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American Red Cross

Course and Activity Guide
January through June 2007
Delaware County Chapter
American Red Cross



Delaware County Chapter of the
American Red Cross
5 W. Winter St.
Delaware, OH 43015



740.362.2021

740.548.7300

<http://delawarecounty.redcross.org>

Course Locations

ARC

American Red Cross
Delaware County Chapter
5 West Winter St.
Delaware, OH 43015

BVHS

Buckeye Valley High School
901 Coover Road
Delaware, OH 43015

DACC

Delaware Area Career Ctr North
1610 St. Rt. 521
Delaware, OH 43015

LFD

Liberty Fire Department
7761 Liberty Road
Powell, OH 43065

MCC

Medallion Country Club
5500 Club Drive
Westerville, OH 43082

OTCH

Orange Township Hall
1680 E. Orange Road
Lewis Center, OH 43035

RFD

Radnor Fire Department
4061 St. Rt. 203
Radnor, OH 43066

TFD

Tri-Township Fire Department
495 Sunbury Road
Delaware, OH 43015

WCC

Westerville Community Center
350 Cleveland Ave.
Westerville, OH 43082

For information about Health and Safety courses, please contact Mary Guyton at 740.362.2021 or check our website at <http://delawarecounty.redcross.org>

Course Registration

Class registration fee must be received at least three business days in advance of class. Request for refunds must be received at least three working days prior to the course date. There is a \$5 administration fee for refunds. No refunds are given for courses that total \$15 or less.

Please call for information on Continuing Education credit.

No Calls and No Shows will not be refunded.

Credit Card: Visa, MasterCard or American Express

Check (In person or mailed): American Red Cross
Delaware County Chapter
5 W. Winter St.
Delaware, OH 43015

Saturday, Feb. 10
Friday, Feb. 16
Monday, Feb. 19
Monday, Feb. 19
Monday, Feb. 19
Wednesday, Feb. 21
Thursday, Feb. 22
Saturday, Feb. 24

March

Thursday, March 8
Friday, March 9
Thursday, March 15
Saturday, March 17
Saturday, March 24
Sunday, March 25

April

Wednesday, April 4
Friday, April 6
Friday, April 13
Wednesday, April 18
Thursday, April 19
Friday, April 20
Tuesday, April 24
Monday, April 30

May

Friday, May 4
Friday, May 4
Wednesday, May 9
Thursday, May 10
Saturday, May 12
Thursday, May 17
Saturday, May 26

Sunday, May 27
Tuesday, May 29
Wednesday, May 30

June

Tuesday, June 5
Friday, June 8
Saturday, June 9
Friday, June 15
Wednesday, June 20
Thursday, June 21
Friday, June 29

Liberty Township Hall, Powell 9 a.m. to 3 p.m.
Grady Memorial Hospital 10 a.m. to 4 p.m.
Conference Center at Northpointe 8:30 a.m. to 2:30 p.m.
Super WalMart, Lewis Center 1 to 7 p.m.
Barnes & Noble, Polaris 1 to 7 p.m.
Orange Township Hall 1 to 7 p.m.
Sunbury Methodist Church Noon to 6 p.m.
All Shepherd's Church, Lewis Ctr 9 a.m. to 3 p.m.

William Street Methodist Church 11 a.m. to 6 p.m.
Meijer's Westerville 12 to 6 p.m.
Sunbury Town Hall 12 to 6 p.m.
Buehler's 9 a.m. to 3 p.m.
Delaware County Library 10:30 a.m. to 3:30 p.m.
Liberty Presbyterian Church 8 a.m. to 12 p.m.

Westerville Community Center 9 a.m. to 7 p.m.
Hope Lutheran Church, Sunbury 2 to 8 p.m.
Grady Memorial Hospital 10 a.m. to 4 p.m.
Orange Township Hall 1 to 7 p.m.
Sunbury Methodist Church 12 to 6 p.m.
Conference Center, Northpointe 8:30 a.m. to 2:30 p.m.
Barnes & Noble, Polaris 1 to 7 p.m.
Super WalMart, Lewis Center 1 to 7 p.m.

