

# SECTION 6

## AUSTRALIAN POOL LIFE SAVING CHAMPIONSHIPS CPR EVENT RULES AND REGULATIONS

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## 6.1 INTRODUCTION

The CPR competition aims to highlight the importance that the Royal Life Saving Society places on effective CPR and to provide participants with the opportunity to develop skills and understanding of CPR as an integral part of their overall Life Saving knowledge. Coaches, competitors and CPR judges are directed to RLSSA CPR instructional documents for more detailed practical or technical information.

This section is designed to provide details on the CPR competition conducted as part of the RLSSA Australian Pool Life Saving Championships and is written as a “stand alone” event document however, as a part of APLSC, this Section may need to be applied concurrently with other sections.

## 6.2 GENERAL CONDUCT AND EVENT CONDITIONS

Team management and competitors are responsible for being familiar with the competition schedule, and with the associated Rules and regulations that govern events.

All Participants should be aware of [Rule 1.21](#) which states: It is the Chief Referee’s responsibility to conduct a fair competition by ensuring that the Rules of this Handbook are applied consistently for all events and procedures of the competition. The Chief Referee will ensure that any violation of these Rules will result in either a warning/disqualification of the competitor or team from that event or a correction of an unfair / unsafe procedure.

The General conditions of competition found in [Rule 4.1](#) also apply to the CPR events. These include:

- RLSSA expects the highest standard of conduct from its competitors, officials, and members. It is important that competition, be conducted in the spirit of goodwill and sportsmanship.
- All participants of any competition are required to abide by and compete within the Rules and abide by the RLSSA Code of Ethics.
- All penalties, including those for serious offences, are open to Protest and Appeal.
- Competitors or teams who are deemed to have competed unfairly may be disqualified from an event or expelled from a competition. The CPR-O in consultation with the Chief Referee shall have absolute discretion in determining whether a competitor has competed unfairly (refer to [Rule 1.20.1](#)).

## 6.3 DESCRIPTION OF EVENT

The purpose of the event is to test the ability of individuals to carry out efficient and effective single operator cardiopulmonary resuscitation (CPR) on a manikin in an aquatic environment using the principles of DRSABCD. It will be assumed the manikin is an immersion casualty. A summary of the scenario appears at the top of the CPR scoresheet ([Appendix P](#)).

**Note:** Competitors are not required to use Personal Protective Equipment (PPE) as the Australian Resuscitation Council (ARC) does not require it’s use by first aid responders when performing CPR in community settings. Competitors represent bystanders, not qualified lifeguards, and in a real-life situation would be responding as bystanders likely without PPE. The

NSC has resolved that donning PPE before commencing CPR would not reflect realistic behaviour for their level of training.

On the starting signal the competitor will begin the test.

The competitor is required to perform CPR for 5 cycles or until directed to stop by the judge. A full cycle is 30 compressions followed by 2 breaths. The total duration of the test will be two minutes and thirty seconds (2:30).

Details of the test requirements are detailed in the CPR Scoresheet (refer to [Rule 6.13](#) and [Appendix P](#)). Competitors MUST follow, in STRICT ORDER, the skill requirements listed on the CPR Score sheet to obtain points.

**Note:** The CPR techniques evaluated at APLSC in the CPR Competition are consistent with the ANZCOR/ARC Guidelines. Following the advice of the RLSSA National Medical Advisor, “performing two rescue breaths prior to commencing CPR on immersion casualties is permissible,” therefore, the administering of two initial rescue breaths will not be scored, nor will competitors be penalised if they choose to apply them prior to commencing CPR.

## 6.4 CPR ORGANISERS RESPONSIBILITIES

It is the sole responsibility of the CPR Organiser to prepare and run the CPR events.

**Four (4) months prior to the commencement of APLSC**, the CPR-O will:

- Liaise with Championship Organiser and Laerdal to secure all required equipment is available (including 2 back-up manikins in the event of an equipment failure).

