



# WORKPLACE/ORGANIZATION PRICE LIST

(GUARANTEED RATES UNTIL JAN 1, 2027)

## FLEXIBLE OPTIONS:

- CHOOSE BETWEEN FLAT GROUP RATES OR PER PARTICIPANT RATES
- CHOOSE LEARNING FORMAT, AND YOUR PREFERRED BRAND

NON-PROFITS, SMALL BUSINESSES & MILITARY, PLEASE CONTACT US DIRECTLY FOR DISCOUNTS



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# CPR/AED/FIRST AID & RELATED CERTIFICATIONS

# **CHOOSE YOUR CERTIFICATION BRAND:**

## **AMERICAN RED CROSS (ARC)**

## **HEALTH & SAFETY INSTITUTE (HSI)**

### **WHAT ARE THE DIFFERENCES BETWEEN AMERICAN RED CROSS AND HEALTH & SAFETY INSTITUTE?**

#### **TRAINING COURSE OFFERINGS**

- ARC AND HSI PROVIDE EXTENSIVE CPR, AED, FIRST AID, BLS & BLOODBORNE PATHOGEN TRAINING FOR DIFFERENT GROUPS, INCLUDING LAYPERSONS, HEALTHCARE PROFESSIONALS, AND WORKPLACE STAFF. HSI OFFERS ADDITIONAL WORKPLACE SAFETY TRAINING VIA ONLINE COURSES WITH NO IN-PERSON INSTRUCTION TAKEN AT YOUR OWN PACE AT AN AFFORDABLE RATE. ARC OFFERS LIFEGUARD AND AQUATIC TRAINING NOT CURRENTLY AVAILABLE WITH HSI.

#### **TRAINING APPROACHES**

- BOTH ARC AND HSI UTILIZE HANDS-ON PRACTICE, MULTIMEDIA PRESENTATIONS, VIDEOS, AND INTERACTIVE RESOURCES TO DELIVER EFFECTIVE CPR TRAINING. BOTH OFFER ALMOST IDENTICAL LENGTH CLASSES DEPENDING ON THE CLASS TYPE YOU CHOOSE. HSI IS OFTEN MORE FLEXIBLE REGARDING TRADITIONAL CLASSROOM TRAININGS TO MEET CLIENT NEEDS. HSI FIRST AID CLASSES STILL INCLUDES BASIC FIRST AID WHILE RED CROSS ONLY COVERS LIFE-THREATENING EMERGENCIES. HSI INCLUDES EPI-PEN, OPIOD OVERDOSES, PLUS OTHER ADD-ONS UPON REQUEST THAT CAN BE INCLUDED IN BASE LEVEL CPR/FIRST AID UPON REQUEST ALLOWING CUSTOM COMPONENTS & ADDITIONAL TOPICS FOR EXTREMELY AFFORDABLE COSTS SPECIFIC TO YOUR COMPANY NEEDS WHILE ARC REQUIRES EACH INDIVIDUAL ADD-ON TO BE ISSUED AS A SEPARATE CERTIFICATION.

#### **CERTIFICATION DURATION**

- THE BASE LEVEL CERTIFICATIONS FROM BOTH ARC AND HSI ARE VALID FOR TWO YEARS. CLASSES ARE ALMOST IDENTICAL IN LENGTH. HSI IS OFTEN SLIGHTLY LONGER AS THEIR CLASSES GO MORE IN DEPTH AND INCLUDE MORE REAL LIFE SCENARIOS THAN RED CROSS.

#### **CERTIFICATION RECOGNITION**

- THE CPR CERTIFICATIONS FROM ARC AND HSI ARE BOTH WIDELY ACCEPTED AND MEET OSHA WORKPLACE GUIDELINES FOR CPR/AED TRAINING. HOWEVER, THE LEVEL OF RECOGNITION MAY VARY BASED ON SPECIFIC NEEDS AND REGIONAL PREFERENCES. PLEASE CHECK WITH YOUR ORGANIZATION IF UNSURE.

#### **TRAINING COSTS**

- THE COSTS OF ARC AND HSI CPR COURSES DIFFER BASED ON FACTORS LIKE THE COURSE TYPE, LOCATION, AND ADDITIONAL MATERIALS OR CERTIFICATIONS PROVIDED. TYPICALLY HSI IS \$10-30 LESS PER PARTICIPANT THAN ARC.