Kroger's, Delaware Com. Plaza 1 to 7 p.m.
Meijer's, Westerville 12 to 6 p.m.
Meijer's, Lewis Center 12 to 6 p.m.
William Street Methodist Church 11 a.m. to 6 p.m.
Buehler's 9 a.m. to 3 p.m.
Sunbury Town Hall 12 to 6 p.m.
American Legion, 9 a.m. to 1 p.m.

(Delaware County Fairgrounds)

Barnes & Noble, Polaris 10 a.m. to 4 p.m.
YMCA, Powell 12 to 6 p.m.
Westerville Community Center 9 a.m. to 7 p.m.

St Joan of Arc Church, Powell 2 to 8 p.m.
Grady Memorial Hospital 10 a.m. to 4 p.m.
St John Nuemann, Sunbury 9 a.m. to 3 p.m.
Conference Center at Northpointe 8:30 a.m. to 2:30 p.m.
Orange Township Hall 1 to 7 p.m.
Sunbury Methodist Church 12 to 6 p.m.
WalMart, Delaware 1 to 7 p.m.

Instructor Courses

Lay Responder First Aid/CPR/AED/ Instructor Course

Cost is \$135. After successfully completing this course, you will be able to teach Adult CPR, AED, Child CPR, Infant CPR and basic First Aid (which includes sudden illnesses). Participants should have successfully completed a participant level class prior to enrolling.

Fundamentals of Instructor Training - FIT is taught on the first day of the Instructor Course.

January

Monday & Tuesday, Jan. 29 & 30, ARC 9 a.m. to 5 p.m.

March

Monday & Tuesday, March 19 & 20 ARC 9 a.m. to 5 p.m.

June

Thursday & Friday, June 14 & 15 ARC 9a.m. to 5 p.m.

Professional Rescuer Instructor upgrade

Must currently possess First Aid/CPR/AED Instructor Authorization to participate.

February

Monday, Feb. 12 ARC 9 a.m. to 1 p.m.

April

Monday, April 16 ARC 9 a.m. to 1 p.m.

Blood Services

Make an appointment today!

740.362.2021 740.548.7300 blood@delco-redcross.org

(Walk-ins also welcome)

January

Wednesday, Jan. 3	Powell Liberty YMCA	1 to 7 p.m.
Wednesday, Jan. 3	Westerville Community Center	9 a.m. to 7 p.m.
Friday, Jan. 5	St. Mary's Catholic Church	1 to 7 p.m.
Friday, Jan. 5	Columbus Zoo <i>(church next to zoo)</i>	12 to 6 p.m.
Saturday, Jan. 13	Buehler's	9 a.m. to 3 p.m.
Thursday, Jan. 18	Sunbury Town Hall	12 to 6 p.m.
Saturday, Jan. 20	American Legion	9 a.m. to 1 p.m.
	<i>(Delaware County Fairgrounds)</i>	
Wednesday, Jan. 31	Westerville Community Center	9 a.m. to 7 p.m.

February

Friday, Feb. 2	Kroger's, Delaware Comm. Plaza	1 to 7 p.m.
Tuesday, Feb. 6	Genoa Baptist	1 to 7 p.m.
Friday, Feb. 9	Hope Lutheran Church, Sunbury	2 to 8 p.m.

Disaster Services Training

Registration required one week in advance.

For course location, please call Wendy Caldwell at 740.362.2021.

Disaster Action Team Orientation

6 to 8 p.m. Wednesday, Feb. 7

This local course teaches participants how to respond to local disasters for the American Red Cross and how to provide emergency relief to those impacted at the disaster scene. This course is intended for volunteers who wish to become Disaster Action Team members.

Collaborating to Ensure Effective Service Delivery

8 a.m. to 5 p.m. Saturday, Feb. 10

Learn how to work with partner agencies in the field to share information and resources during a disaster operation.

Providing Emergency Services

8 a.m. to 5 p.m. Saturday, Feb. 10

Participants develop interview skills, knowledge, attitudes and relationships necessary to meet the disaster-caused needs of individuals and families following a disaster.

Shelter Operations

8 a.m. to 5 p.m. Sunday, Feb. 11

Participants will learn how to establish and manage a Red Cross shelter during a disaster operation.

