

Cardiac Crash Rules

Team Participants

- Teams will consist of minimum 4 / maximum 20 Cardiac Crash participants (any gender)
- 1 E-Sub allowed (Emergency non-employee Substitute)
- Participants must be employees of your company at the time of play (with exception of the E-Sub).

Event Format

- Face off against fellow Corporate Challenge teams in the in-person Cardiac Crash Tournament! Get ready for a thrilling showdown as your team competes for the title of Cardiac Crash Champion. You'll go head-to-head with other teams while learning life-saving CPR skills. It's like Family Feud, but with a heart-pumping twist—practicing CPR to save lives!
- Your team will be scheduled for a 1-hour session against an opposing team during the Tournament dates. Teams will battle it out by answering first-aid questions throughout our interactive video and competing in hands-only CPR practice. The team with the highest overall score at the end will take home the coveted Cardiac Crash Champion title!

Corporate Challenge Points

There are 325 SPIRIT points and 10 PARTICIPATION points up for grabs with Heart & Stroke!

Check out the breakdown of points below:

1. **Create a post on your company intranet page** that highlights the below topic. Send a screenshot to Sonia to earn the points. (75 SPIRIT POINTS)
This topic will provide critical information to your corporate community and have the potential to help save the lives of colleagues, friends, and family during a medical emergency. **Contact Sonia at sonia.lallier@heartandstroke.ca for details.**
2. **Register your team for our CardiacCrash Tournament** for a session between May 29 - 31, 2026. (100 SPIRIT POINTS + 10 PARTICIPATION POINTS)
3. **Fundraise (these points are not cumulative)**
 - Up to \$1000 raised will earn 25 SPIRIT points
 - \$1001-\$2000 raised will earn 50 SPIRIT points
 - \$2001-\$3000 raised will earn 75 SPIRIT points
 - \$3001-\$5000 raised will earn 100 SPIRIT points
 - Over \$5001 raised will earn 150 SPIRIT points