

**Level 1**  
*Part 2: Hands-On*

**A. Hands On**



1. Interview reflection (*interview with service members*)
2. Hands-On at the Station (*activities with service*)
3. Obtain CPR certification

**B. Wrap-Up**



1. Upload CPR certification to LMS
2. Submit EMS Journal
3. Final Reflection Level 1
4. Final Presentation

**C. Conclusion**



1. Write thank-you to service/mentor
2. Course evaluation
3. Final congratulations video

**List of Level 1 Bingo Activities**

*Activities appear on 1 tile unless otherwise stated.*

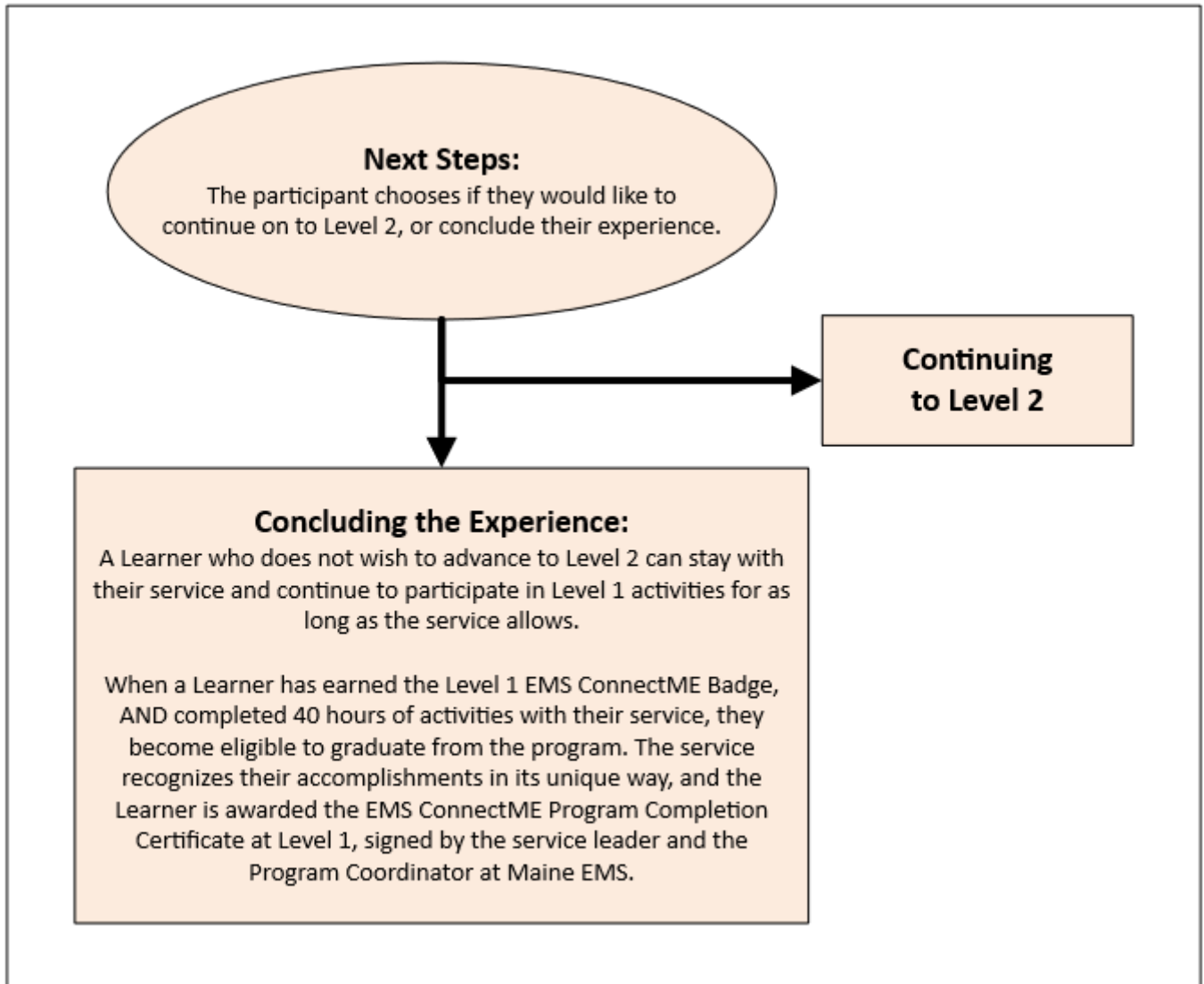
- Participate in a community event with your agency (up to 3 tiles)
- Visit a mutual aid partner (up to 2 tiles)
- Interview a member of the EMS system (up to 2 tiles)
- Bring another person to a program activity
- Share about EMS in school
- Practice an EMS skill with your Mentor
- Practice a radio call
- Practice an EMS job interview
- Attend a Maine EMS Board or Committee meeting
- Debrief a stressful situation with a trusted adult
- Wear EMS ConnectME t-shirt during EMS week
- Visit a community health partner
- Talk to your agency medical director
- Attend your agency's regular training
- Attend a town council or public meeting in which EMS is discussed
- Discuss mental health with a member of your service
- Visit a local dispatch center
- Read about current events in EMS and share new learning
- Take an EMS-related course outside of school
- Read an EMS research article and present new learning
- Obtain another EMS-related certification

