

POLE TOP RESCUE COMPETITION

SEPTEMBER 29 – OCTOBER 1, 2026 - TACOMA

Registration / Judging / Scoring Guidelines

POLE TOP PRELIMINARY & FINALS COMPETITION INFO

Team Registration and preliminary competition will be at the Tacoma Power SW Training Center.

Registration, Orientation & Time Slot Drawing:

During orientation, there will be a discussion about the flow factor on the Resusci Anne being used in competition.

Preliminary Competition:

- The four top scoring teams will move on to compete in the final round competition.
- An area where all competing teams can store their gear will be designated and announced.
- A BBQ lunch will be provided on-site.

Championship Finals:

- The four top scoring teams will be decided following the preliminary competition and announced during the conference opening ceremony, prior to the keynote speaker.
- The final winning team will be announced and prizes will be awarded at the [Governor's Industrial Safety & Health Conference](#) luncheon on Thursday, October 1st from 11:30 to 1:00 at the Greater Tacoma Convention Center.
- There will be additional prizes awarded for a 100% CPR tape.

JUDGING

Three (3) judges will score each team.

Judges will receive an orientation prior to the beginning of the competition for purposes of establishing consistency in the judging process. Judges will be required to serve in both the preliminary and final competitions.

The Pole Top Committee has a CPR Instructor who will be responsible for interpreting the CPR and will assist the three judges in scoring the first aid / CPR portion of the competition. The CPR format utilized is the same established by the American Heart Association in 2010.

PLEASE NOTE:

- **The foreman is not a judge and therefore all communication with the foreman shall be audible enough for judges to hear. The judges are not part of your rescue team when asking for assistance.**
- **If you have been a past Pole Top Rescue judge at the State Competition, you are no longer eligible to participate in the Pole Top Competition as a competitor or team member.**
- **A team cannot consist of 2 apprentices.**

SCORING DETERMINATION FACTORS

Competition Categories:

See attached score sheet for competition categories. The scoring range for each requirement is 0 to 7 points. The average is 4 points. Scoring judges can assign greater than average points when they are earned, and can assign fewer than average points when necessary. A possible of 126 points can be earned from the competition categories.

Time

For the preliminary competition, the number of teams entered will determine additional points. For example: if ten (10) teams are entered, the fastest team will receive 10 points, second fastest will receive 9 points, etc.

For the final competition, 12 additional points will be awarded to the team with the fastest time, 9 to the second, 6 to the third, and 3 to the fourth.

A team will be disqualified if their rescue time exceeds the average time of all competing teams, plus two minutes.

CPR

There are a possible 100 points which can be earned in the CPR competition.

There will be a knife awarded for each team that earned 100% on their CPR tape.

RULES

On the Pole:

- Precautionary measures must be taken at all times by both the ground man and linemen to protect themselves from potential injury they could incur while performing their required functions in the rescue of the victim.
- Timing will start with the word "GO" and stop when CPR is started.
- The lineman or hot apprentice must remain belted off at all times during the rescue.
- Tools, materials, or hot sticks shall not be thrown or dropped under any circumstances.
- All regulatory safety rules must be observed when working or when moving primary or secondary conductors, hardware, or equipment. This includes a victim energized at line voltage. Illegal contact may result in team disqualification.
- Once the victim has been cleared, the lineman will check the level of consciousness of the victim, prior to rigging. The mannequin must be secured with three half hitches.

On the Ground

- The groundman will check for breathing for a minimum of 5 seconds, administer two (2) breaths, and perform five (5) cycles of CPR. A pulse check is not required.
- The lineman will climb down the pole, treat for shock, and monitor the delivery of his partner's CPR.
- After the groundman has completed five (5) cycles of CPR, the lineman will check for breathing for five (5) seconds. Finding no breathing, he will give two (2) breaths, and resume CPR. The groundman will monitor the victim during this process. Upon completion of five (5) cycles of CPR, the lineman will end by giving two (2) breaths.

NOTE: RESCUE BREATHING BARRIERS AND GLOVES ARE MANDATORY.
Teams must furnish their own and be proficient in the use of the type of barrier selected.

The pole top committee will furnish the handline, hotsticks, and a Buckingham Buck Squeeze cutaway scare strap for the preliminaries and finals. Teams will be required to use the handline and hot sticks furnished. No special rigging will be allowed.

