

St John
Ambulance



St John Ambulance
National Schools'
First Aid Competition 2010

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Introduction

The National Schools' First Aid Competition allows teams of young people to test their first aid skills against other young people from their region by treating casualties with simulated wounds.

The competition is split into two sections, Junior (7 to 11 years of age, maximum year 6) and Senior (11 to 15 years of age, maximum year 10). The teams take part in a team test, then split into pairs for a pairs test, with a scenario card test used as a tie-breaker. The competitors are judged by experienced judges and constructive feedback is given for all the tests. The winning Junior and Senior teams go through to the national final, which is held in London at the Natural History Museum.

This handbook contains all the information you will need to prepare for the competition, including information on the tests, example scenarios and tips on how to be successful. Contact details are also provided within the handbook in case you have any questions or queries.

Team test

The team test will normally include two casualties and sometimes a bystander. The test will last for six minutes.

Marks are allocated for five main tasks.

Task	Activity
Checking for danger	Assessing the situation, checking for danger and making safe
Primary survey - the initial casualty assessment of the accident	DRAB of both casualties
Diagnosis – what is wrong	Finding all injuries including shock
Treatment	First aid treatment of both casualties
General/cleaning up/teamwork	Getting help, leadership/teamwork, handling and caring for the casualty

Pairs test

The pairs test will include one casualty. The test will last for six minutes.

Marks will be given for the same five tasks as the team test, except using one casualty.

Reserve test

The reserve will have an opportunity to take part in a reserve test. This test will consist of a first aid related practical activity (based on Young first aider) and answering several questions. The reserve will take part in the test whilst the rest of the team are completing the team test. The test will be marked and a prize will be awarded to the reserve with the highest mark. The reserve test will only take place in the national final and points gained will not go towards the team's final marks.

The scenarios

The scenarios used for the team and pairs will be based around injuries and illnesses included within the Young first aider pack. Typical scenarios, described below, will be read out to the team or pair.

1. Scenario example one (pairs) – Junior or Senior

You are out on a camping weekend and you are getting things ready for your evening meal. One of the group is opening a tin of beans; suddenly they let out a cry and drop the tin of beans onto their foot.

2. Scenario example two (team) – Junior or Senior

You are walking through the campsite with your team members when you hear a cry for help. Upon arrival at the tent you see that one camper has knocked a pan of scalding water off the stove and over their leg. Another camper who ran to help tripped over a guy rope and landed on some broken glass.

Full details of the scenarios and marking sheets are enclosed (see appendices).

The emergency phone call

The scenarios may require the competitors to make an emergency phone call.

To make the emergency phone call (if required) more realistic, the competitors will be asked questions identical or similar to those asked by the emergency services themselves. Examples of these questions and the marking sheet are enclosed (see appendices).

Scenario card quiz

Teams will be expected to answer a total of five questions relating to one or more scenario cards, which depict an accident/illness scene, from the Young first aider pack. Each team member will be asked to answer one question from the list below without conferring. A further question will be asked of the team captain, who may confer with the rest of their team before answering. The marks gained from this test will be used only as a tie-breaker, a maximum of 15 marks are to be awarded for this section, three marks available for each question.

1. What has happened?
2. What injuries/illness do you expect?
3. How are you going to deal with the situation?
4. How are you going to get help?

A typical scenario card and marking sheet are enclosed (see appendices).

Knowledge skills and understanding required

Your team will only be tested on the information shown in the Young first aider pack.

Junior teams will need to know the contents of parts one and two of the Young first aider pack (asthma, bites and stings, bleeding (minor), bleeding and shock, burns and scalds, choking, communication and casualty care, coping in an emergency, foreign objects, poisons, primary survey and recovery position).

Senior teams will need to know the contents of parts one, two and three of the Young first aider pack (asthma, bites and stings, bleeding (minor), bleeding and shock, bone, muscle and joint injuries, burns and scalds, chest pains, choking, communication and casualty care, coping in an emergency, electric shock, fainting, foreign objects, poisons, primary survey, recovery position and resuscitation).