**Prior to the commencement of the CPR events**, the CPR-O will:

- Liaise with Laerdal to ensure all required equipment is accounted for and in good working order.
- Liaise with the Championship Organiser to ensure the required scoring/judging sheets and other documentation have been printed and collated.
- Conduct the random draw for event seeding.
- Approve the spread sheet-based program used to collate the results for CPR and confirm:
  - All competitors and teams have been entered correctly according to the event draws.
  - Confirm that the formulae and links are operating correctly prior to entering results.
- Confirm the CPR events location is set-up and safe for all participants.
- Confirm the recording area is organised and the recording equipment are in good working order.
- Ensure event recorders are familiar with the recording protocols required, APLSC transfer of event results and relevant documentation.
- Provide a pre-event officials briefing.

**After the conclusion of the CPR events**, the CPR-O will:

- Submit all results to the Chief Recorder to be entered in the database for pointscore recording.

## 6.5 PREPARATION OF THE CPR EVENT

### 6.5.1 QUALIFYING AND ENTRY

At APLSC individual CPR competitions will be conducted in the age groups (refer to [Rule 6.4](#)). All competitors may enter a CPR event. Master competitors may enter the Open competition when no specific master's CPR competition is provided.

At the closing date for entries and on the day of competition competitors must hold the award required for the age group division entered.

Competitors must meet the minimum age requirement of 12 years of age as of the 1st January of the year in which the Championships are to be held.

For more detail on entry and qualification requirements refer to [Rule 1.8](#), [1.9](#) and [1.18](#).

#### Late Entries

Late entries may only be included after consultation between the CPR Organiser and the Chief Referee. Substitutions and withdrawals must be processed by the CPR Organiser who will ensure that the Chief Recorder is informed of all relevant information, changes and additional inclusions.

### 6.5.2 CPR SEEDING

The start order of all CPR events is decided prior to the commencement of the Championships. The CRP-O and a neutral observer determined a random draw from the pool of entries.

**Note:** After the random draw some of the allocated positions may need be adjusted to allow for other Championship requirements such as competitors competing in concurrent events.

After APLSC has commenced, authority to approve an event re-seed draw rests with the CPR-O who will provide changed start lists to the announcer, Chief Referee, Chief Recorder and other officials as necessary.

### 6.5.3 CONCURRENT EVENTS

Where possible at Australian Pool Life Saving Championships, CPR events are run concurrently to maximise the time available to conduct all events in an efficient manner (refer to Rule 1.5). To run events concurrently all effort is made to ensure that there is a free movement of competitors between one event and the other; however, sometimes competitors may be required to present themselves for two (2) events at the same time.

Competitors are permitted to compete in both CPR and Speed events. The Competition Manager, in consultation with the Chief Referee and CPR-O, will ensure there is little or no interruption to either event. The Competition Manager will control the communication and movement of competitors between the event marshals.

Competitors are permitted to compete in both SERC and CPR events. If a competitor is required to present themselves for both events at the same time, the Chief Referee in consultation, with the SERC and CPR Coordinators will ensure the control and movement of competitors does not compromise either event subject to venue capability.

**Note:** SERC marshalling takes precedence over CPR.

The following will apply when the SERC and CPR competition are run concurrently:

- If a competitor is already in the CPR marshalling area when their SERC event is called, they MUST advise the CPR Marshal, who will make arrangements to release the affected competitor(s) to SERC marshalling. The marshals (both SERC and CPR) may determine time is available for the competitor to undertake the CPR before entering SERC lock-up.
- If competitors have not competed in the CPR event prior to competing in SERC, then they must return to the CPR area immediately after they have competed in SERC.
- Competitors can only be removed from SERC lock-up to compete in a CPR event with the approval of both the CPR and SERC Co-ordinators after consultation with the Chief Referee. If a competitor is taken from, or returned to, SERC lock-up they must be accompanied at all times by the Chief Referee or the CPR Co-ordinator or their designated representative official.

