

First Aid FAQ

Question: How are the First Aid requirements changing?

Answer: On **Jan. 1, 2019**, the Sierra Club will stop recognizing First Aid cards as valid for four years. Instead First Aid cards will be valid for the length stated on the card – typically two or three years.

Q: Why is the Club doing this?

A: When the Club began requiring leaders to have current First Aid in 2004, we expected to lose leaders. Offering a four-year expiration was a way to soften the blow. But the Club never had the authority to say that a First Aid card with a two-year expiration was actually good for four years. Sooner or later we had to change.

Q: I lost my card. How can I find out if I'm current?

A: Your outings chair can check your record in the Chapter database and tell you. The database lists the date you took First Aid. If it was more than two years ago, it has probably expired.

Q: How can I renew my first aid?

A: Several vendors offer First Aid that meets Chapter standards. They include the American Red Cross, American Heart Association and American Safety and Heart Institute. We have a list of approved courses on the Chapter website on the First Aid page. In addition, a few Chapter groups are sponsoring classes.

Q: What if I take First Aid from another provider?

A: Please let us know by completing a form to tell us about the class. We want to know about other vendors. We're happy to add to our list. See web page for link to some vendors.

Q: Can I take an online class?

A: The Red Cross offers an online First Aid class. You can take the online version every other renewal. If you got your last First Aid class in-person, you can get your next card online. If you got your last card online, you must get your next card in-person. Why? Because Club First Aid experts who reviewed in-person and online classes determined that over time people need an in-person refresher.

Q: What about cardiopulmonary resuscitation (CPR)?

A: Angeles Chapter requires CPR for candidates seeking ratings. It does not require that leaders be current in CPR. However, both the Chapter and the Club strongly encourage leaders to keep up their CPR skills. *(Note that some entities do require maintaining currency in CPR.)*

Q: Is there also an expiration policy for Wilderness First Aid?

A: Yes. The expiration period is whatever appears on the card.

The First Aid Page on our website has more information and list of providers.

<https://www.sierraclub.org/angeles/leadership-outings/first-aid>