Public Affairs

8 a.m. to 5 p.m. Sunday, Feb. 11

Learn how to effectively communicate with the media during a disaster.

Mass Care

8 a.m. to 5 p.m. Saturday, Feb. 24

Learn about providing food and shelter to those affected by a local or national disaster.

Emergency Operations Center

8 a.m. to 5 p.m. Sunday, Feb. 25

This class will equip you to serve as a Red Cross government liaison in an emergency operations center.

Register Now! Pre-registration is required for all courses. Courses that have fees **MUST BE PAID** 3 business days in advance.

COURSE CHOICE	DATE	TIME	LOCATION	COST
Adult CPR/AED <i>only</i>				\$35.00
Infant/Child CPR/AED <i>only</i>				\$35.00
First Aid <i>only</i>				\$35.00
For any two above classes ...				\$46.00
For any three above classes ...				\$55.00
TOTAL COST:				

Name: _____ Day Phone: _____ Home Phone: _____

Address: _____ City: _____ Zip: _____

Allergies/Medical Conditions: _____ Parent/guardian signature (if needed): _____

Full name on credit card: _____ VISA MC AMEX Expiration Date: ____/____/____

Card # _____

Release of all claims and information release

My signature below indicates that I elect to participate in an American Red Cross course. With my participation, I do hereby release and discharge the American Red Cross, Delaware County Chapter, its assignees, officers, agents and employees, and officials and their successors from any and all liability in the event of an accident or incident. I further certify that my physical condition will enable me to participate fully in the class.

I give to the American Red Cross, its nominees, agents and assignees, unlimited permission to use, publish and republish for purposes of advertising, trade or any other lawful use, information about me and reproductions of my likeness (photogenic or otherwise) and my voice, whether or not related to any affiliation with the American Red Cross, with or without my name.

_____ I do not give permission for the participant to be photographed.

X _____ Date

Signature of participant (if younger than 18, parent or guardian signature) _____ Date

Learn To Swim

Level 1 Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

Level 2 Fundamental Aquatic Skills: gives students success with fundamental skills.

Level 3 Stroke Development: builds on the Level 2 skills by providing additional guided practice.

Level 4 Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills.

Level 5 Stroke Refinement: provides further coordination and refinement of strokes.

Level 6 Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options. Each of these options focus on preparing students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training. These options include:

- ▶ Personal Water Safety
- ▶ Fundamentals of Diving
- ▶ Lifeguard Readiness
- ▶ Fitness Swimming

Fall and winter courses will be at the following location:

Westerville Community Center Aquatics Director (614) 901-6552

The following local pools will be offering American Red Cross swim lessons during the summer season:

Registration and payment must be sent to the facility offering the course.

The Lakes	6740 Worthington Road	614-882-2582
Scioto Reserve	7383 Scioto Parkway	740-881-9082
Medallion Country Club	5500 Club Drive	614-794-6962
Westerville Community Center	350 Cleveland Avenue	614-901-6552
Wedgewood	9600 Wedgewood Blvd	614-793-2590
Ashley Swimming Pool	2060 W St. Rt. 229	740-747-4124
Muirfield Drive Pool	8372 Muirfield Drive	614-889-0922
Wesleyan Woods	149 Somerset Road	740-369-5555
Mingo Park	Delaware	740-363-1881

***You must contact the participating facility for costs or questions.**

Water Safety Instructor Course

Cost is \$135. Trains instructor candidates to teach the Infant/Preschool Aquatic Program, the seven levels of the Learn to Swim program, Community Water Safety, and Water Safety Instructor Aide courses. **All classes MUST be attended and participants must be a minimum age of 17 before last day of course.**

All classes are at Westerville Community Center.

1 to 5 p.m. Sunday, May 6

1 to 5 p.m. Sunday, May 13

4 to 9 p.m. Monday, May 7

4 to 9 p.m. Monday, May 14

4 to 9 p.m. Wednesday, May 9

Babysitters Training

Cost is \$45.00. *Price includes Babysitter's First Aid Kit.* Bring a packed lunch, cold drink and a stuffed animal or doll. This course provides skills necessary in developing safe and responsible care for children in absence of guardians. Participant's minimum age is 11.

