

CPR / First Aid

Emergency Preparedness Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 60 minutes	Digital Upload: NO
Team Event: 2 competitors per team	Round 2: Skill demonstration	



New for 2025 - 2026

Breaths during CPR will be performed and NOT simulated. The 10th edition of DHO has been released. Skills have been updated to align with the new edition. A link to American Heart International has been added in the resources. Editorial updates have been made.

Event Summary

CPR/First Aid enables members to acquire essential skills and knowledge required for team-based first aid and basic life support. This competitive event consists of two rounds, with each team comprising two people. Round One is a written exam with 50 multiple-choice questions, and teams with the highest scores proceed to Round Two, which involves a skills assessment. The goal of this event is to encourage members to become proactive future health professionals who are capable of administering life-saving measures.

Sponsorship

HOSA-Future Health Professionals appreciates the sponsorship of this event by the [American Red Cross](#).



Dress Code

Bonus points will be awarded for [proper dress](#).

Round 1: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area

Round 2: Attire appropriate to the occupational area

Competitors Must Provide

- [Photo ID](#) for both rounds
- Two #2 lead pencils (not mechanical) with an eraser for the test.
- First Aid Kit/Bag - *Teams have the option of bringing one kit per person or one kit per team - & should ONLY bring the materials listed below*
 - Cravat (2) (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.)
 - Bandaging materials as selected by competitor (should include sterile gauze squares, roller bandages, trauma dressing, and non-stick sterile dressing)
 - Mouth-to-mask device AND Bag-Mask device (Adult and Infant)
 - Biohazard bag
 - Hand sanitizer
 - Cell phone (for simulating 911 calls)
 - One pair of bandage scissors
 - Adhesive tape (2)
 - PPE: 8 pairs of non-latex gloves, 2 sets of goggles or safety glasses
 - Tourniquet - HOSA will provide a tourniquet, OR the competitor can provide their own tourniquet.

HOSA Conference Staff will provide equipment and supplies as listed in [Appendix I](#).

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

2. HOSA follows the **American Heart Association (AHA) OR the American Red Cross (ARC)** guidelines for healthcare providers. Teams can choose which organization's protocols to follow. Where steps differ between organizations, the team can follow either of the steps (see rubrics). Teams will notify judges of the organization's protocols they will use before beginning to compete.
3. CPR feedback devices will not be used for ILC competition.

Official References

4. The references below are used in the development of the test questions and skill rating sheets:
 - a. [American Red Cross. Basic Life Support. Latest edition.](#)
 - b. [American Red Cross. First Aid/CPR/AED. Latest edition.](#)
 - c. [American Heart Association. Basic Life Support. Latest edition](#)
 - d. [American Heart Association. Heartsaver First Aid. Latest edition.](#)
 - e. [Simmers, L., Simmers-Nartker, K., Simmers-Kobelak, S., & Morris, L. DHO: Health Science, Cengage Learning, Latest edition.](#)
 - f. [American Heart International](#)

Round One Test

5. [Test Instructions](#): The written test will consist of 50 multiple-choice items in a maximum of 60 minutes
6. **Time Remaining Announcements**: There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center, and competitors are responsible for monitoring their time.

7. Written Test Plan

The test plan for CPR/First Aid is:

Basic Life Support - 40%

- General Concepts
- BLS/CPR for Adults, Children and Infants
- AED for Adults, Children and Infants
- CPR with Advanced Airway
- Mouth-to-Mouth/Rescue Breathing
- Relief of Choking

First Aid - 60%

- Basics
- Medical Emergencies
- Injury Emergencies
- Environmental Emergencies

8. Sample Test Questions

1. What is the second link in the AHA BLS out-of-hospital adult chain of survival? (AHA BLS pp 6; AHA Heartsaver CPR/AED pp 19)
A. High-quality CPR
B. Advanced resuscitation
C. Post-cardiac arrest care
D. Defibrillation
2. Pat finds an unresponsive elderly person at the bottom of a staircase. What type of emergency move would be used to move the patient to assess them further? (ARC pp 157)
A. Blanket drag
B. Ankle drag
C. Clothes drag
D. Two person seat carry

3. What is the next step after a superficial burn has been cooled? (Simmers pp 545)
- A. Apply a commercial burn ointment, if available
 - B. Remove any clothing that is sticking to the skin
 - C. Cover the burn with a dry, nonstick, sterile dressing**
 - D. Place an occlusive dressing over the burn and apply a dressing

Round Two Skills

9. The top teams from Round One will advance to Round Two. The number of advancing teams will be determined by the averaged team scores obtained in Round One and the space and time available for Round Two. Round Two finalists will be announced on-site at ILC per the conference agenda.
10. Round Two is the performance of a selected skill(s). These skills include one First Aid skill and one BLS CPR Skill. Rescuer 2 initiates the first aid skill, while Rescuer 1 initiates the BLS skill. After the first aid patient has been treated, Rescuer 2 will assist Rescuer 1.

