



St John
Scotland

Saving lives together

CPR Champion (Volunteer)

Help your community feel confident to act in an emergency.

St John Scotland is looking for friendly, approachable volunteers to become CPR Champions - supporting informal awareness sessions that teach simple, lifesaving skills like CPR and how to use a public access defibrillator (PAD).

We're looking for:

- Friendly and approachable people
- Comfortable speaking to small groups
- Passionate about helping others
- Able to travel locally

What you'll do:

- Deliver informal CPR awareness sessions
- Show people how to use a defibrillator
- Support local events and community groups
- Help build confidence to act in an emergency

What you'll get:

- Full training – no experience needed
- Flexible volunteering to suit you
- Ongoing support from a friendly team
- Reimbursement of expenses
- Confidence, skills and the chance to save lives

Why it matters

Every minute counts during a cardiac arrest. By helping more people learn CPR and how to use a defibrillator, you can increase the chances of someone going home to their family.

No medical background needed - just enthusiasm, reliability, and a willingness to help.

Get involved today and help save lives in your community.

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Volunteer role description	
Role title	CPR Champion
Responsible to	Area CPR Lead (within the St John Scotland volunteer structure)
Location	Within the geographical area of your local St John Scotland Area
Time commitment	<p>This is a volunteering role with no fixed hours.</p> <p>You'll support CPR awareness sessions across a range of days and times (including mornings, afternoons and evenings) as part of the Area CPR Team.</p> <p>Volunteering is flexible and can be managed around personal and work commitments. Where possible, we encourage you to support several sessions per year to maintain confidence in the role.</p>
Purpose	<p>To build community confidence and capability in bystander CPR and the use of public access defibrillators (PADs), supporting St John Scotland's lifesaving mission and improving survival from out-of-hospital cardiac arrest.</p> <p>This role is awareness-based and does not include assessment, certification, or clinical instruction.</p>
Responsibilities	<ul style="list-style-type: none">• Deliver approved St John Scotland CPR and defibrillator awareness sessions using agreed materials and guidance.• Support CPR awareness sessions organised by the Area CPR Lead.• Demonstrate safe and effective use of public access defibrillators (PADs).• Deliver sessions in line with relevant national guidance (e.g., Resuscitation Council UK and Save a Life for Scotland).• Engage with the public, community groups, clubs and organisations at local events.• Promote CPR awareness and encourage participation within your local community.



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	<ul style="list-style-type: none">• Work collaboratively with the wider St John Scotland volunteer network. <p>Full training will be provided by St John Scotland.</p>
Role boundaries	<p>This role does not carry operational or clinical authority beyond delivering approved CPR and defibrillator awareness sessions.</p>
Skills & requirements	<ul style="list-style-type: none">• Be a positive ambassador for St John Scotland, always acting professionally and respectfully.• Feel confident speaking to small groups and engaging with a range of audiences.• Be able to demonstrate CPR, including kneeling and performing chest compressions (reasonable adjustments will be considered where appropriate).• Be reliable, proactive, and willing to learn.• Be able to travel locally to attend sessions and events.
Training & support	<ul style="list-style-type: none">• Full training provided to deliver bystander CPR awareness sessions.• Ongoing support from the Area CPR Lead and wider volunteer structure.• Refresher training or updates as required.• Covered by St John Scotland's volunteer insurance when undertaking approved activities.
Standards & compliance	<ul style="list-style-type: none">• PVG (Protecting Vulnerable Groups) membership is required and will be processed as part of induction.• You must follow St John Scotland policies, including safeguarding, health & safety, equality, diversity & inclusion, and data protection.
What you'll gain	<ul style="list-style-type: none">• Build confidence in public speaking and community engagement.• Make a direct contribution to lifesaving outcomes in local communities.• Be eligible for recognition within the Order of St John (subject to criteria).• Claim reasonable out-of-pocket expenses in line with St John Scotland policy.