



## Summary of Updates to First Aid Program Standards – November 2023 edition

The following is a list of revisions included in the November 2023 version of the First Aid Program Standards, which can be found on My Red Cross ([myrc.redcross.ca](http://myrc.redcross.ca)) > Standards > Program Standards.

Change/Page Reference	Description	Rationale
<b>Use of term “learner”</b>	The term “participant(s)” has been replaced with “learner(s)” throughout the Program Standards.	This term is used to define a person who partakes in any CRCS learning.
<b>Written knowledge evaluations</b> All course pages	Under the “Completion Criteria” section of all course pages, the following note has been revised to add clarity and inclusive language: “Note: Instructors and Evaluators may conduct a one-on-one verbal or written knowledge evaluation if the learner has a disability that affects their ability to complete written evaluations.”	This was revised to incorporate inclusive language and to clarify that Instructors should not request that the learner provide documentation or explanation of their disability. If the learner self-advocates about their disability, the Instructor should provide the appropriate accommodation.
<b>Delivery Methods</b> Pages 11-12	This section has been updated to use current and consistent terminology and provides an explanation of facilitated, self-directed, and blended learning, including but not limited to synchronous and asynchronous learning.	New programs and alternative delivery options adopted during the COVID-19 pandemic have been defined and outlined under the course delivery options permitted by Canadian Red Cross First Aid.
<b>Teaching Hours</b> Pages 14-15	Under Program Delivery Standards > Time, the term “Teaching Hours” has been more clearly defined as the following: <b>Teaching hours</b> refers to time spent on learning activities applicable to the course content. Teaching hours consist of skill demonstration activities and theory instruction. During these activities, the Instructor must be actively supervising learners and be able to interact with learners. <b>Teaching Hours</b> does not include time spent on course administration, breaks, First Aid evaluations, or any other non-learning-related elements. The teaching hours listed for each course (under Courses) indicate minimum teaching time.	Minimum teaching hours have been reviewed and updated to ensure alignment with teaching time requirements for practical skills demonstration outlined by legislation,



Change/Page Reference	Description	Rationale
<b>Course Content</b> Page 15	Under the section Course Content, the following note has been added: Instructors must teach current course content.	Course content is reviewed and updated regularly and communicated with Instructors through Instructor Update courses. These courses ensure that Instructors have the most current knowledge, skills and resources to deliver learner courses that meet CRC standards and jurisdiction-specific legislation.
<b>Use of Unauthorized Materials</b> Page 32	Re-defined to include specific mention of videos developed and produced by CRC. Resources from other print or digital sources, such as YouTube, are not permitted to be used in the classroom.	The use of authorized materials has been a recurring issue in quality assurance concerns. This definition aims to assist Instructors in selecting appropriate resources to use in their classroom that contribute to a safe learning environment.
<b>Minimum Teaching Time</b> Pages 52-53	The following Minimum Teaching Time have been updated: <ul style="list-style-type: none"> <li>• Standard First Aid Blended CPR A = 7 hours</li> <li>• Standard First Aid Blended CPR C = 7 hours</li> <li>• Standard First Aid Recertification CPR A = 7 hours</li> </ul>	Minimum teaching hours have been reviewed and updated to ensure alignment with requirements for practical skills demonstration outlined by legislation,
<b>Legislation</b> All applicable course pages and program pages	The following note has been added: Note: Please be aware of local/provincial regulations that may dictate different maintenance and recertification requirements. Refer to <a href="http://www.redcross.ca/firstaidlegislation">www.redcross.ca/firstaidlegislation</a> and visit My Red Cross > Tools > First Aid Programs > Provincial Tools for resources applicable to each province/territory where you deliver courses.	This provides further guidance and resources on regulations including jurisdiction-specific requirements. CRC Training Partners and Instructors should be aware that legislators may require additional course content/requirements, in addition to what is outlined in the CRC First Aid Program Standards.