BLS for Healthcare Providers - Rescuer 1 initiates & Rescuer 2 Assists

Skill I-A:	Adult BLS/CPR (<u>Rescuer 1 Initiates</u>)
Skill I-B:	Adult BLS/CPR (<u>Rescuer 2 Assists</u>)
Skill II-A:	Adult BLS with AED (<u>Rescuer 1 Initiates</u>)
Skill II-B:	Adult BLS with AED (<u>Rescuer 2 Assists</u>)
Skill III-A:	Infant BLS/CPR(<u>Rescuer 1 Initiates</u>)
Skill III-B:	Infant BLS/CPR (<u>Rescuer 2 Assists</u>)

First Aid Skills – Rescuer 2 Initiates

Skill IV:	Severe Bleeding and Shock
Skill V:	Choking
Skill VI:	Open Fracture and Splinting
Skill VII:	Severe Burns
Skill VIII:	Heat-Related Emergency
Skill IX:	Administer Auto-inject Epi Pen
Skill X:	Administer Naloxone (Nasal Spray NARCAN)

11. A **twelve (12) minute maximum time limit** has been set for reading the scenario and caring for the patient (skill performance demonstration). The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each team. Some scenarios may involve the combination of multiple skill sheets, in which case some elements may not be scored due to either being duplicative or not appropriate within the scenario. A sample scenario can be found [here](#).
12. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
13. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to the patient's condition and are included in the scenario or judge script/rating sheet.

Final Scoring

14. Teams must earn a 70% or higher score on the combined skill(s) of the event (excluding the test) to be recognized as an award winner at the ILC.
15. The final rank is determined by adding the averaged round one test score plus the round two skill score. In case of a tie, the highest average test score will be used to determine final placement.

Future Opportunities

Graduating from high school or completing your postsecondary/collegiate program does not mean your

HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member - a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

CPR/FIRST AID – Rescuer 1

Section # _____ Division: _____ SS _____ PS/Collegiate

Team # _____ Judge's Signature _____

- This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but no AED is available.
- Rescuer 1 will start this skill, and then Rescuer 2 will assist them in following steps on skill I-B.

Skill I-A: Adult BLS/CPR – Rescuer 1 Initiates		Possible	Awarded
1.	Verify scene safety and identify which resource is being used (ARC or AHA).	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Determined unresponsiveness: tapped shoulder, shouted: "Are you OK?" * Judge states, "Patient is not responsive."	2	0
4.	Shouted to partner to activate the emergency response system and get AED/defibrillator. * Judge states, "AED is not available."	2	0
5.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds. (AHA) a. Checked for breathing by scanning the patient's chest for rise and fall. or (ARC) a. Opened the airway to a past-neutral head position using the head-tilt/chin-lift technique, or, use the modified jaw-thrust maneuver if head, neck or spine injury is suspected. Simultaneously checked for breathing and pulse for no more than 10 seconds.	2	0
	b. Performed a pulse check by locating the carotid pulse (using 2 or 3 fingers sliding the fingers into the groove between the trachea and the muscles at the side of the neck). * Judge states, "Not breathing," or "Not breathing normally," and "No pulse."	2	0
6.	Initial Chest Compressions (30)		
a.	Positioned self at the patient's side.	2	0
b.	Removed bulky clothing from the patient's chest or moved bulky clothing out of the way.	2	0
c.	Made sure the patient is lying face up on a firm, flat surface.	2	0
d.	Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2	0
e.	Put the heel of the other hand on top of the first hand.	2	0
f.	With arms straight, positioned shoulders directly over hands.	2	0
g.	Provided chest compressions at a rate of 100 – 120/min, delivering 30 compressions in 15 to 18 seconds.	2	0
h.	Compressions performed at a depth of at least 2 inches (5 cm).	2	0
i.	Counted compressions aloud.	2	0
j.	At the end of each compression, allow the chest to recoil.	2	0

Skill I-A: Adult BLS/CPR – Rescuer 1 Initiates (con't)		Possible	Awarded
7.	Initial Breaths		
a.	Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for the correct position.	2	0
8.	Sealed mask.	2	0
a.	Used hand closest to the top of the patient's head, placed index finger and thumb along the top edge of the mask.		
b.	Placed the thumb of the other hand along the bottom edge of the mask.	2	0
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw, performing a head tilt-chin lift to open the airway.	2	0
d.	While lifting the jaw, pressed firmly and entirely around the outside edge of the mask to seal the pocket mask against the face.	2	0
e.	Delivered two breaths over 1 second each to make the chest rise.	2	0
9.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 2 arrives. When Rescuer 2 arrives instructed them to perform chest compressions.	2	0
10.	Using a bag mask, positioned self directly above the patient's head.	2	0
11.	Used the E-C clamp technique		
a.	Performed a head tilt.	2	0
b.	Placed the mask on the patient's face, using the bridge of the nose as a guide for the correct position.	2	0
c.	Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	2	0
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), opened the airway, and pressed the face to the mask.	2	0
12.	Squeezed the bag to give each breath for 1 second each after every 30 compressions, and watching for chest rise.	2	0
13.	Responded to Rescuer 2's call to switch roles after every five (5) cycles per scenario, taking less than 10 seconds to complete the switch and resume with chest compressions.	2	0
14.	Continued two-person CPR, performing chest compressions, counting aloud, using compression to breaths ratio of 30:2. *Judge states, "EMS has arrived and has taken over care of the patient."	2	0
15.	Used appropriate verbal and nonverbal communication with the patient and other personnel.	2	0
16.	Gave information about the patient to EMS rescuers (judges).	4	0
17.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0
18.	Placed disposable PPE in a biohazard receptacle.	2	0
19.	Alcohol-based hand rub was used for hand hygiene.	2	0
TOTAL POINTS – SKILL I-A		74	
70% Mastery for Skill I-A = 51.8			

