

Checklist for International Instructors

American Heart Association Guidelines for CPR and ECC



This checklist will guide you through the process you must follow to stay compliant and up to date with teaching CPR after the Guidelines released on 22 October 2025. The method through which you will obtain your Instructor Update is determined by your International Training Center. Please be in communication with your Training Center Coordinator (TCC) for further instructions.

- ☐ Sign up on [Atlas](#) and [eLearning](#) if you haven't already. Ensure you are aligned with an International Training Center on Atlas. If you do not have access to Atlas or eLearning, reach out to your Training Center Coordinator for information.
- ☐ Complete the required, complimentary, English Instructor Update course for each discipline you teach by 28 February 2026.*
 - Your TCC will need to receive your completion certificate.
 - **Instructor Update courses are now available for BLS, ACLS, PALS, Heartsaver®, and PEARS® in English. Additional languages will be released by late February 2026.**
- ☐ Once you have completed your discipline-specific Instructor Update in the language of your choosing, you may teach using either:
 - The 2025 science and use the new 2025 materials and 2025 exam.

OR

 - The 2025 science using the 2020 materials and 2025 exam, supported by the Interim Training Materials, until all 2025 materials are available. To access the Interim Training Materials, you will log into Atlas, navigate to Training Resources > Course Information where you find the documents for each course. If you do not have access to Atlas, you will need to contact your Training Center Coordinator.
- ☐ **Beginning 1 March 2026, only 2025 products can be used to teach BLS, ACLS, PALS, and Heartsaver in International English. For other languages, we will communicate the transition date at a later time.**
- ☐ NOW AVAILABLE: View the free Product & Course Orientation (P&CO) via Atlas or by contacting your International Training Center if you do not have access to Atlas. The P&COs are available in International English for all disciplines. Additional languages will release at a later date. You will receive a communication when they become available.
- ☐ Interested in accessing the 2025 AHA Guidelines for CPR and ECC? The Guidelines released on 22 October 2025. The Guidelines and Highlights of the Guidelines are available on this [Guidelines webpage](#).

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What are Instructor Updates?

- Provide an overview of new science and key changes for each discipline
- Required eLearning courses for Instructors available on eLearning
- Must be completed by 11:59 pm, 28 February 2026 (English only)
- International Training Centers are required to maintain records of Instructors' completion certificates of Instructor Updates

What is Product & Course Orientation (P&CO)?

- Helps Instructors understand the new course design and teaching strategies for the course they teach
- Provides the latest and most important updates to the course materials
- **P&CO are now available for ACLS, BLS, PALS, and Heartsaver in International English. Other languages coming later.**
- P&CO is separate from the required Instructor Update
- Optional, available via Atlas or your Training Center Coordinator

Questions?

First, we suggest you reach out to your International Training Center. You can also email ECC.International@heart.org.