

# Orange District 1<sup>st</sup> Aid Contest, 2009

March 7, 2009  
and  
Spring Camporee, 2009

Contest Guide

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# ORANGE DISTRICT FIRST AID CONTEST, 2009

## OVERVIEW

This contest is open to all Boy Scout patrols and Venturing crews. For the purposes of this document, these groups will be referred to as “teams”

This document contains the rules for the 1<sup>st</sup> aid competition, the supplies that each team should bring to the contest, and a sample 1<sup>st</sup> aid contest for practice use.

Each team is asked to bring an adult or senior Scout to serve as a judge for a team from a different troop or crew.

To run a contest within your unit, you will need 1 leader to conduct the contest and read the problems, 1 judge per team, at least 1 person to act as the doctor or 911 operator, and teams to compete. NOTE: all teams work the same problem at the same time.

The ideal size of each team is 6-8 Scouts. If there are not enough Scouts in the team, Cub Scouts or other family members can act as permanent victims for the team. If there are more than 8, it is recommended that the group be split to compete as 2 or more teams.

### Contest Setup:

- Cut up the numbers (on the last page of this document) so that each team has one set. Give a different number to each team member (bring pins to attach these to the shirts.) Once assigned, the numbers should not be changed.  
NOTE: if there are new or very inexperienced Scouts, they may be designated as permanent victims.
- Make one copy of the set of problems (on page 5) for each team and cut apart the individual problems. These are to be given to the teams, after the problems are read aloud by the contest leader.
- Make one copy of each problem score sheet (pages 6-9) for each team. These are to be given to the judges at the beginning of each problem
- Make a copy of the 911 Report (page 10) for each doctor or 911 operator.

### Team Setup:

- Each team should lay a blanket or sleeping bag on the ground as their work area.
- The team 1<sup>st</sup> aid supplies should be laid around or near the blanket so they can be easily reached.
- Each team should have one judge.

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### TEAM EQUIPMENT / SUPPLIES

- 1 adult or older Scout to act as a judge for a team from a different unit
- Boy Scout Handbook (recommended, but not required)
- First Aid Merit Badge book (recommended, but not required)
- 2 blankets – one to lay on the ground and one to make a stretcher (a sleeping bag may be substituted for the blanket to be laid on the ground)
- 2 sturdy staves that can be used to make a stretcher
- 4 triangular bandages (big enough to make arm slings)
- Elastic (“ACE”) bandage
- Antiseptic ointment (“Neosporin”)
- Adhesive bandage (“Band-Aid”)
- 2 bath-sized towels
- 2 latex gloves
- Mouth barrier rescue breathing device (or a recognizable model as it will not actually be used)
- 6 4x4 gauze pads
- 2 splints 14-18 inches
- 3 roller gauze
- 2 splints 18” to 24”

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### RULES

- Numbers will be assigned to each team member. In smaller teams, some people may be assigned multiple numbers. Assigned numbers may not be changed.
- At the beginning of each problem, the leader will announce what person numbers are to be the problem leader, victim(s), and people to go to the doctor or 911 operator
- Each problem will be read aloud then a copy of the problem will be given to the problem leader and it will be read aloud again. Following the second reading, the team will have 5 minutes to discuss the problem and solutions.
- At the end of the 5 minute period (signaled by an official), the team is to begin treatment. The only people permitted to talk at this time are the problem leader, the person who goes for help (talking to the doctor or 911 operator), anyone addressing the victim as part of treatment, and anyone responding to a question from the judge or explaining CPR procedures.
- Scoring for each item on the score sheet will be all-or-nothing, there will be no partial credit. If there is a disagreement, contact the tournament official for a final decision.
- All first aid (except where it could injure the person, such as chest compressions for CPR) must be performed as if it were a real situation – i.e. if you need to apply ointment and a band-aid, DO IT.
- Do not remove any bandages until the problem leader and judge agree or you are instructed by the tournament official to remove them.
- The official authority for this tournament will be the Boy Scout Handbook and First Aid Merit Badge Book.
- If giving rescue breathing or CPR, perform all actions except mouth-to-mouth contact and chest compressions, which must be simulated. Explain to the judge how you would perform these.
- Scoring will be based on correct diagnosis and treatment, treatment in the correct order, speed of treatment, and only the appropriate people talking. If there is something that you are doing as part of the treatment, that the judge can't see or can't tell that you are doing it (like monitoring breathing), make sure to tell the judge.
- If it is feasible and necessary to call or go for help, send a Scout or Scouts to the person designated as the doctor or 911 operator.
  - New for 2009: The person reporting should include a description of the patient. For example, an appropriate description would be "46 year old male".