CPR/FIRST AID – Rescuer 2

Section # _____ Division: _____ SS _____ PS/Collegiate
 Team # _____ Judge's Signature _____

- *This skill involves two healthcare providers in an isolated location. The rescuers can access a first aid kit and cell phone, but no AED is available.*
- *Rescuer 2 starts with one of the First Aid skills and then moves to assist Rescuer 1 with BLS/CPR following the steps here:*

Skill I-B: Adult BLS/CPR – Rescuer 2 Assists		Possible	Awarded
1.	After changing gloves, stated, "I can assist you in CPR." and responded to Rescuer 1's instructions to take over chest compressions.	2 0	
2.	Initial Chest Compressions (30)		
a.	Positioned self at the patient's side.	2 0	
b.	Made sure the patient is lying face up on a firm, flat surface.	2 0	
c.	Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2 0	
d.	Put the heel of the other hand on top of the first hand.	2 0	
e.	With arms straight, positioned shoulders directly over hands.	2 0	
f.	Provided chest compressions at a rate of 100-120/minute, delivering 30 compressions in 15 to 18 seconds	2 0	
g.	Compressions performed at a depth of at least 2 inches (5 cm)	2 0	
h.	Counted compressions aloud.	2 0	
i.	At the end of each compression, allow the chest to recoil completely.	2 0	
3.	Called for Rescuer 1 to switch roles after every five (5) cycles per scenario, taking less than 10 seconds to complete the switch and begin ventilation.	2 0	
4.	Using a bag mask, positioned yourself directly above the patient's head.	2 0	
5.	Used the E-C clamp technique.		
a.	Performed a head tilt.	2 0	
b.	Placed the mask on the patient's face, using the bridge of the nose as a guide for the correct position.	2 0	
c.	Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	2 0	
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), opened the airway and pressed the face to the mask.	2 0	
Summary Steps		-	
6.	Used appropriate verbal and nonverbal communication with the patient and other personnel.	2 0	

Skill I-B: Adult BLS/CPR – Rescuer 2 (con't)		Possible	Awarded
7.	Gave information about first aid patient to EMS rescuers (judges).	4 0	
8.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
9.	Placed disposable PPE in a biohazard receptacle.	2 0	
10.	Alcohol-based hand-rubs are used for hand hygiene.	2 0	
TOTAL POINTS -- SKILL I-B 70% Mastery for Skill I-B = 30.8		44	

CPR/FIRST AID – Rescuer 1

Section # _____ Division: _____ SS _____ PS/Collegiate
 Team # _____ Judge's Signature _____

* Rescuer 1 will start this skill, and then Rescuer 2 will provide assistance.

Skill II-A: Adult BLS with AED – Rescuer 1 Initiates		Possible	Awarded
1.	Verify scene safety and identify which resource is being used (ARC or AHA).	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Determined unresponsiveness: tapped shoulder, shouted: "Are you OK?" *Judge states, "Patient is not responsive."	2 0	
4.	Shouted to Rescuer 2 to activate the emergency response system and get AED/defibrillator.	2 0	
5.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds. (AHA) a. Checked for breathing by scanning the patient's chest for rise and fall. OR (ARC) a. Opened the airway to a past-neutral head position using the head-tilt/chin-lift technique or use the modified jaw-thrust maneuver if head, neck, or spine injury is suspected. Simultaneously checked for breathing and pulse for no more than 10 seconds.	2 0	
	b. Performed a pulse check by locating the carotid pulse (using 2 or more fingers and sliding the fingers into the groove between the trachea and the muscles at the side of the neck). * Judge states, "Not breathing," OR "Not breathing normally," AND "No pulse."	2 0	
6.	Initial Chest Compressions (30) a. Positioned self at the patient's side	2 0	
	b. Removed bulky clothing from the patient's chest or moved bulky clothing out of the way.	2 0	
	c. Made sure the patient is lying face-up on a firm, flat surface.	2 0	
	d. Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2 0	
	e. Put the heel of the other hand on top of the first hand.	2 0	
	f. With arms straight, positioned shoulders directly over hands.	2 0	
	g. Provided chest compressions at a rate of 100 – 120/min, delivering 30 compressions in 15 to 18 seconds.	2 0	
	h. Compressions performed at a depth of at least 2 inches (5 cm).	2 0	
	i. Counted compressions aloud.	2 0	
	j. At the end of each compression, allow the chest recoil.	2 0	
7.	Initial Breaths a. Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for the correct position.	2 0	