FINAL SCORE

The final score will be calculated by adding the points for the rescue plus the average CPR points for each judge. All three (3) score sheets will be added together and the additional points for time will be added one (1) time. This will determine the final score.

Example

	<u>Judge 1</u>	<u>Judge 2</u>	<u>Judge 3</u>	<u>Total</u>
Rescue	102	97	105	304
CPR	86	86	86	258
Total	188	183	191	562

Total score 562 + 9 points for time = 571 final score

NOTES:

- All staff assisting with the competition and working within the roped off area(s) will be required to wear hardhats, including video crew and photographers.
- **JUDGES AND COMMITTEE MEMBERS RESERVE THE RIGHT TO HALT ANY RESCUE, AT ANY TIME, IF IT IS DEEMED UNSAFE. THIS ACTION WILL RESULT IN A DISQUALIFICATION.**

JUDGING SCORE SHEET EXAMPLE

Company Name:															
Team Members			Ground:				Pole:								
Competition Categories / 0-7 Performance Point System/ 4 is Average							0	1	2	3	4	5	6	7	
<i>(Check appropriate boxes below to assign performance points to each competition function)</i>															
1. Communication			Notify 911												
Comments:			Oral Communication – Ground												
			Oral Communication – Pole												
2. Climbing Techniques			Ascending Pole												
Comments:			Descending Pole												
3. Handling Victim / Pole			Incidental Electrical Contact												
Comments:			Securing Work Area on Pole												
			Securing Work Area on Ground												
4. Vital Signs / Pole			Tap or Shake and Shout												
Comments:			Communicate Level of Consciousness												
5. Rigging			Rescue Knot / Positioning												
Comments:			Lowering Victim												
			Clearing Victim												
** Hazard Clearing Time:															
Additional Points for Performance on the Pole During Rescue															
Comments: (Judges discretion)															
6. Handling Victim / Ground Comments:			GROUNDMAN	Handling Victim											
				Treat for Shock											
			LINEMAN	Handling Victim											
				Treat for Shock											
7. Vital Signs / CPR Delivery			Tap or Shake and Shout												
Comments:			Check for Normal Breathing												
			Monitoring Victim												
			GROUNDMAN	Performing CPR											
				LINEMAN		Performing CPR									
* Hand Position during CPR															
Additional Points for Performance on the Ground During CPR															
Comments:															
(Total performance points in columns below)															
Actual Competition Time:	CPR Points: (100 Points Possible)	Performance Points: (Total Combined Points of Columns)	Total Competition Points: (Combine CPR and Competition Points)	0	1	2	3	4	5	6	7				

CPR PERFORMANCE TAPE – JUDGING CRITERIA

The following guidelines have been established in order to ensure that all Pole Top Rescue competitors have a clear understanding of how their tape will be scored.

A perfect CPR tape would receive a maximum of 199 points and must consist of:

- Five (5) cycles (2 breaths followed by 30 compressions) of CPR with compression depths between 38-51mm (1.5" – 2") and compression rates between 100-120 comp/min;
- End with two (2) breaths (for a total of 6 breath cycles) where the ventilation rate is 11-17 vent/min(ventilation only);
- Each breath must have an inflation measurement of 0.6 liter to 1.0 liter (600-1000 ml);
- Each compression must fall within the specific depth range and the 30 compressions must be delivered in 17-23 seconds. (see page 6 for example)

If a team member performs more than five (5) cycles of CPR, he will be graded on the first five (5) cycles only. *Please note: a 10-point deduction off your overall score will occur if a team completes more than 6 compression cycles.* Once the team member's individual CPR performance is graded, the two scores will be calculated for the actual team score.

For example, if ground man scores 188 points on his tape and the lineman's score is 186, these scores are added together and divided by 4 to obtain the team score of 93.5 points which would then be rounded up to 94 points.

The tapes will be graded using the following point system:

- Compressions = 1 point each and total 150 points
- Breaths = 2 points each and total 24 points
- Compression timing = 5 points per cycle and total 25 points
- **Any breath, compression or speed in yellow will be a deduction**

For example, if a compression is too shallow, a one (1) point deduction would be applied. If a cycle of two (2) breaths were omitted (perhaps you did not end with 2 breaths), there would be a four (4) point deduction. A cycle of compressions that is delivered in less than 17 seconds or more than 23 seconds would receive a five (5) point deduction - a stiff penalty, but proper timing is important.