#### **ADDITIONAL PROGRAMS ARC AND HSI OFFER AS ORGANIZATIONS**

- ARC ALSO FOCUSES ON DISASTER RESPONSE TRAINING, OFFERING VARIOUS PROGRAMS TO PREPARE FOR EMERGENCIES AND NATURAL DISASTERS. ARC IS ALSO A LEADING PROVIDER OF BLOOD DONATION SERVICES IN THE UNITED STATES.
- HSI PROVIDES WORKPLACE SAFETY TRAINING PROGRAMS THAT GO BEYOND CPR TRAINING. THEY OFFER COURSES FOCUSING ON OCCUPATIONAL SAFETY AND HEALTH, EMPHASIZING THE PREVENTION OF WORKPLACE ACCIDENTS AND INJURIES. THESE PROGRAMS COVER TOPICS SUCH AS WORKPLACE HAZARD RECOGNITION, PERSONAL PROTECTIVE EQUIPMENT, EMERGENCY ACTION PLANS, OSHA COMPLIANCE & MORE. EACH COURSE IS \$25 PER PARTICIPANT. ASK US ABOUT ADDING ANY OF THESE TRAININGS TO YOUR CPR WORKPLACE TRAINING!

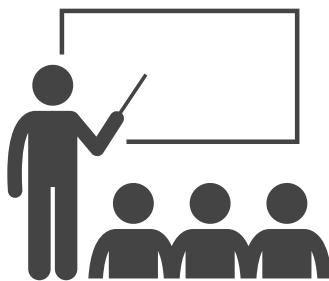
# **CHOOSE YOUR PREFERRED CLASS DELIVERY METHOD:**

## **BLENDED-LEARNING**

## **TRADITIONAL CLASSROOM/INSTRUCTOR-LED**

### **TRADITIONAL CLASSROOM**

WHEN YOU ENROLL IN A TRADITIONAL LEARNING CPR & FIRST AID CLASS ALL YOU NEED TO DO IS ATTEND YOUR SCHEDULED CLASSROOM SESSION; NO WORK IS REQUIRED BEFORE CLASS. ALL COURSE VIDEOS, SCENARIOS AND SKILLS ARE COMPLETED DURING YOUR SCHEDULED SESSION. ONCE YOU COMPLETE THE IN-PERSON CLASS COMPONENTS, YOU WILL BE ISSUED A DIGITAL CERTIFICATION CARD.



### **BLENDED-LEARNING**

WHEN YOU TAKE A BLENDED LEARNING CLASS, YOU ARE REQUIRED TO DO ONLINE TRAINING (2-4 HOURS ON AVERAGE) PRIOR TO YOUR SCHEDULED CLASSROOM SESSION. SIMPLY CLICK ON THE LINK YOU RECEIVE UPON ENROLLMENT, AND TAKE YOUR TIME LEARNING THE ACADEMIC MATERIAL FROM THE COMFORT OF YOUR OWN HOME, STARTING AND STOPPING THE PROGRAM AS NEEDED. THE ENTIRE IN-PERSON CLASSROOM SESSION IS DEVOTED TO SKILLS PRACTICE AND QUESTIONS. ONCE YOU COMPLETE THE ONLINE AND THE IN-PERSON CLASS COMPONENTS, YOU WILL BE ISSUED A DIGITAL CERTIFICATION CARD.



# PER PARTICIPANT PRICE LIST

MINIMUM 3 PARTICIPANTS FOR BILLING PRICE, MAXIMUM 12 PARTICIPANTS PER INSTRUCTOR;  
MUST REQUEST ADDITIONAL INSTRUCTOR FOR GROUPS OVER 12

\*IF ADDITIONAL INSTRUCTOR REQUESTED, WILL BE BILLED FOR MINIMUM OF 15 STUDENTS

PLEASE NOTE THAT IF YOU SELECT THIS OPTION, IF LESS THAN 3 ATTEND YOU WILL STILL BE BILLED FOR THE 3 MINIMUM FOR WORKPLACE TRAININGS (2 REQUIRED FOR A CLASS TO RUN). IF UNSURE HOW MANY PARTICIPANTS ARE ATTENDING THIS IS OFTEN THE PREFERRED OPTION. YOU ARE WELCOME TO STACK MULTIPLE CLASSES IN ONE DAY.

PRICES BELOW ARE LISTED PER PARTICIPANT.

## ADULT CPR/AED

### BLENDED-LEARNING

ARC - **\$75 / 1 hr 45 min**  
HSI - **\$50 / 2 hrs 15 min**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$90 / 2.5 hrs**  
HSI - **\$65 / 3 hrs**

## PEDIATRIC CPR/AED

### BLENDED-LEARNING

ARC - **\$75 / 1 hr 45 min**  
HSI - **\$50 / 2 hrs 15 min**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$90 / 2.5 hrs**  
HSI - **\$65 / 3 hrs**

## ADULT & PEDIATRIC CPR/AED

### BLENDED-LEARNING

ARC - **\$85 / 2 hrs 15 min**  
HSI - **\$60 / 3 hrs**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$100 / 3 hrs**  
HSI - **\$75 / 4 hrs**

## PEDIATRIC CPR /AED & FIRST AID

### BLENDED-LEARNING

ARC - **\$85 / 2 hrs 15 min**  
HSI - **\$60 / 3.5 hours**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$100 / 4 hrs**  
HSI - **\$75 / 5 hrs**