## ORANGE DISTRICT FIRST AID CONTEST, 2009

### **PROBLEM #1**

While hiking at New River State Park, Kyle, who recently crossed over from Webelos, slips and falls down a hill, coming to rest against a large rock. When your team reaches him, you find a jagged piece of bone protruding from his right shirtsleeve, between the elbow and wrist. There is blood around this wound. Kyle is conscious and says that he hurts all over and feels chilled and nauseous. You also notice a small trickle of blood on his forehead. Apply proper first aid and prepare him for transportation to the parking lot.

### **PROBLEM #2**

Your team is hiking the Big Tooth Trail at Philmont in New Mexico. You left a base camp this morning and expect to reach the next one tomorrow night. The temperature steadily climbs to over 100 degrees. Steve, one of the older Scouts in the troop, slumps to the ground as if his pack is too much for him. Coming to his aid, you notice that his face is pale and clammy. Steve says that he feels nauseous, dizzy, and weak. While administering first aid, George, another older Scout, suddenly screams and everyone sees a snake slithering away through the underbrush. George pulls up his right pant leg, revealing 2 puncture wounds about ¼ inch apart and his leg rapidly swelling.

Notes: Did you go for help? Since you will have to transport George, you might need the entire team. On the other hand, the sooner you get to base camp, the sooner someone can get the anti-venom and perhaps meet the team on the trail. If you go for help, 2 Scouts must go.

### **PROBLEM #3**

Your team is camping at Jordan Lake in December with a group of Cub Scouts. When nobody is looking, one of the Cub Scouts goes into the axe yard to try his hand at chopping. The axe is too heavy for him to handle and, when he swings it, the blade cuts his left leg just above the ankle, which starts spurting bright red blood. Hearing the Cub Scout scream, one of the leaders, 42 year old Mr. Johnson, jumps up and starts to rush to his aid. In his panic, he trips and falls into the campfire, setting his shirtsleeve on fire. When you get to him, you see that his shirt still has some burning areas, which are stuck to his skin and his left forearm is red, quickly blistering, and there are some black areas. You also see that his mouth is bleeding and it appears that a tooth is missing.

Notes: severe bleeding & shock on victim 1. 2<sup>nd</sup>/3<sup>rd</sup> degree burns on victim 2. Severe bleeding must be treated immediately as well as stopping the burning.

### **PROBLEM #4**

Your team is performing a service project at Eno River State Park in October. You see a family with 2 young children out hiking and after they pass, you hear the mother yelling for help. When you get to them, the father is standing but leaning against a tree and says that he is having trouble breathing and it feels like an elephant is sitting on his chest. You see that he is sweating and seems quite pale. While going for help, the Scout is almost at the office when he trips and feels a sharp pain in his ankle.

