

# WINTER NEWSLETTER 2024 / 2025



**LifeSavers**  
Training For Life

**Hello Fellow Instructors – Happy Holidays and “almost” New Year!!**

## American Heart Association - ShopCPR:

WorldPoint is no longer carrying AHA materials.

You can see on my website under the ‘Instructor Training Center’ tab, WorldPoint has been removed and replaced by ‘ShopCPR Product Ordering’.

Many of you have already ordered materials from them so you have opened your own account. If you have not, please start your account with them and make sure you use the same email you use on the AHA Atlas Platform.

You will continue to order all completion cards from your Training Center, LifeSavers.

There has been an increase in most AHA products including completion cards, however, LifeSavers has not made that reflective on your eCard pricing :).

## Highlights of the 2024 American Heart Association and American Academy of Pediatrics

### Focused Update on Special Circumstances:

This primarily focuses on drowning. Please take the time to click this link and read.

I'm quite confident it will be more thoroughly covered in the 2025 Guideline Update.

<https://cpr.heart.org/-/media/CPR-Files/CPR-Guidelines->

[https://cpr.heart.org/-/media/CPR-Files/CPR-Guidelines-Files/Highlights/2024\\_Drowning/Hghlights\\_2024GLFU\\_Drowning\\_240927.pdf?sc\\_lang=en#:~:text=2024%20\(Updated\)%3A%20In%20cardiac,is%20removed%20from%20the%20water.](https://cpr.heart.org/-/media/CPR-Files/CPR-Guidelines-Files/Highlights/2024_Drowning/Hghlights_2024GLFU_Drowning_240927.pdf?sc_lang=en#:~:text=2024%20(Updated)%3A%20In%20cardiac,is%20removed%20from%20the%20water.)



### Scenario based teaching:

Please assure you are presenting your participants with real life scenarios.

The AHA dvds, usb's and steaming videos are great for initial instruction but that is NOT enough.

The only true way to know if they understand it is if you present a realistic situation to their setting and tell them to SHOW you what they would do ... not tell you.

I usually say, "don't tell me what you are doing as you wouldn't announce it if you were really performing these skills on a real person".

I traditionally have my students do at least 6-8 scenarios on each age as that is typically how many repetitions are needed to really get it down.

### 2025 AHA Guideline Update:

I have tried to get some inside information on the unveiling of the 2025 AHA Guidelines for CPR and First Aid. All of my contacts have been tight-lipped. I don't know if that means 'they don't know or can't release the information.' Therefore, I am as much in the dark as you are.

This is what I do know straight for my AHA Account Manager, Adam Simpson:

Guideline 2025 release date: October-November 2025

Guideline 2025 materials available: January-March 2026

Just like other releases, there will more than likely be supplemental material to just be added (addendum) between the release of information to the availability of the materials. It will also be noted what to delete, if applicable.

As an AHA Instructor, it is mandatory to order the new materials once available and AHA will be sending the timelines once they know.

### 2025 Master Forms:

Please discard all past forms, including 2024 if you don't have any more classes this month.

The 2025 forms are posted on my website once again, under 'Instructor Training Center' and are identical to 2024 but we need to be in the correct year for professionalism and data collection.



### Independent Instructors:

It has been brought to my attention that there are AHA instructors teaching our community CPR AED and First Aid without caring any liability insurance. I have not heard this in regard to any of my aligned instructors with LifeSavers, However, I want to make sure you know and understand the legal ramifications of not carrying Insurance. If you teach for a company, it is your responsibility to assure you are covered while teaching your courses. I use Lockton Affinity for my Insurance and they are fabulous. I am not encouraging you to switch or use this company over others.

### Training Center Alignment fee NOT due:

I have received many inquiries about paying your bi-annual TC Fee. It is not due for another year :) You or your company will not need to pay until the end of 2025! (Finally, someone isn't asking you for \$ !! :)

Thank You for your continued alignment with LifeSavers Training Center. Most importantly, thank you for your continued passion to teach others how to **SAVE Lives**.

If you are no longer teaching AHA Courses, please notify me by email and note in the subject line – {no longer teaching}. I will then then remove you from the database and the AHA Atlas Platform.

### Initial Instructor Courses:

There has been a strong downturn of AHA Instructors since the hit of COVID in 2020.

Many stopped teaching due to worry of correct disinfecting procedures, some retired, moved, lost positions etc...

If you know of anyone who would like to become an AHA Instructor please have them email me as we schedule the Initial Instructor Courses once we have enough interest. I used to hold them 6-7 times yearly and now it is down to 3-4 yearly. Teaching is certainly not for everyone...but, we need **MORE** lives saved, therefore we need **MORE** classes :)

### Closed for the Holidays:

Due to slow training needs and increased family time during the Holidays, LifeSavers will be closed from 12.20.2024 to 1.2.2025. If you need any assistance from LifeSavers, including eCard orders, please contact me before or after these noted dates.

My hubby and I are off to Mexico 1.19.2025 to 1.26.2025 so I will not be available during those dates also. Please plan ahead for eCard orders etc... Many of you are now ordering your eCards in bulk which works best for all involved.



## ON A PERSONAL NOTE

We will be **Home for the Holidays** as most of you know we usually go to be with our son ... wherever the Army has him.

He is on a 9-month deployment in the Middle East so it will be our very first Christmas without him ...

However, we will be surrounded in our home with around 25 other family members to soften the blow : {

It will be nice to be HOME.

Happy Holidays, Merry Christmas, and Happy New Year from my home to yours ...

Always there for you and your training needs,

Sandy