CPR/First Aid

Arizona HOSA Event Guideline Supplement

Team Event: 2 competitors

ONLINE QUALIFYING TEST REQUIRED — NO DIGITAL UPLOAD

This supplement is written exclusively for Arizona HOSA events.
Use this checklist with the official event guidelines.

Conference	Event Offered	Required Upload Deadline	Details at a Glance
Regional Leadership Conference (RLC)	NO	N/A	**Pathway:** Take the online qualifying test at your school to earn a place at SLC.
Online Test	YES	None required	**Round 1:** Take the online test during Arizona's published testing window. Top performers qualify for SLC.
State Leadership Conference (SLC)	YES	None required	**Round 2:** Perform the selected CPR/first aid skills. **Advancement:** Top 3 qualifying teams advance to ILC.
International Leadership Conference (ILC / nationals)	YES	None required	**Round 1:** Written test. **Round 2:** Top test scores advance to skills. Follow official ILC procedures.

Required Documents and Materials

☐ Each member: Photo ID and two nonmechanical #2 pencils with erasers for testing.

First aid kit: Bring one kit per team or one per person. Include only the listed materials.

☐ 2 cravats; sterile gauze squares, roller bandages, trauma dressing and non-stick sterile dressing; and 2 adhesive tapes.

☐ Mouth-to-mask device AND adult and infant bag-mask devices; biohazard bag; hand sanitizer; phone for simulated 911 calls; and bandage scissors.

☐ PPE: 8 pairs of non-latex gloves and 2 sets of goggles or safety glasses. Tourniquet: Use HOSA's or bring your own.

Dress code: Wear attire appropriate for CPR/first aid skills at SLC. ILC Round 1 allows business attire, official HOSA uniform or occupational attire; Round 2 requires occupational attire. See Appendix D.

Arizona HOSA provides other equipment for the selected skills. Perform steps when equipment is available; simulate or verbalize steps when equipment is unavailable, as directed.

Complete the online qualifying test

☐ Have your advisor register BOTH teammates and an approved proctor. Arrange a test time and location within Arizona's published online testing window.

☐ Each member takes the school-based test independently: 50 multiple-choice questions in 60 minutes. Test together at the same time, but do not work together. Only registered proctors receive access.

☐ Your advisor receives qualification results. If you qualify, register for SLC; if not, choose another available SLC event with your advisor.

Missed the test? Both teammates must complete the online qualifier to receive an SLC skills appointment.

Proctor requirements: A proctor cannot be a current HOSA advisor for any chapter. The proctor must register and submit the signed confidentiality agreement before receiving testing access.

What to do at state

☐ Arrive at the event room at the START of the posted event time frame. Check in with the Event Manager and show photo ID.

☐ Receive your appointment time and stay at the event room in case the event runs early. Staff will escort you into the room.

☐ Read the secret scenario. You have 12 minutes TOTAL to read it and perform the selected skills. Timing starts when you receive the scenario.

☐ Complete skills in the order requested. Rescuer 1 initiates BLS/CPR; Rescuer 2 initiates first aid, then assists with BLS as the scenario directs.

☐ Treat any live model as a patient who needs clear explanations. Use safe technique and complete every required step.

☐ Leave when dismissed, complete the event survey and leave the competition area.

Prepare for the skills assessment

Practice all official skills: adult BLS/CPR; adult BLS with AED; infant BLS/CPR; severe bleeding and shock; choking; open fracture and splinting; severe burns; heat emergency; epinephrine auto-injector; and nasal naloxone.

Use the CURRENT skill sheets, which include updated CPR and first-aid procedures. Practice both rescuer roles and identify the ARC or AHA resource when the rubric requires it. SLC and ILC may select different skills.

☐ Keep study materials outside the competition room. Bring only required supplies; do not share the secret scenario until the event has ended.

Forgot supplies? Tell event staff. The supplied Arizona procedures allow you to seek supplies from another chapter and still compete if supplies are missing. Follow staff directions for any permitted simulation or verbalization.

Scoring and advancement

Skills minimum: Earn at least 70% on the combined Round 2 skills, excluding the written test, to be eligible for awards.

Final ranking: Average the two teammates' Round 1 test scores, then add the Round 2 skill score. The higher average test score breaks a tie. At SLC, the online qualifier serves as Round 1.

Arizona advancement: A final score of at least 70% after penalties is also required. The top 5 eligible teams are recognized; the top 3 advance to ILC. Fourth and fifth place may serve as substitutes.

Divisions are ranked separately. Scores do not carry from SLC to ILC; both teammates take a new Round 1 test at ILC.

Official guidelines and skill rubrics

HOSA event guidelines — select CPR/First Aid under Emergency Preparedness Events. Study the test plan, listed references and all current skill rating sheets.