

# APLS Courses

This document should be read in conjunction with [“Planning socially distanced courses”](#)

## COVID-19 - specific guidance on teaching with manikins and other equipment

1. Remind instructors to use manikins designed for basic life support practice when teaching rescue breaths and ventilations.
2. Between use by each individual (candidates and instructors):
  - a. Wipe manikins (chest, forehead and face) and any other equipment with alcohol wipes/viricidal and allow the surface to dry naturally for at least one minute.
3. After each course:
  - a. Replace and dispose of manikin lungs and airways.
  - b. Clean manikin heads with an appropriate surfactant/disinfectant solution after completion of each training session.
4. When teaching rescue breaths and ventilations:
  - a. Wipe the face of the manikin with 70% alcohol wipes/viricidal after each individual and allow the surface to dry naturally for at least one minute before the next use.
  - b. If requested, allow the use of:
    - i. individual face shields – dispose of safely at the end of the session.
    - ii. pocket masks (individual use) – fully clean or dispose of safely at the end of the session.
  - c. Consider only requiring each participant to successfully demonstrate these skills once during the course.
  - d. Reinforce the importance of rescue breaths and ventilations in the resuscitation of a child and highlight that the increase in the risk of transmitting the COVID-19 virus is small compared to the risk to the survival of the child if these are not provided.