

2026 BLS and Heartsaver New Instructor Course

Purpose and Intended Audience

To teach Basic Life Support (BLS) providers the skills necessary to become an instructor of the American Heart Association (AHA) BLS and Heartsaver Courses.

Learner Outcomes – Core Competencies

Upon completion of the course, the participant will have demonstrated the key BLS & Heartsaver instructor competencies:

1. Proficient in all the skills of the BLS & Heartsaver Courses.
2. Teach AHA courses according to instructor manual.
3. Test students effectively and according to the skills checklist.
4. Maintain a high standard of ethics and professionalism when teaching AHA courses.
5. Manage time, space, materials, and paperwork in compliance with AHA guidelines.

Requirements for Instructor Course Registration

- Be at least 18 years old.
- Willingness to teach a **minimum of four courses in a 2-year period.**
- Email a copy of your current AHA BLS card to: DM_CTC@unitypoint.org
- Complete the [2026 Training Center Alignment Form – Fill out form](#)
- Complete the [2026 BLS New Instructor Course Registration – Fill out form](#)
- Provide payment by calling in your credit card number to the Training Center at 515-241-6811.
- Receive confirmation of enrollment from the Training Center Coordinator.

Registration Fees

\$225 (includes Part 2 In-person class, Part 3 monitoring at Iowa Methodist Medical Center, and instructor card) Lunch, instructor materials, and online instructor essentials course not included.

Cancellation Policy

- The registration fee, minus \$100.00 is refundable up to three business days prior to the program. After that time, no refund is available. If a participant cancels and reschedules within 90 days, a \$50.00 discount will be applied to a rescheduled course.
- UnityPoint Health – Des Moines reserves the right to cancel the program due to insufficient enrollment. If this occurs, registration fees will be refunded.
- Courses cancelled due to adverse weather conditions will be rescheduled. Participants will be granted a refund if there is a conflict with the new date.

CE Credit

IBON Provider #31, UnityPoint Health – Des Moines, awards 6.0 contact hour(s) for full attendance. \$12.00 nursing contact hour recording fee for non-UnityPoint Health employees.

BLS Instructor Process

See page two for details.

Questions: Email DM_CTC@unitypoint.org

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BLS Instructor Process

Part 1 – Online Portion of BLS New Instructor Course

1. **Order** online BLS Instructor Essentials Course
[BLS Instructor Essentials Online & Core](#)
2. **Order** 2025 BLS Provider and BLS Instructor Manual
[2025 BLS Instructor Manual](#)
[2025 BLS Provider Manual](#)

Complete the online

BLS Instructor Essentials Course

Once you have the BLS Provider and Instructor Manuals, complete the online course at least **2 weeks prior to class**. Email your completion certificate to the Training Center at DM_CTC@unitypoint.org

Part 2 – Observe a Class & Skills Proficiency Check (completed same day)

Schedule time with the BLS Training Center Coordinator at DM_CTC@unitypoint.org to complete your class observation, skills proficiency check, and written examination. This is due two weeks prior to the in-person portion of the BLS New Instructor Course. If you are unable to demonstrate proficiency, you will not be able to continue with class.

Part 3 – In-Person Portion of BLS New Instructor Course

Attend in-person

BLS New Instructor Course

This course will include:

- Teaching principles
- Course management
- Renewing BLS provider skills

Dates:

June 16
July 28
September 18
November 19

Time:

8:00am – 5:00pm

Location:

Iowa Methodist Medical Center – Des Moines
Education Research Center
Directions will be in confirmation email.

Faculty:

Lexie Kuehl Sauer, BLS Coordinator
AHA BLS Training Faculty
alexis.kuehl@unitypoint.org

Part 4 – BLS New Instructor Initial Monitoring

Teach first course under the supervision of an AHA Training Center Faculty.

Monitoring is **required** prior to an instructor teaching independently and needs to be completed within 6 months of the in-person course. Opportunities for monitoring are available at Iowa Methodist Medical Center.

If class monitoring occurs outside of Iowa Methodist, an additional fee for mileage is assessed. Dates would need to be scheduled collaboratively with the Training Faculty.

Questions: Email DM_CTC@unitypoint.org

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.