Judges

Judges are present to assess competitors' knowledge, skills and understanding of first aid on the set of the accident scene. To make sure that everyone is treated the same we have agreed that our judges will:

1. tell the competitors about the scenario before they go onto the set and provide them with all the initial information they need. If any team member is unsure about any of the information given they should ask the judge
2. be unable to answer questions when competitors are competing. Competitors can only question the casualty or bystander at this stage
3. provide relevant information to competitors when this is needed during the test. If at this stage competitors have any questions on the information given they may ask the judge
4. look for signs that competitors understand first aid and that any treatment given during the competition is effective, safe and prompt
5. talk to competitors at the end of the test about how they handled the situation and give hints on how to improve their first aid skills.

Marking system

The marking sheet will be similar to that included in this handbook and the marking system will be similar in form for all scenarios.

Results

All teams will be notified of the result of the competition at the event.

Rules

Our rules are designed to ensure that everyone who enters the competition has an equal chance of success if their knowledge of the Young first aider course is good.

Who can enter?

- Teams of five students (four competitors and one reserve) who are all from one school. Teams can be single or mixed sex
- Team members must have received all or part of their first aid training at their school
- For the Junior competition, teams must comprise of members aged 7-11 (max year 6)
- For the Senior competition, teams must comprise of members aged 11-15 (max year 10)
- A maximum of two St John Ambulance Badgers or two St John Ambulance Cadets are allowed in a team.

On the day, when you are waiting to compete

- Your team escort will keep your mobile phone while you participate. If you use a mobile phone during the competition your team may be disqualified
- Please do not take any notes with you onto the competition set. If you need to make notes while on set there will be a pad for you to use and leave there
- You may have to wait in a separate room or area before your turn to compete.

During the competition

- Please do not try to seek information or advice from any spectator
- Spectators are kindly asked not to comment loudly whilst watching the competition as this can be off-putting for the competitors. We also request that spectators avoid discussing the competition with any competitors waiting to compete
- Should anyone believe there has been any infringement of the rules, they should immediately pass the details to one of the St John Ambulance coordinators in the area.

Disqualification from the competition

Any competitor who unfairly obtains any advice or information that helps them to gain points may be disqualified at the discretion of the event organisers.

Top team tips

The following are suggestions to help you obtain the maximum marks:

1. Your team or pair should work together to give your casualty treatment that is effective, safe and prompt
2. Read/listen carefully to any information given to you about the test
3. Study the surroundings of the scenario carefully
4. Watch what happens during the test carefully as the situation may change
5. Look out for more than one casualty
6. Always try to treat the most urgent case first
7. Keep talking to your casualty and listen carefully to any information they or the bystander(s) might give
8. Enjoy the test; its main purpose is to help you practise the first aid skills you have been taught in a realistic setting
9. Remember everyone who learns first aid is a winner and has special skills to offer anyone in the event of an accident or illness.

Photographs

St John Ambulance often takes photographs/videos at this event to provide competitors with a reminder of their day. Sometimes we would like to use these photographs/videos in press/other media releases. To do this we require written permission from children/young people and parents/guardians/carers if the young person is aged 7-15 years old.

Please provide the regional round organiser with a completed model release form for each competitor. The model release form can be found near the back of this handbook (see Appendix B). If parents/guardians/carers, children or young people do not wish identifiable photographs to be taken of them at the events, please confirm this in writing and send this to the NHQ Product Management Department (address below). You will also need to inform the organisers on the day.

Questions and problems

Please try to raise these on the day with the person in charge on site (normally a School Liaison Officer), or send them to the **Product Management Department, St John Ambulance National Headquarters, 27 St John's Lane, London EC1M 4BU**. Alternatively, email training@sjamb.org.uk, or fax 020 7324 4001.

Feedback

We are very interested in learning from you how we might improve the National Schools' First Aid Competition. Please hand in on the day or send the attached feedback forms to your county School Liaison Officer or Jim Earnshaw, at the above address.

