

Students empowered to save lives through ACT High School CPR and Defibrillator Program

By Lorie Bidlake-Pinsent, Teacher Leo Hayes High & Sandra Clarke ACT Foundation

In October 2011, the Advanced Coronary Treatment (ACT) Foundation launched the ACT High School CPR and Defibrillator Training Program in Leo Hayes High School and Fredericton High School. This initiative will see more than 1,000 Grade 9 students every year from School District 18 empowered by their teachers to save lives.

Thanks to the Fredericton Community Foundation's generous Impact Grant of \$15,000, one hundred and twenty durable mannequins and 16 defibrillator training units have been donated to the two high schools. Fourteen physical education teachers have been trained as CPR and defibrillator instructors for their students.

Through this program, youth are being empowered to respond to a range of emergencies including heart attack, stroke, cardiac arrest, choking and more. Students will take their lifesaving skills to present and future families, workplaces, and communities. The program also focuses on promoting health and wellness. Students learn about risk factors for cardiovascular disease and the importance of adopting heart healthy lifestyle behaviors at a young age.

"I would like to personally thank all of the partners involved in this amazing initiative," says Lori Bidlake-Pinsent, FSL/FI Teacher at Leo Hayes High School, Teacher leader on the ERT, and responsible for introducing the program locally. "This includes our students, the school administration, the

Emergency Response Team students and teachers, and our Phys. Ed. departments who will deliver the knowledge at both LHHS and FHS. The program's success is due to critical community partnerships including the ACT Foundation, the Fredericton Community Foundation, as well as the Pharma companies. The buzz that this has created is a powerful one. I would encourage any other high schools or districts to contact the ACT Foundation and provide this lifelong opportunity to your community."

The ACT Foundation is a national charitable organization dedicated to establishing the CPR program in every Canadian high school. ACT's award winning community based model for pro-

gram set up sees the Foundation raise funds for training mannequins, defibrillator training units and teacher training for all high schools and ACT guides schools in program set-up. ACT's health partners are AstraZeneca, Pfizer Canada, and Sanofi. To date, the program has been set up in over 1,600 high schools across Canada, empowering more than 1.8 million youth to save lives.

To learn more about ACT and to read about many rescues from across Canada, visit www.act-foundation.ca. View videos of student heroes at www.youtube.com/theactfoundation and stay up to date with ACT news on Twitter at www.twitter.com/act-foundation.

