



CPR Event Specifications

SCOPE OF CONTEST

To evaluate the knowledge and demonstration of CPR standards.

NUMBER OF COMPETITORS

Individual event, limited to 80 competitors.

Fresno ROP reserves the right to modify enrollment due to limited spaces available.

RULES AND PROCEDURES

1. Written test on CPR
2. Demonstration of the "ABC" of CPR as instructed by American Red Cross
3. Demonstration of proper depth and rate of ventilation in a one-person adult rescue as instructed by American Red Cross
4. Demonstration of correct ratio of breathes to compression in a one-person adult rescue as instructed by American Red Cross

JUDGING CRITERIA

Contestants will be judged on:

- Accuracy of written test
- As instructed by American Red Cross:
 - Primary check of the victim – airway, breathing, circulation
 - Communication to bystander (3 judges) about condition of victim (unconscious and no pulse)
 - Technique for compressions (hand placement / elbows locked) and depth of compressions
 - Technique for breathes – proper head tilt, pinch nose and application of breathes (firm)

EQUIPMENT AND MATERIALS

1. Supplied by the Career Skills Challenge:
 - a. AMBU CPR Pals mannequin
 - b. Bottles of peroxide
 - c. Boxes of cotton balls
 - d. Bottle of 1/2 strength H₂O and bleach
 - e. Long tables
 - f. Short tables
 - g. Chairs
 - h. CPR procedure sheet

- i. Mannequin mouth covers
- j. Scantrons
- k. #2 pencils

DRESS CODE

Appropriate dress - no uniform required; slacks and short sleeve shirt suggested

CAREER SKILLS CHALLENGE

SCORE SHEET

CPR – CARDIOPULMONARY RESUSCITATION

Student Name: _____

School/District: _____

	Possible Points	Points Scored	Additional Comments
Written Test (Infant, Child & Adult)	25		
Demos of "ABC" of CPR	25		
Ventilation (Breathing)	25		
Compressions in one person rescue	25		
TOTALS	100		

Please distribute evaluation copies to:

Contestant
White

Event Manager
Yellow