Appendices

- Example scenarios and marking sheets (pairs and team)
- Example scenario card and marking scheme
- Feedback forms (for school competitors and staff)
- Photograph model release form.

Appendix 1 – example scenarios and marking sheets

Scenario example 1 (pairs) Junior or Senior

The scenario

You are out on a camping weekend and you are getting things ready for your evening meal. One of the group is opening a tin of beans. Suddenly, they let out a cry and drop the tin of beans onto their foot.

The casualty

You have a suspected fractured toe. You are able to answer questions and use your own name.

Marking

Four options for marks:

- Three marks should be awarded if the action is excellent, effective, safe and prompt
- Two marks should be awarded if the action is good, with only minor improvements required
- One mark should be awarded if the action is satisfactory and improvements are needed
- No marks should be awarded if the action is weak or incorrect.

If a stage is missed completely then no marks should be given for that stage. The comments space should be used to explain the reasons for marks given if below three. Any alterations should be initialled and the judge should sign the sheet after completion.

Make-up

The casualty has bruising and swelling on one of their big toes.

Expected treatment

Shoe removed, foot elevated, cover for warmth and casualty sent to hospital.

Props

Old type tin opener, first aid kit, a mobile phone, a blanket or a coat, big (empty) tin of beans, unlit campfire or barbeque.

Timing

Six minutes.

Example marking sheet

Fractured toe

Pair

Action	Action	Marks	Comments
Danger	Look for danger	3 2 1 0	
	Remove danger	3 2 1 0	
Response	Introduces self to casualty	3 2 1 0	
	Ask what happened	3 2 1 0	
Airway	N/A		
Breathing	N/A		
Circulation	Check for severe bleeding	3 2 1 0	
Identify injury	Recognise suspected fractured toe	3 2 1 0	
Help	Send for ambulance		marked separately
Primary first aid	Steady and support injury	3 2 1 0	
Shock	Assist casualty to the floor	3 2 1 0	
	Elevate legs	3 2 1 0	
	Cover for warmth	3 2 1 0	
First aid with kit	N/A		
Care throughout	Talk to casualty	3 2 1 0	
	Be gentle	3 2 1 0	

Note – the above skills must be demonstrated but not necessarily in this order.

Judge's signature

Audited total.....

Auditor's signature.....

Scenario example two (team) – Junior or Senior

The scenario

You are walking through the campsite with your team members when you hear a cry for help. Upon arrival at the tent you see that one camper has knocked a pan of scalding water off the stove and over their leg. Another camper who ran to help tripped over a guy rope and landed on some broken glass.

The casualty

Casualty 1: You are sitting on the floor of the tent with reddening blisters on your right shin complaining of severe pain and showing signs of shock

Casualty 2: You are sitting on the floor supporting your lower arm that has a piece of glass embedded in it and complaining that your left ankle hurts

Both casualties: you are able to answer questions and use your own name.

Marking

Four options for marks:

- Three marks should be awarded if the action is excellent, effective, safe and prompt
- Two marks should be awarded if the action is good, with only minor improvements required
- One mark should be awarded if the action is satisfactory and improvements are needed
- No marks should be awarded if the action is weak or incorrect.

If a stage is missed completely, then no marks should be given for that stage. The comments space should be used to explain the reasons for marks given if below two. Any alterations should be initialled and the judge should sign the sheet after completion.

Make-up

Casualty 1: Pale face, blisters and redness on right shin. No material melted in as casualty is wearing shorts.

Casualty 2: Embedded piece of glass in lower left arm, left ankle red and face pale.

Expected treatment

Casualty 1: Irrigation of burn with bowl/jug and cold water. Lie the casualty down and treat for shock.

Casualty 2: Appropriate dressing on lower left arm, cold compress on sprained ankle. Lie the casualty down and treat for shock.

Props

Bowl, jug, first aid kit, two blankets, mobile phone, unlit cooking stove, saucepan, simulated broken glass.

Timing

Six minutes.