Change/Page Reference	Description	Rationale
<b>Youth Leader</b> Page 107	<p>The Youth Leader pathway graphic was updated – Step 2 includes icon for online component only.</p> <p>Under Prerequisites, the following has been added: “If applicable, provide documentation of one of the following current certifications: Lifesaving Society Swim Instructor, YMCA Swim Instructor, HIGH FIVE PHCD, HIGH FIVE PHCD with Quest or NCCP Level 1 (any sport).”</p>	<p>There is no classroom course component for Fundamentals of Instruction for Youth Leaders and the graphics have been updated to reflect this. The prerequisites were updated to include transfer options applicable to individuals in the aquatic recreation sector.</p>
<b>Youth Leader Transfer Pathway</b> Page 109	<p>A Youth Leader Transfer pathway graphic has been added. Prerequisites for Youth Leader Transfer have been clearly defined, including which certifications are recognized.</p>	<p>Transfer pathway was included to provide a clear visual and written documentation of the process. Additional certifications that can be recognized as prerequisites were added to support instructors in the aquatic recreation sector.</p>
<b>Psychological First Aid Instructor – Discipline Specific Classroom Component</b> Pages 112-113	<p>One Psychological First Aid Instructor Trainer (PFAIT) is required to facilitate the Psychological First Aid (PFA) Instructor course.</p>	<p>A sole PFAIT may facilitate the discipline specific classroom component course for candidates in a Psychological First Aid Instructor (PFAI) course.</p>
<b>Instructor Development Transfer Pathway Option 2</b> Page 115	<p>Under prerequisites, it is noted that individuals who hold a Lifesaving Society Lifesaving Instructor or a HIGH FIVE Trainer certificate are eligible for this transfer pathway</p>	<p>Prerequisite updated to include consideration for transfer options applicable to individuals in the aquatic recreation sector.</p>
<b>Psychological First Aid Instructor Recertification</b> Pages 117	<p>Under Classroom Component &gt; Course Instructor, it is noted that the Psychological First Aid Instructor recertification course must be led by a PFAIT.</p>	<p>This section was updated to align with course delivery standards for the First Aid Instructor (FAI) Recertification model 2023–2026. PFA Instructor Recertification course standards are effective November 1, 2023 – December 31, 2026. Course delivery standards or all other disciplines are effective January 1, 2024 – December 31, 2026.</p>



Change/Page Reference	Description	Rationale
<b>Instructor Recertification Course Length</b> Page 118	Under Course Length, the following has been updated: <ul style="list-style-type: none"> <li>• First Aid &amp; CPR Instructor recertification: 6 hours</li> <li>• Psychological First Aid Instructor recertification: 4 hours</li> <li>• Wilderness &amp; Remote Instructor recertification: 6 hours</li> <li>• Professional Responder Instructor recertification: 6 hours</li> </ul> <p><b>Note:</b> All courses are to be offered in-person in the classroom. Psychological First Aid Instructor recertification courses are permitted to be offered virtually.</p>	This section was updated to align with the FAI Recertification model 2023-2026. PFAI Recert course length is effective November 1, 2023 – December 31, 2026. Course lengths for all other disciplines are effective January 1, 2024 – December 31, 2026.
<b>Teaching Experience Supervisor Prerequisites</b> Page 119	A completed skills evaluation form is required for all candidates, except Youth Leaders and PFAs.	With the introduction of the PFAI recertification process, prerequisites are defined to ensure alignment with the FAI Recertification model 2023-2026.
<b>Combining Courses</b> Pages 130-131	The Combining Courses chart has been updated to more clearly define permitted course combinations. A legend for the chart has been added.	Updated to ensure the chart is clear and complete.
<b>Requirements &gt; Minimum Class Size</b> Page 129	The following is listed under Requirements > Minimum Class Size: First Aid Instructor and Instructor Recertification classes must have a minimum of four learners.	Minimum class size for Instructor and Instructor recertification courses is a requirement. Therefore, it is no longer listed under the Best Practices section.



Change/Page Reference	Description	Rationale
<b>Blended Learning Requirements – Knowledge Evaluations</b> Page 133	The following is included under Blended Learning Requirements: Participants in blended courses are still required to complete the Knowledge Evaluation at the end of the classroom portion of the course. Knowledge evaluations are mandatory at the end of each course if outlined under the Course Completion Criteria of the course in the Program Standards, regardless of the delivery method.	Completion of a knowledge evaluation for blended courses has been a recurring issue in quality assurance concerns. This update aims to ensure this expectation is clearly defined.
<b>Use of Skill Sheets</b> Page 135	This section was updated to further define Skill Sheets: This checklist outlines the components of a required skill the learners must demonstrate in order to complete their course.	To meet CRC standards and legislative requirements, the skill sheets outline the components of each required skill demonstration.
<b>Who Can Teach It</b> Page 146	Updates were made to the chart outlining the Instructor level required to teach learner-level courses. Advanced First Aid Instructor (AFAI) has been added.	Updated to ensure information is current and complete, with all current program offerings and Instructor certifications.
<b>Expanding Instructor Certifications</b> Page 147	The chart outlining a legend for the Expanding Instructor Certifications process was updated and the PFA program was added.	Updated to ensure information is current and complete.
<b>Quality Assurance</b> Pages 157-160	This section was updated to align with the current quality assurance process and information about the Professional Standards and Quality Assurance team.	Updated to ensure information is current and provides transparency for quality assurance cases and resolution. Investigation tools, including audits, have been clearly defined.