

CPR Carousel: Challenge

Objective: CPR Carousel is an engaging and fast-paced in-service game designed to sharpen lifeguards' CPR skills across different victim scenarios. Manikins are lined up in a circle, and each station has a scenario card placed on the chest of the manikin. Participants must respond to the scenario at the step it was left off, then perform 2 minutes of CPR before moving on to the next station.

1. Manikins are lined up in a circle with a scenario card placed on each manikin's chest
Participants begin by reading the scenario card to understand the situation and the step they need to continue
2. Participants perform the required action based on the scenario, then complete 2 minutes of CPR on the manikin
This ensures that participants practice both assessment and hands-on CPR skills
3. After 2 minutes, participants move to the next manikin and scenario, while another player takes over at their previous station
This continues until all participants have rotated through each station
4. Alternatively, all participants can start at a manikin simultaneously and continue moving around the circle, performing the required actions and CPR at each station
This method ensures everyone gets a turn at each manikin and experiences a variety of scenarios
5. The game continues until all participants have completed a full rotation, ensuring that everyone has practiced multiple scenarios and CPR techniques

CPR Carousel is a versatile training exercise that keeps participants actively engaged while reinforcing their CPR skills and readiness to handle a variety of emergency situations.

CPR Carousel: Scenario Bank

Objective: The following scenarios are designed to be used in the CPR Carousel game. Each scenario leaves participants at different steps, requiring them to continue from where the previous participant left off before performing 2 minutes of CPR.

1. Scenario: The victim is found unresponsive
Left Off: 911 has been called
Continue: Check for breathing and pulse, then begin CPR
2. Scenario: The victim is unresponsive and not breathing
Left Off: The first rescue breath did not go through

Continue: Re-tilt the head, try the second breath, then begin CPR

3. Scenario: The victim is unconscious with a weak pulse

Left Off: The pulse was checked 1 minute ago

Continue: Check the pulse again, and if absent, begin CPR

4. Scenario: The victim was choking and is now unresponsive

Left Off: Abdominal thrusts have been performed

Continue: Begin CPR with chest compressions

5. Scenario: The victim collapsed suddenly

Left Off: The scene has been checked for safety

Continue: Check for responsiveness and call 911

6. Scenario: The victim is a child found in the water

Left Off: The victim has been pulled out of the water

Continue: Check for breathing and begin CPR if needed

7. Scenario: The victim is an elderly person with no pulse

Left Off: CPR was initiated 30 seconds ago

Continue: Continue CPR and prepare the AED if available

8. Scenario: The victim was electrocuted

Left Off: The power source has been turned off

Continue: Check for responsiveness and breathing, then begin CPR

9. Scenario: The victim is unresponsive after a car accident

Left Off: Airway was checked and is clear

Continue: Check for breathing, then begin CPR if necessary

10. Scenario: The victim collapsed during a sporting event

Left Off: The victim's pulse was checked, and it's absent

Continue: Begin CPR immediately

11. Scenario: The victim was found on the floor by a family member

Left Off: The family member has called 911

Continue: Begin checking for breathing and pulse

12. Scenario: The victim is a baby, found not breathing

Left Off: Airway has been opened

Continue: Give rescue breaths, then check for a pulse and begin CPR if necessary

13. Scenario: The victim experienced a drug overdose

Left Off: The victim is unresponsive

Continue: Check for breathing and pulse, then start CPR if needed

14. Scenario: The victim is unconscious after falling from a height

Left Off: The victim has been stabilized with no neck movement

Continue: Check for breathing, then begin CPR if necessary

15. Scenario: The victim is a drowning victim, pulled from the pool

Left Off: The victim is on the pool deck

Continue: Check for breathing and start rescue breathing or CPR as needed

16. Scenario: The victim was found unconscious in a bathroom

Left Off: 911 has been called

Continue: Check for breathing and pulse, then begin CPR

17. Scenario: The victim is a construction worker collapsed on site

Left Off: The scene has been made safe

Continue: Check for responsiveness and breathing, then begin CPR if needed

18. Scenario: The victim is unresponsive after a severe allergic reaction

Left Off: The EpiPen has been administered

Continue: Check for breathing and pulse, then begin CPR if needed

19. Scenario: The victim collapsed after complaining of chest pain

Left Off: The victim's airway is open

Continue: Check for breathing and pulse, then begin CPR

20. Scenario: The victim was involved in a bike accident and is unresponsive

Left Off: The victim's helmet has been carefully removed

Continue: Check for breathing and start CPR if necessary

These scenarios provide a variety of situations for participants to practice, helping them develop quick, effective responses in different CPR scenarios. Each scenario leaves off at a critical step, challenging participants to think and act quickly as they continue care.