

## FIRST AID AND CPR TRAINING DISCOUNT & COVID UPDATE

*Updated 5 November 2021*

**It is a requirement of Yoga Australia membership that members maintain a current first aid certification** being a current **HLTAID011 Provide First Aid** or equivalent training certificate. The Provide First Aid must be updated every three years. We do not require the CPR (HLTAID009) refresher course to be completed each year.

Doctors/Nurses or relevant health professionals can register without a Provide First aid certificate by uploading a copy of either a current registration or current I.D.

**Yoga Australia** recommends training with **St Johns Ambulance** for **First Aid** and **CPR**, with members receiving a **15% discount** depending on state location. Quote YOGA at the time of booking or add it to the promo/discount code section on the website.

**Below is current discount status by state and relevant code:**

- **VIC - Yes, 15%** with code **YOGA\***
- **WA - Yes, 15%** with code **YOGA\***
- **QLD - Yes, 15%** with code **YOGA\***
- **NSW - Yes, 15%** quote code **YOGA\*** only over the phone when making a booking
- **ACT - No discount available**
- **SA - No discount available**
- **TAS - No discount available**
- **NT - No discount available**

***\*The discount does not apply to online virtual course, there is no discount available on this course. The 15% discount applies to face to face programs, that is: Provide First Aid with pre-learning and assessment, Provide First Aid full 1 day program, CPR with pre-learning and CPR full program.***

**St Johns** advise it is better for Yoga Australia members to call directly on **03 85888590** and quote **Yoga Australia's customer code (01043087)** rather than email or book online as the member discount is not available when registering online. (Note, the online courses are more expensive than the face to face options.)

During the current 2021 lockdowns **St Johns is providing online training to people across Australia in both Provide First Aid (PFA) and CPR.** Online bookings are filling up quickly and PFA is booked out to mid-October, but there are a few slots for CPR in September. St Johns is releasing new slots on a regular basis but says these are also booking up fast.

In terms of face to face training there are differences between states.

In **Victoria**, St Johns has cancelled all face to face training for September and will review monthly and as the health orders are updated by the government.

In the **ACT**, St Johns has cancelled all face to face training at least until lockdown ends.

In **NSW**, some face to face training is available. NSW St Johns advises that members wishing to make face to face bookings for trainings (current open locations are Penrith, Wollongong and Sydney CBD) are able to do so but need to be conscious of what travel restrictions may apply, for example, 5km travel restrictions. (Please see below for more on this.)

Some other providers in lockdown regions are continuing to offer face to face first aid and CPR training. For example CBD College advises, 'All our first aid courses are still proceeding as planned with social distancing and sanitisation procedures in place. The reasons you may leave your home include travel for education if you can't study at home.'

In NSW St Johns advises some members have been stopped by police when travelling to undertake the first aid training courses and told that the training was not essential, others have not.

**Check with the relevant authorities in your state before booking and/or undertaking face to face training and if you decide to proceed based on their advice make a record of the name of the person who advised you and the date and time of the conversation.**

### **St Johns' online courses**

<https://www.stjohnvic.com.au/online-courses/>