



CANADIAN PONY CLUB FIRST AID COURSE REQUIREMENTS

Lessons that make up the St John First Aid Standard and Emergency level courses are outline below.

Core lessons (four hours):

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| 1. Emergency Scene Management | 4. Cardiovascular Emergencies and One
-Rescuer CPR (Adult casualty) |
| 2. Shock, Unconsciousness and Fainting | 5. Severe Bleeding |
| 3. Choking (Adult) | |

Elective lessons: Emergency course approx. 1.5 hours, Standard course approx 7.5 hours.

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| 1. Medical Conditions (Diabetes,
Convulsions, Asthma, Allergies) | 10. Wound Care |
| 2. Child Resuscitation | 11. Multiple Casualty Management |
| 3. Infant Resuscitation | 12. Rescue Carries |
| 4. Two-Rescuer CPR | 13. Eye Injuries |
| 5. Automated External Defibrillation | 14. Burns |
| 6. Secondary Survey | 15. Poisons, Bite and Stings |
| 7. Bone and Joint Injuries | 16. Heat and Cold Illness and Injuries |
| 8. Head/Spinal and Pelvic Injuries | 17. Emergency Childbirth and Miscarriage |
| 9. Chest Injuries | 18. Artificial Respiration |

Emergency Level First Aid

CPC requires the Emergency Course to include the 5 core lessons, any level of CPR, and the following elective:

7. Bone and Joint Injuries

Standard Level First Aid

CPC requires the Standard Course to include the 5 core lessons, any level of CPR, and the following 6 electives:

1. Medical Conditions (Diabetes, Convulsions, Asthma, Allergies)
7. Bone and Joint Injuries
8. Head/Spinal and Pelvic Injuries
10. Wound Care
16. Heat and Cold Illness and Injuries
18. Artificial Respiration

To First Aid Provider:

I am aware of the Canadian Pony Club requirements listed above and the course successfully completed by this candidate meets or exceeds these requirements.

Candidate's Name: _____

Course level attended: Emergency First Aid _____ Standard First Aid _____

Duration of Course (in hours): _____

Course Provider: _____
Company Name

Contact details: _____
Address, phone, email

Course Instructor: _____
(please print)

Signature: _____ Date: _____