

# Accelerated HeartCode BLS Competency Agenda With High-Performance Teams Activity

3 Students, 1 BLS Instructor

Student-instructor ratio 3:1; student-manikin ratio 3:1

Total time: approximately 70 minutes

8:00-8:05	<b>Lesson 1: Course Introduction</b>
8:05-8:25	<b>Lesson 2: 1-Rescuer Adult BLS</b> Part I: 1-Rescuer Adult BLS Practice Part II: AED Practice Part III: Adult CPR and AED Skills Test
8:25-8:30	<b>Lesson 3: 2-Rescuer Child CPR</b> Part I: 2-Rescuer Child CPR Practice
8:30-8:45	<b>Lesson 4: High-Performance Teams Activity</b>
8:45-9:05	<b>Lesson 5: Infant BLS</b> Part I: Infant Compressions (1-Rescuer) Part II: 2-Rescuer Infant CPR Practice Part III: Infant CPR Skills Test
9:05-9:10	<b>Lesson 6: Conclusion</b>