



**TITLE: Instructor-Led CPR & First Aid Training under COVID-19 Precautions**

**PURPOSE:** This interim set of guidelines is intended to provide guidance for the implementation of CPR and First Aid instruction under COVID-19 precautions. In order to maintain infection control procedures in compliance with CDC protocols, effective July 1, 2020, all CPR and First Aid classes delivered to Arc Westchester staff will follow these guidelines.

**Facilities and Class Size**

All classes will be held at The Arc Westchester's Hawthorne location until further notice.

Classroom tables, chairs and doorknobs will be wiped down with disinfectant before and after class.

Trainees will be screened for illness prior to entering the classroom by Staff Development Department staff, according to Arc Westchester guidelines.

Maximum class size is 6 trainees led by one instructor.

Trainees and instructor will maintain a distance of 6 feet apart from each other at all times during the class. If that is not possible in the available space, class size will be reduced.

Trainees may not partner with each other. Trainees will practice back blows, abdominal thrusts, bandaging, and using direct pressure to control bleeding on themselves.

**Personal Protective Equipment and Hygiene Practices**

Masks are mandatory. Trainees and the instructor will not be permitted in the classroom without a mask. Masks may be briefly lowered while practicing rescue breaths and immediately replaced.

Gloves are mandatory during the skills practice and will be provided by the instructor.

Hand hygiene will be performed by trainees and instructor at the beginning and end of class and before/after donning/doffing gloves, using soap and water or hand sanitizer.

Use of a breathing barrier while practicing rescue breaths is required and will be provided by the instructor.

Disposable equipment (e.g., gloves, breathing barriers) may not be reused or shared among trainees.

Every trainee will have their own manikin for use during class.

Materials and supplies may not be passed around the room. Pens may not be shared.

**Equipment Disinfection**

Removable manikin faces will be disinfected after class by Staff Development Department staff, according to American Red Cross and manufacturer guidelines.

Manikins will be disinfected after class by Staff Development Department staff, according to American Red Cross and manufacturer guidelines.