Skill II-A: Adult BLS/CPR – Rescuer 1 Initiated (con’t)		Possible	Awarded
8.	Sealed mask. a. Used hand closest to the top of the patient’s head, placed index finger and thumb along the top edge of the mask.	2 0	
	b. Placed the thumb of the other hand along the bottom edge of the mask.	2 0	
	c. Placed the remaining fingers of the second hand along the bony margin of the jaw and lift the jaw, performing a head tilt-chin lift to open the airway.	2 0	
	d. While lifting the jaw, pressed firmly and entirely around the outside edge of the mask to seal the pocket mask against the face.	2 0	
	e. Delivered 2 breaths over 1 second each to make chest rise.	2 0	
9.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 2 arrived with AED. Continued compressions while Rescuer 2 prepared AED.	2 0	
10.	Rescuer 2 – Opened case and powered on AED.	*	
11.	Rescuer 2 cleared the patient (communicated clearly to all other rescuers to stop touching the patient) and allowed AED to analyze.	*	
12.	Rescuer 1 moved to head to prepare for bag-mask ventilation.	1 0	
13.	Rescuer 2 – If AED advised a shockable rhythm, cleared patient again and delivered a shock.	*	
The remaining steps are performed by Rescuer 1.			
14.	If no shock is advised, or immediately after any shock is delivered, waited for Rescuer 2 to complete 30 chest compressions before delivering 2 breaths with a bag mask.	2 0	
15.	Using the bag mask, position self directly above the patient’s head.	2 0	
16.	Used the E-C clamp technique a. Performed a head tilt.	2 0	
	b. Placed the mask on the patient’s face, using the bridge of the nose as a guide for the correct position.	2 0	
	c. Used the thumb and index finger of one hand to make a “C” on the side of the mask, pressing the edges of the mask to the face.	2 0	
	d. Used the remaining fingers to lift the angles of the jaw (3 fingers form an “E”), opened the airway, and pressed the face to the mask.	2 0	
17.	Squeezed the bag to give each breath after every 30 compressions for 1 second each, watching for chest rise.	2 0	
18.	Responded to Rescuer 2’s call to switch roles after every five (5) cycles per scenario, taking less than 10 seconds to complete the switch and resume with chest compressions.	2 0	
19.	Continued two-person CPR, performing chest compressions, counting aloud, using compression to breaths ratio of 30:2. *Judge states, “EMS has arrived and has taken over care of the patient.”	2 0	
20.	Used appropriate verbal and nonverbal communication with the patient and other personnel.	2 0	
21.	Gave information about patients to EMS rescuers (judges).	4 0	
22.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
23.	Placed disposable PPE in a biohazard bag.	2 0	
24.	Alcohol-based hand-rub was used for hand hygiene.	2 0	
TOTAL POINTS – SKILL II-A 70% Mastery for Skill II-A = 53.9		77	

CPR/FIRST AID – Rescuer 2

Section # _____ Division: _____ SS _____ PS/Collegiate
 Team # _____ Judge's Signature _____

* Variations in AED equipment should be considered when using this rating tool to evaluate competitor performance. Adjustments to this rating sheet should support fair and equal treatment of all competitors.

* Rescuer 2 starts with one of the First Aid skills, then moves to assist Rescuer 1 with BLS/CPR following the steps here:

Procedure II-B: Adult BLS with AED – Rescuer 2 Assists		Possible	Awarded
1.	After treating first aid patient and changing gloves, arrived to assist Rescuer 1 with the AED.	2 0	
2.	Rescuer 2 – Opened case and powered on AED.	2 0	
3.	Peeled backing away from the AED pads and attached to the patient's bare chest following the placement diagrams on the pad.	2 0	
4.	Attached the AED connecting cables if not preconnected.	2 0	
5.	Rescuer 2 cleared the patient and allowed AED to analyze.	2 0	
6.	Rescuer 1 moved to head to prepare for bag-mask ventilation.	*	
7.	Rescuer 2—If the AED advised a shockable rhythm, the rescuer cleared the patient again by loudly stating, "All clear," and delivered a shock.	2 0	
8.	If no shock is advised, or immediately after any shock is delivered, begin chest compressions.		
a.	Positioned self at the patient's side.	2 0	
b.	Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2 0	
c.	Put the heel of the other hand on top of the first hand.	2 0	
d.	With arms straight, positioned shoulders directly over hands.	2 0	
e.	Provided chest compressions at a rate of 100 –120/min, delivering 30 compressions in 15 to 18 seconds.	2 0	
f.	Compressions performed at a depth of at least 2 inches (5 cm).	2 0	
g.	Counted compressions aloud.	2 0	
h.	At the end of each compression, allow the chest to recoil completely.	2 0	
9.	Called for Rescuer 1 to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and begin ventilation.	2 0	
10.	Using a bag mask, positioned self directly above the patient's head.	2 0	
11.	Used the E-C clamp technique		
a.	Perform a head tilt.	2 0	
b.	Placed the mask on the patient's face, using the bridge of the nose as a guide for the correct position.	2 0	
c.	Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	2 0	
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), opened the airway and pressed the face to the mask.	2 0	
12.	Squeezed the bag to give two (2) breaths for one (1) second each after Every 30 compressions, watch for the chest to rise.	2 0	

Skill II-B: Adult BLS/CPR – Rescuer 2 (con't)		Possible	Awarded
Summary Steps		-	
13.	Used appropriate verbal and nonverbal communication with the patient and other personnel.	2 0	
14.	Gave information about first aid patient to EMS rescuers (judges).	4 0	
15.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
16.	Placed disposable PPE in a biohazard receptacle.	2 0	
17.	Alcohol-based hand-rub was used for hand hygiene.	2 0	
TOTAL POINTS – SKILL II-B 70% Mastery for Skill II-B = 37.8		54	

CPR/FIRST AID – Rescuer 1

Section # _____ Division: _____ SS _____ PS/Collegiate
Team # _____ Judge's Signature _____

* This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but no AED is available.

* Rescuer 1 will start this skill, and then Rescuer 2 will assist.

