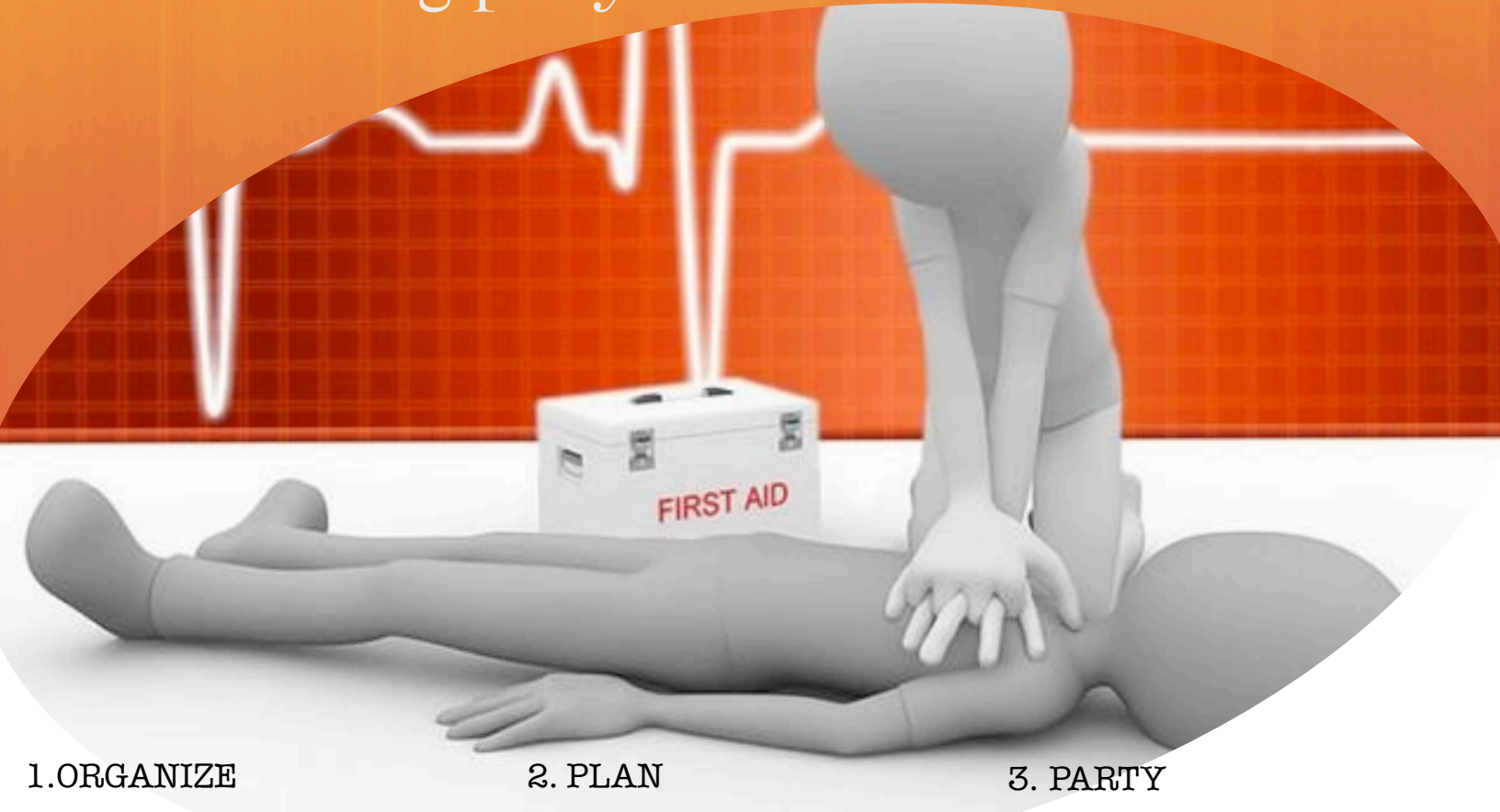


# Save a Life Party

## How to host a CPR training party



### 1. ORGANIZE

- a. Set a date, time, location - ensure there is enough floor space and padding for kneeling during practice
- b. Apply for a grant - organize fundraising for supplies or check with your city or county to see if supplies are available
- c. Get supplies - Purchase online tools (\$35 -CPR Anytime kit) or borrow manikins and an AED trainer from a local agency.
- d. Consider attending or watching an online “train the trainer” session - info sessions cover tips on how to spread the word, etc.

### 2. PLAN

- a. Create an invite list and email reminders and postcards. Or, try to coordinate with a community event such as a PTA meeting, Scout meeting, book club, church function, etc
- b. Invite a variety of people
- c. Consider audio/visual needs. Some programs require DVD player or just have an audio player for music to follow for the beat.

### 3. PARTY

- a. Explain information learned in your train the trainer session and distribute info on sharing bystander CPR training.
- b. Consider making a potluck
- c. Teach HOW TO SAVE A LIFE

### 4. REPORT

- a. Go to [www.mrc.umn.edu](http://www.mrc.umn.edu) and submit training numbers to the Bystander CPR Registry. This will help reach the goal of training 10% of the population in your community.



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