

### Team Dynamics – High Performance Team Activity

Assign students into groups of three or four. For small classes, bring in extra people and/or instructors to fill in any roles as needed. For larger class, try to make groups of four to help run stopwatches for each group. Here are the initial roles to begin with, these roles will change every two minutes.

Rescuer 1 – Assess the scene and patient, then begins high quality CPR

Rescuer 2 – Delivers breaths with the bag mask

Rescuer 3 – Operates the AED

Rescuer 4 – Timer (this is sometimes done by the instructor for small classes) Each group will need a stop watch. They will help encourage their team while gathering how much time their team spends doing compressions. They will start their stopwatch when compressions are going, and will stop it when compressions stop. NEVER hit clear. Also, they will NOT rotate in. They will remain the timer for the duration of the activity.

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Once roles have been assigned, review how this activity will work. When you are ready to begin, read the scenario in the lesson plans at the top of page 20.

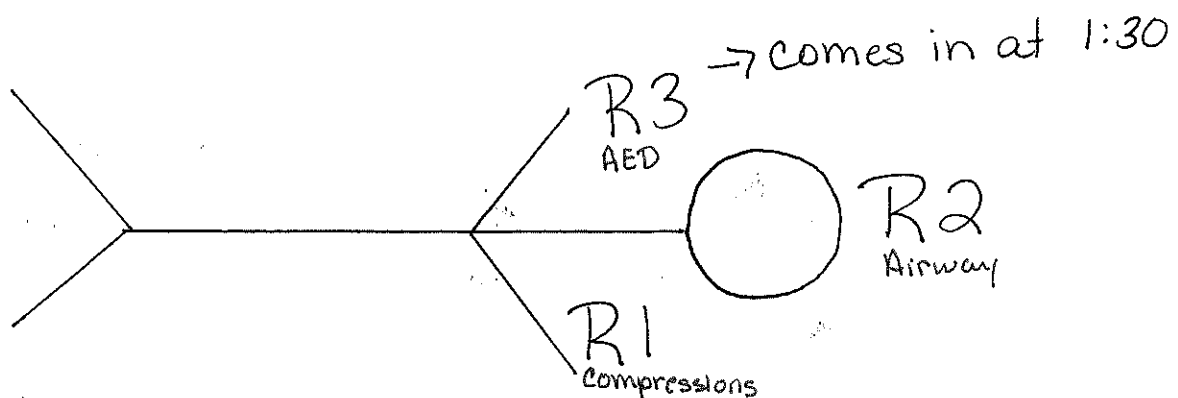
#### **Begin Activity**

*Instructor: You will have a separate timer to record the total time. It will run continuously. Hit the start button as soon as rescuer 1 begins with the assessment.*

Rescuer 1 – Starts with scene safety, assesses patient, begins compressions

Rescuer 2 – Applies bag mask to be ready for breaths. Every set of 30 compressions, they will deliver 2 breaths.

Rescuer 3 – Will arrive on the scene when the total time reaches 1:30. They will turn it on, follow prompts, and will work around the compressions. When the AED states “stand clear”, they will clear their team and will take over compressions after the shock is delivered.



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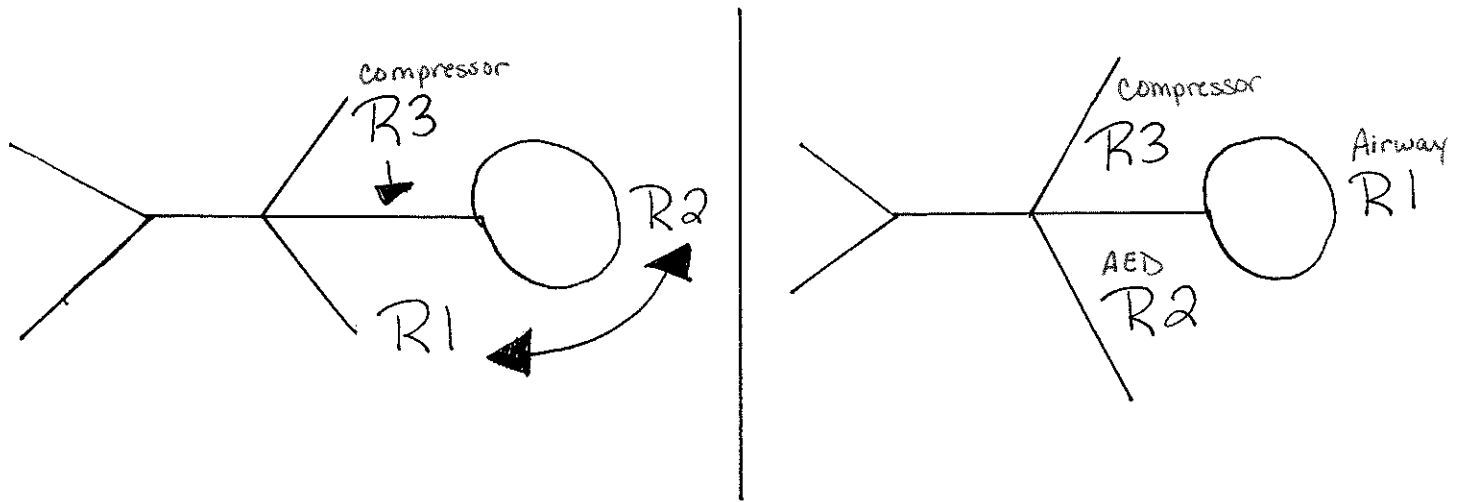
**1<sup>st</sup> rotation:**

As rescuer 3 resumes compressions, rescuers 1 and 2 switch with each other.

Rescuer 3 – Will do compressions until the AED re-analyzes in two minutes.

Rescuer 1 – Delivers breaths with the bag mask after every set of 30 compressions.

Rescuer 2 – Will encourage the compressor and listen for the AED to come back on. When the AED comes back on to re-analyzes, they will clear their team and follow the AED instructions. They will take over compression after the AED advises.



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**2<sup>nd</sup> Rotation:**

As rescuer 2 begins compressions, rescuer 3 and 1 switch with each other.

Rescuer 2 – Will do compressions until the AED re-analyzes in two minutes.

Rescuer 3 – Delivers breaths with the bag mask after every set of 30 compressions.

Rescuer 1 - Will encourage the compressor and listen for the AED to come back on. When the AED comes back on to re-analyzes, they will clear their team and follow the AED instructions. They will take over compression after the AED advises.

As rescuer 1 begins compressions, rescuer 2 and 3 switch with each other.

