AHA-Ross CPR in Schools
Champion and Facilitator Webinar
School Year 2014-2015 Sponsored by Ross Stores

About the Program
• Ross Stores raised money to train 7th and 8th graders in 1,131 schools in the U.S in 34 states
• We chose schools based on:
  1. Proximity to a Ross Store
  2. Percent eligibility for free or reduced lunch (> 50%)
CPR in Schools Training Kit

- The portable, easy-to-use kit includes
  - 10 practice-while-watching DVDS
  - 10 Mini Anne Plus inflatable manikins
  - 10 kneel mats with carry bags
  - 1 hand pump for manikin inflation
  - 1 classroom carry bag
  - 50 replacement airways (for CPR with breaths)
  - 50 manikin wipes
  - 10 replacement face masks
  - Lesson Plan
Program Timeline

- Trainings can take place anytime between September 2014 and January 31, 2015
- Schedule your trainings early in the year to ensure they are on your calendar

Integrating the Kit in Your School

- The program fits nicely within science, health, and PE curricula
- PE, health, and science teachers as well as school nurses are often the educators who will take the lead on implementing the program
- Hands-only CPR
  - Other modules on DVD are optional
CPR in Schools Lesson Plan

1. Familiarize yourself with the lesson plan and DVD
   a. Trainer preparation (10 minutes)
   b. Training students and allowing time for practicing (30-50 minutes)
   c. Clean-up and paperwork (10 minutes)

2. Think ahead and plan accordingly based on class size

3. Look up your state’s CPR in Schools legislation to determine if your school(s) may be interested in adding in the optional modules (choking, AED, CPR with breaths)

Your AHA Volunteer Mentor

- This individual is an AHA CPR instructor or volunteer with experience in facilitating training sessions
- Your volunteer mentor will be in touch with you in late summer or early in the school year
- Your mentor:
  - will answer any questions you may have
  - will assist you in the process of implementing the program
Important Points for Facilitating Training

1. Students may need reminders to stay focused when participating in hands-on practice
2. If you have more than one student practicing on each manikin, cue students on when it is time to switch who is practicing
3. Be creative when thinking of ways to help students find the correct rhythm
4. Encourage your students to talk about CPR and what they learned at home
5. Get excited and have fun!

Requirements

Each school must do the following essential tasks:

- Gain any necessary district/school approval for program
- Train all 7th and 8th graders
- Complete and return the Facilitator Training Record
- Complete and return the pre- and post-test by each student
Facilitator Training Record

• Each teacher/facilitator should print and complete a blank copy of the facilitator training record

• Each training session should be documented on a separate line of the form. If a teacher is delivering more than 5 training sessions, they should use the front side of this sheet first to record the first 5 trainings, and then flip to the reverse

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<table>
<thead>
<tr>
<th>Date of Training</th>
<th>Number of Students Trained</th>
<th>Grade Level (6, 7, or 8)</th>
<th>Class Type where Training Delivered</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/1/2014</td>
<td>18</td>
<td>7</td>
<td>Science</td>
</tr>
</tbody>
</table>

Please answer the following questions:
1. Type of CPR training taught in classroom (pick one):
   - Adult Hands-Only CPR
   - Adult Hands-Only CPR and AED
   - Adult Hands-Only CPR, AED, and Child CPR
   - Full program (Hands-Only CPR, AED, Child CPR, Adult/Child Choking)

Returning the Facilitator Training Record

- To return, you can do any of the following:
  - take a photo of it with your phone and send it as a picture file to cprdata@heart.org
  - scan it and send it as a pdf attachment to cprdata@heart.org
  - mail it via USPS to the Denver AHA Office
- The Facilitator Training Record will provide us with the data to generate end-of-year reports for you and for the Ross Stores

Returning the Facilitator Training Record Via PHOTO file (jpg, tiff, giff, etc.)

- Is the form the only thing in the photo? Take the photo on a white surface, and make sure no fingers, clipboards, etc. are on top of the form
- Is the entire form inside the image? (Make sure none of the edges are cut off)
- Is the form in focus? (Make sure all text is legible and all lines are in focus. On iPhones, we recommend using CamScanner, or the HD mode on your normal camera app)
- Is the lighting even? (Make sure there are no highlights and shadows)
- Is the image taken straight-on? (There should be no slanting or skew or angle to the form)
Pre- and Post-Tests

- Teachers should print and make enough copies of the double-sided pre- and post-test for each of their students
- Each student’s pre- and post-test must be returned as a double-sided piece of paper
- Remind the facilitators to have students write their names (or initials) on the pre- and post-tests.
- Facilitators should mail the hard copies of the pre- and post-tests to the AHA Denver office
- Pre-and post-test data will help show the value of the program and make improvements.
Once the Program is Over

- Your CPR in Schools Training Kit is yours to keep
- We encourage you to use the kit over and over again with other grade levels, other schools in your district, at PTA meetings, at extra-curricular activities, or in future school years.
- How you use your kit once you’ve trained your 7th and 8th graders is completely up to you!

Thank You

CPR in Schools—It’s Time!
Let’s create the next generation of lifesavers.
Contact Information and Resources — this list is a PDF in your toolkit page on the page where you accessed this webinar

- General questions: cprinschools@heart.org
- Email Facilitator Training Records to: cprdata@heart.org or send via mail to AHA, 1777 S. Harrison St., Suite 500, Denver, CO 80210 ATTN: Debbie Heard
- Return all Pre-/Post-tests to AHA, 1777 S. Harrison St, Suite 500, Denver, CO 80210 ATTN: Debbie Heard
- CPR in Schools website:
  [http://www.heart.org/HEARTORG/CPRAndECC/CommunityCPRandFirstAid/CPRinSchools/CPR-in-Schools_UCM_453682_SubHomePage.jsp](http://www.heart.org/HEARTORG/CPRAndECC/CommunityCPRandFirstAid/CPRinSchools/CPR-in-Schools_UCM_453682_SubHomePage.jsp)
- Ross-AHA CPR in Schools Program 2014-2015:
  [http://www.heart.org/HEARTORG/CPRAndECC/CommunityCPRandFirstAid/CPRinSchools/AHA-and-ROSS-CPR-in-Schools-Program_UCM_463472_SubHomePage.jsp](http://www.heart.org/HEARTORG/CPRAndECC/CommunityCPRandFirstAid/CPRinSchools/AHA-and-ROSS-CPR-in-Schools-Program_UCM_463472_SubHomePage.jsp)