A First-Aider is an adult volunteer who has taken both First Aid and CPR training using Girl Scout approved providers, which include specific instructions for child CPR when appropriate. First-aid offerings listed in this chart have been approved by GSUSA and therefore are considered approved providers. GSEP offers First-Aider courses periodically throughout the year, however adult volunteers are encouraged to take advantage of trainings offered in their local community or by these approved agencies.

Caution: Some First Aid and CPR training is available entirely online but does not satisfy Girl Scouts’ requirements. Several of these sponsoring organizations offer a partially online course, with an in-person skills assessment. Such courses may be accepted as meeting the recommendations.

Upon receiving their certification, volunteers are asked to upload a copy of their certification card/certificate via this form: [http://www.gsep.org/en/our-council/forms/firstaid-cpr-certification-submission.html](http://www.gsep.org/en/our-council/forms/firstaid-cpr-certification-submission.html).

For more information regarding what level of training is needed for different activities, and when it is needed, please consult Safety Activity Checkpoint (found on our website).

<table>
<thead>
<tr>
<th>National First-Aid Programs Organization</th>
<th>Courses for First-Aider, Level 1</th>
<th>Courses for First-Aider, Level 2</th>
</tr>
</thead>
</table>
| American Red Cross                      | • Community First Aid and Safety including CPR  
• OR Standard First Aid including CPR  
Child Care (for Girl Scout Daisy leaders) including CPR                                                                                                                                                          | • Sport Safety Training  
• OR Standard First Aid including CPR, plus First Aid, When Help Is Delayed,  
• OR First Aid Responding to Emergencies  
• OR Emergency Response*                                                                                                                                                                                                 |
| American Safety and Health Institute    | • Basic First Aid plus CPR for School and Community or the Workplace  
• OR Basic Wilderness First Aid plus CPR for the School and Community or Workplace                                                                                                                                 | CPR Training and one of the following:  
• Wilderness First Aid  
• Wilderness EMT Upgrade*  
• Emergency Medical Response (EMR)  
• Advanced First Aid                                                                                                                                                                                                 |
| Emergency First Response                | * Primary Care (CPR) plus Secondary Care (First Aid)                                                                                                                                                                            |                                                                                                                                                                                                                                     |
| Medic First Aid International, Inc.     | • Basic Plus CPR, AED, and First Aid for Adults  
• Basic CPR and First Aid for Adults  
• Pediatric Plus CPR, AED, and First Aid for Children, Infants, and Adults  
• Pediatric CPR and First Aid for Children  
• Care Plus CPR and Automated External Defibrillator (AED) for Adults, Children, and Infants  
• Emergency Care First Aid                                                                                                                                                                                                 |
| Medic First Aid International, Inc.     | • Standard First, CPR and AED  
• OR Pediatric First Aid, CPR and AED                                                                                                                                                                                          | Any standard CPR with one of the following:  
• Wilderness First Aid (WFA)  
• Wilderness First Responder (WFR)  
• Wilderness Emergency Medical Technician (WEMT)                                                                                                                                                                                                 |
| American Academy of Orthopedic Surgeons| • CPR and First Aid Training                                                                                                                                                                                                     | Wilderness First Responder                                                                                                                                                                                                           |
| EMS Safety Services                     | • CPR and First Aid Training  
• OR Pediatric First Aid and CPR                                                                                                                                                                                                     |                                                                                                                                                                                                                                     |

*These courses far exceed the requirements for Girl Scout first-aiders but may be used.

**These additional First-Aid courses can serve as Wilderness First Aid (WFA) or Wilderness First Responder (WFR) training referenced in Chapter 4 of Volunteer Essentials. It is required to have someone trained in WFA or WFR when traveling with groups in areas that are greater than 30 minutes from EMS. Although standard first-aid training provides basic incident response, wilderness-rated courses include training on remote-assessment skills, as well as the emergency first-aid response, including evacuation techniques, to use when EMS is not readily available.

Note: The following healthcare providers may also serve as First-Aiders: physician, physician’s assistant, nurse practitioner, registered nurse, licensed practical nurse, paramedic, military medic, and emergency medical technician. Simply upload a copy of your certification via this form: [http://www.gsep.org/en/our-council/forms/firstaid-cpr-certification-submission.html](http://www.gsep.org/en/our-council/forms/firstaid-cpr-certification-submission.html).