## ORANGE DISTRICT FIRST AID CONTEST, 2009

### **PROBLEM #1**

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<b>FIRST AID</b>	<b>VALUE</b>	<b>SCORE</b>
Scout goes for help immediately (with buddy – 10 pts, without – 7)	10	
Direct pressure on open wound	10	
Perform head-to-toe assessment (tell Scouts that other than soreness, no other injuries); zero points if the victim is moved without first performing the assessment.	10	
Talk calmly and reassuringly to victim	5	
Cover with blanket or coat to keep warm	10	
Blanket (or coat) under victim to insulate from ground	10	
Elevate feet	10	
Splint arm between elbow and wrist	10	
Do NOT pull broken bones back into arm – splint as is	10	
Padding between splint and arm	5	
Secure splinted arm to body for transportation	5	
Do not transport	5	
Scout that went to doctor returns with instructions	5	
Scout goes to camp to get ice, per doctor's instructions; if this has already been done, give full credit	5	
Scout waits in parking lot to direct emergency team to accident	5	
<b>TOTAL FIRST AID</b>	<b>115</b>	
<b>911 REPORT</b>		
Scout identifies himself	5	
Location of accident	5	
Description of victim	5	
Description of injuries	5	
First aid administered	5	
Ask for further instructions – tell Scout to monitor for bruises and signs of other injuries. Apply ice to them.	5	
<b>TOTAL DOCTOR'S REPORT</b>	<b>30</b>	
<b>BONUS</b>		
Begin work immediately	10	
Only appropriate people talk	10	
Treatment in correct order	10	
<b>TOTAL BONUS</b>	<b>30</b>	
<b>TOTAL OVERALL SCORE</b>	<b>175</b>	

Team Name \_\_\_\_\_ Judge \_\_\_\_\_

## ORANGE DISTRICT FIRST AID CONTEST, 2009

### **PROBLEM #2**

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<b>FIRST AID</b>	<b>VALUE</b>	<b>SCORE</b>
Move both victims to shaded area	10	
Remove excess clothing and equipment from both boys	10	
VICTIM 1		
Cool victim with water	10	
Raise feet	10	
Give victim water to drink	10	
Add a pinch of salt to water	5	
VICTIM 2		
Keep snakebite victim calm	10	
Keep bitten leg lower than rest of body	10	
Apply constriction band 2-4 inches above bite – not too tight	10	
Elevate non bitten leg	5	
Stretcher for transportation of snakebite victim	5	
Test stretcher before using	5	
Transport to yesterday's base camp	10	
Scout does not go for doctor – needed to help carry victim NOTE: if the team is large enough, 2 people may go for help (buddy system) – this will give the base camp a heads-up about the accident so they can get anti-venom Award 10 points if: a) nobody goes to the doctor and they all help carry the stretcher or b) they are a large team and 2 people go to the doctor	10	
<b>TOTAL FIRST AID</b>		
	120	
<b>BONUS</b>		
Begin work immediately	10	
Only appropriate people talk	10	
Treatment in correct order	10	
<b>TOTAL BONUS</b>		
	30	
<b>TOTAL OVERALL SCORE</b>		
	150	

Team Name \_\_\_\_\_ Judge \_\_\_\_\_

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### **PROBLEM #3**

Your team is camping at Jordan Lake in December with a group of Cub Scouts. When nobody is looking, one of the Cub Scouts goes into the axe yard to try his hand at chopping. The axe is too heavy for him to handle and, when he swings it, the blade cuts his left leg just above the ankle, which starts spurting bright red blood. Hearing the Cub Scout scream, one of the leaders, 42 year old Mr. Johnson, jumps up and starts to rush to his aid. In his panic, he trips and falls into the campfire, setting his shirtsleeve on fire. When you get to him, you see that his shirt still has some burning areas, which are stuck to his skin and his left forearm is red, quickly blistering, and there are some black areas. You also see that his mouth is bleeding and it appears that a tooth is missing.

