



## **Build confidence, save lives**

Select volunteers to represent life saving across your school. First, put up the poster and sign-up sheet to generate interest. Then select your Champions and present them with the letter and licence card to mark their commitment.

Use your Champions to promote CPR in assemblies and tutor groups, to organise the trainings and to record names and numbers.

Use CPR as an opportunity to build confidence and skills.



## Be a CPR Champion

Being a CPR Champion will help you train more young people in vital life saving skills. It's also a great opportunity to develop your own abilities.

### A commitment to helping others

Training in CPR is a chance to become a lifesaver. Can you rise to the challenge?

### A great communicator

Can you explain CPR to a room of your peers? Get the message out and save lives.



### A skill for collecting data

The BHF needs to know how many young people are being trained. Can you make a list of everyone in your training and reporting your figures to the BHF?

### Someone who thinks ahead

Can you prepare CPR trainings? Think about booking rooms, setting out manikins and getting the DVD ready.

**FIGHT  
FOR EVERY  
HEARTBEAT**

bhf.org.uk



# CPR Champions

Help build a school of life savers. If you have done CPR training before, and would like to help organise and deliver the trainings, put your name on the list.

## I've got the heart to be a CPR Champion

Name	Year group/form	When did you do CPR training?	Would you be interested in becoming a CPR Champion?





## CPR Champion: Your mission

Dear

Congratulations on becoming one of our school CPR Champions, we are so excited that you have volunteered to help train a nation of lifesavers.

In the UK 30,000 people a year have an out-of-hospital cardiac arrest. Only 1 in 10 survives. Being a CPR Champion could improve the survival rate in your school community. The power to save lives is in your hands.

Your school has a high quality CPR training kit from the British Heart Foundation. And you can use that kit to train as many people as possible. Learning CPR couldn't be easier: just get 35 pupils in a room for 30 minutes, and you'll have 35 people who know how to save a life.

And with you and fellow CPR Champions trained in schools across the country, the lifesaving possibilities are endless. Start talking to your school's CPR coordinator about how you can fight for every heartbeat.

Thank you for helping us to create a nation of lifesavers. You'll never know how many lives could be saved because of what you're doing.

**Learn CPR** Save a life. **Train CPR** Save thousands.

CPR HQ





# Becoming a CPR Champion

Colour print and laminate these cards for your CPR Champions. Life saving is not just a task, it's an identity.