## ADULT & PEDIATRIC CPR/AED & FIRST AID

### BLENDED-LEARNING

ARC - **\$95 / 2.5 hrs**  
HSI - **\$70 / 3.5 hrs**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$110 / 5 hrs**  
HSI - **\$85 / 6.5 hrs**

## ADULT CPR /AED & FIRST AID

### BLENDED-LEARNING

ARC - **\$85 / 2 hrs 15 min**  
HSI - **\$60 / 3.5 hours**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$100 / 4 hrs**  
HSI - **\$75 / 5 hrs**

## FIRST AID

### BLENDED-LEARNING

ARC - **\$65 / 1 hr 15min**  
HSI - **\$40 / 2 hrs**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$80 / 2.5 hrs**  
HSI - **\$55 / 3.5 hrs**

FOR HSI, CHOOSE ADULT OR PEDIATRIC FOCUS. TO DO BOTH  
IT COSTS THE SAME AS ARC & ADDS ON 1 MORE HOUR

## BASIC LIFE SUPPORT

### BLENDED-LEARNING

ARC - **\$90 / 3 hrs**  
HSI - **\$65 / 3.5 hrs**

### BL & FIRST AID

BLENDED-LEARNING  
ARC - **\$110 / 3.5 hrs**  
HSI - **\$85 / 4.5 hrs**

\*REQUIRED TO HAVE AT LEAST 3 PARTICIPANTS FOR CLASS TO RUN. MAX OF 10 ALLOWED

## BLOODBORNE PATHOGENS

(Max 25)

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$40 each up to 25 students max**

HSI - **\$25 each up (no max student #)**

**(1-1.5 hrs)**

## OTHER ADD-ONS

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$40 PER ADD-ON**  
HSI - **\$25 PER ADD-ON**  
**(1-1.5 hrs per add-on)**

### AVAILABLE ADD-ON

- LIFE-THREATENING BLEEDING WITH TOURNIQUET APPLICATION
- HEAD, NECK, MBJI AND SPLINTING
- EPI-PEN, ASTHMA INHALER & NALOXONE ADMINISTRATION

# GROUP PRICE LIST

INCLUDES 8-12 PARTICIPANTS (SAVE MORE BY FILLING THE CLASS WITH 12)  
IDEAL FOR LARGE COMPANIES WHO PREFER FLAT RATES INSTEAD OF PER PARTICIPANT PRICING,  
SAVES MONEY FOR FULL MAX CAPACITY TRAININGS.

PLEASE NOTE THAT IF YOU SELECT THIS OPTION, IF LESS THAN 8 ATTEND CLASS THE RATE DOES NOT CHANGE. IF UNSURE HOW MANY PARTICIPANTS ARE ATTENDING, PER PARTICIPANT RATES MAY BE A BETTER OPTION FOR YOU.

## ADULT CPR/AED

### BLENDED-LEARNING

ARC - **\$700 / 1 hr 45 min**  
HSI - **\$450 / 2 hrs 15 min**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$850 / 2.5 hrs**  
HSI - **\$600 / 3 hrs**

## PEDIATRIC CPR/AED

### BLENDED-LEARNING

ARC - **\$700 / 1 hr 45 min**  
HSI - **\$450 / 2 hrs 15 min**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$850 / 2.5 hrs**  
HSI - **\$600 / 3 hrs**

## ADULT & PEDIATRIC CPR/AED

### BLENDED-LEARNING

ARC - **\$800 / 2 hrs 15 min**  
HSI - **\$550 / 3 hrs**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$950 / 3 hrs**  
HSI - **\$700 / 4 hrs**

## PEDIATRIC CPR /AED & FIRST AID

### BLENDED-LEARNING

ARC - **\$800 / 2 hrs 15 min**  
HSI - **\$550 / 3.5 hours**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$950 / 4 hrs**  
HSI - **\$700 / 5 hrs**

## ADULT & PEDIATRIC CPR/AED & FIRST AID

### BLENDED-LEARNING

ARC - **\$900 / 2.5 hrs**  
HSI - **\$650 / 3.5 hrs**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$1050 / 5 hrs**  
HSI - **\$800 / 6.5 hrs**

## ADULT CPR /AED & FIRST AID

### BLENDED-LEARNING

ARC - **\$800 / 2 hrs 15 min**  
HSI - **\$550 / 3.5 hours**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$950 / 4 hrs**  
HSI - **\$700 / 5 hrs**

## FIRST AID

### BLENDED-LEARNING

ARC - **\$600 / 1 hr 15min**  
HSI - **\$350 / 2 hrs**

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$750 / 2.5 hrs**  
HSI - **\$500 / 3.5 hrs**