Skill III-A: Infant BLS/CPR – Rescuer 1 Initiates		Possible	Awarded
1.	Verify scene safety and identify which resource is being used (ARC or AHA).	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Determined unresponsiveness (tapping heel) & shouting for help. * Judge states, "Patient is not responsive."	2 0	
4.	Shouted to Rescuer 2 to activate the emergency response system and get AED/defibrillator. * Judge states, "AED is not available."	2 0	
5.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds.	2 0	
(AHA) a.	Checked for breathing by scanning the patient's chest for rise and fall OR		
(ARC) a.	Placed the infant's head in a neutral position (avoided hyperextension or placing fingers on the soft tissues under the chin or neck).	2 0	
b.	Performed a pulse check by feeling for a brachial pulse (place 2 or 3 fingers on the inside of the upper arm, midway between the infant's elbow & shoulder). * Judge states, "Not breathing," OR "Not breathing normally," AND "No pulse."		
6.	Initial Chest Compressions (30)	2 0	
a.	Positioned self at the patient's side or feet (based on number of responders).		
b.	Made sure patient is lying faceup on a firm, flat surface.	2 0	
c.	Used 2-finger or thumb-encircling hands by placing fingers OR thumbs in the center of the infant's chest just below the nipple line on the lower half of the breastbone.	2 0	
d.	Provided compressions at least 1/3 the depth of the chest or 1 ½ inches (4 cm) at a rate of 100-120/min, delivering 30 compressions in 15 to 18 seconds.	2 0	
e.	Counted compressions aloud.	2 0	
f.	At the end of each compression, allow the chest to recoil.	2 0	
7.	Initial Breaths	2 0	
a.	Placed the mask device on the patient's face, using the bridge of the nose as a guide for the correct position.		
b.	Opened airway adequately by placing the infant's head in a neutral position.	2 0	
c.	Delivered two breaths over 1 second each to make the chest rise	2 0	

Skill III-A: Infant BLS/CPR – Rescuer 1 (con't)		Possible	Awarded
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 2 arrives. Rescuer 1 continues providing chest compressions.	2 0	
9.	Changed hand position to 2-thumb technique (if not already using) and changed compression rate to 15:2.	2 0	
10.	After 5 cycles, positioned self directly above the patient's head and used bag mask (appropriate size – covers mouth and nose completely without covering eyes or extending below the bottom of the chin).	2 0	
11.	Used the E-C clamp technique		
	a. Placed the mask on the patient's face, using the bridge of the nose as a guide for correct placement	2 0	
	b. Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	2 0	
	c. Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway and press the face to the mask.	2 0	
12.	Placed the infant's neck in a neutral position and pressed the mask to the face to seal.	2 0	
13.	Squeezed the bag to give 2 breaths for 1 second each after every 15 compressions, watching for chest rise.	2 0	
14.	Switched after 5 cycles, taking less than 10 seconds to complete the switch until EMS arrives or the patient responds.	2 0	
15.	Continued two-person CPR, performing chest compressions, counting aloud, using compression to breaths ratio of 15:2 until EMS arrives. *Judge states, "EMS has arrived and has taken over care of the patient."	2 0	
16.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
17.	Gave information about patient to EMS rescuers (judges).	4 0	
18.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
19.	Placed disposable PPE in a biohazard receptacle.	2 0	
20.	Alcohol-based hand-rub was used for hand hygiene.	2 0	
TOTAL POINTS – SKILL III-A 70% Mastery for Skill III-A = 43.4		62	

CPR/FIRST AID – Rescuer 2

Section # _____ Division: _____ SS _____ PS/Collegiate
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* This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but there is no AED available.

* Rescuer 2 starts with one of the First Aid skills, then moves to assist Rescuer 1 with BLS/CPR following the steps here:

Skill III-B: Infant BLS/CPR – Rescuer 2 Assists		Possible	Awarded
1.	After treating the first aid patient and changing gloves, arrived with a bag mask device.	2 0	
2.	Positioned self directly above the patient's head and used bag mask (appropriate size – covers mouth and nose completely without covering eyes or extending below the bottom of the chin),	2 0	
3.	Used the E-C clamp technique	2 0	
	a. Placed the mask on the patient's face, using the bridge of the nose as guide for correct placement.	2 0	
	b. Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	2 0	
	c. Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway and press the face to the mask.	2 0	
4.	Placed the infant's neck in a neutral position and press the mask to the face to seal.	2 0	
5.	Used bag-mask to provide ventilations.	2 0	
	a. Placed infant's head in the neutral position.	2 0	
	b. Breath is given over 1 second	2 0	
	c. Chest rise is noted with each breath.	2 0	
	d. Gives 2 breaths after 15 compressions.	2 0	
	e. No more than 10 seconds between each set of compressions and breaths.	2 0	
6.	Responded to Rescuer 1's call to switch roles after every five (5) cycles as listed in the scenario, taking less than 10 seconds to complete the switch and resume with chest compressions.	2 0	
7.	Chest Compressions (15)		
	a. Positioned self at the patient's feet.	2 0	
	b. Made sure patient is lying faceup on a firm, flat surface.	2 0	
AHA)	c. Used thumb-encircling hands by placing fingers or thumbs in the center of the infant's chest just below the nipple line on the lower half of the breastbone.	2 0	
	OR		
(ARC)	c. Used 2-finger technique or thumb-encircling hands		
	d. Provided compressions at least 1/3 the depth of the chest or 1 ½ inches (4 cm) at a rate of 100-120/min, delivering 15 compressions in 7 to 9 seconds.	2 0	
	e. Counted compressions aloud.	2 0	
	f. At the end of each compression, allow the chest to recoil.	2 0	
8.	Continued two-person CPR, performing chest compressions, counting aloud, using a compression to breaths ratio of 15:2 until EMS arrives.	2 0	

