

# FIRST RESPONDER PROGRAM—LEVEL 2

## COURSE DESCRIPTION

The aim of the First Responder Program (FR) is to foster an understanding and appreciation of the first responder community and the agencies that work within it. Students will learn knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness for those functioning as a member of the health care team in a pre-hospital setting.

Students that have demonstrated success with the First Responder Program Level 1 and continue to have an interest in being of service to others, make their school and community safer, learn important life skills, obtain higher level emergency medical training, and further explore the medical sciences and a career as a first responder. Students will have continued access to and support from First Responder Agency Professionals. The course will enable students to develop an understanding of some of the potential hazardous situations that a first responder is trained to respond to and some of the training that a first responder relies on to keep themselves and the general public safe during those incidents. The students will explore and develop an understanding of the complexities of stress and the effect that these stress filled career choices can have on a first responders' mental health. Students will build an understanding of the impact that critical incident stress management can have to minimize the impact of these environments and the supporting agencies that are exist to help first responders. This course includes a variety of hands-on patient scenarios and activities such as learning to deal with multiple casualty incidents, confined spaces and entrapment exercises to simulate a fire fighter escape during building collapse scenario as one of the many hands on projects for the course, and other industry standard and practical experiential learning opportunities, and includes certification for BLS CPR.

WITH GENEROUS EQUIPMENT DONATIONS FROM THE FOLLOWING ORGANIZATIONS



## COURSE MODULES

### (8 Single Credit Modules)

**HCS3000 - Workplace Safety Systems \*** - Students gain the attitudes, knowledge and skills related to workplace health and safety and examine relevant legislation required in the workplace.

**HCS3010: WORKPLACE SAFETY PRACTICES** - Students explore workplace safety principles and practices, and apply these principles and practices to a variety of contexts.

**HCS3020 - First Responder 1 \*** - Students study and demonstrate complex first-aid skills and procedures, including cardiopulmonary resuscitation (CPR) at the health care provider level. Students acquire complex techniques for sustaining life, preventing further injuries, and caring for illnesses and injuries until the next level of medical personnel arrives at an emergency scene.

**HCS3030: FIRST RESPONDER 2** - Students demonstrate complex first-aid skills and procedures, including techniques for sustaining life, preventing further injuries, and caring for illnesses and injuries until the next level of medical personnel arrives. Cardiopulmonary resuscitation (CPR) skills are applied to complex scenarios.

**HSS3010: PROFESSIONAL STANDARDS & ETHICS** - Students examine the roles and responsibilities of government, organizations and consumers in the Canadian health care system. Students investigate various roles and responsibilities related to the development and administration of professional standards and ethics in health care and recreation settings. Students gain knowledge and understanding regarding how to manage legal and ethical responsibilities when working in helping relationships.

**HSS3020: MENTAL HEALTH & WELLNESS** - Students acquire the attitude, skills and knowledge necessary for achieving and maintaining mental health and wellness. Students study stress and its relationship to health and wellness and examine resources to prevent and manage stress as well as adaptive and maladaptive coping mechanisms related to stress. Students gain an appreciation for the complexity of a variety of mental health conditions including dementia and depression and the medical and integrative health approaches and resources available to manage them. Students examine the impact of mental health as it pertains to the individual, family, peers and community.

**HSS3910: HSS PROJECT D** - Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

**HSS3920: HSS PROJECT E** - Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

\* Courses marked with asterisk are pre-requisite courses and their outcomes are required to be successfully met before proceeding to the next level modules of the program. These are the course modules that we will be exploring and they are not listed in any particular order. At any given time through the semester assignments, projects, quizzes and any other course tasks are linked to outcomes from more than one of these modules. That is why attendance, effort, and participation are vital to the success of the students in this course.

## ATTENDANCE

Students may need to be outside the classroom for illness or family related reasons. In the event a student is home but is capable of completing work, D2L is available to complete work. If a student cannot work from home, they should consult the teacher for help catching up.

To be successful in First Responder, you must try to be present as much as possible. It is difficult to get caught up once you miss multiple classes. It is your responsibility to speak with the teacher about what you missed and possibly come in outside of classroom time to get caught up.

## TUTORIAL TIME

In this class there is time allocated for completing projects where the teacher will be available to support students on whichever project or task they are working on. Please take advantage of this time built in to the course as it is the ideal time to catch up on any concepts which you may not fully understand. If a student finds themselves needing additional time to connect with the teacher, extra help is available through the week right at the end of class time. Please reach out to your teacher and request a meeting prior to the day of and this can be arranged.

## EVALUATION

### *Outcome based Assessment*

All assessment for the course is based on the individual courses and the outcomes of those courses. There is individual assessment based on the students' demonstrated understanding of the course outcomes as well as a competencies outcomes based on the student' demonstrated ability of the skills learned and practiced throughout the course.

**Primary Outcome 1:** Key knowledge understanding of the modules - 40%

**Primary Outcome 2:** Key knowledge demonstration of the modules - 40%

**Competencies Outcomes:** Overall commitment to learning 20%

**Total:** 100%

## SUMMER SCHOOL FIRST RESPONDER PROGRAM

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