Example marking sheet

Scald

Team

Action	Action	Marks	Comments
Danger	Look for danger	3 2 1 0	
	Remove danger	3 2 1 0	
Response	Introduces self to casualty	3 2 1 0	
	Ask what happened	3 2 1 0	
Airway	N/A		
Breathing	N/A		
Circulation	Check for severe bleeding	3 2 1 0	
Identify injury	Recognise scald	3 2 1 0	
Help	Send for ambulance		marked separately
Primary first aid	Flood the injury with cold water	3 2 1 0	
	Remove shoe	3 2 1 0	
Shock	Assist casualty to lie down	3 2 1 0	
	Elevate other leg	3 2 1 0	
	Cover for warmth	3 2 1 0	
Primary first aid	Continue cooling injury with jug and bowl of cold water	3 2 1 0	
First aid with kit	Were gloves used?	3 2 1 0	
	Was burn covered with appropriate material?	3 2 1 0	
Care throughout	Talk to casualty	3 2 1 0	
	Be gentle	3 2 1 0	

Note – the above skills must be demonstrated but not necessarily in this order.

Judge's signature

Audited total.....

Auditor's signature.....

Example marking sheet

Embedded object

Team

Action	Action	Marks	Comments
Danger	Look for danger	3 2 1 0	
	Remove danger	3 2 1 0	
Response	Introduces self to casualty	3 2 1 0	
	Ask what happened	3 2 1 0	
Airway	N/A		
Breathing	N/A		
Circulation	Check for severe bleeding	3 2 1 0	
Identify injury	Recognise embedded object	3 2 1 0	
Help	Send for ambulance		marked separately
Primary first aid	Apply pressure	3 2 1 0	
	Elevate arm	3 2 1 0	
Shock	Assist casualty to the floor	3 2 1 0	
	Elevate legs	3 2 1 0	
	Cover for warmth	3 2 1 0	
First aid with kit	Were gloves used?	3 2 1 0	
	Apply appropriate dressing to injury	3 2 1 0	
	Not to remove glass	3 2 1 0	
	Keep arm elevated	3 2 1 0	
Care throughout	Talk to casualty	3 2 1 0	
	Be gentle	3 2 1 0	

Note – the above skills must be demonstrated but not necessarily in this order.

Judge's signature

Audited total.....

Auditor's signature.....

Example marking sheet

Sending for ambulance, the emergency phone call.

Team/Pair

Judge's response	First aider action	Marks	Comments
	<u>Starting the call</u>	3 2 1 0	
'Emergency operator, which service please?'	Dial relevant number and request 'Ambulance'		
'Go ahead caller, what is the exact location of the incident?'	Gives address details		
'Please confirm your telephone number'	Gives telephone number		
	<u>Incident details</u>	3 2 1 0	
'What is the nature of the problem?'	Gives outline of what has happened		
'How long ago did this happen?'	Answer		
'How many people are hurt?'	Answer		
	<u>Patient(s) details</u>	3 2 1 0	
'How old is the patient?' (approximate age acceptable)	Answer		
'Is the patient awake?'	Answer		
'Are they able to speak to you?'	Answer		

Example marking sheet (continued)

Judge's response	First aider action	Marks	Comments
	<u>Closing the call</u>	3 2 1 0	
'Can I take your name as caller?'	Answer		
'and the patient's name, please?'	Answer		
'Thank you, the information will help the ambulance crew a lot. Can you stay with the person until the ambulance arrives? If they get worse at all then call back, you can hang up now.'	Waits for the operator to say 'hang up' before putting the phone down		

Judge's signature

Audited total.....

Auditor's signature

Marking guide for the emergency call

There are four options for marks in each section:

- Three marks should be awarded for the section if all three actions or answers are correct
- Two marks should be awarded for the section if two actions or answers are correct.
- One mark should be awarded for the section if only one action or answer is correct
- No marks should be awarded for the section if none of the actions or answers are correct.



**EXAMPLE
SCENARIO CARD**

EXAMPLE SCENARIO CARD



Think about the information presented to you.

Sophie! Are you all right?

What has happened?

What injuries/illnesses do you expect?

How are you going to deal with the situation?

How are you going to get help?