In ensuring the smooth running of SERC and the CPR Competition concurrently, the following is expected by competitors and teams:

- The competitor/s must not leave the CPR marshalling area without the prior permission of the CPR marshal; and
- The other team members in SERC marshalling (or a team official if all team members are affected) must inform the SERC marshal which team members are in CPR marshalling.

#### **6.5.4 RECORDING AND AWARDS**

The CPR Organiser is responsible for the recording and results of the CPR Championship and passing those results on to the Chief Recorder to be entered in the database for pointscore recording.

A spread sheet-based program that is approved by the CPR Organiser will be used to collate the results for CPR.

### **6.6 CPR CHAMPIONSHIPS**

The following CPR Championships are held at APLSC:

#### **INDIVIDUAL CHAMPIONSHIPS**

In the CPR competition there will be a Championship Title for the winner of each individual CPR Event, that is:

- Under 16 (male and female)
- Under 19 (male and female)
- Open (male and female)

#### **POINT SCORE CHAMPIONSHIPS**

Additional specialised CPR Championships are:

- Overall Team CPR Championship
- Overall Team Under 16 Age Division Championship
- Overall Team Under 19 Age Division Championship
- Overall Team Open Age Division Championship

There is only one (1) winner for each Championship and each will be a combined Championship contested by the all the Interstate / Interclub / Development Teams.

### 6.6.1 OVERALL TEAM AGE DIVISION CHAMPIONSHIP

Overall Team Age Division Championship winners will be determined in the following manner:

- Under 16                      The highest placed male and female combined
- Under 19                      The highest placed male and female combined
- Open                              The two (2) highest placed male and female combined

### 6.6.2 OVERALL TEAM CPR CHAMPIONSHIP

The Overall Team CPR Championship will be determined by the total points scored in the 3 overall age division championships.

To be eligible for the Overall Team CPR Point Score Championships the composition of a team is described in [Section 1](#). In summary, each team will be permitted to nominate up to a maximum of 16 competitors (i.e. two (2) female and two (2) male competitors in each age division of Under 16 and Under 19 and four (4) female and four (4) male competitors in the Open age division).

**Note:** Teams do not need to be represented in each age division to be eligible for the Overall CPR Team Championship, however at least four (4) competitors must be nominated to form a team for the overall CPR awards.

### 6.6.3 CPR POINT SCORE

The point score calculations as described in [Rule 3.11, 3.12.4](#) will be applied (with the exception of [Note 5](#)).

For the CPR point scores re-ranking will occur where individual competitors are removed.

**Note:** The CPR-O must ensure that [Rule 3.2.4](#) is followed before the CPR event commences.

Ties for Team Awards will be decided in accordance with the method described in [Rule 3.10](#).

### 6.6.4 LAERDAL ENCOURAGEMENT PRIZE

At the discretion of Laerdal, an encouragement prize may be awarded to a team or individual. There is no specific criterion as it is a discretionary award nominated by the CPR Coordinator in conjunction with the RLSSA General Manager with remit for sport and the Laerdal representative if they are in attendance at the APLSC.

### 6.6.5 CPR AWARDS

Medals and certificates will be awarded for CRP events as below. Medals will be presented on the pool deck, while certificates will be presented at the Presentation Function.

#### INDIVIDUAL EVENTS

Medals will be presented to the first three (3) placed competitors as part of the general events, usually on deck.

#### OVERALL AGE DIVISION CHAMPIONSHIPS

The highest placed team will be presented with a certificate for each of their point-scoring team members.

#### OVERALL CPR CHAMPIONSHIP

The highest place team will be presented with the Laerdal prize and a team certificate.

## ENCOURAGEMENT AWARD

Is awarded according to [Rule 6.4.4](#).

### 6.7 GENERAL CONDITIONS FOR CPR

Team management and competitors are responsible for being familiar with the competition schedule, and with the associated Rules and regulations governing the event. The following general rules apply.

