

CPR World Record attempt

Rules and Information

Thank you for volunteering to be part of our exciting CPR World Record attempt! Below you'll find details about what you need to take part, what you need to consider in preparation, the rules and regulations for the attempt, and what you need to do and submit to us after the event.

People

We recommend that you form a multidisciplinary organising committee of staff from across your department which could include consultants, junior doctors, nurses, managers and admin staff. Please do remember to inform your communications team about what you are doing as they may be able to help support you.

For the event itself you will need at least:

- 1 training leader
- 2 witnesses/counters (must not be affiliated with the attempt)
- 2 timekeepers with stopwatches
- 1 steward (per 50 participants)
- 1 photographer
- 1 person to film the record
- 25 participants

Equipment

- 1 CPR mannequin (per 10 participants)
- 2 stopwatches (can be on watch or phone)
- Camera or camera phone
- Video camera or phone with enough memory to film the entire attempt
- Click counter (either physical or you can use [a phone app](#))
- Starting whistle/bell/horn (feel free to use your phone alarm) to signal the start of the attempt
- A room in a public venue (e.g. hospital, school) large enough to hold your team and all participants.

Before your event

Please send us the completed event information form so we can make sure your event is following official guidelines and approve it.

If you do not submit this fully completed form we cannot count your attempt.

When submitting, please bear in mind the following.

- Participant numbers must be accurately counted and confirmed using an approved method. Specific measures to ensure participants are not counted twice must also be outlined.

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- Participants must be counted individually by an efficient, accurate method upon entering the venue. Stewards' individual counts of their sections does NOT constitute an acceptable counting method for the record total, and is meant only to ensure full participation by all those involved in each of their individual sections.
- We recommend use of clickers or the phone app '[Click Counter](#)' - two counters at each entrance in order to obtain maximum accuracy. These must be operated by independent individuals with no interest or affiliation in the attempt. If you wish to use another method such as wristbands, barcodes or tickets please let us know.
- All venue layouts with entrances and exits marked must be submitted. If you expect more than 50 participants, steward sections should be marked as each steward cannot be responsible for more than 50 participants.

Other considerations

We recommend that you perform a full risk assessment, and insure that you have appropriate insurance in place to cover any potential claims.

You should ensure that all participants are aware that they will be filmed and have their consent. Media may be used by Guinness World Records for promotional purposes at a later date.

It is worth thinking about whether you want to invite people in advance to participate or just have them turn up on the day – it may be easier for you to have an advanced 'guestlist'.

Please also bear in mind the evidence we need you to submit after your attempt, which can be found at the end of this document.

Overall event rules

- The event must take place in a public place but within a separate area dedicated to the event with entrances and exits clearly marked and controlled (a room in your hospital large enough to hold everyone is fine),
- The attempt must start promptly at 09:09am on 9 October 2017 – it will be synchronised with attempts at other venues.
- A clear, recognisable start and finish signal recognised by all participants must be used (an alarm or whistle).
- A minimum of 25 successful participants are required in order to count towards the final total. Participants leaving before their turn is over must be counted accurately and deducted from the final total.
- Measures must be taken to ensure participants are not counted twice.
- Stewards must monitor the correct administration of the event and impartial witnesses must observe the entire attempt. More details of job roles are further below.

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Rules for actual CPR training session

- The person leading each training session must be a qualified medical professional.
- Each participant must have the opportunity to practice the skills on a mannequin during the lesson. Mannequins can be shared by groups of up to 10 people.
- The standard of 30 cardiac compressions to 2 lung inflations is to be adhered to throughout the event.
- The CPR taught at the lesson must be in line with current guidelines from the Resuscitation Council (UK).
- Pupils taught must remain the same throughout the lesson - if one drops out, they will not be counted.
- You can have more than one qualified instructor leading different groups of people at the same location. These instructors cannot be witnesses but are counted in the final record total.
- All participants should be taught the same topics simultaneously, thus all participants should be able to either see instructors or follow their movements on a video screen.
- The lesson must last a minimum of 30 minutes. A loud start and finish signal recognised by all participants must be used. Two experienced timekeepers (e.g. from a local athletics club) must time the attempt with stopwatches accurate to 0.01 seconds.

Role of Stewards

- For every 50 participants, there must be one designated steward.
- Stewards must not come from the organisation holding the record attempt (RCEM).
- Each steward must be allocated a specific group of participants who are to be positioned in a clearly delineated area assigned to that steward. This can be done using coloured clothing, or by using a clearly marked area.
- Each steward must supervise their group during the attempt to ensure full participation and monitor if anybody in their group leaves the area.
- The steward must note any participants who need to be disqualified from the final total either for non-participation or for leaving the allocated area before completion of training.
- If the total number of disqualified participants at a venue exceeds 10% of that venue's final total, that venue and all of its participants will be discounted from the final total.
- Stewards must complete the steward statement template.

Role of Witnesses

- Your event must have at least two independent witnesses.
- The witnesses must personally perform the count of participants and directly observe the attempt.
- The witnesses must perform spot checks during the attempts to ensure the rules above are adhered to.
- Witnesses must complete the witness statement template.

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Role of Timekeepers

- Two time keepers with stopwatches accurate to 0.01 seconds must commence timing of the event beginning at precisely 09.09am on 09 October 2017.
- They must announce the start and finish of the attempt using a signal (whistle/bell/alarm).
- Timekeepers must have previous experience of time keeping (amateur referee, PE teacher etc)
- Witnesses can also act as timekeepers but must explain how they accurately kept the time during the world record attempt.
- Timekeepers must provide a written statement including their full name, contact details, details of their experience, date/location/nature of record attempt, details of how time was measured and the exact timing of the event.

After the event

All verifying documentation and witness statements must be sent to RCEM – we will then collate all attempt information and send a complete claim to Guinness World Records. Please send us ALL of the below:

- Two independent witness statements confirming that the rules above have been adhered to and must explicitly state the exact and final figure of the total participants taking into account any participants whom the stewards deducted from the total. Statements must describe the counting process and overall attempt in details, including the local time that the attempt started and finished.
- Steward statements verifying the exact number of people successfully completing the activity that is the subject of the record attempt.
- Photos of your attempt taking place capturing the details provided by the independent witnesses. The photographic evidence must include an aerial photo of the crowd or a photo showing the entire group. Photos should include shots of before, during and after the event.
- Video evidence of the entire record attempt from start to finish that helps to confirm the measurement achieved, that the guidelines have been adhered to and verify the details provided by the independent witnesses. In addition, all entrances and exits must be monitored on video and the counting process must be clearly visible in the video too. It is recommended that you include a brief introduction at the start, including names and the organisation taking part. It is also helpful to mark any significant moments in your video (please include a written note of time/details of interest).
- If your event generates media coverage, please feel free to include any articles as part of your submission. This is not compulsory and is not a substitute for the above evidence.

Please send scanned copies of your documents via email or via the [WeTransfer](#) service (for media files) to communications@rcem.ac.uk.

Further information

If you have any queries or would like any additional information please contact RCEM via communications@rcem.ac.uk or call 0207 067 1999.