

Making a case for emergency training to be ISOS's successor

The empty block should be used to train students on CPR, basic life support, and self-defense

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While waiting in line to ride Great America's Railblazer, I thought I experienced what the news had been so closely covering that year: an active shooter in a public setting.

At first, I didn't know why we were all running and pushing people over as if it was life or death, but then a boy sprinting alongside me screamed, using an expletive, something that no one ever wants to hear.

"Someone has a gun."

Within the stampede of fleeing families are snapshots I struggle to forget. Like the mother who screamed for help as her son gasped for air and the little girl who couldn't find her older sister.

To this day I don't know what happened to them—I have too much fear to find out and too little information to even know where to begin—but I have never stopped wondering if anyone knew how to help that boy or tried to find the older sister or if we all just kept running.

Being taught what to do in emergency situations and how to administer first aid are critical skills that people need to learn. By doing so, lives can be saved. And, as ISOS will not return as a class in the 2022 to 2023 school year, I urge Nueva to host mandatory courses on first

aid, cardiopulmonary resuscitation (CPR), basic life support (BLS), self-defense and how to handle emergency situations (ES classes for short) during this block instead.

For 101 years, the U.S. has lost more people to heart disease than anything else according to the Centers for Disease Control and Prevention. And even as COVID-19 shook the world in 2020, heart disease still far surpassed the virus in death count that year. So why are there mandated safety precautions for one and not the other?

Cardiac arrests that occur outside of the hospital are fatal 90% of the time. Fortunately, if CPR is performed in the first few minutes, the patient is three times more likely to survive. While certification for CPR and other courses only take a few hours, many people struggle with motivating themselves to attend a class. By providing a time and place to learn skills like CPR, BLS and first aid, Nueva can increase the student body's readiness in case of emergencies.

In addition to medical training, self-defense is also a useful skill for all people. Self-defense is not just physical, in most cases, it is how to disarm a situation before it reaches violence. This is an acquired skill that is as important to learn as carrying pepper spray at night.

And while Drug and Sexual Education are not within the definition of emergency situations, it is important that there is ample time to delve into these topics. Drug and sex education are courses that have been limited to brief lessons within Science of Mind's greater curriculum, but by having them taught within ES classes these topics can be properly discussed and investigated.

ISOS's removal as a class is an opportunity for 10th graders to gain knowledge that would serve them no matter what happens in the future. Knowing how to save a friend's life and even one's own in an emergency situation are vital skills that everyone in society must be trained in. Maybe then I would've known what I could have done to help that little boy and lost girl.



A CRITICAL SKILL
A CPR CERTIFICATION CAN TAKE
ONLY THREE HOURS TO ACQUIRE.