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Your Reference

Our Reference DSW/1057/Trg

Date: 6 Feb 08

To: Sqn's, D/F's & WSO's

WING ACTIVITIES WEEKEND – 27/28 SEP 08
FIRST AID - TEAM & INDIVIDUAL COMPETITIONS
RULES

1. To enable units adequate time to train and prepare for the above competitions please find enclosed the rules for the team and the 18+ individual event.
2. The individual competition will be run in conjunction with the team event.

J Parsons

OIC Wing Activities Day

Enclosures:

1. First Aid Rules – Team
2. First Aid Rules – Individual
3. Guidelines & Tips
4. Assistance Request

Copy: HQ Devon & Somerset Wing ATC.

Officer Commanding
Wing President

Wing Commander Brian Wills-Pope RAFVR(T)
Air Chief Marshal Sir Michael Stear. KCB CBE DL MA FRAef RAF (Ret'd)

Wing First Aid Competition

- The competition will consist of a team test and an individual test for **each** team member;
- The team is to consist of 3 cadets and one reserve (4 in total).
The reserve **will** undertake an individual test
- All team members must be aged under 18 on the day of the event.
- Teams may comprise of any combination of male/female cadets.
- Each team is to carry a first aid kit containing the following:
 - One large dressing
 - 2 x medium dressings
 - 4 x triangular bandages
 - 4 x pairs of protective gloves
 - 5 x medium safety pins
 - Notebook and pencil
- Each individual team members (including the reserve) must carry the following:
 - One large dressing
 - 2 x triangular bandage
 - 2 x pairs of protective gloves
 - Wrist watch
 - Notebook and pencil

Team Test

The team test will be in the form of a scenario which will *usually* include two casualties and a bystander and last for 10 minutes.

There will be three judges allocated to this test.

Individual Test

The individual tests will last for four minutes and will involve 1 casualty.
There will be one judge per test.

Marking

Tests will conform and marked by reference to the (2006) First Aid Manual of the St. John Ambulance, St. Andrew and British Red Cross. This includes the 2005 Resuscitation Guidelines.

Marks are allocated for 5 main tasks:

- | | |
|-----------------------|---|
| 1. Approach | assess situation and make safe |
| 2. Primary Survey | DRABC both casualties |
| 3. Diagnosis | Finding all injuries including shock |
| 4. Treatment | First Aid treatment of both casualties |
| 5. Disposal/Team Work | Getting help, leadership/teamwork, handling |

| | Each test | Total |
|----------------------|------------------|--------------|
| Team Test | 120 | 120 |
| 4 x individual tests | 40 | 160 |
| Total | | 280 |

The Competition Organisers decision is final on all aspects related to marking.
The Competition Organiser is A/Sgt ALISON Tolson

Over 18's Wing First Aid Competition

- A squadron may enter more than one competitor.
- This individual test will last for seven minutes and will involve 2 casualties.
- Each competitor must carry the following:
 - One large dressing
 - Two medium dressing
 - 2 x triangular bandage
 - 2 x pairs of protective gloves
 - Wrist watch
 - Notebook and pencil

Marking

There is a maximum of 100 marks available.

The Test will conform to and marked by reference to the (2006) First Aid Manual of the St. John Ambulance, St. Andrew and British Red Cross. This includes the 2005 Resuscitation Guidelines.

Marks are allocated for 5 main tasks:

- | | |
|-----------------------|---|
| 1. Approach | assess situation and make safe |
| 2. Primary Survey | DRABC both casualties |
| 3. Diagnosis | Finding all injuries including shock |
| 4. Treatment | First Aid treatment of both casualties |
| 5. Disposal/Team Work | Getting help, leadership/teamwork, handling |

The Competition Organisers decision is final on all aspects related to marking.