FOR HSI, CHOOSE ADULT OR PEDIATRIC FOCUS. TO DO BOTH  
IT COSTS THE SAME AS ARC & ADDS ON 1 MORE HOUR

## BASIC LIFE SUPPORT

### BLENDED-LEARNING

ARC - **\$625 / 3 hrs**  
HSI - **\$425 / 3.5 hrs**

### BLIS & FIRST AID

ARC - **\$825 / 3.5 hrs**  
HSI - **\$625 / 4.5 hrs**

(6 MIN-10 MAX FOR GROUP RATE)

\*REQUIRED TO HAVE AT LEAST 3 PARTICIPANTS FOR CLASS TO RUN. MAX OF 10

## BLOODBORNE PATHOGENS

(Max 25)

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$350 for up to 12 /\$650 for up to 25**

HSI - **\$200 for up to 12 /\$400 for up to 25**

**(1-1.5 hrs)**

## OTHER ADD-ONS

### TRADITIONAL INSTRUCTOR-LED

ARC - **\$350 PER ADD-ON**  
HSI - **\$200 PER ADD-ON**  
**(1-1.5 hrs per add-on)**

### AVAILABLE ADD-ON

- LIFE-THREATENING BLEEDING WITH TOURNIQUET APPLICATION
- HEAD, NECK, MBJI AND SPLINTING
- EPI-PEN, ASTHMA INHALER & NALOXONE ADMINISTRATION

# INSTRUCTOR LEVEL CPR, AED & FIRST AID CLASSES

MINIMUM 3 PARTICIPANTS FOR IN-PERSON CLASS TO RUN (NO MINIMUM FOR MENTORSHIP).

MAXIMUM 10 PARTICIPANTS PER INSTRUCTOR TRAINER

\*MUST HOLD CURRENT BASE LEVEL CERTIFICATION OF CPR, AED & FIRST AID FROM ARC, HSI OR AHA  
TO APPLY FOR MENTORSHIP & IN-PERSON CLASS

## INSTRUCTOR LEVEL MENTORSHIP

It takes more than just completing an instructor-level class to be a high-quality instructor. While your job may not require this, those who want more than just a one day course to become a high quality instructor have the option to add on mentorship. Learn how to teach in a variety of methods, learn the ins & outs of equipment, running classes live, and gaining confidence one step at a time with an experienced instructor. It costs \$100 to complete the mentorship, and must be completed within 1 year of starting mentorship. No prior experience other than holding a base level CPR/AED/FA certification is necessary. Just a willing to learn attitude, strong work ethic, a desire to impact the community and a positive mindset is required to be accepted.

### Mentorship Requirement:

1. Shadow/teach 4 - 6 CPR, AED & First Aid Limitless Training Classes (at least 2 Blended & 2 Traditional Classroom)
2. Begin to teach 1 module at a time adding an additional module per class you attend with Jess after shadowing/attending your first class.
3. Complete 2 mentorship planning meetings with Jess (Can be via zoom/phone).
4. Teach a full class OR pass the instructor level course.

*This could take 2-16 weeks depending on how available you are to attend classes.  
You must contact Jess directly for class locations and info to shadow at least 48 hours prior to attending.*

**Once you pass the mentorship AND instructor level course, you will be given the option to align with Limitless Training as a Training Center where you can run your own courses, teach with Limitless Training as a Contractor, or start your own LLC to run an independent Training Center/align with another already existing. You will also be given the purchase manikins from Limitless Training after completing your instructor level course.**

## INSTRUCTOR LEVEL CPR, AED & FIRST AID BLENDED CLASS

### Initial Certification

ARC - **\$325**

HSI - **\$275**

**Combo of \$425 for both HSI & ARC**

In-person course: **6.5 - 9 hours**

# KIDS INTRO TO FIRST AID CLASSES

MINIMUM 5 PARTICIPANTS FOR CLASS TO RUN

(1 ADULT SUPERVISOR/VOLUNTEER REQUIRED TO ATTEND PER 5 CHILDREN ENROLLED)

\*PRICE LISTED IS PER PARTICIPANT, ADULT SUPERVISORS/PARENTS DO NOT  
NEED TO REGISTER AS THEY ARE FREE TO ATTEND

## CLASS TOPICS (RECOMMENDED AGES 5-11)

- WHEN TO ALERT ADULTS & KNOWING HOW TO CALL 911
- MINOR WOUNDS (CUTS/BURNS/SPLINTERS)
- BUG BITES/BEE STINGS
- ALLERGIES
- NOSE BLEEDS
- BUMPS/BRUISES & HEAD INJURIES
- BASIC EMERGENCY ACTION PLANS
- INCLUDES A FIRST AID EQUIPMENT SCAVENGER HUNT; THE GROUP WILL GET TO TAKE HOME A GROUP FIRST AID KIT THEY WILL PUT TOGETHER UPON CLASS COMPLETION



