



FREE ACTIONBAFOLY GUIDE

Choose a First Aid and CPR Course

Compare training pathways, duration, and price. View published dates or request recertification according to the course.

This guide helps you compare options. If training is required for a job, school, placement, or licence, always ask for the complete required course name before paying.

Start with your situation

Parent, grandparent, or family caregiver

CPR Level C or Emergency Child Care First Aid & CPR B

Job, school, or workplace

Confirm the complete required course name first

Recertification

Check that your current certificate is still valid and eligible

Specialized need

Compare youth or marine pathways

Compare Published Courses

The prices and durations below come from the current ActionBafoly catalog. Availability, language, format, eligibility, and requirements must be confirmed when booking.

CPR Level C

WHEN TO CONSIDER THIS COURSE

Consider this course when you want practical CPR, choking-response, and AED skills for adults, children, and babies.

PUBLISHED DURATION

Classroom: 5 hours; blended: 3 hours online plus 3 hours of instructor teaching

PUBLISHED PRICE PER LEARNER

CA\$150.00

[View Dates and Book](#)

Emergency Child Care First Aid & CPR B

WHEN TO CONSIDER THIS COURSE

Consider this broader child-focused option if you are a parent, family caregiver, childcare worker, or someone responsible for children.

PUBLISHED DURATION

Classroom: 8 hours

PUBLISHED PRICE PER LEARNER

CA\$180.00

[View Dates and Book](#)

Emergency First Aid and CPR Level C

WHEN TO CONSIDER THIS COURSE

Consider this focused first aid and CPR option for common emergencies at home, work, school, sports, or in the community.

PUBLISHED DURATION

Classroom: 7 hours; blended: 4 hours online plus 5 hours of instructor teaching

PUBLISHED PRICE PER LEARNER

CA\$180.00

[View Dates and Book](#)

Standard First Aid and CPR Level C

WHEN TO CONSIDER THIS COURSE

Consider this more comprehensive pathway when a workplace, organization, or personal goal calls for broader first aid preparation.

PUBLISHED DURATION

Classroom: 14 hours; blended: 8 hours online plus 7.5 hours of instructor teaching

PUBLISHED PRICE PER LEARNER

CA\$225.00

[View Dates and Book](#)

CPR Level C Recertification

WHEN TO CONSIDER THIS COURSE

For eligible returning learners who hold a current CPR Level C certificate and need to renew it.

PUBLISHED DURATION

Classroom: 3.5 hours; blended: 2 hours online plus 2.5 hours of instructor teaching

PUBLISHED PRICE PER LEARNER

CA\$115.00

Before booking: A current, eligible certificate is required for recertification courses. Confirm your eligibility.

[Request Recertification](#)

Emergency First Aid and CPR Level C Recertification

WHEN TO CONSIDER THIS COURSE

For eligible returning learners with a current Emergency First Aid and CPR Level C certificate.

PUBLISHED DURATION

Classroom: 5 hours; no blended recertification option

PUBLISHED PRICE PER LEARNER

CA\$140.00

Before booking: A current, eligible certificate is required for recertification courses. Confirm your eligibility.

[Request Recertification](#)

Standard First Aid and CPR Level C Recertification

WHEN TO CONSIDER THIS COURSE

For eligible returning learners with a current Standard First Aid and CPR Level C certificate.

PUBLISHED DURATION

Classroom: 7.5 hours; no blended recertification option

PUBLISHED PRICE PER LEARNER

CA\$185.00

Before booking: A current, eligible certificate is required for recertification courses. Confirm your eligibility.

[Request Recertification](#)

Babysitter

WHEN TO CONSIDER THIS COURSE

A youth course for families seeking safer babysitting responsibilities and basic caregiving readiness.

PUBLISHED DURATION

Classroom: 7 to 8 hours

PUBLISHED PRICE PER LEARNER

CA\$150.00

Before booking: Confirm the learner age and participation requirements.

[View Dates and Book](#)

Marine Basic First Aid and CPR Level C

WHEN TO CONSIDER THIS COURSE

A specialized pathway for vessel-related or marine-industry first aid and CPR training needs.

PUBLISHED DURATION

Classroom: 16 hours; blended: 8 hours online plus 8 hours of instructor teaching; no recertification course

PUBLISHED PRICE PER LEARNER

CA\$240.00

[View Dates and Book](#)

Before You Book

1. If an employer, school, placement, licensing body, or organization requests a certificate, obtain the complete required course name.
2. Confirm the date, language, format, and your eligibility with ActionBafoly.
3. Recertification courses require a current, eligible certificate.
4. A place is reserved only after the booking and payment process is successfully completed.

[View the Course Calendar](#)

Important note

This guide is provided for information. It does not replace practical training and is not certification. First aid training helps people respond before professional emergency help arrives. In an emergency, call 911 or your local emergency number.

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