

*Note: Green text is **Jackson**,.....*

Guest Introductions:

Name: Joelle Ballariel

Job Title: Community CPR Manager, SouthWest Affiliate

Company: American Heart Association

Years in Profession: 15

Details, awards, anything else you want us to mention:

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Show Intro: What's up y'all and Welcome to the Sports Medicine Broadcast, #217 Creating a Life-Saving Army"

Topic: This week our guests are ...

Introductions: I am your host Jeremy Jackson,

and with me today is _____

join our conversation:

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sportsmedicinebroadcast.com/**LifeSavers**

Links to those are on our website.

Topics:

Overview of the program?

YouTube video

Adult volunteer perspective

Joelle – A couple of other AHA volunteers and myself assisted with the hands-on practice portion where students had an opportunity to practice hands-only CPR while we worked with them to improve their form and comfortability with the skill. We started by reviewing proper form and steps leading up to CPR and closed by having them put it all together to the beat of Stayin' Alive by the Bee Gees to help them remember the appropriate rhythm. I was impressed by the scale of this event, and found the colored band system for student rotations to be very effective. We assigned 1-2

volunteers per row of students to provide feedback and answer questions throughout the training session, with one bilingual volunteer to translate instruction into Spanish when needed.

Student perspective - Shakyra

Things to improve:

Station experienced, bilingual volunteers in the choking relief, hands-only CPR, and AED training areas.

Have students practicing CPR face away from students waiting in the stands to prevent distraction.

Hold a short run of show meeting with volunteers prior to event start to physically walk them through each station, assign placement, and review roles.

Signage for volunteer parking area.

Name tags for volunteers and coaching staff.

Audio cable to project Stayin' Alive or another 100-120bpm song while students practice compressions.

need microphones / speakers for presenters

Move Stories of Heroes to the classroom

Improve our job assignment system

Speak with life flight earlier

Radio or walkie talkie to switch

Things that went well:

Hospitality room

Kids learning and engaged

Volunteers

Flow of traffic

Prizes

Careers

Fire truck let kids spray the hose

Why is AHA doing this

Joelle – We are working toward improving the cardiovascular health of all Americans by 20 percent, and reducing deaths from cardiovascular diseases and stroke by 20 percent, all by the year 2020. We're also the nation's leader in CPR education training. As CPR starts to become a graduation

requirement for public schools across the nation, we want to ensure that we provide ourselves as a resource for school districts as they navigate how to meet this new legislative requirement. Our CPR in Schools Managers serve as advisors to school district administrators throughout the nation to ensure they have an understanding of their respective legislative requirements, to help them develop and an implementation plan, and to assist in funding sourcing if needed. We want to partner with schools to help them create the next generation of lifesavers.

Discuss the grant

Joelle – Pasadena High School was one of 350 grantees across the nation who received two CPR in Schools Training Kits courtesy of our national CPR in Schools sponsor, Ross Stores. The Ross CPR in Schools Grant was a competitive grant for public high schools with 50%+ of their students eligible for free and reduced-price lunch. Each school was required to train at least 200 students, or one full grade level of students (whichever number was smaller). For those of you participating in the Ross grant, don't forget to submit your data by April 15th! If your school is in need of CPR materials or implementation advice, please email CPRinSchools@heart.org to be connected to your local CPR in Schools Manager

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Listener feedback:

Contact

Resources: [Entire folder I use to plan](#)

Download or make a copy of it in your google drive so you can edit and delete what you don't want

Partner:

School Health - sportshealth.com/smb

April: Frio -

May: LifePod

**Official Hydration Equipment of the Sports
Medicine Broadcast**

Frio Hydration - email

**GetFrio@friohydration.com to receive half off
graphics on your new hydration unit.**

Shout out to some specific people who support us

- [Sports Medicine Update](#) - **Memorial Hermann**
- **SPATS** - join us live for CEUs on the beach

Contact US:

via our website:

www.sportsmedicinebroadcast.com

Watch live almost every Wednesday on our website

and join in the conversation by following the links

Follow us on twitter: @PHSSportsMed

For Jeremy, ____ that's a wrap

TWEETS: