

Checklist for US Instructors

American Heart Association Guidelines for CPR and ECC



This checklist will guide you through the process you must follow to stay compliant and up to date with teaching CPR after the Guidelines release on October 22, 2025. The method through which you will obtain your Instructor Update is determined by your Training Center. Please be in communication with your Training Center Coordinator (TCC) for further instructions.

- ☐ Sign up on [Atlas](#) and [eLearning](#) if you haven't already. Ensure you are aligned with a Training Center on Atlas.
- ☐ Complete the required, complimentary, Instructor Update course for each discipline you teach by February 28, 2026.*
 - Your TCC will need to receive your completion certificate.
 - Starting Oct. 22, 2025, Instructor Update courses will be available for BLS, ACLS, PALS, Heartsaver®, and PEARS®.
- ☐ Once you have completed your Instructor Update, you may teach using either:
 - The 2025 science with the new 2025 materials and 2025 exam.OR
 - The 2025 science using the 2020 materials and 2025 exam, supported by the Interim Training Materials, until all 2025 materials are available. To access the Interim Training Materials, you will log into Atlas, navigate to Training Resources > Course Information where you find the documents for each course.
- ☐ **Beginning March 1, 2026, only 2025 products can be used to teach BLS, ACLS, PALS, and Heartsaver.**
- ☐ OPTIONAL: Take the free Product & Course Orientation* (P&CO). If your Training Center selects to assign your Instructor Update through Training Central, you will also have access to the P&CO. If your Training Center chooses not to utilize Training Central, then the P&CO can be accessed on an individual basis on [eLearning.heart.org](#). Please be in communication with your Training Center to determine by which method they will assign your Instructor Update.
- ☐ Interested in accessing the CPR Guidelines? The Guidelines release at 4 a.m. CT/5 a.m. ET October 22, 2025. The full statement will be available on this [Guidelines webpage](#).

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What are Instructor Updates?

- Provide an overview of new science and key changes for each discipline
- Required eLearning courses for Instructors
- Must be completed by 11:59 pm February 28, 2026
- TCs are required to maintain records of Instructors' completion certificates of Instructor Updates
- Continuing Education credits will be offered

What is Product & Course Orientation (P&CO)?

- Helps Instructors understand the new course design and teaching strategies for the course they teach
- Provides the latest and most important updates to the course materials
- P&CO available for ACLS, BLS, PALS, and Heartsaver
- P&CO is separate from the required Instructor Update
- Optional, complimentary eLearning course

For TCCs:

How to Obtain the Instructor Update and P&CO Together*

There will be 2 ways to obtain Instructor Update and P&CO bundles

- For TCCs, both courses will be available on ShopCPR as a bundle product so that TCCs can obtain these courses in bulk. TCCs can use their purchase code to have it delivered to their Training Central account (this will help TCCs track the status and completion of these eLearning courses).
 - If a purchase code is not used, it is also available as a downloadable spreadsheet of URLs.
- Or, TCCs can direct their Instructors to obtain the Instructor Update and P&CO directly from eLearning.heart.org.