## CLASS PRICE & LENGTH

**Class price:** \$35 per participant/\$25 per participant for homeschool groups & non-profits

### Capacities:

5-6 year olds - 10 person max

7+ year olds - 15 person max

(For combination of these ages, can do 15 but will require additional parent volunteers to assist)

### Class length: 1 - 1.5 hours

(Can add on an extra hour for large groups (15+) and older age groups for just \$10 more per participant)

**\*Ages 9+ can also add-on CPR/AED certification option, refer to full certification price list**

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# WORKPLACE SAFETY & OSHA TRAININGS

# WORKPLACE SAFETY & OSHA TRAININGS PRICE LIST

## AVERT ACTIVE SHOOTER DEFENSE CLASS

**Online Pre-course** = 1-2 hours      **In-person:** 2 hours

**\$65/participant** OR **\$750/large group class rate** (15 max)

**\*ONLY offered as Blended-Learning**

**(see. pg. 11 for more info on topics covered)**

## OSHA COURSES

### OSHA 10

General Industry OR Construction      General Industry OR Construction

\*Offered in English OR Spanish      \*Offered in English OR Spanish

**\$70/participant**

### OSHA 30

**\$150/participant**

**\*ONLY offered as ONLINE COURSES (see. pg. 10 for more info)**

## ONLINE SAFETY COURSES

- Violence in the Workplace
- Electrical Safety: General Awareness
- Fire Extinguisher Safety
- Hand and Power Tool Safety
- Industrial Ergonomics
- Ladder Safety
- Asbestos Hazard Awareness
- Back Safety and Injury Prevention
- Compressed Gas Safety
- Confined Spaces
- Driver Safety
- Sexual Harassment & Discrimination Prevention
- Emergency and Fire Preparedness
- Hazard Communication
- Hearing Conservation
- Heat Stress
- Lockout Tagout
- Machine Guarding
- Office Ergonomics
- Personal Fall Arrest Systems
- Respiratory Protection
- Slips, Trips, and Falls
- PPE Fundamentals
- Ladder Safety

**\$30 per course/participant**

### Group Discounted Rates:

(per course/participant)

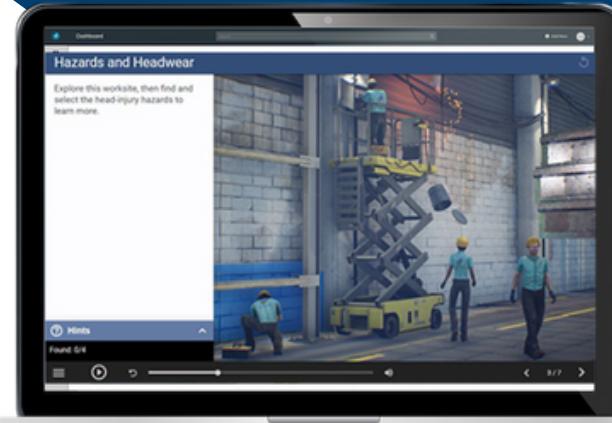
**10+ = \$27**

**20+ = \$25**

**50+ = \$20**

**100+ = \$17**

# OSHA 10 & 30 Hour Training



HSI is the top OSHA-authorized online training provider, and the only provider to offer engaging OSHA 10 and 30 general industry and construction content in both English and Spanish.



## OSHA-Authorized 10 & 30 Courses

HSI is the top OSHA-authorized online outreach provider.



## Free OSHA Hard Cards

Durable plastic + QR codes for scanning + Fraud reduction



## Instant Printable Certificate

Upon successful completion of all 10 & 30 Hour OSHA Training.



## Free Study Guide

Train smarter! Included for all 10 & 30 course purchases.



## Get It Fast!

Receive your official DOL-OSHA card in 2 - 3 weeks!

- OSHA 10 General Industry
- OSHA 10 Construction

- OSHA 30 General Industry
- OSHA 30 Construction



OSHA 10 and 30 Hour Training provided by Summit Training Source, An HSI Company

Online ONLY training is currently available for OSHA training.  
10-hour courses = \$70  
30-hour courses = \$150





# Active Violence Immediate Response Training

## Go Beyond Active Shooter Response Training

While other programs focus solely on active shooter or stop the bleed, AVIRT goes beyond by combining both of these important topics in one training program.



## What You'll Learn with AVIRT

Live scenario exercises and hands-on practice instills confidence in your team and gives them the tools for how to respond.

With AVIRT you'll learn:



Warning Signs



Situational Awareness



Active Shooter Response Procedures



Escape, Evade and Attack Techniques



How to Become an Immediate Responder

Emergency Bleeding Control



## IS YOUR ORGANIZATION TRAINED TO REACT IN A LIFE-THREATENING SITUATION?

When active violence occurs, seconds count, and you can't always wait for EMS to arrive. AVIRT enables you and your team to become immediate responders.

