

# Save lives

by Carol Kassian

The knowledge of Cardio-Pulmonary Resuscitation is increasingly recognized to be of immense importance. Emergency situations requiring these skills may arise without warning at any time and in any location. Although one would not necessarily desire to be a participant of such an event, it is important for everyone to know what to do if they find themselves in such a situation.

The recognition of this importance is reflected in the high demand for CPR courses at the U of A. These courses are highly recommended for Physical Education students and others who have a great deal of contact with individuals in physically active settings. Several faculties, such as Nursing and Rehab. Med., require their students to have CPR certification. In addition, staff members are encouraged to become certified, as emergencies requiring CPR skills may occur on the job.

In order to meet these demands, Campus Recreation offers CPR courses to all students, non-academic and academic staff, and alumni. The courses include Basic Rescuer, Recertification, and Heart Saver. The Basic Rescuer is a 12 hour course that focuses on resuscitation techniques associated with breathing cessation and blocked airways. A four hour Recertification course is available to those who were certified in Basic Rescuer up to 12 months prior to the date of the course. A Heart Saver course is also provided. This four hour program is designed to teach external heart massage and rescue breathing.

Each course consists of a maximum of 36 participants involved in small group instruction. The classes

are taught by certified, experienced personnel. As Instructor Coordinator, Christing Manning has recruited and trained many instructors. This has provided a wide resource base to meet the increasing demand for courses. The emphasis is on quality instruction, as there is an instructor for every six participants in the various classes.

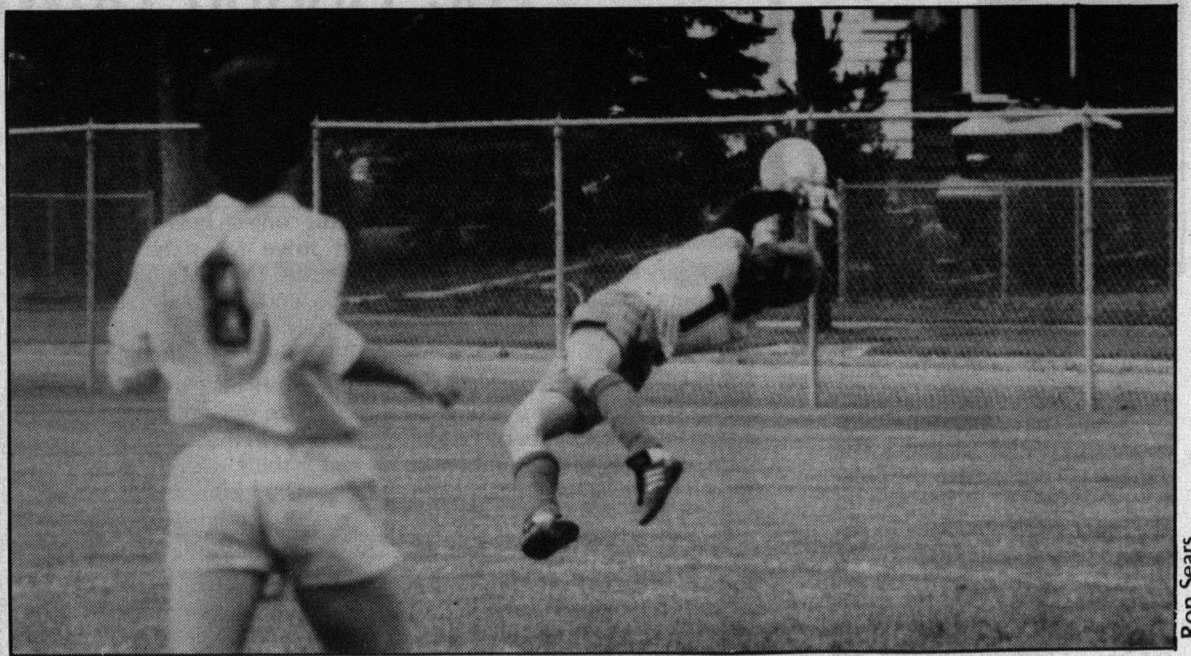
In addition, up-to-date electronic recording mannequins are used. Procedures using the mannequins are practiced in comfort, utilizing the University's "Wrestling Room," a location that has a mat-covered floor. The costs of the courses range between \$25 and \$70 and include Basic Rescuer and Heart Saver manuals.

The various classes are scheduled at least once per month. If these prespecified times are not convenient, Campus Recreation will organize additional class times to accommodate the schedules of U of A faculties, organizations and student groups.

