



First Aid/CPR

ELIGIBILITY

Open to active SkillsUSA members enrolled in health care and/or first responder/public safety related programs.

CLOTHING REQUIREMENTS

Home school uniform or Official blue scrubs, white socks or clear seamless hose and health professional's white leather work shoes. Shoes must be all-white leather (no canvas), completely enclosed (no open toe or open heel). Athletic style shoes that meet the aforementioned criteria are acceptable. Hair must be pinned up and off the collar. All visible tattoos (including hands, arm and neck) must be covered.

NOTE: At the district level if a student is not able to wear the official SkillsUSA attire he/she may wear an outfit that would be acceptable in their specific field of study. Please keep in mind that official SkillsUSA attire will be required at the state and national level.

SAFETY REQUIREMENTS

The SkillsUSA Technical Committee, judges, and WMCTC are released from all responsibility relating to personal injury resulting from the use of equipment. Competitors will be removed from competition if they are using the equipment in an unsafe manner.

EQUIPMENT AND MATERIALS SUPPLIED BY HOST

1. Adult, Child and Infant CPR Manikins
2. Bag Valve Masks
3. AED Trainer

EQUIPMENT AND MATERIALS SUPPLIED BY CONTESTANT

1. All students must have a one-page, typewritten résumé
2. Approved certifications from the industry approved certification on AHA Standards
3. Standard watch (analog or digital)- NO smart watches
4. Medical bag stocked with the following supplies:
 - a. Disposable medical gloves
 - b. Pocket mask
 - c. Eye protection (optional)
 - d. Stethoscope
 - e. Notepad, #2 pencil and pen
5. AED Trainer (optional as one will be provided, however students may wish to bring an AED trainer that they are familiar with.)
6. NO textbooks will be permitted in the competition area.

SCOPE OF THE CONTEST - (DEFINED BY THE NATIONAL COMPETITION REGULATIONS)

(District Competitions are meant to be a scaled down version of National Competition. It is important for the students to participate in a competition that will reflect a cross-section of the industry skills needed to prepare them for the state and national levels)



First Aid/CPR

KNOWLEDGE PERFORMANCE

There will be one written knowledge test — the written knowledge test will be based off of the American Heart knowledge portion of the Basic Life Support certification. The written portion of the test will be worth a total of 30 points out of the competition's 100 points scoring system.

SKILL PERFORMANCE

All skills demonstrated will be based on nationally accepted standards as identified by the American Heart association Basic Life Support certification.

Contest Guidelines

Contestants will demonstrate their ability to perform procedures or take appropriate action based on scenarios presented related to those listed in the Standards and Competencies.

Standards and Competencies – (Summary of national technical standards list)

1. Contestants will demonstrate competency to proficiently perform procedures or take appropriate action based on scenarios presented related to the following topic areas:
2. CPR and AED for adult
3. CPR for infant
4. Skill for removing gloves properly

First Aid/CPR Scoring Sheet

Items evaluated	Description	Possible Points
Written test		30
Adult CPR/AED		30
Infant CPR		30
Removing of gloves		10
	Subtotal = 100	
Clothing Penalty	Deduction -10	
No resume	Deduction -10	
Safety Penalty	Deduction -10	
	TOTAL	

Note: No cell phones or other electronic devices may be used at any time during a competition; this includes using a calculator function on a cell phone for competitions in which calculators are permitted.

Note: Scorecards should only be used as guidance. Changes may occur.