© 2025 AVIRT

\*Offered as Blended-Learning or Traditional Classroom:

**Online Pre-course (blended-only):** 1-2 hours

**In-person Course:** 1.5 hour for blended;

2.5 hours for traditional classroom

\$65/participant OR

\$750/large group class rate (15 max per instructor)



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# AQUATIC CERTIFICATIONS & CLASSES

# AQUATIC TRAINING LIST

## PER PARTICIPANT PRICING OPTIONS ONLY

MINIMUM 5 PARTICIPANTS FOR LIFEGUARD CLASSES TO RUN, MAXIMUM 10 PARTICIPANTS PER INSTRUCTOR; MUST REQUEST ADDITIONAL INSTRUCTOR FOR GROUPS OVER 10

### LIFEGUARDING + CRR/AED PROFESSIONAL RESCUER

#### Initial Certification

ARC - **\$275**

**Online Pre-course = 6 hours**

**In-person: 21 hours, 30 minutes**

#### Recertification

ARC - **\$175**

**Online Pre-course = 2-6 hours**

**In-person: 9 hours, 15 minutes**

### SHALLOW WATER LIFEGUARDING + CRR/AED PROFESSIONAL RESCUER

#### Initial Certification

ARC - **\$250**

**Online Pre-course = 6 hours**

**In-person: 21 hours, 30 minutes**

#### Recertification

ARC - **\$150**

**Online Pre-course = 2-6 hours**

**In-person: 9 hours, 15 minutes**

### SAFETY TRAINING FOR SWIM COACHES

#### Initial & Recertification:

ARC - **\$105 per person**

**Online Pre-course = 2-3 hours      In-person: 3 hours**

### WATER SAFETY CLASS

**Includes drowning prevention, safety around different bodies of water, survival strokes/swimming, & optional GLIDEFIT obstacle course.**

*Contact us directly to put together your customized water safety class. Pricing will be based on class length and offerings. (1-4 hour options)*

# LIFEGUARDING INSTRUCTOR LEVEL COURSE

## PER PARTICIPANT PRICING OPTIONS ONLY

MUST HAVE 6 PARTICIPANTS PER CLASS, NO MORE OR LESS. CERTIFIED 'HELPERS/LIFEGUARDS CAN BE USED TO MEET THIS NUMBER. THE MINIMUM BILLING NUMBER FOR THIS COURSE IS 6.

### AMERICAN RED CROSS LIFEGUARDING INSTRUCTOR CERTIFICATION

#### Lifeguarding Instructor Certification

ARC - **\$375**

**Online Pre-course = ~2 hours**

**In-person: 18 hours**

\*2 day course recommended, time includes 1-hour lunch break per day.

#### Recertification (LGI/LGIT)

ARC - **\$175**

**Online Pre-course = 6-8 hours**

**In-person: 8 hours**

**Add Base Level Lifeguard recertification = \$275 total for both (adds about 3 hours)**

### COURSE PRE-REQUISITES

- Be at least 17 years old on or before the final scheduled session of the Lifeguarding Instructor course.
- Possess a current basic-level certification in American Red Cross Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid.  
(Note: r.17 Lifeguarding certification accepted)
- Obtain instructor and participant course materials before starting the course.
  - Successfully complete the online session of the Lifeguarding Instructor course prior to the pre-course session.
  - Successfully complete the prerequisite skill assessment scenario to continue in the course. The prerequisite skill assessment scenario evaluates the following skills:
    - o Entry
    - o Swimming approach
    - o Surface dive in deep water (7 to 10 feet)
    - o Passive submerged rescue
    - o Rapid extrication (with an assisting rescuer)
      - o Rapid assessment
    - o Single-rescuer CPR (3 minutes)

