

NATIONAL COLLEGIATE EMS FOUNDATION



CPR Day 2026

Monday, November 9, 2026

Resource Packet



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28TH ANNUAL COLLEGIATE
EMS WEEK

**November 9 to 15,
2026**

Complete resources at
ncemsf.org



National Collegiate Emergency Medical Services Foundation

Post Office Box 93, West Sand Lake, NY 12196 · www.ncemsf.org · info@ncemsf.org

Dear National Collegiate EMS Week Participant:

To kick off Collegiate EMS Week, NCEMSF is again excited to sponsor National Collegiate CPR Day. This special day was created to educate as many college students as possible across North America in the basic principles of CPR on a single day.

National Collegiate CPR Day is Monday, November 9, 2026.

We hope that you will join us in our efforts to teach others CPR and provide them with the skills to save someone's life. We have created this resource packet as a supplement to the main EMS Week packet, to help make your CPR Day event a success.

There are many different activities that you can plan to spread the knowledge of CPR. You can hold an information session to introduce the basic principles of CPR, or you can set up an information table and encourage people to try CPR on mannequins. Consider also using the American Heart Association's CPR Anytime teaching materials to educate your campus community. This is your chance to be creative and to allow your organization to stand out. Information and tips on event planning can be found in the main EMS Week packet. Our goal is not to certify individuals in CPR but rather to educate them.

Call 911 ... Position your hands in the center of the chest ... Push hard and fast.

Sincerely,

George J. Koenig Jr., DO

President

National Collegiate Emergency Medical Services Foundation

JOIN STUDENTS ON CAMPUSES ACROSS NORTH AMERICA



Learn 2 steps. Save a life.

National Collegiate CPR Day · Monday, November 9

1

Call 911

Or point at someone and have them call. Send another person to grab an AED.



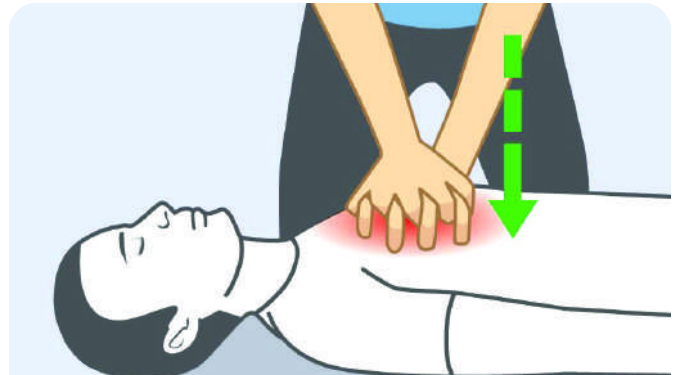
2

Push hard and fast



Hands in the center of the chest

Heel of one hand on the lower half of the breastbone, other hand on top.



Push down at least 2 inches (5 cm)

100 to 120 times a minute, the beat of "Stayin' Alive." Let the chest rise fully each time.



Use an AED as soon as one arrives.

Turn it on and follow the voice prompts. Keep pushing until help takes over.



COMPLETE RESOURCES
ncemsf.org



SAMPLE PRESS RELEASE

Spread the word

Make it yours: replace the highlighted text with your campus details, then send it to your student newspaper, campus communications office and local media about a week before CPR Day.

FOR IMMEDIATE RELEASE

[DATE]

College students to teach their peers CPR as National Collegiate CPR Day kicks off Collegiate EMS Week 2026

Campus EMS organizations across North America will teach the basics of CPR on Monday, November 9.

[City, State or Province] The 28th annual Collegiate EMS Week, sponsored by the National Collegiate EMS Foundation (NCEMSF) and modeled after National EMS Week in May, is set for November 9 to 15, 2026. Collegiate EMS Week is a week-long recognition and celebration of campus-based EMS, and an annual opportunity for campus-based EMS organizations to highlight their activities and educate their communities. NCEMSF starts the week with National Collegiate CPR Day, created to educate as many college students as possible across North America in the basic principles of CPR on a single day.

NATIONAL COLLEGIATE CPR DAY IS MONDAY, NOVEMBER 9

On Monday, November 9, campus-based emergency medical service providers at colleges and universities across North America will join together to educate their fellow students in the basic principles of CPR and give them the skills to save a life.