- A supervising official will ensure that the manikin is appropriately cleaned; this may include replacement of manikin parts, before commencement by each competitor.
- No watches or other timing device are permitted to be worn or brought into the CPR competition by any competitor.
- A competitor who interferes with another competitor during an event shall be disqualified.
- Competitors must enter and exit the competition area as directed by officials.
- The competition area shall be restricted to competitors, the senior officials and CPR officials. Should others wish to enter the competition area they must seek the permission of the CPR Co-ordinator.
- A competitor absent from the marshalling at the time the event is called may be disqualified unless involved in an event running concurrently (refer to [Rule 6.8](#) and [5.12](#)).

**Note:** Competitors are not required to wear a competition cap (refer to [Rule 1.?](#)).

#### 6.7.1 PRIOR TO THE COMPETITION

- The order of teams shall be determined by a random draw (refer to [Rule 3.2.4](#)).
- A briefing sheet shall be distributed to teams at least 7 days prior to the start of the competition with specific event organizational details.
- To assist the organisers in determining how much time will be required to conduct each event, they may be initially marshalled the day before or at the start of the day the event is scheduled to be held.

#### 6.7.2 DURING COMPETITION

- Each competitor is responsible for fitting their manikin's face correctly prior to the start of their test.
- A competitor is entitled to perform three compressions and three breaths on the manikin immediately prior to the test beginning.
- The competitor must not receive any outside assistance.
- Where an official observes a change in conditions, they shall report it to CPR-O. If it is determined that the observed changes materially alter the test conditions, the CPR-O may adjust the judges' score for the affected part of the test or rerun the test.
- Required start or directions statements given by officials as part of the event are not subject to protest or appeal.

## 6.8 EQUIPMENT

Laerdal will supply the manikins to be used in the CPR Competition. The exact mannikin type will depend on what is available at the time and location of the competition. All supplied manikins will be compatible with the QCPR recording to provide data to complete the scoresheets.

Competitors must use the manikins supplied.

Where possible teams will be notified prior to APLSC of the manikin type to be used during the competition and competitors will be provided with an opportunity to have a short training session on the competition mannikin during APLSC warm-up sessions.

## 6.9 SCORING

Points are awarded as either full points or zero; they are not graded.

A penalty deduction of 10 points will be applied for rough handling of the victim (mannikin).

The competitor with the highest score will be the winner of the event.

The CPR Coordinator will review all data from QCPR recording device(s) and scores will be amended if deemed necessary to ensure consistency across the competition.

The CPR score sheet to be used in all National competitions is detailed in [Appendix P](#).

## 6.10 DISQUALIFICATION

In addition to the General Rules outlined in Section 1, [Rules 4.1 to 4.11](#) and [Rule 4.9](#), the following behaviour will result in disqualification:

- The competitor received 'outside assistance'.
- The competitor impeded another competitor and placed that competitor at a disadvantage.
- The competitor used a watch or timing device during the competition.
- Wilful damage of the manikin of any equipment used during the CPR event.
- The competitor gained an advantage by continuing with CPR after the 'TEST COMPLETED' order was given.
- Competitors who verbally or physically or official may be assigned a penalty or disqualified.
- Team members deliberately attempting to gain an advantage by disregarding the Rules, the directions of officials or briefing material/information issued to them prior to the start of the SERC.
- A competitor absent from the event marshalling or leaving the area without the permission of the marshal.

## 6.11 CPR COMPETITION JUDGES GUIDE

The following pages provide an overview of the guiding principles for officials involved in judging the CPR competition.

- Competitor arrives and places a face mask on the manikin.

