

## WHAT TO BRING

- **Prior Learning Certification – Refresher Courses**

The Australian Resuscitation Council recommends that:

- Provide CPR is refreshed annually
- Provide First Aid is refreshed every three (3) years

Our refresher courses are a condensed format based on the assumption that learners already have an understanding of the content having recently completed these units.

With that in mind, we need to verify your previously completed course. If you previously studied with a provider other than Red Cross, please bring a copy with you on the day.

- **Blended and Virtual Courses - Online Learning requirement**

If your course involves online learning, we recommend allowing 2-4 hours to complete this prior to attending your classroom session. You can save your progress and complete the online learning in multiple sessions and at your own pace.

- **Smart Device, Pen & Paper**

For accredited courses (excluding blended and virtual learning), **you will need your own smart device such as smart phone, tablet or laptop** to complete an online multiple-choice quiz as part of your assessment. Your device needs to have mobile data and be sure to fully charge your device prior to your course. We anticipate minimal data will be used and make Wi-Fi available to you where our venues allow. Please bring a pen and paper should you wish to take your own notes.

- **Comfortable Clothes & Towel**

First aid courses contain practical demonstrations and activities (including CPR demonstration on the floor) - it is advisable to wear **appropriate** clothing such as jeans, shorts and closed in shoes. Some students may wish to bring a towel (i.e. beach towel or similar) for first aid and CPR courses. This can be used to support your knees and as part of the CPR demonstration for the floor. Our venues are temperature controlled – if you feel the cold, we recommend you bring a jacket.

- **Food and Drinks**

As the courses we deliver are short in nature, food and drinks are not provided. However, most of our venues are nearby to tea and coffee facilities. If you wish to bring your own food – we cannot guarantee the availability of fridges or kitchen facilities.