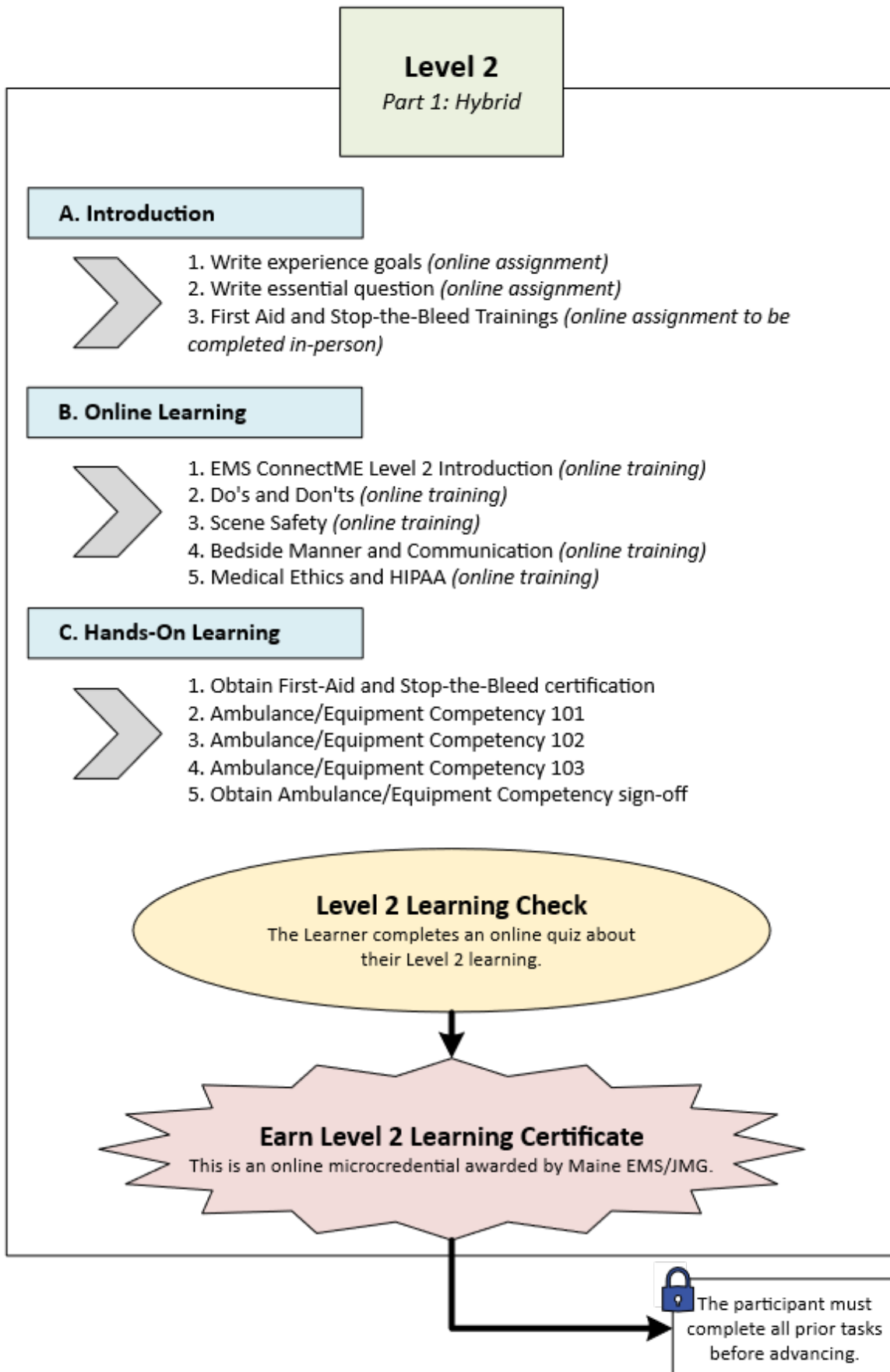
**Earn Level 1 EMS ConnectME Badge**

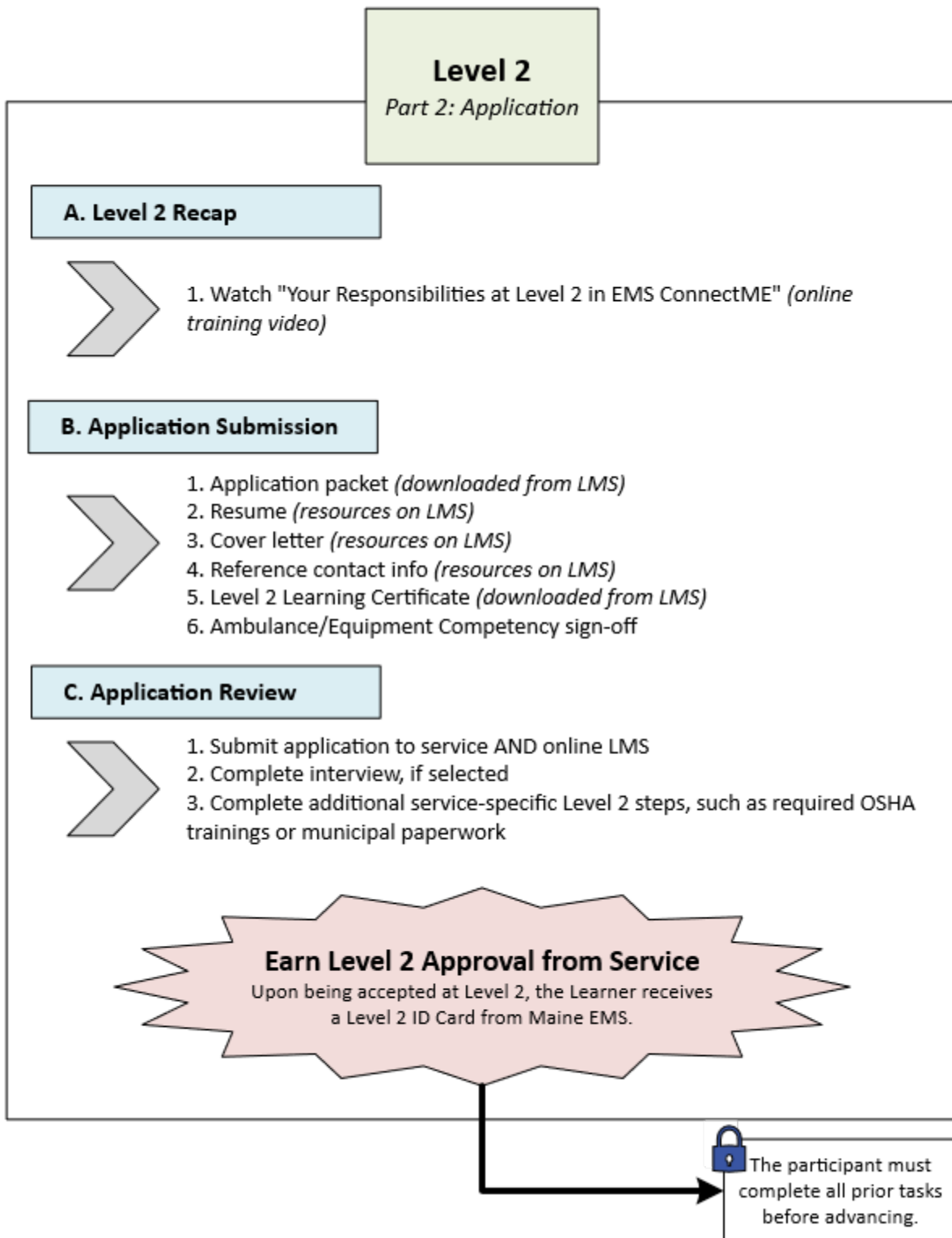
This is an online microcredential awarded by Maine EMS/JMG.



The participant must complete all prior tasks before advancing.







**Level 2**  
*Part 3: In the Field*

**A. Level 2 Assignments**



1. Call Reflections Bingo (*online reflections completed after multiple calls*)
2. EMS Call Log (*online worksheet to be completed 5 times, after 5 different calls*)
3. After-Action Review with Mentor (*online reflection to be completed after a discussion with a Mentor*)

**B. EMS Calls**



1. Go on EMS calls with Mentor
2. Upload Level 2 Bingo reflections to LMS
3. Upload 5 Call Log Worksheets to LMS
4. Upload After-Action Review reflection to LMS
5. Complete Final Reflection Level 2

**List of Level 2 Bingo Reflection Topics**


- Activities appear on 1 tile unless otherwise stated.*
- Scene Safety (up to 4 tiles)
  - Window Size-Up (up to 3 tiles)
  - Equipment (up to 3 tiles)
  - EMS Crew Care (up to 2 tiles)
  - Other Responders
  - Other Healthcare Professionals
  - Bystanders
  - Radio Communications

**C. Conclusion**



1. Write thank-you to service/mentor
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