Helpful Hints for CPR

- Give breaths slowly and allow the chest to *gently rise*.
- Check for *correct hand position* before each set of compressions.
- Gauge compression depth to no more than 2 inches (*don't muscle the victim*).

*** Treat Resusci Anne as you would a real victim, do NOT over-compress, doing so can damage an expensive piece of equipment and if it were a real person could cause untold internal damage.**

CPR practice session will be done indoors while the crew is setting up the pole scenario.

CPR TAPE EXAMPLE

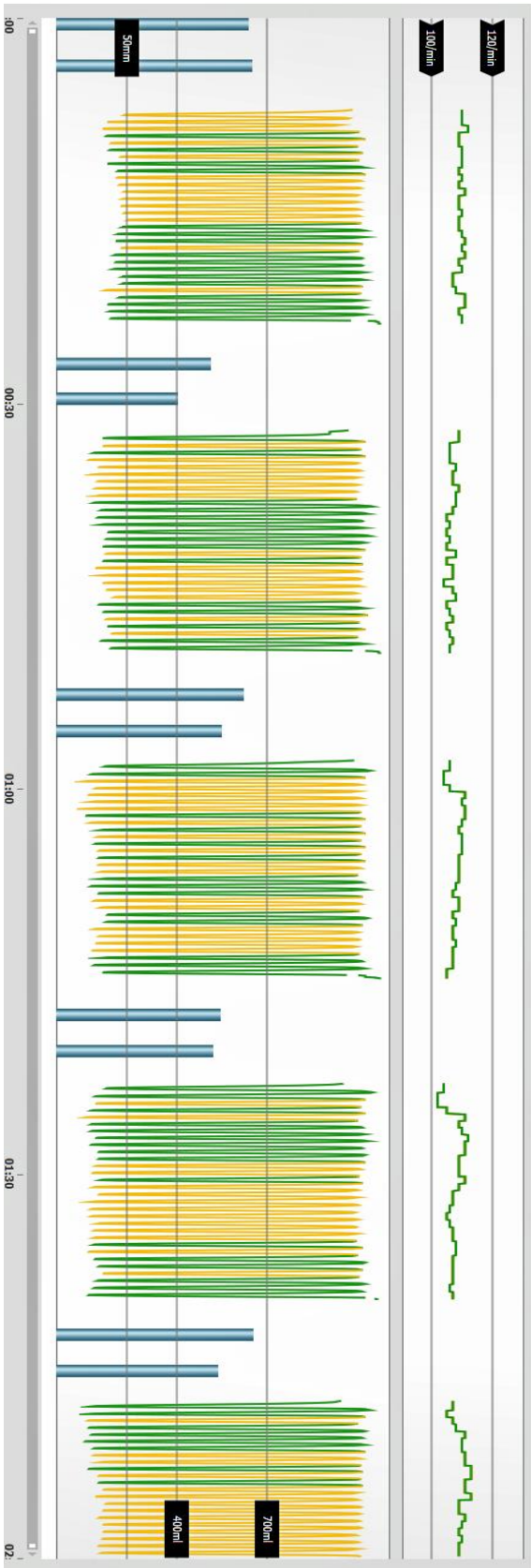
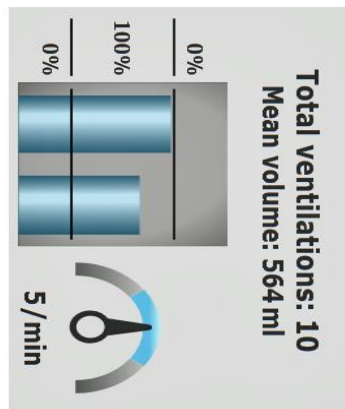
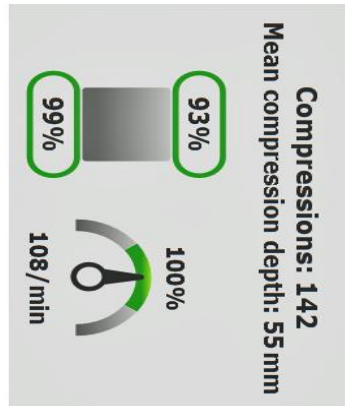
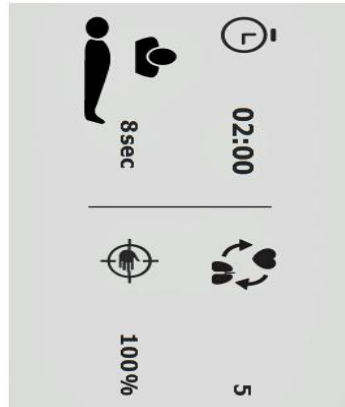
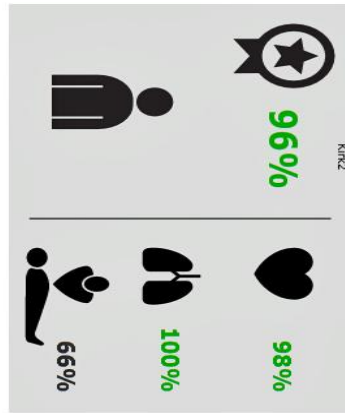
Session Viewer



