

FOURTH SECTION

The Referee announces: "The Patients Are Not Breathing."

1. "Operators" – on this command Nos.4 and 5 shall remain or kneel at attention and observing No.1.

2. "Ready" – on this command No.5 (the Rescue Breathing operator,) shall prepare to deliver Rescue Breathing using the mouth to mouth resuscitation method. No.5 shall look down and lean forward, and shall place the palm of his left hand across the top of No.1's head. He shall then grip the jaw with his right hand by placing the knuckle of the middle finger under the point of the chin, the thumb along the front of the lower lip and the point of the chin and the index finger along the bony part of the jaw. The middle, ring and small fingers are curled in towards the palm of the hand and the index finger and thumb must be placed in such a way as to keep No.1's mouth slightly open. All fingers must be kept clear of No.1's throat. (This right hand grip is known as the pistol grip). No.5, using both hands, shall then ensure that No.1's head is in a position of backward head tilt and then, maintaining the pistol grip with his right hand, shall be positioned ready to seal No.1's nose by utilising the thumb and index finger of his left hand. No.5 shall then place his chin over and about 25mm from No.1's mouth and await the command to commence resuscitation. No. 5 may rest his left forearm on the sand to maintain his balance if necessary.



3. At the same time, No.4 (ECC operator), looking down shall immediately take up a position for ECC. He shall locate the lower end of No.1's sternum by feeling No.1's bottom ribs with the fingers of both hands and follow the ribs to where they meet at the mid-line. Without lifting his right hand, he shall then place his left-hand index finger on that point.

4. No.4 shall then position his right hand just touching his index finger with the heel of the hand on the mid-line of No.1's sternum, the fingers together, pointing straight across the chest, and not resting on No.1's chest.

5. No.4 shall then grip his right wrist with the left hand and assume a position for E.C.C. by moving his knees and body to enable the left arm to apply a perpendicular pressure to No.1's sternum. In order to achieve this pressure correctly the right arm shall be slightly bent at the elbow.



6. On the command "Commence", No.5 shall pinch No.1's nose and deliver two breaths of Rescue Breathing. During the inflation sequence No.1's mouth shall be slightly open with the nose sealed. The two inflations are delivered over a period of approximately four seconds.

7. No.5 shall not turn his head after the first breath of each cycle but shall have his eyes looking towards No.1's chest to observe, to the best of his ability, the rise and fall of No.1's chest or abdomen. After the first breath and before the second breath No.5 shall relax pressure on No.1's nostrils.



8. After delivering the second breath No.5 shall:
 - a) Turn his head towards No.1's chest and place his ear about 25mm away from No.1's mouth to listen for air being expired from the lungs and to the best of his ability, observe the rise and fall of No.1's chest or abdomen and the actions of No.4.
 - b) Relax pressure on No.1's nostrils.

Note: Should water encroach near No.1, it shall be the duty of No.5 to elevate No.1's head above the water.

9. Immediately after the delivery of the second breath of the first cycle by No 5, No.4 shall then commence the simulated delivery of 30 compressions counting aloud commencing with "1" then "5, 10, 15, 20, 25, 30" over an approximate 20 second period in an endeavour to achieve a constant minimum rate of five (5) cycles over a 2 minute period synchronised with No.5 (Rescue Breathing Operator).

Note: One complete CPR cycle is two (2) breaths immediately followed by an ECC count of 30. Each complete cycle is to take approximately 24 seconds with an optimum minimum of 5 cycles taking 2 minutes.

10. After No.4 has delivered the 20th compression count No.5 shall turn his head back towards No.1's mouth and await the 30th count before delivering the second cycle of Rescue Breathing.
11. No.4 shall wait until the two inflations of the next cycle are delivered before commencing the next count of 30 and so on.
12. The CPR operation shall be timed for a period of two (2) minutes by the Referee and shall then declare: "Operators Halt".
13. Upon receiving this command No.4 shall cease ECC and shall kneel at attention, observe No.1 and await the declaration by No.5. No.5 shall cease Rescue Breathing and then observing No.1's chest No.5 shall declare "Breathing Present". No.5 shall then alter his support of No.1's head by placing his left hand on top of No.1's head and leaving the right hand on No.1's chin, maintaining the pistol grip.
14. No.5 shall maintain No.1's head at backward head tilt throughout the whole operation until the recovery position. When in the recovery position No.1's head is to be maintained in line with No.1's spine with the head turned for drainage.



