The Leading Global Provider
Of Fitness & Wellness Education

FIRST AID with CPR & AED PRO TRAINER INFORMATION and APPLICATION PACKAGE

*Join **canfitpro** and help fitness grow!*

Become Part of Our PRO TRAINER Team in Providing Cutting-Edge Certification Programs

OUR VISION

As the leading global provider of fitness and wellness education, canfitpro empowers people to lead passionate and fulfilling lives through safe, fun and effective physical activity.

Being certified with canfitpro is a clear indication of your commitment to professionalism in the fitness industry. canfitpro has collaborated with top fitness experts to develop the best certification programs, giving our members the foundation to provide safe and effective programs to their clients and participants to help them achieve their goals.

OUR MISSION

United as members, canfitpro delivers the world's best, accessible, affordable, and attainable fitness education and experiences.

WHY BECOME A FIRST AID PRO TRAINER?

You are passionate about First Aid and CPR and want to share that passion by educating others. You want to take the next step in your career and mentor others.

By joining our national team of FIRST AID PRO TRAINERS, you will provide quality lifesaving and health education thereby enhancing the programs available in your local community.

The canfitpro FIRST AID with CPR & AED course is intended for fitness professional as well as individuals looking to be trained in FIRST AID for personal purposes. canfitpro's FIRST AID with CPR & AED programs adhere to ILCOR guidelines and exceed provincial regulations.

WHAT DOES A FIRST AID PRO TRAINER DO?

canfitpro PRO TRAINERS are ambassadors for canfitpro and experts in their specialty. As a FIRST AID PRO TRAINER you uphold and promote the quality of our programs by conducting courses within your local community.

With the help of canfitpro, you organize and promote our courses. You offer them to individuals who want or need the training for professional or personal purposes ensuring that the learning experience is fun and educational.

HOW WILL THIS INCREASE MY REVENUE?

PRO TRAINERS are remunerated for every participant in their courses. In a single course (14 hour Standard First Aid), a First Aid PRO TRAINER can generate up to $1760 of revenue **earning up to $125 per hour**.

Are you ready? If the following sentences describe you, this may be YOUR ideal opportunity!

- You possess a strong business sense and are driven to increase your income
- You are confident with business, marketing and advertising plans
- You embrace the fact that you can do what you love while creating an unlimited income
- You are willing to work non-traditional hours in order to meet your entrepreneurial goals
- You have strong networking skills and are confident with social media, face to face contacts, telephone, print and other forms of communication.

WHAT ARE THE BENEFITS IN BEING A FIRST AID PRO TRAINER?

On top of your course and exam revenue, canfitpro gives you:

- Complimentary canfitpro Conference registration.
- Complimentary canfitpro Professional Membership.
- Discounted rates for canfitpro courses and exams.
- Discounts on canfitpro clothing.
- And much more!

ARE YOU READY FOR OUR FIRST AID PRO TRAINER TRAINING CAMP?

The purpose of the PRO TRAINER Training Camp is to reinforce the level of knowledge and ability to successfully educate and certify individuals globally.

Once your application has been selected you will be invited to a 2 day PRO TRAINER Training Camp as well as a 2 day First Aid & CPR/AED Training Camp.

During the Training Camps we will teach you business strategies such as marketing and promotion of your courses and you will learn how to deliver our world class First Aid programming. We will also discuss PRO TRAINER performance standards, benefits, and expectations.

You will be required to present a section of your program content to the group and will receive feedback from other potential PRO TRAINERS (your peers) and canfitpro representatives. Your performance and ability to give and receive feedback will render the final go-ahead to begin offering our First Aid program.

WHAT ARE THE PRE-REQUISITES FOR BECOMING A FIRST AID PRO TRAINER?