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# POLICIES FOR WORKPLACE/PRIVATE TRAININGS

# 2025 POLICIES FOR WORKPLACE/PRIVATE TRAININGS

- Class requests must be made at least 10 days prior to class date and is subject to Limitless Training's Availability.
  - If made less than 10 days in advance of class date, \$50 additional fee will be added to class total. The earlier you request your class session (can request up to 1 year in advance) and the more date options you send the more likely you will get your preferred dates. Limitless Training will offer other date options if unavailable on your requested date(s), you will have 5 business days to confirm or deny offered dates or they may be offered to other requests.
- Class certifications will only be issued to participants that attend all required components of the course and pass all skill assessments with competency. If a written exam is required, this must be passed as well. If prerequisites are required to attend the course, these must be completed in full before the start of the in-person session.
  - NO REFUNDS will be issued for students who do not pass certification requirements and will still be included in the price of the course.
- No travel fee is required for instructors to travel to your company unless you are outside a 2 hour radius of Ellabell, GA.
  - Travel fees begin at \$50, if within 2 hour radius of lead instructor no charge is applicable. Every additional hour past 2 hours is a \$25 add-on to base travel fee (3 hours is \$75, 4 hours is \$100, etc.). If lodging/extra expenses are required, a flat rate will be decided upon between {Client} & Limitless Training LLC before the class is confirmed (\$100-\$200 per night depending on location and hotel pricing in that area).
- To reschedule or cancel a class, you must contact Limitless Training at least 8 days prior to the start of the in-person session.
  - Rescheduling fee in advance (8 days + prior to class) is FREE but within 7 days or less of class a \$50 fee will be added onto total class price.
  - Cancellations in advance (8 days or more in advance of scheduled class) are not subject to any charge, but if cancelled within 7 days of the scheduled class, client will be charged a \$125 cancellation fee for instructor-led courses, \$250 for blended-learning courses.
  - Same day (within 24 hours of class start time) cancellation/rescheduling (of in-person session)/client no show will result in a \$300 no show/no notice cancellation fee. For true emergency circumstances, please contact us before class starts and at Limitless Training's Discretion we will work with clients directly to reschedule at minimal to no cost.
- All class invoices must be paid in full within 10 days of class completion (except at the discretion of Limitless Training. For special accommodations/circumstances please notify us in advance.
- NO REFUNDS will be issued for any reason.
  - Please arrive at least 10 minutes early for your course, late arrivals beyond 5 min for blended-learning and 15 min for full classroom-led courses may result in your course needing to be cancelled/rescheduled and will count as a class No Show (subject to fees).
  - For Blended Learning Courses, once the online course is begun, there is NO REFUND or reassigning that online course to any others. Please ensure students who may not attend do not begin their course until they are confident they are attending. Each online course that is "claimed" will be included in the total price for the course whether they attend the in-person session or not.

5

# AED MANAGEMENT PROGRAM: AED365



# AED365

KEEPING YOUR AED PROGRAM ALIVE

**Fact:** 3.2 Million AEDs are in public places across the US.  
**Question:** Is the one you need ready and compliant?

AEDs are automated external defibrillators regulated by the FDA to be used by anyone to treat the #1 cause of pre-hospital death: sudden cardiac arrest. AED owners accept responsibility for making sure each of their AEDs works properly during deployment. Just like your car's maintenance and oil changes, your AED requires a variety of specialized care and inspection tasks to ensure readiness when seconds count.

## ENGINEERED TO BE EASY

AED 365 was designed to simplify the task of managing your entire AED program. Our powerful yet simple platform helps you gain compliance and readiness in the oftentimes complex world of inspection and legal requirements for AEDs. Any one on your AED 365 program can start and finish an AED inspection in less than 60 seconds, letting your team get back to focusing on what they do best.

Having to guess if your AED accessories are in-date and ready is a thing of the past. Know for sure with AED 365's PowerPush™ technology that keeps your team informed via iOS push notifications and emails when activity or expiration deadlines approach.

Does your AED need updates? Has your AED or its accessories been recalled? What happens if you actually use your AED on a real patient? Think of AED 365 as your AED ally. We take care of the details - everything from recall and warranty expiration notifications to software updates and medical direction via our on-staff physician through AED 365 Pro. Simply stated, **AED 365's main mission is keeping your AED program alive.**

## WHY CHOOSE US?

Too many AED owners rely on out-dated and non-compliant methods in their attempt to keep their AEDs ready for use. Many times AEDs go uninspected or poorly maintained for long periods of time, increasing the liability for the owner as well as the risk of potential AED failure in a real emergency.

### **Here are just a few of our all-inclusive AED 365 Pro features our clients love:**

- **Easy.** In-app support chat, 24x7 phone help desk, and an intuitive user interface experience makes AED inspections, incident reporting, AED additions a breeze.
- **Simple pricing.** Simple pricing on a per AED basis. AED 365 Pro includes all features - including physician medical direction and a loaner AED if needed.
- **Unlimited users.** People are your biggest asset and investment. You won't see us charge you a dime for your users.
- **Unlimited locations.** No matter if you have one locally or thousands globally, there's no limit or charge for more locations.
- **Verified Inspections + Barcodes.** Accuracy matters when seconds count. Simply scan the AED 365 barcode on your AED to complete a verified inspection in less than 60 seconds.
- **FREE pads.** Anytime a device under AED 365 Pro is used for an attempted save. Up to 2x per AED per year.
- **99.99% uptime.** Guaranteed and powered using the world's most secure and reliable servers.
- **PowerPush™ Notifications** - never miss a beat with our iOS push notifications and emails - keeping you aware of your entire AED program status right from your device.