- The judge turns on the Laerdal monitor.
- With the monitor facing the competitor, the competitor is able to perform 3 test compressions and 3 test breaths.
- Judge then turns the monitor to face away from the competitor and resets the monitor selecting Single Rescuer Algorithm with 2min time option.
- Judge asks the competitor if they are ready to commence the test.
- Judge says 'Test Commences'
- When the Timekeeper says, 'Test Completed' (after 2 minutes 30 seconds) the competitor is to cease immediately. Any continuation will be noted on scoresheet and may be subject to disqualification.
- At the conclusion the Judge will save the competitor's result (file name is to uniquely identify the competitor)
- The competitor is then asked to zip up the jacket, remove the face mask from the manikin and leave the competition area.
- The Judge together with the Timekeeper completes Section A and Section B of the scoresheet.
- Judges are only required to complete sections with a "zero" to indicate where the competitor failed the test. Where full points are earned, these will be added by the collator when scores are being tallied.
- Marks for Section C and Section D of the scoresheet will be taken from the displays on the monitoring device.
- Where a % mark is required, judges are to record the actual score from the display and when tallying scores, the collator will convert it to a score out of 10. E.g., 100% = 10, 76% = 7.6
- Should a competitor perform two rescue breaths prior to commencing CPR, this is to be noted in the space provided on the bottom left-hand section of the scoresheet.
- The CPR Coordinator (or their representative) will review results, and scores may be amended if deemed necessary.
- Should, in the opinion of the judge and the timekeeper, a competitor handle or treat the victim in a rough manner, a 10-point deduction is to be noted on the scoresheet in the space provided.
- Notes should be maintained of what actions were deemed to be rough handling.

## 6.12 CPR COMPETITION TIMEKEEPERS GUIDE

- The competitor arrives and places the face mask on the manikin.
- On completion of the 3 test compressions and 3 test breaths, the competitor is asked if they are ready to commence.
- When the judge says 'Test Commences' the timekeeper will start the stopwatch.
- During the test the timekeeper is required to watch the test and count the cycles completed by the competitor.

- The timekeeper should also watch for competition criteria judged in Section A and Section B for later consultation with the Judge.
- The test is concluded at 2 minutes and 30 seconds and the timekeeper is required to announce, 'Test Completed' and the timing watch is stopped.

## 6.13 CPR COMPETITION SCORE SHEET JUDGING POINTS

### 6.13.1 TEST ORDER

On the CPR score sheet there are Numbered Sections and within these Numbered Sections there are sub sections:

- Roman numerals and
- Bullet points

Skill requirements listed in Numbered Sections and Roman numerals sub sections MUST be followed in STRICT ORDER as seen on the score sheet.

### 6.13.2 CLARIFICATION POINTS

- Should a section be missed then no points will be given for that section.
- Should the competitor on realizing they have missed a Section go back to complete that section – NO POINTS will be awarded.
- The awarding of points recommences when the competitor recommences the correct protocol order.
- Bullet point skill requirements must be performed and recognised by the judges but DO NOT have to be performed in the order seen on the score sheet.

**Note:** 'If you don't see it – you don't mark it'

### 6.13.3 TEST SECTION A

#### **Numbered Section 1 – LOOKING FOR DANGERS**

- Requirement – Roman numeral, sub sections (i, ii, iii) must be performed in order.

#### **Numbered Section 2 – CHECK FOR RESPONSE**

- Requirement – Roman numeral, sub sections (i, ii) must be performed in order.

#### **Numbered Section 3 – SEND FOR ASSISTANCE**

- Requirement – Roman numeral, sub sections (i and ii) must be performed in order.
- Sub sections (i and ii) contain bullet points and each bullet point should be performed - but not necessarily in the order listed on the test sheet.

#### **Numbered Section 4 – CHECK FOR AIRWAY**

- Requirement – Roman numeral, sub sections (i, ii, and iii) must be performed in order.
- Judges will be looking for the mouth to be opened and turned slightly downwards to allow any foreign material to drain and that visible material is removed using fingers.

#### **Numbered Section 5 – CHECK FOR NORMAL BREATHING**

- Requirement - Test skills (i, ii, iii and iv) must be performed in order.
- In Sub Sections i and ii, Judges look for the correct head tilt method – pistol grip on the chin and hand on the forehead.