The Competition Organiser
is A/Sgt ALISON Tolson
914 (Glastonbury & Street) Sqn

Guidelines for 1st Aid Competition

These guidelines are put together to assist teams to prepare for the wing activity competition.

| First Aid Team Tasks | | |
|----------------------|---|--|
| No 1 – Leader | | Takes charge Checks all casualties Instructs No 2 & No 3 Helps No 2 with main casualty Deals with minor casualty if No 3 is away |
| No 2 – First Aider | | Deals with main casualty |
| No 3 – Runner | | Clears area Deals with minor casualty Gets help Timekeeper Uses bystander |
| Beginning | | |
| 1 | Assess the situation Tell No 2 to deal with main casualty | |
| 1 & 3 | Clear danger and move obstacles | <i>Casualty priority</i> A Unconscious B Bad Bleeding C Others |
| 1 | Ask – any other danger? | |
| 1 | Ask bystanders "what happened?" | |
| 2 | Main casualty - DRABC | |
| 3 | Minor casualty - DRABC | |
| 1 | Help No 2 – 30 seconds - find out what is wrong | |
| 1 | Help No 3 – 30 seconds – find out what is wrong | |
| 1 | Send No 3 to get help / phone | |
| Middle | | |
| 2 | *First Aid on main casualty Unconscious - recovery position after breathing check Check Breathing again Check for signs of life Bleeding Secondary survey Bleeding - Direct pressure and elevate fast Dressing Shock – reassure Secondary survey | |
| 3 | Get help / Phone (<i>No 1 will tell you what is wrong with both casualties</i>) Get bystanders to get kit / blankets or pick up on way back | |
| 1 | Deal with minor casualty until No 3 gets back Assist No 2 with main casualty | |
| 3 | First Aid on minor casualty Bleeding – see above Fractures – immobilise Shock – reassure | |
| End | | |
| 3 | Watch time – give No 1 & No 2 two minute warning | |
| 1 | Check both casualties and bystanders – reassure | |
| 1 | Write down details | |
| 2 & 3 | Recheck breathing and signs of life ; monitor pulse and level of response | |
| 2 & 3 | Cover casualties with blankets etc – reassure | |
| | | |

| First Aid Individual Task | |
|----------------------------------|--|
| Beginning | |
| | Assess the situation |
| D | Clear danger and move obstacles Ask – Any other danger? Ask bystanders – What happened? |
| R | Ask casualty – What happened? Open your eyes Shake |
| A | <i>If unconscious:</i> Shout for help Check airway Chin lift – 2 fingers <i>If Conscious:</i> Ask – Can you breath ok? |
| B | Check breathing for 10 seconds (assume breathing present) Keep chin lift |
| | Send bystander for help and to find first aid kit and blanket |
| | Put in recovery position |
| | Check breathing again |
| C | Quick check for bleeding |
| | Tell casualty you are a first Aider and your name (sooner if conscious) Find out casualties name (from bystander if unconscious) and use it |
| Middle | |
| Bleeding | Check for embedded objects Direct pressure Elevate Put on dressing Upper limb – put in elevation sling |
| Fractures | Check no open wound Keep still Arm – put in arm sling Leg – rolled blankets either side |
| Shock | Reassure casualty Cover with blanket Loosen tight clothing Monitor pulse and response |
| | All casualties – secondary survey |
| End | |
| | Recheck breathing and remonitor pulse |
| | Write down observations – breathing, response (AVPU), pulse |
| | Reassure casualty and bystanders |
| | Cover casualty with blanket etc |
| | Find out who else to inform |
| | Keep check on time |
| | Clear area and tidy up |

Team Tips

The following suggestions will help teams to obtain maximum marks.

The leader must initially stand back, take charge and allocate No 2 and No 3 to their casualties.

- The leader must give clear audible instructions.
- Team members must speak up clearly when talking to each other, the casualty, bystanders and judges.
- Talk to the casualties, reassure them, and find out everything you can.
- Don't be worried about asking the judge questions eg is there any danger, is the bleeding controlled etc.
- Ensure by what you say to the casualties, bystanders and each other that the judge is aware of what you are doing and what you have found.

Too old to compete?

Have you cadets
over the age of 18
who show
a keen interest in First Aid

Their skills are not wasted!

If they hold a Young Live Saver Plus or other qualification they could come on to the panel of judges, there is a simple to use scoring sheet to assist. They will be a briefing organised on the Saturday evening for all those undertaking this important role.

Casualties are also required – 6 in total are required but if we have more we can rotate, it can get tiring!

This invitation is also open to any staff members who would like to assist.

If you want to be part of the team for this event then please contact:

A/Sgt ALISON Tolson

01749 344992

e-mail – alison_e628@hotmail.com