

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 release on October 22, 2025. The method through which you will obtain your Instructor Update is determined by your 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 a 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, Instructor Update course for each discipline you teach by 28 February 2026.*
 - Your TCC will need to receive your completion certificate.
 - **Starting 22 October 2025, Instructor Update courses will be available for BLS, ACLS, PALS, Heartsaver®, and PEARS® in English. Additional languages will be released December 2025.**
 - ☐ Once you have completed your discipline-specific Instructor Update in 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 March 1, 2026, only 2025 products can be used to teach BLS, ACLS, PALS, and Heartsaver in International English. For other languages, you will have 90 days after the Provider materials release for that discipline to switch to 2025 products.**
- ☐ COMING SOON: View the free Product & Course Orientation (P&CO) via Atlas or by contacting your Training Center if you do not have access to Atlas. The P&COs are slated for release in International English for all disciplines shortly, with additional languages releasing thereafter. You will receive a communication when they become available.
- ☐ Interested in accessing the 2025 AHA Guidelines for CPR and ECC? The Guidelines release at 4 a.m. CT/5 a.m. ET October 22, 2025. The Guidelines and Highlights of the Guidelines will be 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 and LLP
- Must be completed by 11:59 pm February 28, 2026
- 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 available soon for ACLS, BLS, PALS, and Heartsaver in 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.