January

Saturday, Jan. 13 OTCH 9 a.m. to 3 p.m.

February

Saturday, Feb. 10 ARC 9 a.m. to 3 p.m.

March

Wednesday & Thursday, March 7 & 8 ARC 4 to 7 p.m.

Saturday, March 31 TFD 9 a.m. to 3 p.m.

April

Saturday, April 14 ARC 9 a.m. to 3 p.m.

May

Saturday, May 5 ARC 9 a.m. to 3 p.m.

June

Saturday, June 16 ARC 9 a.m. to 3 p.m.

Lifeguard Training

Cost is \$135. This course teaches the skills knowledge needed to become a lifeguard. Course includes CPR for the Professional Rescuer and First Aid Training, Preventing Disease Transmission and AED.

- Prerequisites:**
- ▶ Age 15 on or before the last day of class
 - ▶ Tread water two minutes using legs only
 - ▶ Swim 500 yards continuously using each of the following strokes: crawl, breaststroke, and sidestroke
 - ▶ Swim 25 yards, perform a surface dive to retrieve a 10-pound object and swim back keeping both hands on object

Participants MUST attend prerequisite session prior to course

Liberty Powell YMCA Aquatics Manager (740) 881-1058

Call for registration information and dates

Westerville Community Center Aquatics Director (614) 901-6552

Registrations required in-person through Westerville Community Center, 350 N.

Cleveland Avenue. Cost: \$135 for Westerville residents, \$145 for non-residents. Dates:

Mondays & Wednesdays, Feb. 26 through April 4 6:30 to 9 p.m.

Monday through Thursday, April 2-5 9 a.m. to 5 p.m.

April 20-22 and 27-29, 5 to 9 p.m. Friday, 9 a.m. to 5 p.m. Saturday and 1 to 5 p.m. Sunday

Monday through Thursday, June 11-14 9 a.m. to 5 p.m.

Lifeguard Challenge

Cost is \$60. Participants must come prepared to test out in the CPR/PR and all required water skills without any help from instructors. Register through American Red Cross.

Sunday, April 22 1 to 5 p.m.

Adult CPR and AED

Cost is \$35. This four-hour course includes recognizing and caring for breathing and cardiac emergencies in adults. Also contains information on quick response to life threatening emergencies and the proper use of an Automated External Defibrillator.

January

Monday, Jan. 8 ARC 6 to 10 p.m.

Saturday, Jan. 20 ARC 9 a.m. to 1 p.m.

Monday, Jan. 22 ARC 9a.m. to 1 p.m.

February

Monday, Feb. 5 ARC 6 to 10 p.m.

Saturday, Feb. 10 TFD 9 a.m. to 1 p.m.

Monday, Feb. 19 ARC 9 a.m. to 1 p.m.

March

**Saturday, March 10 *Save-A-Life Saturday* Special Price: \$20

Delaware Area Career Center North 9 a.m. to 1 p.m.

Monday, March 12 OTCH 6p to 10 p.m.

Saturday, March 24 LFD 9 a.m. to 1 p.m.

April

Monday, April 2 ARC 6 to 10 p.m.

Wednesday, April 11 TFD 9 a.m. to 1 p.m.

Monday, April 16 ARC 6 to 10 p.m.

Saturday, April 28 ARC 9 a.m. to 1 p.m.

May

Saturday, May 12 ARC 9 a.m. to 1 p.m.

June

Monday, June 4 ARC 6 to 10 p.m.

Saturday, June 9 ARC 9 a.m. to 1 p.m.

Monday, June 18 ARC 9 a.m. to 1 p.m.

CPR, CPR-PR, & First Aid Challenges

Cost is \$25.00 A challenge program in the following American Red Cross courses is open to anyone with or without current certification. Participants are required to pass a written test and accurately demonstrate any skills that apply, without review or help from any instructor. **This Wednesday course is given at the Delaware ARC office** and usually takes an hour. Appointments are made between 9 a.m. and 1 p.m. on the following dates. *Please indicate time and what certification when registering.*

January 17 April 18

February 21 May 16

March 21 June 13

Infant CPR & Child CPR/AED

Cost is \$35. This four-hour course specifically targets prevention, skills in rescue breathing and CPR, when caring for an infant and/or child. (*Child* is considered 1 year to 12 years of age, *Infant* is newborn to 1 year of age).