<b>FIRST AID</b>	<b>VALUE</b>	<b>SCORE</b>
Scout goes for help immediately	10	
VICTIM 1		
Apply pressure to left leg immediately	20	
Press on pressure point in groin	10	
Elevate leg above level of heart	10	
Wrap bleeding victim in blankets or coats to keep warm	10	
Put blanket or coat under victim	10	
Elevate non-wounded leg to treat for shock	5	
VICTIM 2		
Use blanket, coat, etc. to smother burning clothes	10	
Wrap arm in clean cloth and wet with water	10	
Wrap burn victim in blankets or coats to keep warm	10	
Elevate legs to treat for shock	5	
Locate missing tooth	5	
Rinse tooth with milk (5 points) or water (2 points)	5	
Reinsert tooth in socket (5 points) or soak in milk or water (2 pts.)	5	
Victim bites on gauze to stop bleeding in mouth and hold tooth	5	
<b>TOTAL FIRST AID</b>		
	130	
<b>911 REPORT</b>		
Scout identifies himself	5	
Location of accident	5	
Description of victims	5	
Nature of injuries	5	
First aid administered	5	
Ask for further instructions	5	
<b>TOTAL DOCTOR'S REPORT</b>		
	30	
<b>BONUS</b>		
Begin work immediately	10	
Only appropriate people talk	10	
Treatment in correct order	10	
<b>TOTAL BONUS</b>		
	30	
<b>TOTAL OVERALL SCORE</b>		
	190	

Team Name \_\_\_\_\_ Judge \_\_\_\_\_

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### **PROBLEM #4**

Your team is performing a service project at Eno River State Park in October. You see a family with 2 young children out hiking and after they pass, you hear the mother yelling for help. When you get to them, the father is standing but leaning against a tree and says that he is having trouble breathing and it feels like an elephant is sitting on his chest. You see that he is sweating and seems quite pale. While going for help, the Scout is almost at the office when he trips and feels a sharp pain in his ankle.

<b>FIRST AID</b>	<b>VALUE</b>	<b>SCORE</b>
Scout goes for help immediately	10	
Put victim in sitting or partly reclining position	10	
Talk to victim to keep him calm	10	
Keep victim warm but not hot	10	
NOTE: After about 2 minutes, it will be announced that the victim has slumped over on his side and appears to be unconscious.		
Shake and shout	10	
Turn victim onto his back, supporting head and neck	10	
Head tilt / chin lift to open airway	10	
Check for breathing (look, listen, feel) – tell Scouts that victim is not breathing	20	
Pinch nostrils	10	
Give 2 breaths (describe to judge how to do this)	10	
Check for pulse on carotid artery – tell Scouts that victim has no pulse	20	
Position hands for chest compressions (locate sternum)	10	
15 chest compressions (tell judge)	10	
2 breaths (tell judge)	10	
15 chest compressions (tell judge)	5	
2 breaths (tell judge)	5	
15 chest compressions (tell judge)	5	
2 breaths (tell judge)	5	
15 chest compressions (tell judge)	5	
2 breaths (tell judge)	5	
Check for pulse – tell Scouts that there is a pulse	10	
Check for breathing – tell Scouts that victim is not breathing	10	
Resume rescue breathing (1 breath every 5 seconds)	10	
<b>TOTAL FIRST AID</b>	<b>180</b>	
<b>911 REPORT</b>		
Scout identifies himself	5	
Scout properly bandaged his ankle	5	
Location of accident	5	
Description of victim	5	
Nature of injuries	5	
First aid administered	5	
Ask for further instructions	5	
<b>TOTAL DOCTOR'S REPORT</b>	<b>30</b>	
<b>BONUS</b>		
Begin work immediately	10	
Only appropriate people talk	10	
Treatment in correct order	10	
<b>TOTAL BONUS</b>	<b>30</b>	
<b>TOTAL OVERALL SCORE</b>	<b>240</b>	

Team Name \_\_\_\_\_ Judge \_\_\_\_\_

**911 REPORT**

	Points			
<b>PROBLEM # 1</b>				
Scout identifies himself	5			
Location of accident	5			
Description of victim	5			
Description of injuries	5			
First aid administered	5			
Ask for further instructions – tell Scout to monitor for bruises and signs of other injuries. Apply ice to them.	5			
<b>PROBLEM # 3</b>				
Scout identifies himself	5			
Location of accident	5			
Description of victims	5			
Nature of injuries	5			
First aid administered	5			
Ask for further instructions	5			
<b>PROBLEM # 4</b>				
Scout identifies himself	5			
Scout properly bandaged his ankle	5			
Location of accident	5			
Description of victim	5			
Nature of injuries	5			
First aid administered	5			
Ask for further instructions	5			

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