



GETTING STARTED GUIDE

VIRTUAL LEARNING _ GRADES 2-3 AND 4-7

BEFORE THE TRAINING

- Follow the links needed through the menu on the Heimlich Heroes website and explore the materials for the age groups with which you plan to use Heimlich Heroes training. (If training multiple age or language groups, explore all appropriate categories – some materials are altered for age-appropriateness).
 - Do the online lessons so you know how to answer any questions for the kids.
- If using the training dolls, RECRUIT adult helper(s) – one for every training doll you are using – they will be needed for the hands-on practice.
 - All leaders and helpers should** go through the Leader’s Script and practice with the training dolls, if you are using them, to be sure you can properly demonstrate and help your participants.
- Make sure each student has the **necessary equipment** for the training:
 - computer lab or individual tablets/laptops
 - headphones or earbuds
- Make copies** of the: *Letters to Parents* for email or distribution.

DAY OF TRAINING

- Provide the URL Link to your students.
- FOLLOW LEADER’S SCRIPT!** - This ensures consistency in training.

AFTER THE TRAINING

- Have students print the results of their final quiz.
- For those that passed (80%) or better, you can fill in the printable certificate of completion on the Leader Packet page of your choice.
- Print the certificates and distribute.
- Get more feedback from your students through the **Student Survey**. Email or distribute to your students. Use this to address any questions they may still have about how to help a choking person.