

**COURSES ACCEPTED AS MEETING  
THE COACHES FIRST AID AND CPR REQUIREMENT  
AS OF DECEMBER 2010**

**\*FIRST AID – All cards must be renewed every 3 years or per certifying agency requirements – NO ONLINE COURSES ARE ACCEPTED**

1. A State Education Department approved agency that offers First Aid using the SED course outlines and time requirements: 12 hours initial; 5.5 hours update (valid for 3 years) ([www.emsc.nysed.gov/ciai/physed.html](http://www.emsc.nysed.gov/ciai/physed.html))  
- Click on Toolkit, then on Approved Coaching Courses)
2. American Red Cross:
  - a. Responding to Emergencies (new: only applies to FA)
  - b. Lifeguard Training (meets FA & CPR certification)
  - c. NYS First Aid for Coaches
3. NYS DOH/Bureau of Emergency Medical Services:
  - a. Certified First Responder (meets FA & CPR certification)
4. National Safety Council:
  - a. First Aid: Taking Action

**\*ADULT CARDIOPULMONARY RESUSCITATION (CPR) – All cards must be renewed every 1- 2 years per certifying agency requirements – NO ONLINE COURSES ARE ACCEPTED**

1. A State Education Department approved agency that offers CPR using the NEW SED course outline and time requirements: 2.5 hours initial; 1.5 hours update (must be renewed every 2 years to be valid) check out [www.emsc.nysed.gov/ciai/physed.html](http://www.emsc.nysed.gov/ciai/physed.html) - Click Toolkit, then on Approved Coaching Courses)
2. National Safety Council (NSC):
  - a. CPR/ AED Course
3. American Heart Association Courses (AHA):
  - a. Advanced Cardiac Life Support (ACLS) – (credited only for CPR/AED)
  - b. Basic Life Support for Health Care Providers (BLS)
  - c. Heartsaver AED (includes CPR)
4. American Red Cross Courses (ARC):
  - a. Adult CPR/AED
  - b. CPR/AED for the Professional Rescuer (credited for CPR and AED)
  - c. Lifeguard Training (credited for both CPR and First Aid)
5. American Safety & Health Institute (ASHI)
  - a. Adult CPR/AED

SED does not require the following to have separate certification in First Aid to coach, HOWEVER A VALID CPR CERTIFICATE WILL BE REQUIRED:

- a. All Nurses
- b. Physician – Physician Assistant
- d. Certified EMT/Paramedic
- e. Certified Athletic Trainer
- g. Fire & Police Officers (full time)

\*For further clarification on other specific First Aid/CPR certifications not listed, please contact the Associate in Physical Education at (518) 474-5922.