

Instructor Course In-Person Session Outline


Lesson 1: Course Introduction	
Topic	Time
Verification of Training Prerequisites	5 minutes
Introduction to the First Aid/CPR/AED Instructor Course In-Person Session	5 minutes
Total Lesson Time	10 minutes

Lesson 2: First Aid/CPR/AED Skill Practice and Polish	
Topic	Time
Introduction to Skill Practice and Polish	2 minutes
Skill Practice and Polish <ul style="list-style-type: none"> ■ "Giving CPR Cycles to Adults with a Face Shield" ■ "Giving CPR Cycles to Adults with a Pocket Mask" ■ "Using an AED for Adults" ■ "Giving CPR Cycles to Infants with a Face Shield" (encircling thumbs technique) ■ "Giving CPR Cycles to Infants with a Pocket Mask" (encircling thumbs technique) ■ "Using an AED for Infants" (pad placement only) ■ "Giving Back Blows and Abdominal Thrusts to Adults and Children" ■ "Giving Back Blows and Chest Thrusts to Infants" ■ "Using Direct Pressure to Control Life-Threatening Bleeding" 	36 minutes (based on six instructor candidates practicing each skill at the same time)
Total Lesson Time	38 minutes

Lesson 3: First Aid/CPR/AED Program Materials Review (optional)	
Topic	Time
Introduction to the First Aid/CPR/AED Program Materials Review	5 minutes
Exploring the Program Materials	25 minutes
Total Lesson Time	30 minutes (optional)


Lesson 4: Conducting Effective Skill Practice and Assessment Scenarios

Topic	Time
Skill Practice	8 minutes
Assessment Scenarios	10 minutes
Practice Teaching Assignments	17 minutes
Practice Teaching Assignment I: Lecture and Skill Practice	1 hour, 45 minutes (based on six candidates)
Practice Teaching Assignment II: Assessment Scenarios	1 hour, 45 minutes (based on six candidates)
Total Lesson Time	4 hours, 5 minutes

 **Instructor Trainer's Note** If there are more than six instructor candidates in the class, you will need to increase the time needed by 15 minutes per candidate.

Lesson 5: Course Wrap-Up

Topic	Time
Getting Started as an American Red Cross Instructor	15 minutes
Course Wrap-Up	5 minutes
Total Lesson Time	20 minutes

 **Instructor Trainer's Note** The total in-person session time does not include the online session, optional lesson, breaks or transitional times. If you choose to include the optional lesson, add another 30 minutes to the overall in-person session time.