English



Simulation Information / Event Log / BLS Result



RESCUE KNOT EXAMPLE

(3 HALF-HITCHES WITH 2ND ONE REVERSED)



PRELIMINARY EVENT LOCATION

Tacoma Power Southwest Training Center

[4102 S 74th St, Tacoma, WA, 98409](#)



Directions to **TACOMA CONVENTION CENTER** coming FROM SOUTH on I-5

Take the I-705 NORTH / WA-7 SO. exit (EXIT 133) toward CITY CENTER.
Take the exit on the LEFT toward CITY CENTER.
STAY LEFT and merge onto I-705 NORTH toward CITY CENTER.
TAKE the SO. 15th ST. RAMP toward PACIFIC AVE.
Turn slight LEFT onto SO. 15th ST.
Follow SO. 15th ST. to CONVENTION CENTER on left.
DIRECTIONS to CONVENTION CENTER coming FROM NORTH on I-5.
Merge onto I-705 N via EXIT 133 toward CITY CENTER.
Take the A ST. exit on the LEFT toward WA-509 NO. / CITY CENTER.
Take the SO. 15th ST. ramp toward PACIFIC AVE.
Turn SLIGHT LEFT onto SO. 15th ST.
Follow SO. 15th ST. to CONVENTION CENTER on left.

Directions from **TACOMA CONVENTION CENTER** to **SOUTHWEST TRAINING CENTER**

Start out going EAST on SO. 15th ST. toward COMMERCE ST.
Turn LEFT onto A ST.
Merge onto I-705 SOUTH, STAY IN LEFT LANE
MERGE LEFT onto I-5 SOUTH toward PORTLAND
Take EXIT 129 toward SO. 72nd ST. / SO. 84th ST.
Take the SO. 74th ST. WEST ramp.
Turn RIGHT onto SO. 74th ST.
CONTINUE ON 74th ST. through intersection with So. Tacoma Way
Tacoma Power Southwest Training Center will be on your left

Greater Tacoma Convention & Trade Center
1500 Broadway

Southwest Training Center
4102 So 74th Street



Governor's Industrial Safety & Health Advisory Board
C/o Department of Labor & Industries
Division of Occupational Safety & Health
PO Box 44640, Olympia, WA 98504-4640

Photo/Video/Presentation Release:

This will confirm that I agree to have my image captured on a medium, either by photograph, videotape or other means of capture and reproduction (referred to as photography) by the DOSH Education and Outreach (E&O) Services of the Department of Labor and Industries, and the Governor's Industrial Safety & Health Advisory Board (GISHAB) and that they will own any and all rights in any image of me on any medium.

I permit DOSH E&O/GISHAB to proceed with the photography and I hereby grant, to them and their successors, assigns and licensees, all personal right and objections to any use to be made of me, my name or my personality in connection with the use of said photography containing my image, for any and all radio, television, satellite or other broadcasting purposes and performances thereof, accompanied by any narration and dialogue whatever, and the publicity in connection therewith, any still photograph on any related brochure, pamphlet or other paper media, and /or for any other trade and advertising purposes. I understand that in proceeding with said photography DOSH E&O/GISHAB will do so in full reliance on the foregoing permission and such right will be limited to use in connection with programming or content generally related to the subject matter of the original services and any derivatives of such services.

I have read and fully understand the contents of this release. I declare that I am over the age of 18 years, and am fully competent to sign this release on my own behalf.

Company: _____

Printed Name: _____

✕ Signature: _____ **Date:** _____

Printed Name: _____

✕ Signature: _____ **Date:** _____