2021 NLSC First Aid/CPR Competition
Updated 5.18.21

Orientation
Tuesday, June 8th at 1:pm Eastern Standard Time

Knowledge Performance
This contest includes two multiple choice knowledge assessments. Instructions and credentials to complete these assessments will be provided when the contest window opens.
- First Aid/CPR Assessment – Based on the standards and competencies as outlined in the Technical Standards. (worth up to 175 points)
  Questions taken from:
  o American Heart Association — for Healthcare Providers and ACLS Courses.
  o American Red Cross — First Aid/CPR/AED BLS (Basic Life Support).
  o American Safety and Health Institute — Basic First Aid.
  o American Safety and Health Institute — CPR/AED two-man system.
  o National Safety Council — Basic First Aid and CPR/AED.
  o OSHA National Health and Safety Guidelines.
- Professional Development Career Readiness Assessment (worth up to 25 points)

Testing will be handled by national.

Skill Performance
All Skills demonstrated will be based on nationally accepted standards as identified by the American Red Cross, American Heart Association, National Safety Council and American Safety and Health Institute.

Note: as this year we must be virtual, the school, advisor and competitor are responsible for providing supplies and equipment needed.

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 of the Technical Standards.
  Competitions - Monday, June 14.

1. Room Set Up - the area needs to be clear and have nothing in the way of the competitor. Ideally it should be a classroom, but a room at the fire station, or even an empty garage can be used. You will need some chairs for actors. Tables to set the equipment on so it can be accessed quickly, and a large open space - at least 8x10. Other equipment is listed below.
2. **Recording** - each part of the live contest will require an Overview Camera (OC) and and Point of View Camera (POV)
   1. Overview Camera (OC) - will be set to view the whole competition area. It will be stationary. It can be set on a table. A laptop with a webcam, an iPad, phone or similar will work. It will need to access the internet. It will need to be plugged in. It will need to connect to the Zoom Meeting.
   2. Point of View Camera (POV) - will be set to view the competitor. It needs to be mobile. It will need someone to move it so that the focus stays on the competitor. A laptop with a webcam, an iPad, phone or similar will work. It will need to access the internet. It will need to be plugged in. It will need to connect to the Zoom Meeting.

3. **Live Competition Elements:**
   a. **Skill Demonstration** – When scheduled, competitor will enter the Zoom Meeting Waiting Room and wait until brought into the Zoom Room to compete. This may be up to an one hour wait. There will be 2 skills prompted by the Zoom Host that must be demonstrated and recorded. Proctor will set up the skills demonstration area per Zoom Host instructions. Once Zoom Host presents the skills, the competitor has 10 minutes to complete the skills.
   i. **Preparation**
      1. POV and OC ready, plugged in and online
      2. POV operator - may be advisor
      3. 2 actors/victims
      4. All first aid/CPR items as generally required to compete
         1. Pocket mask with one-way valve
         2. Gloves to fit competitors
3. First-aid kit that includes:
   1. 4x4 gauze pads
   2. Hemostatic dressing (can be simulated by writing “hemostatic” across packaging)
   3. Commercial, combat-style tourniquet intended for emergency bleeding control, such as a CAT tourniquet (not a tourniquet intended for use during blood draws or IV insertion)
   4. 2” and 4” roller-gauze (multiple rolls)
   5. Medical tape (cloth tape or clear tape is fine, 2” is preferred)
   6. Other items typically found in a first-aid kit
      d. Gloves to fit competitors
      e. Chemical cold pack (can be re-used multiple times after being activated)
      f. CPR mask
      g. Blanket/tarp/similar for drags
      h. Splinting materials

5. Props - may or may not be used
   a. CPR mannequins - infant, child and adult
   b. Choking mannequin - if available, CPR mannequin may be used if not available
   c. AED trainer with adult and pediatric pads
   d. Highchair
   e. Infant car seat
      If school is not available, be able to simulate wherever you are recording
      f. Classroom - normal furniture/desks
   g. Small office - 10x10 or similar, enclosed, not cubicle, normal furniture or desks

2. Emergency Simulation - When scheduled, the POV and OC will enter the Zoom Meeting Waiting Room and wait until brought into the Zoom Room when time to compete. This may be up to an one hour wait so it is critical the devices are charging the whole time!
   Once in the Zoom Room, the Zoom Host will ask Proctor to take the competitor out of the competition area to set up. Zoom Host will explain how to set up the area for the scenario. Zoom Host will prepare actors/victims for their roles. Recording will start when the competitor enters the scenario area once set up. Zoom Host will read the prompt and the competitor will start their response. They will have no more than 15 minutes to plan and respond after the prompt is read.

Students will be in full competition uniform with normally required equipment available. They should also have all equipment designated in the national contest standards available.

The contestant will not mention their name, school, city or state.

Basic safety practices related to the skill performed must be followed.