What if you are alone?

esp
EFFECTIVE
SAFE
PROMPT

Example marking sheet (scenario card)

Question	Marks	Comments
Competitor 1 What has happened? Describes what may have led up to the scene in the picture and the dangers and problems that need to be thought about on approach to the incident.	3 2 1 0	
Competitor 2 What injuries/illness do you expect? Lists the signs shown by the casualty in the picture, if possible diagnose the condition, stating how to gain further information to assist with diagnosis.	3 2 1 0	
Competitor 3 How are you going to deal with the situation? Step by step description of treatments to be carried out, indicating the equipment required, if any.	3 2 1 0	
Competitor 4 How are you going to get help? States what kind of help is required, how and when to get this help. Explaining the procedure to follow when alone with the casualty.	3 2 1 0	
Team captain What would you do if the casualty became unconscious? After conferring with all team members the captain states, in order, the procedures to be followed.	3 2 1 0	

Judge's signature

Audited total.....

Auditor's signature.....

Appendix B – forms

St John Ambulance National Schools' First Aid Competition Competitor feedback form

Name of school

Competitor name: (optional)

Regional/National round (please circle) held on

Marking out of 10, how much did you enjoy the competition event ?/10

The three things I liked best about it were:

1.....

2.....

3.....

The three things I liked least about it were:

1.....

2.....

3.....

What did you learn about first aid from the competition event?

.....

.....

What would have made the day better for you?

.....

.....

Tick this box if you want someone to contact you about your local St John Ambulance Badger/Cadet division and give your school address and/or telephone number:

.....

.....

.....

Please give this completed form to your teacher.

St John Ambulance National Schools' First Aid Competition School staff feedback form

Name of school:

Class:

Regional/National round (please circle) held on

Your team has recently completed this competition round. In order to improve our competitions for schools we would appreciate your feedback. Please comment on any or all of the following:

.....

Venue Was it suitable for the event?

.....

Competition content Did it cover what you expected?

.....

Team test Did you enjoy it?

.....

Was it suitable for your students?

.....

Pairs test Did you enjoy it?

.....

Was it suitable for your students?

.....

Goodie bag (if applicable) What did you think of the contents?

.....

What did your team think?

.....

How do you think we could improve the competition?

.....

Please hand to the regional round organiser on the day, or send to the Development Officer for Schools at:

Product Management Department, St John Ambulance NHQ
27 St John's Lane, London EC1M 4BU.

St John Ambulance National Schools' First Aid Competition 2010 Model release form

St John Ambulance will be trying to secure national and local media coverage on the event, including information about your school's team. If you are happy to be mentioned in the media it is important that you complete this form and hand it in at your regional round in order to help us to plan positive PR for St John Ambulance and your school.

Take care to write clearly and give as much information as you can - even the smallest detail can help make your story stand out, so please continue on a separate sheet if necessary.

Name

Address

Postcode

Tel (with code)

Mobile

Date of birth

Age at time of competition

School name

Names of your local newspapers and TV and radio stations

Do you agree to your photograph being used for publicity purposes, including use on the website?

Yes/No

Are you happy to have details of your achievement passed to the media, eg. in a press release?

Yes/No

Are you happy to speak to the media? (If so, we would give you prior warning).

Yes/No

What do you enjoy most about learning first aid and taking part in the competition?

Have you ever had to use first aid in real life? If so, how?

How did it make you feel?

The media often want to know a little about you to help bring your story to life. Use this section to tell us about your life, family and hobbies.

Please ask your parent or guardian to fill in this section - how do they feel about you learning first aid?

Declaration

I agree that St John Ambulance may retain and use this information for the purpose of promoting St John Ambulance and first aid through the media and other related occasions. I understand St John Ambulance will not disclose my personal information without my express consent on each occasion and will comply with the Data Protection Act 1998.

Please tick this box if you consent for your story to be used in St John Ambulance fundraising appeals. They will contact you about this if they want to use your story.

Name (please print)

Signature

Name of parent/guardian (please print)

Signature of parent/guardian

Date

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