



CPR

Event Specifications

FRESNO CITY COLLEGE EVENT CONTACT For any specific event questions, please contact:	
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SCOPE OF CONTEST

To evaluate the knowledge and demonstration of CPR standards.

NUMBER OF COMPETITORS

Individual event, limited to 100 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. All supplies needed provide by FCC.

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)	50		
Demos of "ABC" of CPR & Compressions in one person rescue	50		
TOTALS	100		

Please distribute evaluation copies to:

Contestant

Event

White

Yellow