#### **Sub Section (iii) – LOOK, LISTEN, FEEL FOR NORMAL BREATHING**

- Look for movement of the upper abdomen or lower chest.
- Listen for the escape of air from the nose and mouth.
- Feel for movement of air at the mouth and nose.

Movement of the lower chest and upper abdomen does not necessarily mean the victim has a clear airway. Judges should also ensure that rescuer also listens and feels for air at the mouth and nose.

Sub Section (iv) allows for a pause to allow for proper assessment of any response from the victim to “look, listen, feel”.

This is critical as this is where the decision to commence CPR is made. Judges must ensure they provide time for the competitor to pause prior to providing the “Not Breathing” response.

#### **RESCUE BREATHS PRIOR TO COMMENCING CPR**

"RLSSA permits two rescue breaths to be performed prior to commencement of CPR on immersion casualties."

In relation to the CPR competition, the administering of two initial rescue breaths will not be scored, nor will competitors be penalised if they choose to apply them prior to commencing CPR.

Should a competitor perform two initial rescue breaths, this is to be recorded on the lower left-hand side of the scoresheet in the space provided and will be reviewed by CPR Coordinator.

## 6.13.4 TEST SECTION B

### Numbered Section 6 – COMMENCEMENT OF CPR

- The two bullet points must be performed and recognised by the Judges - but not necessarily performed in the order listed

CPR should commence with chest compressions. CPR is 30 chest compressions followed by two rescue breaths. Completion of a full cycle is counted after the two rescue breaths.

### Numbered Section 7 – COMPRESSIONS

Judges must recognise all these technique skills, as per the bullet points and award marks ONLY if these skills are displayed throughout all compression cycles.

Judges should look to see that compressions are performed in the centre of the chest. Compressions should be rhythmic, and the competitor should not be rocking backwards or forwards or using thumps or quick jabs.

### Numbered Section 8 – RESCUE BREATHS

For all cycles judges MUST see (to award points):

- Pistol Grip technique
- Chin lift + hand on forehead to open airway
- Effective seal of mouth and nose (nostrils should be pinched with fingers or sealed with rescuers cheek)
- Eyes looking for the rise of the chest
- Ear over mouth - listening for exhalation

### DEDUCTION OF POINTS FOR ROUGH HANDLING OF VICTIMS

An unconscious person must always be handled gently, and judges and timekeepers are asked to look for this for the duration of the test. Should they consider that a victim has been treated in a rough manner, this is to be noted on the scoresheet. Examples of rough handling may vary but can include:

- Excessively shaking the victim when checking for response,
- Not making an effort to avoid any twisting or forward movements of the head or spine,
- Tossing the manikin when moving the manikin into the side lying position, or returning them to a back lying position,
- Jerking of the head backwards when opening airways, or
- Administering breaths with excessive force during the CPR cycles

