FIRST AID AND CPR COURSES
(ON-LINE CERTIFICATION COURSES ARE NOT ACCEPTED WITH THE EXCEPTION OF THE AMERICAN RED CROSS OR AMERICAN HEART ASSOCIATION BLENDED COURSES)

Emergency Medical Technician
NYS Department of Health

Licensed Physician

Licensed Physician Assistant

Licensed Nurse

Wilderness First Responder

ARC First Aid Training for First Responders

ARC Advanced First Aid

ARC First Aid/CPR

ARC Responding to Emergencies

Wilderness Medical Training Center
WFA, WAFA, WFR, WEMT

Medic First Aid

Outdoor Emergency Care
National Ski Patrol

Wilderness First Aid

Wilderness Medicine Supply (SOLO)

National Safety Council

American Heart Association

First Aid for Coaches
State Education Department

ARC Community First Aid & Safety

PADI - Medic First Aid

First Responder in Winter Survival & Basic First Aid & CPR (Canada)

Swiftwater Rescue
(WMA)

L'AMBulance Saint-Jean
(Canada)

Canadian Red Cross First Aid

Emergency Skills, Inc.
ALIVE! Course

Sirius Wilderness Medicine Outdoor Leaders
Valid for 2 years

US Coast Guard
Emergency Response Educators

American Safety & Health Institute

ARC Sports Safety Training

ARC Preventing Disease Transmission

Emergency Care & Basic Life Support Course
Emergency Medical Training Association

Combat Lifesavers Course
Dept. of the Army

Mariners First Aid and CPR

American Health Association

Wilderness Medical Institute

National Outdoor Leadership School

Emergency Care and Safety Institute

Wilderness Rescue International

Mariners First Aid

Emergency First Response
CPR COURSES
(ON-LINE COURSES ARE NOT ACCEPTED WITH THE EXEPTION OF THE AMERICAN RED CROSS OR AMERICAN HEART ASSOCIATION BLENDED COURSES)

ARC CPR: Basic Life Support for the Professional Rescuer
ARC CPR or First Aid/CPR
American Heart Association CPR
Licensed Physician
Licensed Physician Assistant
Licensed Nurse
Emergency Medical Technician
NYS Dept. of Health
Medic First Aid
Wilderness Medical Training Center
WFA, WAFA, WFR, WEMT
L’Ambulance Saint-Jean
(Canada) (CPR)
National Safety Council
CPR for Coaches
State Education Department
First Responder
Basic First Aid and CPR
Wilderness First Responder
(must have separate CPR card)
First Responder
NYS Health Department
Canadian Red Cross First Aid w/CPR
Sirius Wilderness Medicine Outdoor Leaders
Wilderness Med. Training Assoc.
Emergency Care & Basic Life Support
ARC Community First Aid and Safety
ARC 1st Aid - Responding to Emergencies
Mariners CPR

American Safety & Health Institute
National Outdoor Leadership School
Emergency Care and Safety Institute
Wilderness Rescue International
Emergency First Response
### WATER SAFETY COURSES

**ON-LINE COURSE ARE NOT ACCEPTABLE**

If you are having a difficult time locating a Water Safety Course, please contact the NYS Guides Association. They offer the course at various times and locations throughout the State.

<table>
<thead>
<tr>
<th>Course</th>
<th>Instructor/Location</th>
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<tbody>
<tr>
<td>U.S.C.G. License</td>
<td>SOLO</td>
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<tr>
<td>YMCA Safety Class</td>
<td>PADI - Rescue Diver</td>
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<tr>
<td>YMCA Aquatic Personal Safety and Survival Course</td>
<td>Professional River Guides Assoc. of West Virginia</td>
</tr>
<tr>
<td>American Canoe Association Instructor Card</td>
<td>Swiftwater Rescue by NASAR, WMA</td>
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<tr>
<td>ARC Water Safety Today</td>
<td>Commercial Diving Institute Whitestone, NY</td>
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<tr>
<td>ARC Lifeguard Course</td>
<td>NYS Outdoor Guides Association</td>
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<tr>
<td>ARC Advanced Lifesaving</td>
<td>Alan Woodruff, Water Safety Instructor Woodgate, NY</td>
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<tr>
<td>ARC Basic Water Rescue &amp; Small Craft Safety</td>
<td>Michele Krak, Water Safety Instructor 315-684-7659 Madison County, NY</td>
</tr>
<tr>
<td>ARC Advanced First Aid</td>
<td>New Jersey Boating Safety</td>
</tr>
<tr>
<td>ARC Emergency Water Safety</td>
<td>New York Boating Safety</td>
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<tr>
<td>ARC Water Safety Instructor</td>
<td>Connecticut Boating Safety</td>
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<tr>
<td>ARC Lifeguard Instructor</td>
<td>Pennsylvania Boating Safety</td>
</tr>
<tr>
<td>ARC Swimming Instructor</td>
<td>Maryland Boating Safety</td>
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<tr>
<td>Boy Scout Safe Swim Defense</td>
<td>Rescue 3 International</td>
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<tr>
<td>Boy Scout Lifeguard</td>
<td>Wilderness First Responder</td>
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<tr>
<td>Boy Scout Water Safety Instructor</td>
<td>National Outdoor Leadership School (ONLY)</td>
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<tr>
<td>Survival Swimming by Canadian Red Cross Society</td>
<td>Sullivan County Emergency Services Training Center – Water Rescue Awareness</td>
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<tr>
<td>Wilderness Medical Assoc. Bridge (WAFA-WFR) ONLY</td>
<td>Sirius Wilderness Medicine, Canada</td>
</tr>
<tr>
<td>The Royal Life Saving Society (Canada) Bronze Medallion</td>
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<tr>
<td>NYS Office of Fire Prevention and Control Water Rescue Awareness</td>
<td></td>
</tr>
</tbody>
</table>
WHITE WATER TRAINING PROGRAMS
For
Basic Water Safety Equivalent

Adirondack Adventures
Chestertown, NY
877-963-7238

Sagamore Institute
Raquette Lake, NY
315-354-5311

Adirondack Rafting Company
Lake Placid, NY
518-523-1635

Three Rivers Rafting
The Forks, ME
207-663-2104

Whitewater Challengers
North River, NY
518-251-3746

Magic Falls Rafting
West Forks, ME
207-663-0901

Adirondack River Outfitters
Old Forge, NY
315-369-3536

Whitewater Challengers
Old Forge, NY
315-369-6699

Hudson River Rafting Co.
North Creek, NY
518-251-3215

Adirondack Exposure
Old Forge, NY
315-335-1681

WILDWATERS
Warrensburg, NY
518-494-7478

Square Eddy Expeditions
North Creek, NY
518-251-5200

Adventure Calls
Batavia, NY
716-343-4710

Zoar Valley Canoe & Rafting Company
Dunkirk, NY
716-679-7238

Sacandaga Outdoor Center
Glens Falls, NY
518-792-0260

Adventure Sports Rafting
Indian Lake, NY
518-648-5812