

# Training Memo: Optional Instructional Changes during COVID-19 Outbreak



## CPR & Emergency Cardiovascular Care

<b>Date of Release</b>	<p>UPDATED July 1, 2020</p> <p><i>NOTE: This AHA Training Memo supersedes the April 30, 2020, Training Memo regarding optional instructional changes during COVID-19.</i></p> <p><i>Updates include amendments to breaths practice and to the timeline for following these additional precautions during training.</i></p>
<b>Purpose</b>	<p>To minimize the risk of COVID-19 transmission during AHA CPR courses. To provide additional flexibility, as needed, to the American Heart Association's Training Centers (TCs) and instructors for training during heightened precautions for COVID-19. This applies to U.S.-based TCs as well as international TCs.</p>
<b>Background</b>	<p>The outbreak of COVID-19 has generated questions and concerns about potential exposure during CPR training. The AHA advises all AHA TCs and Instructors to follow the existing recommendations outlined on the <a href="#">World Health Organization (WHO) website</a>, and in the U.S., refer to the <a href="#">Centers for Disease Control and Prevention (CDC)</a> recommendations, as well as the proposals and suggestions of national public health authorities, which will have the most up to date facts and will provide information on basic protective measures against COVID-19. The AHA's chief concern is the health and safety of the AHA Training Network and those being trained, and we are continuously monitoring all the latest developments of the outbreak worldwide. The best protection from infection from COVID-19 is to follow recommended procedures.</p>

**General Information**

AHA TCs are responsible for following the instructions from their local government or public health authority as it relates to actions around COVID-19. In accordance with the guidelines released by local government, the leadership of the TC should use discretion to evaluate the risk of disease transmission in their area before organizing any training events and take necessary precautions to avoid transmission.

**Recommendations:**

If you are in an affected area, or have concerns about disease transmission, you are required to make the following adjustments to course management:

- Follow suggestions of the national public health as well as state and local authorities concerning closures and public gatherings
- Follow the WHO updated recommendations for international travel and health especially in affected areas
- Follow the AHA recommendations for equipment decontamination during CPR training with the following additional requirements:
  - o All participants should practice good hygiene, including handwashing with soap and water for at least 20 seconds before and after the course, and before and after snack or meal breaks
  - o Instructors should decontaminate the manikins after each student practices or tests on the manikin using an alcohol-based solution per CDC recommendations
  - o During AHA courses where mouth-to-mouth or mouth-to-mask breaths are practiced, providers should be allowed to give simulated breaths. Course participants should demonstrate the actions of placing the mask or other barrier device over the mouth and nose of the manikin, opening the airway manually, then simulate giving breaths without contacting the barrier device or manikin with their mouth.
  - o Bag masks should be used when practicing two-rescuer skills, and participants should wear gloves and clean bag masks between practices with an alcohol-based solution per CDC recommendations
  - o When possible, manikins should be spaced apart at least 3 feet (1 meter) during training, based on [WHO guidance on social distancing](#)

These additional precautions should be practiced until further notice by the AHA. Please continue to check your email and notifications placed on the [COVID-19 CPR and Resuscitation Resources webpage](#) regularly for possible updates to AHA training policies.