic League	1	2:00pm - 6:00pm	New Castle
May 18	Wed	Doggies at the Beach	1	3:00pm - 7:00pm	Sussex

MARYLAND

Date	Days	Location	Session(s)	Time	County
Feb 15	Tue	Eastern Shore Area Health Ed. Center	1	6:00pm - 10:00pm	Dorchester
Apr 13	Wed	St. Mark's United Methodist Church	1	6:00pm - 10:00pm	Talbot
Jun 15	Wed	Chesapeake City VFW	1	12:00pm - 4:00pm	Cecil

Instructor Level Courses

Fundamentals of Instructor Training \$25 (5.5 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Feb 2	Wed	American Red Cross- Wilmington Office	1	4:00pm - 9:30pm	New Castle
Mar 10	Thu	American Red Cross- Wilmington Office	1	4:00pm - 9:30pm	New Castle
Apr 6	Wed	American Red Cross- Wilmington Office	1	4:00pm - 9:30pm	New Castle
Jun 16	Thu	American Red Cross- Wilmington Office	1	4:00pm - 9:30pm	New Castle

MARYLAND

Jan 12	Wed	Eastern Shore Area Health Ed. Center	1	5:00pm - 10:30pm	Dorchester
Mar 16	Wed	St. Mark's United Methodist Church	1	4:00pm - 9:30pm	Talbot
May 12	Thu	American Red Cross- Elkton Office	1	4:00pm - 9:30pm	Cecil
Jun 15	Wed	Eastern Shore Area Health Ed. Center	1	5:00pm - 10:30pm	Dorchester



Lay Responder First Aid / CPR / AED Instructor \$255 (20 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Feb 4	Fri	American Red Cross- Wilmington Office	3	4:00pm - 9:00pm	New Castle
Feb 5, 6	Sat, Sun			9:00am - 4:30pm	
Apr 8	Fri	American Red Cross- Wilmington Office	3	4:00pm - 9:00pm	New Castle
Apr 9, 10	Sat, Sun			9:00am - 4:30pm	
Jun 17	Fri	American Red Cross- Wilmington Office	3	4:00pm - 9:00pm	New Castle
Jun 18, 19	Sat, Sun			9:00am - 4:30pm	

MARYLAND

Date	Days	Location	Session(s)	Time	County
Mar 18	Fri	St. Mark's United Methodist Church	3	5:00pm - 10:00pm	Talbot
Mar 19, 26	Sat, Sat			9:00am - 4:30pm	
Jan 21	Fri	Eastern Shore Area Health Ed. Center	3	5:00pm - 10:00pm	Dorchester
Jan 22, 23	Sat, Sun			9:00am - 4:30pm	
Jun 24	Fri	Eastern Shore Area Health Ed. Center	3	5:00pm - 10:00pm	Dorchester
Jun 25, 26	Sat, Sun			9:00am - 4:30pm	

CPR/AED for the Professional Rescuer and Health Care Provider Instructor Bridge \$55 (4 HRS)

MARYLAND

Date	Days	Location	Session(s)	Time	County
Apr 23	Sat	YMCA of Talbot County	1	9:00am - 2:00pm	Talbot
May 14	Wed	American Red Cross- Elkton Office	1	9:00am - 2:00pm	Cecil

CPR/AED for the Professional Rescuer and Health Care Provider Instructor \$300 (18 HRS)

DELAWARE

Date	Days	Location	Session(s)	Time	County
Mar 11	Fri	American Red Cross- Wilmington Office	3	4:00pm - 9:00pm	New Castle
Mar 12, 13	Sat, Sun			9:00am - 3:30pm	

American Heart Association Instructor Crossover \$105 (4 HRS)

MARYLAND

Date	Days	Location	Session(s)	Time	County
Apr 23	Sat	YMCA of Talbot County	1	9:00am - 2:00pm	Talbot
May 14	Sat	American Red Cross- Elkton Office	1	9:00am - 2:00pm	Cecil

Be Red Cross Ready

It's important that you be prepared for possible disasters and other emergencies. Natural or human-caused disasters can strike suddenly, at anytime and anywhere.

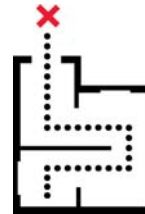
There are three actions everyone can take that can help make a difference...

1 Get a Kit



Have at least three days of supplies in an easy-to-carry evacuation kit, with additional supplies on hand. Remember to check your kit and replace the stock every six months.

2 Make a Plan



Planning ahead will help you have the best possible response to disaster.

3 Be Informed



Know what may happen and how you can help.

The three steps below can help you to react well in an emergency.

- Check the scene for safety and the victim for life-threatening conditions.
- Call 9-1-1 or your local emergency number and request professional assistance.
- Care for the victim if you can reach the person safely.
- Take the online Be Red Cross Ready presentation at www.redcrossdelmarva.org to learn more.

For additional information or to schedule a presentation,
please call 1-800-777-6620

Keep your Independence Protect yourself with American Red Cross Lifeline

Your local American Red Cross of the Delmarva Peninsula has partnered with Philips Lifeline, providing round the clock protection to seniors and their families.

Can seniors living alone, suffering from chronic health conditions or having limited physical abilities live independently and still feel secure? Yes they can – with Lifeline.

Lifeline subscribers wear a lightweight, waterproof button. The standard Lifeline service provides fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 7 days a week.

Our **NEW** service option, Lifeline with AutoAlert provides access to help at the push of a button but also offers an additional layer of protection: It is the **ONLY** pendant-style help button that automatically places a call for help if a fall is detected and a senior is unable to push his or her button because of being disoriented, immobilized or unconscious.

The Lifeline service uses voice-to-voice communication. Therefore, our Associates can send the right type of help for any situation. **Even if you can't answer, we send assistance at once** – whether it is a neighbor, family member or ambulance. Lifeline Associates always follow through to ensure help arrives.

Here is what some of our Lifeline subscribers and families are saying:

“My aunt fell and broke her hip, unable to move and in pain. Thank goodness she had her Lifeline button.”

“The kids don't “fuss” over me now that they know I have Lifeline. I feel better knowing I can get help quickly.”

“My Mom fell and laid on the cold basement floor for 19 hours before someone found her. She was really scared and had an extensive stay in the hospital and rehab. She now has Lifeline and feels safe – Thank you!”

To order or find out more about American Red Cross Lifeline, please call the American Red Cross at (302) 656-6620 option 6 or call Philips Lifeline at 1-800-959-6989.

For FREE installation mention code DE701 coupon FD6



Registration Form

Your Contact Information (**required)

Name**: _____

Address**: _____

City: _____ State: _____ Zip: _____

Daytime Phone Number**: _____

Alternate Phone Number: _____

Email**: _____

* Red Cross reserves the right to cancel any course due to inclement weather or insufficient enrollment. Include phone contact information that will enable us to reach you in the event of a time or date change.

Your Course Information

Offering Title	Date	Time	Facility	Fee
			Total Fee	

Your Payment Information

Choose Payment Type:

- Cash (Do not send cash in the mail.)
- Check Payable to: American Red Cross
- Money Order
- Credit Card: VISA/ American Express / MasterCard / Discover

Account Number: _____ Expiration Date: _____

Print Name : _____
(as it appears on the credit card)

Signature: _____

REGISTER ONLINE!
www.redcrossdelmarva.org

For office use only:
Initial:

LMS:

Date:

Time:

Confirmation:



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starting with your own

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