



# CPR & AED

Location: COS, Visalia

## **Chairperson:**

Kathy Brophy, RN  
CTE Program Specialist  
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Visalia Unified School District

**CHECK IN:** 8:30 am      **CONTEST BEGINS:** 9:00 am

## **ELIGIBILITY:**

Eligibility is limited to 2-person teams. No individual entries are allowed.

## **EXPECTATIONS:**

Students will demonstrate knowledge and skill of CPR standards including use of an AED in compliance with the American Heart Association's protocols.

## **SCOPE OF CONTEST:**

1. Demonstration of Adult CPR and AED
  - a. Demonstration of proper scene assessment and activation of emergency response team
  - b. Demonstration of adult compressions and breaths in a one-person adult rescue
  - c. Demonstration of correct procedures when 2<sup>nd</sup> rescuer and an AED are brought to the scene

## **JUDGING INFORMATION:**

Contestant teams will be judged on accuracy and precision of steps and confidence when performing high-quality CPR with an AED as follows:

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|---|
| <b>Assessment:</b> Scene safety, Responsiveness, Breathing, Pulse, Initiates ER System  |
| <b>Compressions:</b> Hand placement, Hand remains on victim, 30 compressions, 15-18 seconds, Depth, Recoil                                      |
| <b>Breaths:</b> Hand placement with nose pinch, Head tilt, 2 breaths, Visible chest rise, Each breath given over 1 second, Resumes compressions |
| <b>AED:</b> Powers on AED, Attaches pads, Clears for analysis, Clears to safely deliver shock, Safely delivers shock, Resumes compressions      |

## **TIE BREAKER:**

In case of a tie, a written test will be given and team with top score wins.

## **EQUIPMENT AND MATERIALS:**

Supplied by Chairman:

1. Adult manikins
2. Disinfectant wipes
3. CPR practi-shields
4. Written exams, answer sheets and pencils for tie breaker