24x7 access to your AED Program	✓	✓
99.99% uptime guaranteed and powered using the world's most secure and reliable servers	✓	✓
Online hub to manage your AED program from any device with internet access	✓	✓
AED 365 iOS app for inspections, live chat, incident reporting, and more	✓	✓
Google mapping and geotagging of all AEDs in system	✓	✓
Free barcodes / QR codes provided for each AED for scanning inspections using iOS app	✓	✓
View AED status in real-time on global map in dashboard	✓	✓
24x7 access to AED law library and AED document library	✓	✓
Full data entry of any AED brand, make, model, unit, batteries, pads, and accessories	✓	✓
Unlimited program users, including AED inspectors, site managers, division managers, AED program manager, medical directors, and company executives	✓	✓
Unlimited program locations	✓	✓
Monthly (or more frequent) inspection / maintenance e-reminders / emails / push notifications	✓	✓
Monthly (or more frequent) inspection / overdue reports	✓	✓
Battery and pad accessory expiration e-reminders / push notifications via PowerPush™ tech	✓	✓
Powerful reporting downloads for program metrics	✓	✓
Verified icon displayed for in-person AED inspections	✓	✓
Device-specific notifications and tracking based on AED serial numbers and accessories lot numbers	✓	✓
In-app support chat and Help Desk email access	✓	✓
Manage and track First Aid, CPR, AED, BLS, ACLS, PALS, Fire Extinguisher, etc. training for trained responders - notification of expiration dates and e-minders	✓	✓
Custom invoice schedules by request	✓	✓
AED prescription for each AED issued by our Physician (MD)		✓
Physician (MD) oversight of AED program and implementation		✓
Physician telephone and email availability for AED related questions		✓
Provision or review and approval of AED response protocol		✓
Basic AED program policy & procedures manual		✓
AED emergency event reporting		✓
Post-event AED data download, analysis & medical direction report sent to patient's MD		✓

Loaner AED overnighted to your location post-event to ensure coverage (4 step process includes loaner AED overnighted along with postage-paid return box for used AED)



Telephone debriefing of responders involved in an AED incident



AED emergency medical services (EMS) agency notification & registration services as required by state/local regulation



FREE replacement pads (and battery if a Lifepak CR Plus or Heartsine Unit) for any attempted resuscitation using an activated AED on Pro Plan (up to two times per AED per year – excludes Fire / EMS / public safety agency devices)



24x7 Live Phone Support and troubleshooting for any issues for units under program management (chirping AEDs, lights flashing, etc.)



Annual program review by compliance team and medical director



## PUBLIC ACCESS AEDS CAN INCREASE SUDDEN CARDIAC ARREST SURVIVAL BY 2.62X

## IS YOUR AED PROGRAM READY TO RESCUE?

STATE AND LOCAL LAWS AS WELL AS AED MANUFACTURER REQUIREMENTS CAN MAKE ACHIEVING COMPLIANCE DIFFICULT TO NAVIGATE. FAILING TO COMPLY WITH THESE AED LAWS AND REGULATIONS MEANS INCREASED LIABILITY FOR YOUR ORGANIZATION. LET AED365 HELP BRING YOUR AED PROGRAM INTO COMPLIANCE + READINESS.

# AED365

KEEPING YOUR AED PROGRAM ALIVE

All plans are upfront billing to be paid in full. All sales are final.

## AED365 Basic

Readiness (20 features)

SKU	Program	Total Price	Annually	Monthly
365-B-1	AED365 Basic - 1 Year	\$114	\$114	\$9.50
365-B-2	AED365 Basic - 2 Year	\$204	\$102	\$8.50
365-B-3	AED365 Basic - 3 Year	\$270	\$90	\$7.50
365-B-4	AED365 Basic - 4 Year	\$312	\$78	\$6.50
365-B-5	AED365 Basic - 5 Year	\$330	\$66	\$5.50

## AED365 Pro

Monthly

Readiness + Compliance + Medical Direction (33 features)

SKU	Program	Total Price	Annually	Monthly
365-P-1	AED365 Pro- 1 Year	\$150	\$150	\$12.50
365-P-2	AED365 Pro- 2 Year	\$276	\$138	\$11.50
365-P-3	AED365 Pro- 3 Year	\$378	\$126	\$10.50
365-P-4	AED365 Pro- 4 Year	\$456	\$114	\$9.50
365-P-5	AED365 Pro- 5 Year	\$510	\$102	\$8.50

## AED365 RMS (Remote Monitoring System)

AED365 RMS hardware is included at no additional cost.

SKU	Program	Total Price	Annually	Monthly
365-RMS-3	RMS	\$1,404	\$468	\$39

AED365 RMS - 3 Year includes: Remote Monitoring System (RMS) and hardware with prepaid cellular service + AED365 Pro Plan (3 Year).

## AED365 Total

AED365 Pro + free batteries, pads, replacement response kits for 10 years (new units ONLY)

SKU	Program	Total Price	Annually	Monthly
365-T-10	AED365 Total - 10 Years (All)	\$2,400	\$240	\$20

**Select the plan that best fits your needs & budget.**

**Please note that the pricing listed above is the price per AED.**

**For AED and equipment sales, contact us directly  
for an estimate fitting your company needs.**

*Discounts are available if purchasing for more than one AED.*

*Please email or call us to receive this discount.*