

**CANADIAN PONY CLUB  
FIRST AID COURSE REQUIREMENTS**

Lessons that make up the St John First Aid Standard and Emergency level courses are outline below. Both the Standard first aid and Emergency first aid courses include five core lessons (four hours).

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| 1. Emergency Scene Management          | 4. Cardiovascular Emergencies and One<br>-Rescuer CPR (Adult casualty) |
| 2. Shock, Unconsciousness and Fainting | 5. Severe Bleeding   |
| 3. Choking (Adult)                     |  |

There are 18 elective lessons. The Emergency course includes approximately 1.5 hours\* of elective content, while the Standard course includes about 7.5 hours.\*

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| 1. Medical Conditions (Diabetes, Convulsions, Asthma, Allergies) | 10. Wound Care                           |
| 2. Child Resuscitation   | 11. Multiple Casualty Management         |
| 3. Infant Resuscitation  | 12. Rescue Carries                       |
| 4. Two-Rescuer CPR   | 13. Eye Injuries                         |
| 5. Automated External Defibrillation                             | 14. Burns                                |
| 6. Secondary Survey  | 15. Poisons, Bite and Stings             |
| 7. Bone and Joint Injuries                                       | 16. Heat and Cold Illness and Injuries   |
| 8. Head/Spinal and Pelvic Injuries                               | 17. Emergency Childbirth and Miscarriage |
| 9. Chest Injuries  | 18. Artificial Respiration               |

**Emergency Level First Aid**

CPC requires the Emergency Course to include the 5 core lessons, any level of CPR, and the following elective:

7. Bone and Joint Injuries

**Standard Level First Aid**

CPC requires the Standard Course to include the 5 core lessons, any level of CPR, and the following 6 electives.

1. Medical Conditions (Diabetes, Convulsions, Asthma, Allergies)  
7. Bone and Joint Injuries  
8. Head/Spinal and Pelvic Injuries  
10. Wound Care  
16. Heat and Cold Illness and Injuries  
18. Artificial Respiration

**First Aid Provider:**

*I am aware of the Canadian Pony Club requirements and the course provided **meets or exceeds these requirements.***

Candidate's Name: \_\_\_\_\_

First Aid Course Provider: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Course Instructor: \_\_\_\_\_ Duration of Course (in hours): \_\_\_\_\_

Signature: \_\_\_\_\_ Position: \_\_\_\_\_

Date: \_\_\_\_\_

Note: C2 and B Candidates must complete Emergency First Aid as a minimum requirement.

A and B2 Candidates must complete Standard First Aid as a minimum requirement.

