

# “Drop the Dummy” Training Drill Instructions

## Planning the Drill

### When:

Each Coach should conduct a drill once per year per sport. Do not tell the athletes exactly when you will do the drill.

### Who:

The drill will involve:

- Your student responder teams
- Your Athletic Administrator and/or your Athletic Trainer
- An objective observer to “drop the dummy” and fill out the Drill Report Card

### Materials required:

- Manikin with a T-shirt
- AED trainer
- Telephone (unconnected)
- First aid kit
- Real AED in its usual location
- Drill Report Card

## Conducting the Drill

1. Have the objective observer place the manikin on the floor in a visible location sometime during your practice. That person can shout, “Someone has collapsed and they’re not breathing. We need help.”
2. Enlist your response team with the agreed-upon phrase.
3. Your observer will fill out the Drill Report Card, recording the times at which each event occurs.
4. When the real AED arrives, the observer gives them the AED trainer to use, and encourages the Rescuer to carry on as if this were a real cardiac arrest.

## After the Drill

Congratulate everyone and then take a few minutes to go over the Drill Report Card together, checking the times for each action.

1. Ask everyone how they felt about the drill and discuss any concerns.
2. Evaluate the Drill Report Card and see if there are any action steps that need to be taken. Were there any communication problems?
3. If the drill indicates any needed changes, discuss these with your response team and Athletic Administrator, make the changes and communicate them clearly to your team, then plan to have another drill that same season to test the new plan.