



Did you know that only half of Australians know how to perform cardiopulmonary resuscitation (CPR)!

Greg Page, the original yellow Wiggle, had a cardiac arrest and received lifesaving CPR!

The Australian Resuscitation Council needs your help to achieve our goal to have ALL Australians know how to respond to someone who has had a cardiac arrest.

This year we are running a competition in which you will not only learn but also teach CPR!

To enter you need to complete these easy steps:

- 1. Register and attend** Greg Page's online [Heart of Neighbourhood CPR training class](#) on the 19th of September at 7pm AEST and help set a world record!
- 2. Download and view** the ANZCOR Kids Save Lives app. <https://resus.org.au/kids-save-lives/>
- 3. Get creative** and make a fun 60-second video that could be used to teach your family, your class, your school...basically anyone....how to correctly perform CPR including the key messages in the box below. Individual and team entries are welcome.
- 4. Use your video to teach others and log** how many people you teach. Remember to respect your local social distancing rules and ask your parents or legal guardian before uploading videos to social media (hash tags #ARC_CPRComp #WorldRestartAHeart).
- 5. To go into the running to win a \$500 sports store voucher** ask your parent or legal guardian to read the T&Cs and upload your 60-second video to this [link](#) between September 20th and October 3rd 2020. We will send all entrants a link to log how many people you taught before 12pm October 16th.
- 6. Check out the** Australian Resuscitation Council's (ARC) Facebook page at 5pm AEST on Restart-a-Heart day October 16th to see how many people you helped train and watch Greg Page announce and show the winning entries. All entries will receive a Certificate of Participation from the ARC.

One Simple Step To Save Lives

I'm keeping the Heart of our Neighbourhood beating by attending a FREE virtual CPR and AED class with former Wiggle Greg Page and his celebrity friends.

Help me save lives in our neighbourhood by registering now.



nextdoor



nextdoor.com.au/heartoftheneighbourhood

*To be eligible the videos must cover these **Key Messages:**

- The ARC and World Restart a Heart Day mottos: "any attempt at resuscitation is better than no attempt" and "your two hands can save a life"
- how to identify if someone is in cardiac arrest (unresponsive and not breathing normally)
- calling for help (ring 000 in Australia)
- start chest compressions by pushing "hard and fast" (rate of 100/minute) until the ambulance arrives

To enter:

To enter the Australian Resuscitation Council's Community Video competition you will need to complete an online entry form and upload a 60-second video (maximum duration 60 seconds and <100MB) that will encourage and show the community how to provide CPR.

*To be eligible the videos must cover these key messages:

- The ARC and World Restart a Heart Day mottos: "any attempt at resuscitation is better than no attempt" and "your two hands can save a life"
- how to identify if someone is in cardiac arrest (unresponsive and not breathing normally)
- calling for help (ring 000 in Australia)
- start chest compressions by pushing "hard and fast" (rate of 100/minute) until the ambulance arrives

Each entry must also:

- Be submitted online with all entry form questions answered here:
https://monash.az1.qualtrics.com/jfe/form/SV_9tqxMilCbf5as2F
- Be submitted by a parent or legal guardian of at least one child in the video.
- The adult completing the form must confirm a parent or legal guardian of all children in the video are aware of their child's participation in the video.

The winners will be announced on the Australian Resuscitation Council's Facebook page 5pm on Restart-a-Heart day October 16th 2020.

Videos will be judged by representatives from the Australian Resuscitation Council.

Competition opens: September 20th 2020

Last day to upload videos: October 3rd 2020

Log numbers trained before: 12pm October 16th

Prizes announced: 5pm October 16th 2020

Terms and conditions

1. To enter the Competition, you must be Australian resident and a parent or legal guardian of at least one child in the video must submit a fully completed and signed official entry form.
2. There is no fee to enter the Competition but costs incurred in preparation of the Entry are the responsibility of the entrant.
3. Entries to the Competition will be accepted between September 20th and 5pm AEST on October 3rd 2020.
4. No responsibility is accepted by the Australian Resuscitation Council (ARC) for late, lost or misdirected entries.
5. Submission of an entry to the competition is deemed to be an acceptance of these Terms and Conditions.
6. One adult person must be nominated as the representative for each entry submitted for the competition entrant. There is no limit on the number of entries an entrant may submit to the competition. The entrant is responsible for ensuring that these Terms and Conditions and all other legal requirements in relation to the Competition are met.
7. All entries must be original work.
8. Any entrant wishing to withdraw from the Competition at any time must inform the ARC of their intention to do so no later than October 14th 2020.
9. The intellectual property of the video (including copyright) resides with the maker of the video, but as a condition of being selected as one of the winners, each finalist will be required to allow the ARC to promote their video entry (without any expectation of additional royalties or rewards).
10. The judges' decision is final and no correspondence shall be entered into.
11. Entrants are responsible for obtaining all necessary licences, consents and approvals including those in relation to any third party material that appears in their video (including without limitation any music, voice-overs, footage or other copyright material).
12. Four Winners will receive a prize of a \$500 voucher to a sporting goods store. Team and individual entries will be judged separately.
13. Submitted videos may be used by Monash University researchers who are members of the ARC for research purposes (e.g. to examine the phrases and terms used by children to describe CPR). Videos will not be used in subsequent publications or presentations by researchers.