## CPR SCORE SHEET

| <b>Competition Notes:</b>  |            |             |   |            |             |
|--|------------|-------------|---|------------|-------------|
| <ul style="list-style-type: none"> <li>A maximum of 2min 30sec will be allowed for entire test.</li> <li>Competitors must follow order as listed by numbers to achieve points</li> <li>Assumed Immersion Patient (pool)<br/> "‘The patient was in deep water and was unconscious under the water before they were removed. There are no visible signs or indications of other injuries.’"</li> </ul> |            |             |   |            |             |
| SECTION A  | Max Score  | Score Given | SECTION B   | Max Score  | Score Given |
| <b>1. LOOKING FOR DANGERS</b>  |            |             | <b>6. COMMENCEMENT OF CPR</b>   |            |             |
| i) dangers to self   | 2 or 0     |             | • jacket unzipped   | 1 or 0     |             |
| ii) dangers to bystanders  | 2 or 0     |             | • location of <u>correct</u> compression point (visually centre of chest)                 | 1 or 0     |             |
| iii) dangers to patient  | 2 or 0     |             |   |            |             |
| <b>Judge: ‘No Danger’</b>  |            |             | <b>7. COMPRESSIONS (all)</b>  |            |             |
|  |            |             | Hand positioning<br>• heel of 1 hand on centre of the chest with fingers parallel to ribs | 2 or 0     |             |
| <b>2. CHECK FOR RESPONSE</b>   |            |             | • fingers of hand on the sternum exerting NO  | 2 or 0     |             |
| i) talk  | 2 or 0     |             | • compression arm kept straight   | 2 or 0     |             |
| ii) squeeze shoulders firmly   | 2 or 0     |             | • vertical downward pressure demonstrated during  | 2 or 0     |             |
| <b>Judge: ‘No Response’</b>  |            |             |   |            |             |
| <b>3. SEND FOR ASSISTANCE</b>  |            |             | <b>8. RESCUE BREATHS (all)</b>  |            |             |
| i) instruct bystander to:  |            |             | • pistol grip   | 2 or 0     |             |
| • contact EMS – (000)  | 1 or 0     |             | • chin lift + hand on forehead to open airway   | 2 or 0     |             |
| • request Ambulance  | 1 or 0     |             | • effective seal (mouth and nose)   | 2 or 0     |             |
| ii) the competitor:  |            |             | • eyes looking for rise of chest  | 1 or 0     |             |
| • gave the condition of the patient  | 1 or 0     |             | • ear over mouth – listening for exhalation   | 1 or 0     |             |
| • gave the location of the patient   | 1 or 0     |             | <b>9. END OF TEST: At 2min 30:</b>  |            |             |
| • asked the bystander to report back   | 1 or 0     |             | <b>Judge: ‘Test Completed’</b>  |            |             |
| • gave clear instructions  | 1 or 0     |             | <b>SUB-TOTAL (B)</b>  | <b>18</b>  |             |
|  |            |             | <b>SECTION C</b>  |            |             |
| <b>4. CHECK AIRWAY</b>   |            |             | <b>10. OVERALL SCORES (from monitor)</b>  |            |             |
| i) place on side   | 2 or 0     |             | OVERALL SCORE - %   | %          |             |
| ii) open mouth and look for foreign  | 2 or 0     |             | <b>11. NO of CYCLES</b>   |            |             |
| lii) remove foreign material or fluid  | 2 or 0     |             | • five cycles completed   | 10 or 0    |             |
|  |            |             | <b>SUB-TOTAL (C)</b>  | <b>20</b>  |             |
|  |            |             | <b>SECTION D</b>  |            |             |
| <b>5. CHECK FOR NORMAL BREATHING (place patient on back)</b>   |            |             | <b>12. COMPRESSIONS</b>   |            |             |
| i) pistol grip   | 2 or 0     |             | COMPRESSION SCORE - %   | %          |             |
| ii) chin lift and hand on forehead to  | 2 or 0     |             | • 108 – 112 per minute  | 8 or 0     |             |
| iii) look, listen, feel for normal breathing   | 4 or 0     |             | • 105 – 107 or 113 - 115 per minute   | 6 or 0     |             |
| iv) pause to allow proper assessment   | 4 or 0     |             | • 100-104 or 116-120 per minute   | 4 or 0     |             |
| <b>Judge: ‘Not Breathing’</b>  |            |             | • 121 - 140 per minute  | 2 or 0     |             |
| <b>SUB-TOTAL (A)</b>   | <b>34</b>  |             | • Less than 100 per minute or > 140 per minute  | 0          |             |
|  |            |             | <b>13. VENTILATIONS</b>   |            |             |
|  |            |             | VENTILATION SCORE - %   | %          |             |
|  |            |             | <b>SUB-TOTAL (D)</b>  | <b>28</b>  |             |
|  |            |             | <b>TEST = A+B+C+D</b>   | <b>100</b> |             |
| <b>Judge Note: Initial Rescue Breaths: Y / N</b>   | <b>NIL</b> |             | <b>10 POINT DEDUCTION FOR ROUGH HANDLING OF</b>   |            |             |