15. After the "Breathing Present" declaration by No.5, No.4 may then move or shuffle down so that he puts his left hand under No.1's right knee and raises the leg so that the knee is in the air.
16. No.4 shall then change the grip of his left hand from under the knee to on top of the knee. No. 1 shall then place No. 1's right forearm across No.1's chest using a thumb in or thumb out grip on No. 1's right wrist.



17.No.4 shall then place his right hand on No.1's shoulder and his left hand on No.1's right knee and roll No.1 on to his side.



18. With his left hand, No.4 shall grasp No.1's right ankle and adjust the right knee making the leg clear of and parallel to No.1's other leg. No.4 shall then replace his left hand on No.1's hip and with his right hand No.4 shall grasp No.1's right wrist and place No.1's right forearm across No.1's left arm at right angles at the elbow.



19. No.4 shall then return his right hand to No.1's shoulder to support and shall observe No.1's chest and face for continuing signs of life.



20. Nos.4 and 5 shall maintain their relative positions until the command "Re-form".
21. On the command "Re-form" Nos 4, 5, and No.1 shall rise to their feet. No.4 with continuous movement shall step in behind No.1 and steady him by placing his hands, thumbs in, immediately above No.1's elbows and grasping No.1's upper arms for a period of approximately 5 seconds.
22. At the same time, No.5 shall run back to his reel position ready for "Lift Reel".



23. After No.4 has steadied No.1, No.4 and No.1 shall run directly back to their reel positions ready for "Lift Reel".

Note: Re-positioning on the reel shall be attained without excessive deliberate placing or shuffling of the feet.

24. When all the teams are in their reel positions the following commands shall be given by the Referee or Announcer to march the teams off the competition arena:



- a) “Lift Reel” – on this command the reel is lifted by Nos.2, 3, 4 and 5.
- b) “By the Centre Quick March” – the team marches off and when near the water’s edge the command “Into Column – Right wheel” is given.



25. Judging of the competition shall conclude on the command “Right Wheel”.

Note: Teams are required to continue their exit from the arena in an orderly manner.

	5 Person Fourth Section Error Schedule	Points
A	No.5 not attempting to ensure backward head tilt.	5
B	No.4 not attempting to locate the correct hand position for ECC.	5
C	No.5 not attempting to seal the nose during inflations.	5
D	Less than 4 complete CPR cycles.	5
E	Not attempting Rescue Breathing.	5
F	Not attempting to place the No.1 into recovery position.	5
1	Failure to obtain and maintain backward head tilt including hand positions.	2
2	Failure to correctly locate positions for ECC. including hand positions	1
3	Failure to count ECC aloud.	1
4	Failure to maintain a consistent rate of CPR	1
5	Failure to correctly seal nose during inflations.	2
6	Incorrect method of Rescue Breathing (i.e. mouth to nose method)	2
7	Incorrect Rescue Breathing technique	1
8	Incorrect arm positions during resuscitation by No.4.	1
9(a)	Less than 4 complete CPR cycles and 2 rescue breaths	2
9(b)	4 complete CPR cycles plus 2 breaths of Rescue Breathing to less than 5 complete CPR cycles	1
9(c)	5 complete CPR cycles to less than 6 complete CPR cycles	nil
9(d)	6 complete CPR cycles to less than 7 complete CPR cycles	1
9(e)	7 complete CPR cycles or more	2
10	Not declaring assessment.	1
11	Incorrect method of placing No.1 in recovery position.	1
12	Incorrect recovery position.	1
13	Careless handling of No.1 (each occasion).	1
14	Incorrect method of reform by Nos.5, 4 & 1.	1
15	Incorrect arrival at reel positions by Nos.5, 4, & 1.	1
16	Failure to lift reel correctly.	1
17	Incorrect marching.	1
18	Incorrect covering by No.1 on reel axle.	1
19	Reel not reasonably level.	1
20	Dropped belt or rescue tube (each unit).	1