



# WINTER 2020 / 2021 NEWSLETTER

## Greetings to LifeSavers aligned Training Center Instructors,

I am hoping that you are hanging in there and staying healthy both mentally and physically during this trying time in our lives.

Without a doubt, this has been the hardest year of my life both personally and professionally. I have lost 4 significant people in my life in the last 9 months, (none Covid related) but 2 being my siblings. As they say, "we cannot control what happens around us, but we can control how we respond to it." I have learned to be grateful for each and every day, not taking people in my life for granted, and try to make each and every day better for others.

### **COVID-19 TRAINING PROTOCOL:**

Many of you have found my COVID-19 button, posted under Training Center on my website to be helpful, for those of you that may be back to training. The last update posted was July, when I went back to teaching Traditional Courses, along with the blended learning courses. Since then, the protocol has remained the same.

It is each and every AHA Instructor's responsibility to assure that your learning environment is safe, clean and hygienic. If you can NOT assure safety and follow the Minnesota's Department of Health recommendations, do not teach and put your participants and/or yourself at risk.

At this time, there is no further Completion Card extension. With that being said, that does not mean you should teach if you cannot follow the protocols set forth. I cannot imagine any licensing entity not considering the Pandemic amongst us and giving some flexibility.

### **2020 GUIDELINES UPDATE:**

On October 21, 2020, AHA announced Science and Guidelines News.

All this important information is posted on the AHA Instructor Network on your dashboard.

Most of the updated information can be found under **Science & Guidelines News**.

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### 2020 GUIDELINES UPDATE (cont.):

All of the **BLS Materials** have been released and were available on October 21<sup>st</sup>. The **Heartsaver Materials** are to be released and available early 2021. There are interim materials available and can be accessed under Science and Guidelines News. You will also find the required live stream recordings on this page.

There are several mandatory steps for you to complete before you can start teaching the new 2020 guidelines. Once you have completed all the requirements noted on the **2020 Guidelines Instructor Checklist**, please email me **both** the completed checklist and your Instructor Update Certificate. This must be completed no later than 2.1.2021. I am requesting that you complete these updates, sooner than later. You will find the changes to be quite small with a larger push towards more digital teaching and learning.

The AHA now has 2 options for the Written Exam, Printed and Digital (Online). After discussing the pros and cons of the digital version, LifeSavers will continue to ONLY use and disseminate the Printed Exam.

**BLS** - Once you email me the completed Checklist and your Guidelines Instructor Update Certificate, I will email you the (mandated) 2020 BLS Exam.

**HeartSaver** – Once you email me the completed Checklist and your Guidelines Instructor Update Certificate, I will email you the (optional) 2020 Heartsaver Exams, once they are released.

### 2021 FORMS AND PROTOCOLS:

The 2021 Forms can be found on LifeSavers Website, posted under Training Center, by the end of November. Please discard all 2020 and previous years forms. Every once in a while, I still receive forms from years back. I will not accept them and will request you to resubmit on the proper forms.

There are still a handful of you that are not emailing me your Rosters and Evaluations. If you do not email them to your TC (LifeSavers), the course did not occur according to the AHA. It also assists your TC in monitoring the quality of your courses. It is protocol and is the right of your learners to have confirmation of their attendance.

Following this protocol, is mandatory to continue your alignment and Instructor status.

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### **2021 FORMS AND PROTOCOLS (cont.):**

The following Quick Links are listed under your Training Center:

- \* eCard Orders
- \* 2 Year Alignment Fee Form
- \* AHA Instructor Network
- \* Newsletter Archives
- \* Current Instructor Guidelines
- \* WorldPoint Product Ordering
- \* Covid-19 Updates

### **INSTRUCTOR RENEWALS:**

The vast majority of you are doing an excellent job of notifying me 2-3 months prior to your Instructor Expiration month. Thank You for that! A few of you have found out the hard way that there is no grace period if you miss your expiration month. (In that event, you must retake the Initial Instructor Course.). Do yourself a favor and put a reminder on your calendar to email me 2-3 months prior.

For those of you who have not had your first instructor renewal, it is quite painless. I simply come and have you complete a skills evaluation and observe (monitor) you while you teach.

You can register for your Instructor Renewal on LifeSavers website posted under Courses. The fee for renewal continues to be \$100.00.

During COVID, I have been doing the Instructor Renewal monitoring by facetime or zoom.

I want to remind you that you have the flexibility to adapt and alter your courses accordingly to the needs of your learners.

I for one, do not show every section of the DVD. Often during monitoring, I notice most of you do show them all. I feel there should be a bit less audio and more hands on. It is also very important to add several site specific scenarios to your classes and make them realistic – “Ribs are cracking”, “there is no mask”, “they are throwing up” etc.

Also, teach your students to coach and encourage one another like you would in a real emergency. (The 2020 Update is recommending a CPR Coach during the practice sessions in class.)

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### TRAINING CENTER REALIGNMENT:

Great News, this is your off year and your realignment is not due until January of 2022!



### ON A PERSONAL NOTE:

On October 21<sup>st</sup>, my neighbor had her parents over for dinner to celebrate her Dad's 60<sup>th</sup> Birthday. After dinner, he was moving a gate that keeps their dog from going down their basement steps. As he was moving it, he slipped and fell head first, down 12 steps hitting his head on the landing. He was unresponsive and not breathing. His wife immediately began CPR as they called 911. When 911 arrived, he was breathing again. He continued to breath and needed no more compressions or the use of the AED. The fall caused a very significant TBI (Traumatic Brain Injury). Therefore, they had to make that heart wrenching decision to take him off of life support. Incidentally, his funeral was today. WHY am I sharing this story, you must wonder...? I share it because, the gift of knowing CPR has given his wife of 31 years the feeling of "doing something", not feeling helpless, and giving life to her life-long love. Although he is no longer with them and it was not the ending they had wished for, it makes the pain a bit easier to take.

This annual Newsletter is one my few opportunities to Thank YOU for your dedication to helping save lives. Especially during this horrific pandemic, we have to be so mindful of the safety of ALL. (This means more planning, more PPE and disinfectants and overall MORE work.) So, I continue to be grateful to you.

LifeSavers will be on Holiday leave from December 19 – January 4. If you need any assistance from me, including eCard orders, please notify me before or after the above dates. I will not be returning calls, checking emails or issuing eCards during that time.

Happy Holidays and I believe we will ALL welcome a HAPPY NEW YEAR!

Regards,  
Sandy