Skill III-B: Infant BLS/CPR – Rescuer 2 Assists (con't)		Possible	Awarde d
Summary Steps		-	
9.	Used appropriate verbal and nonverbal communication with the patient and other personnel.	2 0	
10.	Gave information about first aid patient to EMS rescuers (judges).	4 0	
11.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
12.	Placed disposable PPE in a biohazard receptacle.	2 0	
13.	Alcohol-based hand-rub was used for hand hygiene.	2 0	
TOTAL POINTS – SKILL III-B 70% Mastery for Skill III-B = 35		50	

CPR/FIRST AID – Rescuer 2

Section # _____ Division: _____ SS _____ PS/Collegiate
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Skill IV: Severe Bleeding (leg or arm) and Shock		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE (minimum gloves and eye protection).	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Quickly assessed the situation. (Asked what happened, noted bleeding.)	2 0	
6.	Looked for medical information jewelry.	2 0	
7.	Responded to Rescuer 1's call for help.	1 0	
8.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	2 0	
	b. Situation, number and condition of both patient(s).	2 0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told they/them it is OK to hang up.)	2 0	
9.	Placed dressing on the bleeding area.	2 0	
10.	Applied direct pressure over the dressing using the heel of hand with the other hand stacked on top of the first.	2 0	
11.	Direct pressure was:	2 0	
	a. firm		
	b. steady	2 0	
	c. constant	2 0	
	<i>*Judge states, "Wound is still bleeding and EMS has been delayed".</i> Applied tourniquet <i>(use of manikin arm or pool noodle to demonstrate application of tourniquet).</i>	-	
12.	Applied tourniquet.		
	a. Applied 2 to 3 inches above the bleeding site on the patient's arm or leg (not on a joint).	2 0	
	b. Pulled the free end of the tourniquet making it as tight as possible and secured it.	2 0	
	c. Twisted the windlass as tight as possible until the bleeding stopped.	2 0	
	d. Secured the windlass.	2 0	
	e. Noted the time the tourniquet was applied (this can be verbalized).	2 0	
13.	Treated patient for shock:		
	a. Helped the patient lie on their back.	2 0	
	b. Covered the patient to keep them warm.	2 0	
14.	Changed gloves.	2 0	
15.	Assisted Rescuer 1 with BLS.		
	<i>*Judge will continue to evaluate Rescuer 2 using the appropriate BLS rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	1 0	
TOTAL POINTS – SKILL IV		46	
70% Mastery for Skill IV = 32.2			

CPR/FIRST AID – Rescuer 2

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* The patient will be sitting or standing and is NOT pregnant or very large.

* This patient will not require EMS treatment or transport but will be evaluated by EMS.

Skill V: Choking (Adult or Child)		Possible	Awarded
1.	Identified which resource being used (ARC or AHA) and observed a patient with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if he or she is choking. Asked, "can I help you"? <i>* Patient nods head yes but cannot talk.</i>	2 0	
3.	Responded to Rescuer 1's call for help. <i>(If using AHA, skip to step 5 & If using ARC, move to step 4)</i>	1 0	
4.	Delivered simulated back blows (ARC) a. Positioned self to the side and slightly behind the patient.	1 0	
	b. Provided support by placing one arm diagonally across the patient's chest	1 0	
	c. Bent the patient forward at the waist so the upper body is as close to parallel with the ground as possible.	1 0	
	d. Using the heel of the hand, give 5 firm back blows between scapulae; made each blow a separate and distinct attempt to dislodge the object. <i>(move to step 5)</i>	1 0	
5.	Stood or kneeled behind the patient and wrapped arms around the patient's waist	2 0	
6.	Made a fist with one hand.	2 0	
7.	Placed the thumb side of the fist against the patient's abdomen, in the midline, slightly above the navel, and well below the breastbone. <i>For ARC skip to step 10 & for AHA move to step 8</i>	2 0	
8.	Grasped fist with other hand and SIMULATED pressing fist into the patient's abdomen with a quick, forceful upward thrust. (DO NOT actually perform an abdominal thrust on the patient for this scenario.)	3 0	
9.	Repeated thrusts (SIMULATED) until the object is expelled from the airway, giving Each new thrust is made with a separate, distinct movement to relieve the obstruction. <i>* Judge states, "Object is expelled." (skip to step 11)</i>	3 0	
10.	Alternated 5 back blows with 5 abdominal thrusts. (ARC) <i>* Judge states, "Object is expelled."</i>	2 0	
11.	Called Emergency Medical Services and stated: a. Caller's name, location, and phone number.	2 0	
	b. Situation, number, and condition of both patient(s)	2 0	
	c. Hung up when instructed by the dispatcher. (Verbalized that the dispatcher told them it is OK to hang up.)	2 0	
12.	Opened first aid kit and put on PPE (or changed gloves).	2 0	
13.	Assisted Rescuer 1 with BLS <i>* Judge will continue to evaluate Rescuer 2 using the appropriate BLS rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
TOTAL POINTS - SKILL V 70% Mastery for Skill V = 17.5		25	

