



Checklist for Restart a Heart Day

Schools can follow this handy checklist to ensure the face-to-face training runs as smoothly as possible:

- Ensure you have sufficient manikins/CPR training aids (one per pupil). If these need inflating, please do so before our arrival on the day.
- Make sure that the training room is clear of tables and chairs as a clear large space is required to accommodate the students.
- Ensure there is a streaming device, screen and speakers in the training room. The majority of the lesson is delivered via a training video with our volunteers there to coach the practical elements of the day.
- Our volunteers are giving up their time for free to teach at your school. It would be greatly appreciated if you could provide refreshments and lunch for them.
- Take as many pictures as possible on the day. You can share your pictures with us after the event by emailing yas.restartaheart@nhs.uk
- Our staff are told whether you indicated if we could take photos at your school when you registered. If you would rather staff didn't take photos of the training at your school, or of a particular pupil/s, please inform them on the day to prevent any confusion.
- If possible, please promote the event on social media throughout the day. If you post any pictures or updates please tag @YorksAmbulance (Twitter), @Yorkshireambulance (Facebook), yorksambulance (Instagram) and use the #restartaheart and #worldrestartaheart. It would be great if you could also tag the YAS Charity (@yas_charity) which sponsors the event! We will email you social media graphics that you can also use.
- Ensure that your staff are briefed about their involvement. When you registered, you were asked to supply staff to support our volunteers for two reasons, primarily for any behavioural issues but also to supervise groups of students performing CPR.
- Brief refresher training can be provided to your staff before the day if required.
- Any certificates provided for the day are not certificates of competency. They are to acknowledge participation in the day.
- You stated on the registration form whether you would accept external visitors on the day as sometimes an MP or member of the Lieutenancy (the King's representative in each county) expresses an interest in attending their local school. This will be confirmed prior to the event and any necessary protocol will be circulated.
- Keep a record of the number of students taught at your school on Restart a Heart Day and email this figure to yas.restartaheart@nhs.net