[Your campus event] Describe what is happening on your campus: where and when, what students will do (for example, hands-on practice with manikins and an AED trainer), and who is running it.

The NCEMSF Collegiate CPR Day resource packet is available as a free download on the NCEMSF website (www.ncemsf.org/programs/collegiate-ems-week) to supplement NCEMSF's Collegiate EMS Week materials.

Activities on campuses across North America will spread the knowledge of CPR. This is a chance not only to educate, but also to highlight the pivotal role that campus-based EMS organizations play in the overall safety and health of the colleges and universities they serve.

The goal is not necessarily to certify individuals in CPR, but to teach them the key steps: call 911, push hard and fast in the center of the chest, and use an AED as soon as one is available.

#

MEDIA CONTACT

[Name, title]**[Campus EMS organization]****[Email]** · **[Phone]**

ABOUT NCEMSF

Established in 1993, the National Collegiate Emergency Medical Services Foundation supports and promotes campus-based EMS. Learn more at www.ncemsf.org.



CPR DAY CARDS

Print your CPR Day cards

NCMSF has developed special CPR cards to commemorate participation in CPR Day. Print them yourself using the business card templates on the next two pages: one for the front, one for the back.

FRONT

Page 6 BACK

Page 7



CPR DAY 2026

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National Collegiate CPR Day
Monday, November 9, 2026

www.ncemsf.org info@ncemsf.org

CPR Quick Reference **HANDS-ONLY CPR**



1 CALL 911 **2 PUSH HARD AND FAST**

Center of the chest, at least 2 in (5 cm) deep, 100 to 120 per minute. Use an AED as soon as one arrives.

YOUR CAMPUS EMS CONTACT

1

Load the card stock

Use Avery 5371 or 8371 business cards, or any compatible sheet with 10 cards (2 × 3.5 in) per page.

2

Print the fronts at 100%

Print page 6 only. Set scale to Actual size or 100%, and turn off Fit to page.

3

Flip and print the backs

Reload the sheet so the blank side prints, then print page 7. Test on plain paper first and hold it to a light to check alignment.

4

Personalize and hand out

Add each participant's name to the front and your campus EMS contact details to the back.

**Type it in before you print**

The card pages are fillable. Type your campus EMS contact on any card back and it fills all ten. Type participant names on the fronts, or leave the lines blank and write them in by hand.



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YOUR CAMPUS EMS CONTACT



INSTRUCTION SHEET

Hands-Only CPR

If you see a teen or adult suddenly collapse, call 911 and push hard and fast in the center of the chest. Immediate CPR can double or triple their chance of survival.

**STEP 1****Call 911**

Or point at someone: "You, call 911 and bring an AED." Put the phone on speaker so the dispatcher can coach you.

**STEP 2****Hands in the center of the chest**

Heel of one hand on the lower half of the breastbone, other hand on top. Lock your elbows, shoulders over your hands.

**STEP 2****Push hard and fast**

Push straight down and let the chest rise fully between pushes. Keep pauses as short as possible.

2 in (5 cm)

At least this deep on an adult

100 to 120

Pushes per minute, the beat of "Stayin' Alive"

Full recoil

Let the chest come all the way back up

Few pauses

Swap rescuers every 2 minutes if you can

**Use an AED as soon as one arrives, then continue until help takes over**

Turn it on and follow the voice prompts. Keep going until EMS or another trained rescuer takes over, or the person starts to move or breathe normally.

Who is Hands-Only CPR for?

The American Heart Association recommends Hands-Only CPR for anyone who sees a teen or adult suddenly collapse outside a hospital, and 911 dispatchers will coach callers through it. Under the 2025 AHA Guidelines, lay rescuers trained in CPR should give breaths along with compressions when they are able. CPR with breaths is also preferred for infants and children, and for people who collapse because of drowning, drug overdose or breathing problems.

Suspected opioid overdose?

Call 911. If the person is unresponsive and not breathing normally, start CPR. If naloxone is on hand, give it too, but never let finding it delay calling 911 or starting CPR.

Want to get certified? Contact your campus EMS organization, the American Heart Association or the American Red Cross. In Canada, contact Heart & Stroke, the Canadian Red Cross or St. John Ambulance.

Illustrations courtesy of learncpr.org. Content reflects the 2025 American Heart Association Guidelines for CPR and ECC.