CPR/FIRST AID – Rescuer 2

Section # _____ Division: _____ SS _____ PS/Collegiate
 Team # _____ Judge's Signature _____

Skill VI: Open Fracture and Splinting		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Looked for any signs of injury (noted deformities, limited motion, loss of motion, pain, tenderness, swelling, discoloration, and bone fragments protruding through the skin).	2 0	
6.	Checked for circulation and sensation beyond the injured area.	2 0	
7.	Looked for medical information jewelry.	2 0	
8.	Responded to Rescuer 1's call for help.	1 0	
9.	Called Emergency Medical Services and stated:		
	a. Caller's name, location, and phone number.	2 0	
	b. Situation, number, and condition of both patient(s).	2 0	
	c. Hung up when instructed by the dispatcher. (Verbalized that the dispatcher told them it was OK to hang up.)	2 0	
10.	Found objects that can prevent the arm or leg from moving (rolled-up towels, magazines, pieces of wood).	1 0	
11.	Covered broken skin with a clean or sterile cloth.	2 0	
12.	Applied splint.		
	a. Splint supported the joint above and below the injury.	2 0	
	b. The splint was longer than that of the injured area.	2 0	
	c. Secured the splint to the injured body part so that it supported the injured area using tape, gauze, or cloth to secure it. If the hard splint is used, padded it.	2 0	
13.	Rechecked for circulation and sensation.	2 0	
14.	Encouraged patient to keep the limb still.	1 0	
15.	Changed gloves.	2 0	
16.	Assisted Rescuer 1 with BLS – <i>* Judge will continue to evaluate Rescuer 2 using the appropriate BLS rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
TOTAL POINTS – SKILL VI 70% Mastery for Skill VI = 24.5		35	

CPR/FIRST AID – Rescuer 2

Section # _____ Division: _____ SS _____ PS/Collegiate
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Skill VII: Severe Burns		Possible	Awarded
1.	Identified which resource is being used (ARC or AHA)	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Quickly assessed the situation. (Asked what happened, noted burn.)	2 0	
6.	Looked for medical information jewelry.	2 0	
7.	Responded to Rescuer 1's call for help.	1 0	
8.	Called Emergency Medical Services and stated:		
	a. Caller's name, location, and phone number.	2 0	
	b. Situation, number, and condition of both patient(s)	2 0	
	c. Hung up when instructed by the dispatcher. (Verbalized that the dispatcher told them it was OK to hang up.)	2 0	
9.	Treating Burn		
	a. Cooled the burn area for at least 10 minutes. (if no running water, used a cool or cold, but not freezing, clean compress) <i>* Judge states, "Burn has been cooled for 10 minutes".</i>	2 0	
	(AHA) b. Covered burn with dry, nonstick, sterile, or clean dressing OR (ARC) b. Verbalized would not cover burn unless EMS is delayed. <i>* Judge states, "Patient's skin is grayish, cold and clammy."</i>	2 0	
10.	Treated patient for shock		
	a. Helped the patient lie on their back. (This may be done at step 9.)	2 0	
	b. Covered the patient with a dry blanket to keep the patient warm.	2 0	
11.	Changed gloves	2 0	
12.	Assisted Rescuer 1 with BLS – <i>*Judge will continue to evaluate Rescuer 2 using the appropriate BLS rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
TOTAL POINTS – SKILL VII 70% Mastery for Skill VII = 20.3		29	

CPR/FIRST AID – Rescuer 2

Section # _____ Division: _____ SS _____ PS/Collegiate
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Skill VIII: Heat-Related Emergency		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Quickly assessed the situation. (Asked what happened.)	2 0	
6.	Looked for medical information jewelry.	2 0	
7.	Observed patient closely for signs and symptoms of heat exposure. Information may be obtained directly from patient or observers.	2 0	
8.	Responded to Rescuer 1's call for help.	1 0	
9.	Called Emergency Medical Services and stated:		
	a. Caller's name, location, and phone number.	2 0	
	b. Situation, number, and condition of both patient(s)	2 0	
	c. Hung up when instructed by the dispatcher. (Verbalized that the dispatcher told them it was OK to hang up.)	2 0	
10.	Correctly verbalize to judge whether the patient has heat exhaustion or heat stroke. If heat exhaustion occurs, move to #11; if heat stroke occurs, move to #12.	4 0	
11.	HEAT EXHAUSTION		
	a. Moved the patient to a cool area (if possible).	2 0	
	b. Helped the patient lie down on their back with legs and feet elevated 12 inches.	2 0	
	c. Removed excessive clothing (jackets or sweaters) and loosened any tight clothing.	2 0	
	d. Placed cool, damp cloths on the face. <i>* Judge states, "Patient is conscious."</i>	2 0	
	e. Gave small sips of juice, sports drink, or water (4 oz every 15 min)	2 0	
12.	HEAT STROKE		
	a. Immediately moved the patient to a cool area (if possible).	2 0	
	b. Removed excessive clothing.	2 0	
	c. Reminded patient to limit their movement.	2 0	
	d. Place them in cool water up to their neck (if not possible, sponged with cool water or placed ice or cold packs on wrists, ankles, and in the axillary and groin area).	2 0	
	e. Observed patient for signs of shock and treated if indicated.	2 0	

Skill VIII: Heat-Related Emergency (con't)		Possible	Awarded
13.	Changed gloves	2 0	
14.	Assisted Rescuer 1 with BLS <i>*Judge will continue to evaluate Rescuer 2 using the appropriate rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
TOTAL POINTS -- SKILL VIII 70% Mastery for Skill VIII = 32.9		47	

CPR/FIRST AID – Rescuer 2

Section # _____ Division: _____ SS _____ PS/Collegiate
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* The patient has an auto-inject epi-pen with them.