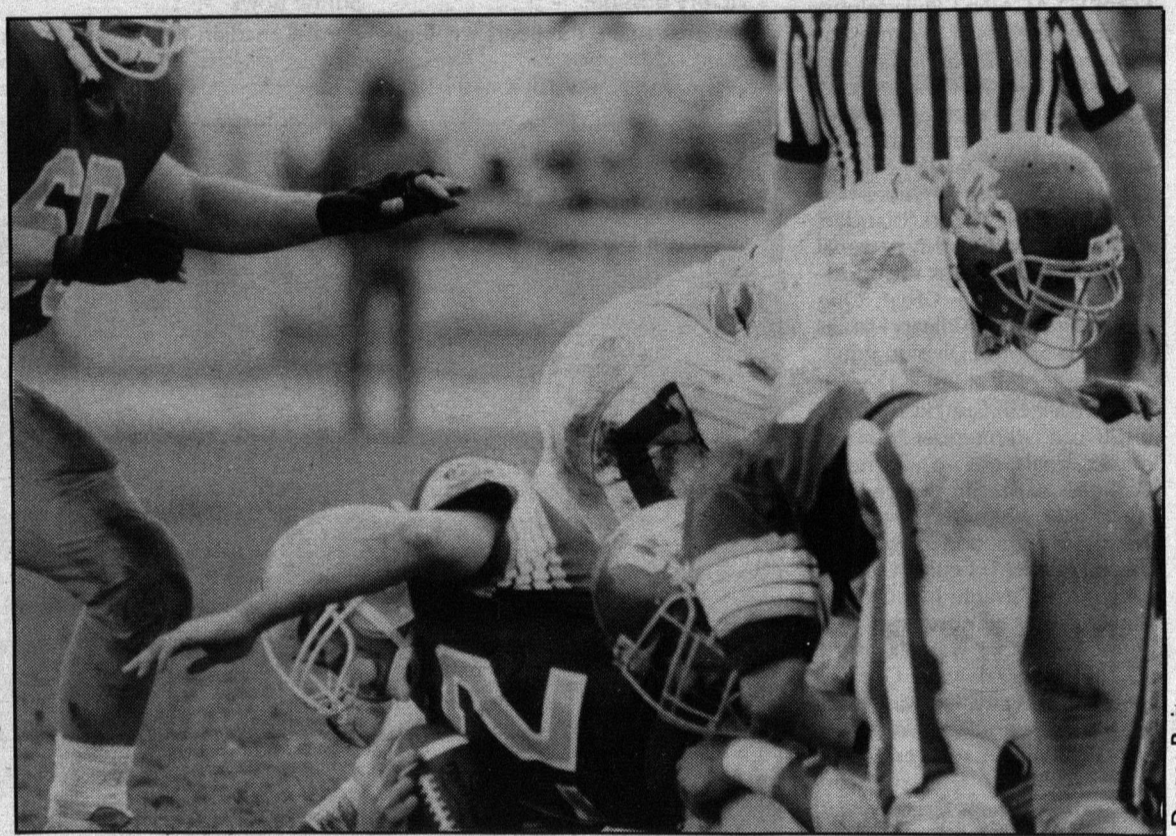
For more information, please contact Tracy David at Campus Recreation, W1-08 Van Vliet Centre (492-2555).

**Upcoming Events:** Campus Recreation's Turkey Trot '89 will take place Saturday, Sept. 30. The event will include both a 4 km fun walk/run and an 8 km road race. Participation prizes will be awarded, and the first place finishers in the 18 categories of the race will receive turkeys. Although participants are encouraged to pre-register at the Campus Recreation Green Office in the lower hallway of the Van Vliet Centre, registrations will be accepted on the day of the race between 9:15-10:15 am in front of the Jubilee Auditorium. For more information, please contact Carol Kassian or Hugh Hoyles at 492-2555.

# The Month in Sports

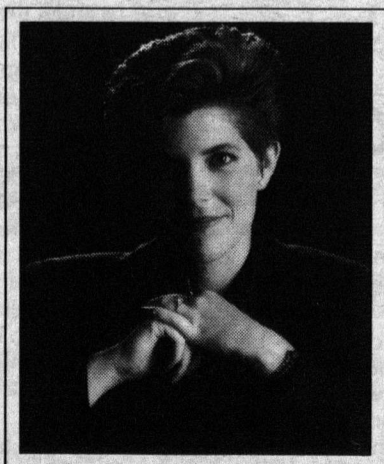


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