



County of Simcoe
Paramedic Services
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SAVE A LIFE CPR DAY

FREQUENTLY ASKED QUESTIONS

Q. When and where is the next event?

A. The County of Simcoe Paramedic Services makes every effort to conduct two courses per year – one in February for “Heart Month” and one in November for “CPR Month”. Specific dates will be posted on the cpr.simcoe.ca website.

Q. What time does the CPR course begin and how long is it?

A. Typically we run two separate classes in a day. Depending on the facility, but we aim to have one morning session and one afternoon session. Each session lasts up to 2 hours and you only need to register for one session. Please arrive 20 minutes early for the session to complete the registration forms. The cpr.simcoe.ca website will list all the specifics as each date approaches.

Q. What type of CPR course is it?

A. Participants will receive the Family & Friends CPR Anytime™ course through the Heart & Stroke Foundation. This course includes learning adult CPR and adult choking emergencies.

Q. Will I receive a certificate?

A. This is a non certified CPR course. Participants will receive a participation card under the Heart & Stroke Foundation of Ontario.

Q. Does this course meet the needs of my employer for my certification in CPR?

A. You will need to confirm this with your employer by providing them with the course name (“Family and Friends” course through Heart & Stroke Foundation).

Q. What is the cost?

A. The course is free of charge however we request all participants to bring a non-perishable food item which will be donated to a local food bank.

Q. Is there an age restriction?

A. We will train ages 10 and older.

Q. Is there daycare available?

A. No.

Q. What should I wear?

A. Loose fitting or comfortable clothing. You will be sitting/kneeling on the floor for the entire course. You may wish to bring a small pillow or kneeling pad.

Q. Is CPR hard to learn?

A. No, it is a simple lifesaving skill; however there are some physical requirements. If you are unsure if you can perform the skills or have a medical condition, consult a physician before attending.

Q. Will there be any food or drink available?

A. No.

Q. Is there any pre-course material?

A. No.

Q. Is there a charge for parking?

A. No.

Q. What if I am unable to attend the course I'm registered for?

A. You can either call Customer Service at 1-800-263-3199 or log onto our website cpr.simcoe.ca to cancel.

**** All participants are asked to refrain from attending if they have any viruses/colds/flu/cough or open sores on the mouth ****

Be prepared to save a life today.

Robert Duquette
PAD Program Coordinator
County of Simcoe Paramedic Services