We are looking for highly qualified candidates to help us deliver our First Aid program. To become a successful FIRST AID PRO TRAINER, you must posses the following set of pre-requisites:

- Current Emergency First Aid (from a WSIB accredited training agency)
- Successful completion of a First Aid knowledge and skills assessment
- Passion and thorough understanding of the importance of lifesaving techniques
- Experience teaching adults, presenting workshops and/or conference sessions
- Be able to provide a guaranteed host location with proper teaching requirements
- Willing to learn
- Enthusiasm, excitement, and a love for health and fitness!

WHERE DO I START AND HOW DO I APPLY?

The application process is simple; by following these three steps you are on your way to becoming a canfitpro First Aid PRO TRAINER:

STEP 1*

- Complete the application form.
- Include a one-page letter of intent describing your qualifications.
- Provide your professional resume and list of 3 professional references.
- Provide copies of your professional certification(s), documents, and First Aid training that you have completed within the last 2 years.
- Include a letter of support or guarantee from a confirmed host facility stating that they will be the host facility for future courses.
- Complete the First Aid knowledge and skills assessment
- Submit a 20 minute video reflective of the a lifesaving skill *(DVD/CD, Drop Box or YouTube format)*:
- Submit a professional headshot photo saved in a JPEG, Bitmap, GIF, TIFF or PNG format and a short bio

STEP 2*

- Return a completed privacy agreement along with other documentation(s) prior to attending the Training Camps.
- Prepare for your assigned homework presentation provided by canfitpro.
- Attendance at First Aid and PRO TRAINER Training Camps.

* Subject to being selected by meeting all the requirements necessary to proceed further into the application process. canfitpro reserves the right to refuse the application at any stage of the application process.

WHAT DO I NEED TO INVEST?

The fees involved in becoming a canfitpro First Aid PRO TRAINER are:

STEP 1

- Application Fee† of $65.00 + applicable taxes*.
  †The application fee will be processed before an application is considered.

STEP 2

- Agency Fee* – The Agency fee is broken down into two categories:

  - PRO TRAINER Training Camp Fee of $460 + applicable taxes. This must be paid in full prior to the scheduled Training Camp.
  - First Aid PRO TRAINER Training Camp Fee of $850 + applicable taxes. This must be paid in full prior to the scheduled Training Camp.
  - Agency Fee of $460 + applicable taxes. This may be paid in one of two ways:

  1. One payment one month after the Training Camps.
  2. Three monthly payments after the Training Camps.

* The Application and Agency Fees are non-refundable.
** A 25% fee will be required if you relinquish your agency within 1 year and haven't paid it off.

Teaching the canfitpro First Aid with CPR & AED program requires the use of ACTARs or manikins, First Aid Teaching Tools, as well as an AED trainer machine. We can assist you with finding these resources. The PRO TRAINER is responsible for these costs.

APPLICATION CHECK LIST

Please ensure that you have included the following with your application:

STEP 1

- ☐ Application form and application fee of $65.00 + applicable tax.
- ☐ Letter of intent.
- ☐ Professional resume and list of 3 references.
- ☐ Copies of professional certification(s), documents, and current First Aid
- ☐ Host site letter of support.
- ☐ First Aid knowledge and skills assessment
- ☐ 20 minute video

- ☐ Professional headshot photo saved in a JPEG, Bitmap, GIF, TIFF, or PNG format.

STEP 2
- ☐ Return privacy agreement and other document(s) prior Training Camps.
- ☐ Assigned presentation homework provided by **canfitpro**.
- ☐ Attend Training Camps.

You will be notified within 3-4 weeks of receiving your application.

Send your application to:
canfitpro
110-225 Select Avenue Toronto ON M1X 0B5
Fax: (416) 493-1756
protrainer@canfitpro.com

FIRST AID PRO TRAINER Application Form

PERSONAL INFORMATION

□ Miss □ Mr □ Mrs □ Ms □ Dr

Last Name | First Name | Middle Initial

Mailing Address | Email Address

City | Province | Postal Code

( ) Home Phone | ( ) Work Phone | ( ) Cell Phone

Club or Business Name | Title (i.e. fitness instructor, personal trainer, program director)

APPLICATION REQUIREMENTS

Please enclose the following for STEP 1 of your application:

- □ Application form and application fee of $65.00 + applicable tax.
- □ Letter of intent.
- □ Professional resume and list of 3 references.
- □ Copies of professional certification(s), documents, and current First Aid.
- □ Host site letter of support.
- □ FIRST AID knowledge and skills assessment
- □ 20 minute video
- □ Professional headshot photo saved in a JPEG, Bitmap, GIF, TIFF, or PNG format.

