AMERICA'S BOATING CLUB
GROSSE POINTE POWER SQUADRON



HELP4CPR.ORG

The Basic Life Support (BLS) Course is a video based, instructor led course that teaches both single rescuer and team Basic Life Support. This course trains participants to promptly recognize several life -threatening emergencies, give high quality chest compressions, deliver appropriate ventilation, an d provide early use of an AED. All courses teach skills using the ***American Heart Association's*** proven *Practice While Watching* technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills.

Course Covers:

- Key changes in basic life support, reflecting the new science for the American Heart Association's Guidelines on Cardiopulmonary Resuscitation & Emergency Cardiovascular Care And Critical concepts of high-quality CPR
- The American Heart Association Chain of Survival
- 1-2 Rescuer CPR and AED for adults, children, and infants
- AED Use
- Bag - mask technique, and Rescue Breathing for adults, children, and infants
- Relief of choking for adults, children, and infants
- Opioid abuse discussion and Narcan use

Location: ***Gross Pointe Yacht Club***: 788 Lake Shore Rd., Grosse Pointe Shores, 48236

Date: November 7, 2026. Registration 8:30am, Class: 9am-1pm **Ages:** 12 years of age and older

Cost: $75.00 / person, due day of class. Cash or check only.

Payable to: ***Grosse Pointe Power Squadron***

Two-year digital certification provided on completion of course.

American Heart Association.

Pre-Registration Mandatory by 10/31/26 - Call, text or email with: Class Date, Name, Age, Email, and Telephone number needed for all participants.

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American Heart Association, Authorized Trainer