* The scenario will include if bystanders are present, and the competitor will have the option of calling 911 or instructing a bystander to do so.

Skill IX: Administration of Auto-Inject Epi Pen		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing. The judge states, "patient is responsive and breathing."	2 0	
4.	Introduced self and asked for permission to help. * Patient consents to treatment.	2 0	
5.	Quickly assessed the situation. (Asked what happened.) * Judge states, "The patient has been exposed to an allergen and has an epinephrine pen with them and requires help with the administration."	2 0	
6.	Responded to Rescuer 1's call for help.	1 0	
7.	Instructed bystanders to contact Emergency Medical Services (judge) or contacted Emergency Medical Services themselves.	2 0	
8.	Looked for medical information jewelry.	2 0	
9.	Obtained auto inject epi pen from patient.	2 0	
10.	Verified medication and expiration date.	2 0	
11.	Read instructions on the pen to determine how long the injector is held in place.	2 0	
12.	Held the auto inject epipen in the fist.	2 0	
13.	Removed safety cap.	2 0	
14.	Held leg firmly in place.	2 0	
15.	Pressed the tip of the injector hard against the side of the patient's thigh, about halfway between the hip and the knee.	2 0	
16.	Per the manufacturer's instructions (found on the side of the ejector), hold the injector in place for the recommended time.	2 0	
17.	Pulled the pen straight out, ensuring they do not touch the end pressed to the skin.	2 0	
18.	Instructed patient to rub for 10 seconds; OR rubbed site for 10 seconds if the patient cannot.	2 0	
19.	Verbalized the time of the injection.	2 0	
20.	Assess any change in status. * Judge states, "symptoms have improved" OR "EMS has arrived and has taken over care of the patient."	2 0	
21.	Gave the used autoinjector to the EMS (judge) for proper disposal.	2 0	
22.	Used appropriate verbal and nonverbal communication with the patient and other personnel.	2 0	
23.	Gave information about the patient to EMS rescuers (judge), including time of injection.	4 0	
24.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	

Skill IX: Administration of Auto Inject Epi Pen (con't)		Possible	Awarded
25.	Placed disposable PPE in a biohazard receptacle.	2 0	
26.	Used alcohol-based hand-rub for hand hygiene.	2 0	
27.	Assisted Rescuer 1 with BLS <i>*Judge will continue to evaluate Rescuer 2 using the appropriate rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
TOTAL POINTS – SKILL IX		53	
70% Mastery for Skill IX = 37.1			

CPR/FIRST AID – Rescuer 2

Section # _____ Division: _____ SS _____ PS/Collegiate

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* The patient is unresponsive and breathing. The scenario will include if bystanders are present, and the competitor will have the option of calling 911 or instructing a bystander to do so.

Skill X: Administer Naloxone (Nasal Spray NARCAN)		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing. The judge states, "patient is unresponsive and breathing is slow, shallow."	2 0	
4.	Responded to Rescuer 1's call for help.	1 0	
5.	Instructed bystander to contact Emergency Medical Services (judge) or contacted Emergency Medical Services themselves.	2 0	
6.	Verbalized for judges patient assessment looking for signs of opioid overdose:	2 0	
	a. Responsive but experiencing an altered state of consciousness or drowsiness.		
	b. Choking or gurgling sounds.	2 0	
	c. Small, constricted pupils.	2 0	
	d. Blue skin, lips, or nails. The judge states, "There is evidence of opioid usage." Judge provides competitors with Naloxone. (Nasal Spray NARCAN) trainer.	2 0	
7.	Obtained Naloxone and administered:	2 0	
	a. Peeled the package back to remove the device and checked medication name and expiration date.		
	b. Held the device with thumb on the bottom of the plunger and two fingers on the nozzle.	2 0	
	c. Placed and held the tip of the nozzle in either nostril until fingers touched the bottom of the patient's nose.	2 0	
	d. Pressed the plunger firmly to release the dose into the patient's nose.	2 0	
8.	Verbalized or simulated continued to assess responsiveness and breathing.	2 0	
9.	Used appropriate verbal and nonverbal communication with the patient and other personnel.	2 0	
10.	Gave information about the patient to EMS rescuers (<i>judges</i>) including time of naloxone delivery.	4 0	
11.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
12.	Placed disposable PPE in a biohazard receptacle.	2 0	
13.	Alcohol-based hand-rub was used for hand hygiene.	2 0	
14.	Assisted Rescuer 1 with BLS *Judge will continue to evaluate Rescuer 2 using the appropriate rating sheet and complete summary steps for first aid patient on the BLS rating sheet.	_____	
TOTAL POINTS – SKILL X (70% Mastery for Skill X = 27.3)		39	