APPLICATION FEE

Please process my application to become a **canfitpro** FIRST AID PRO TRAINER:

Application Fee: $ 65.00

Subtotal _____

+ *GST at 5%
or
+ **HST at ___% _____

Total Fee: $ _____

**GST (Goods and Services Tax)* *applicable in Quebec, Prince Edward Island, Manitoba, Alberta, Northwest Territories, Nunavut, and Saskatchewan. (Applied to location where course or exam is being held).*

***HST (Harmonization of Sales Taxes)* *applies only to the Canadian provinces of Newfoundland (13%), Nova Scotia (15%), New Brunswick (13%), British Columbia (12%), and Ontario (13%) and includes both GST and PST. (Applied to location where course or exam is being held).*

METHOD OF PAYMENT
□ MasterCard □ Visa □ Cheque (enclosed)

Card #: _____

Expiry Date: _____ / _____

I, _____ agree with all of the information stated in the PRO TRAINER application and that all of the information submitted with this application form is true and an accurate representation of myself. I am aware that **canfitpro** reserves the rights to refuse this application.

Signature: _____

FIRST AID SKILLS ASSESSMENT

The following questions will help to determine your comprehension of FIRST AID and can help determine if you are ready to teach life saving skills to your participants.

1. The Heart and Stroke Foundation have determined that there are preventative and non-preventative risk factors when determining the likelihood of developing heart disease. Please place a **"P"** beside those below that you feel are preventative and an **"NP"** beside those that you feel are non-preventative factors:

_____ Age	_____ Smoking
_____ Being Overweight	_____ Prior Stroke
_____ Gender	_____ Excessive Alcohol Consumption
_____ Ethnicity	_____ High Blood Pressure
_____ Stress	_____ Diabetes

2. Common musculoskeletal injuries include:
   a. Fractures
   b. Dislocations
   c. Sprains
   d. All of the above

3. A heart attack can occur in many forms and doesn't always take on the same symptoms. Please list 4 symptoms that can occur when someone is experiencing a heart attack

   1) _____

   2) _____

   3) _____

   4) _____

4. There is a law that was designed to reduce hesitation of a bystander to provide assistance to someone in need. This law is called:
   a) Good Samaritan Act
   b) Good People Law
   c) The Good CPR Act

d) Law 254 – CPR Good Faith Act

5. Barrier Devices MUST be used when performing CPR on an individual

True OR False

6. AED machines are quickly becoming more well-known for their amazing rate of survival when used on victims. Please explain what AED stands for and give a brief explanation of how this machine works.

7. What is the ratio of compressions to breaths when administering CPR?
   a) 2:15
   b) 30:2
   c) 45:5
   d) 2:30

8. If you are not a trained medical professional you shouldn't be administering insulin.

TRUE OR FALSE

9. What is the age range determining if the victim is an infant?
   a) Birth to 6 months
   b) Birth to 2 years
   c) Birth to 1 year
   d) Newborn only

10. If a spinal injury is suspected it is best not to move the victim. Identify the exception to this rule.

11. What are the "Three H's" asked during the primary scene survey?

12. An obstructed airway comes in two stages – mild and severe.
    How would the rescuer identify that the stage was mild?

    How would the rescuer identify that the stage is severe?

13. List the 4 methods of poisoning.

16. What are the typical signs that someone is in shock, how do you treat them?

17. What is the medication of choice for treating severe allergic reactions?

18. Explain the difference between hypothermia and hyperthermia. Name signs/symptoms for each.