

**FIRST AID / CPR**

This contest will be held at the Berglund Center

710 Williamson Road, NE

Roanoke, VA

Contestants will need to bring a CPR mask with a one way valve, copy of current CPR and First Aid Certification.

First Aid / CPR will follow National Regulations.

National Regulations does incorporate Basic Life Support CPR.

There will be a written test onsite.

There will be two basic first aid and two CPR scenarios.

National Standards can be found at [www.skillsusa.org/absorb](http://www.skillsusa.org/absorb)

Any contest questions may be directed to valleyfirstaid.cpr@gmail.com