January	Tuesday, Jan. 9	ARC	6 to 10 p.m.
	Tuesday, Jan. 23	ARC	9 a.m. to 1 p.m.
February	Tuesday, Feb. 6	ARC	6 to 10 p.m.
	Saturday, Feb. 10	TFD	1:30 to 5:30 p.m.
March	Tuesday, March 13	OTCH	6 to 10 p.m.
April	Tuesday, April 3	ARC	6 to 10 p.m.
	Tuesday, April 17	ARC	6 to 10 p.m.
	Saturday, April 28	ARC	1:30 to 5:30 p.m.
May	Tuesday, May 15	ARC	6 to 10 p.m.
	Saturday, May 19	ARC	1:30 to 5:30 p.m.
June	Tuesday, June 5	ARC	6 to 10 p.m.
	Tuesday, June 19	ARC	9 a.m. to 1 p.m.

First Aid

Cost is \$35. This is a four-hour course. Participants learn to respond to various emergencies to include sudden illness, shock, poisoning, bleeding and fractures.

January	Wednesday, Jan. 10	ARC	6 to 10 p.m.
	Saturday, Jan. 20	ARC	1:30 to 5:30pm
	Wednesday, Jan. 24	ARC	9 a.m. to 1 p.m.
February	Wednesday, Feb. 7	ARC	6 to 10 p.m.
	Monday, Feb. 19	ARC	1:30 to 5:30 p.m.
March	Wednesday, March 14	OTCH	6 to 10 p.m.
	Saturday, March 24	LFD	1:30 to 5:30 p.m.
April	Wednesday, April 4	ARC	6 to 10 p.m.
	Wednesday, April 11	TFD	1:30 to 5:30 p.m.
	Wednesday, April 18	ARC	6 to 10 p.m.
May	Saturday, May 12	ARC	1:30 to 5:30 p.m.
	Wednesday, May 16	ARC	6 to 10 p.m.
	Wednesday, May 23	ARC	1:30 to 5:30 p.m.
June	Wednesday, June 6	ARC	6 to 10 p.m.
	Saturday, June 9	ARC	1:30 to 5:30 p.m.
	Wednesday, June 20	ARC	9 a.m. to 1pm

Sports Safety Training

Cost is \$45. This 8-hour course meets the Department of Education requirements for coaches and those involved in after-school student activity.

Adult CPR and Sports Safety (First Aid skills and sports-specific awareness) certifications are issued. (*Ohio Department of Education requires SST to be completed once every two years*)

February	Wednesday & Thursday, Feb. 28 & March 1	ARC	6 to 10 p.m.
April	Wednesday & Thursday, April 25 & 26	ARC	6 to 10 p.m.
May	Tuesday and Thursday, May 22 & 24	ARC	6 to 10 p.m.

CPR/AED for Professional Rescuer

Cost is \$60. This is a six-hour course that assists individuals who are expected to respond to emergencies as part of job-related duties. It emphasizes recognizing and caring for respiratory and cardiac emergencies, performing two-rescuers CPR, and minimizing risk of disease transmission along with special rescue situations. **Pocket mask included in course fee; students who already have mask pay \$50 but must bring mask to class.**

March	Monday & Tuesday, March 26 & 27	ARC	6 to 9 p.m.
June	Monday, June 11	ARC	9 a.m. to 3 p.m.

CPR/AED for Professional Rescuer - Review

Cost is \$30. Participants must have a valid and current CPR for Professional Rescuer certificate to take this course. **Students must bring pocket mask and current book to class.**

January	Monday, Jan. 22	ARC	6 to 10 p.m.
May	Monday, May 7	ARC	6 to 10 p.m.
	Wednesday, May 9	ARC	6 to 10 p.m.
	Monday, May 21	ARC	6 to 10 p.m.