

## Head of the class

### North Hastings High School students take on learning Cardiopulmonary Resuscitation

Posted By Dan Schell  
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*A person never knows when they will need to know CPR. For some students it doesn't matter since they took some time in their physical education program to learn the skill. More students may learn the skill with the help of TransCanada Corporation and the Government of Ontario.*

It was an odd image walking into the North Hastings High School on June 18. Torsos of Grade 9 bouncing up and down as if they were hopping on their hands on gym mats all the while teachers and senior students are handing out plastic heads and chests, rushing to the mats to join their classmates.

The part that made everything make sense was when the heads and chests were put together and the learning began. This was just one of the classes who have benefited from the donation of 90 dummies used for Cardiopulmonary Resuscitation, or CPR, training from the ACT Foundation.

Lyle Collins, head of the physical education department at NHHS, says that the dummies will help in the continuation of the extensive and unique CPR training that the school has been offering their students for a number of years.

"We have been told that we are leaders in the province for this kind of training that we offer our students," says Collins. "The benefits are outstanding."

Though it is suggested in the curriculum that Grade 9 students get a foundation in CPR training, Collins says that it was important to him that they get more than a basis.

"We wanted them to get more than just a basis, we want as many students as we can to know the format and be confident that they know what to do in an emergency situation," he says.

As a result, the school has been training students CPR from Grade 9, to the students involved in the co-operative education program as well as the NERDS, NOS and other specialty classes. He estimates that in a year, the school has been able to officially train over 200 students in CPR.

"Eventually, everyone needs to know how to do this," explains Collins. "It is important that we give them the skills now."

With the support of the ACT Foundation and its community partner TransCanada Corporation and the Government of Ontario, NHHS will be able to offer that many more students the support they need to garner the skills they need.

Collins says that the dolls they have been provided are state of the art CPR training modules that will give each and every student that is going through the training process a realistic learning experience.

He also suggests that with the dummies it will be possible to offer the training to even more students at the school and potentially community groups who may want to learn the CPR system.