



Ontario Division Controlled Document Cover Page

The attached ODI has been reviewed and the following information has been verified.

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Reviewed by	Cdr (NL) Jean-Marc Leblond
Approver (s)	Navy League Committee (Ontario Division)

1.0 GENERAL

The purpose of the competition is to encourage First Aid training and to foster a competitive spirit and good sportsmanship.

2.0 TEAM

- 2.1 Size: A team must consist of four (4) cadets, plus up to a maximum of two (2) cadets as spares. A spare can be used as a substitution up to commencement of the competition but not used once the competition has commenced without the permission from the Chief Judge. The Squadron and Provincial competition teams must have the same members.
- 2.2 Qualifications: There are no minimum qualifications for cadets to compete.
- 2.3 Age: Competitors must be cadets and must meet the Navy League of Canada age requirements.
- 2.4 Rank: Competitors may be of any rank.

3.0 COMPETITION STANDARDS

- 3.1 Questions and Scenarios: These will be marked on the basis of the current edition of the Cadet Training Syllabus (CTS-09 First Aid) and St. John Ambulance Emergency First Aid text (or similar standard.) ***CPR is NOT included.***
- 3.2 Casualty Simulation: Should be used to portray a realistic casualty. Casualties should be coached to portray their roles as effectively as possible. Casualties will be provided from a local source by the host corps.

4.0 CASUALTIES

- 4.1 Casualties should be used to portray a realistic situation and be provided by the local host corps.
- 4.2 Casualties should be coached in advance concerning the injuries/condition they are portraying. How to answer questions when asked, information they must volunteer to the team, etc. Casualties must maintain the same standard for each team.
- 4.3 Casualty's simulation should be utilized if available to portray the casualty and injury/condition effectively. If casualty simulation is not available the judges will describe the injuries/condition to the team when asked.

5.0 JUDGES

5.1 There will be two judges assigned for each scenario

- 5.2 Requirements of Judges: The minimum requirement for judges at the competition shall be a current St. John Ambulance Emergency First Aid certificate or equivalent. The preferred qualifications are current Standard First Aid and level "C" (Basic Rescuer) CPR certificates or equivalent.
- 5.3 Judges should be briefed in advance concerning the scenario, injuries, actions to be taken by team, level of competition, expectations of treatment, expectation of victim, etc.
- 5.4 The Chief Judge should hold a minimum of Standard First Aid and CPR.

6.0 DISPUTES

- 6.1 Immediately following each scenario the judges will discuss with the Team Officer any shortcomings of the team. They will not divulge the total score. At that time the Team Officer will be permitted to dispute the judge's decisions with the judge that marked it. Should the Team Officer still not be satisfied with the judge's decision, he/she may appeal to the Chief Judge. The decision of the Chief Judge will be final. Disputes will not be handled at any other time

7.0 COMPETITION COMPOSITION AND SEQUENCE:

- 7.1 General: The competition will be composed of three (3) distinct segments. The segments and their value expressed as a percent of the total score are as follows;

Written Examination	100%
Scenario Number 1	100%
Scenario Number 2	100%
Total	300% (to be divided by 3 to achieve a final total)

7.2 Written Examinations:

- a) The written examination will include one or more written scenarios followed by related multiple choice questions. Total multiple-choice questions will not exceed 20.
- b) All teams (including spares) will write the examination at the same time. Spares are marked
- c) Thirty (30) minutes will be the maximum time permitted to complete the written examination unless given orally.
- d) Corps Officers will not be permitted to see the written exam during the

competition. The written exam will be available for review at the end of the competition.

8.0 **SCENARIOS**

8.1 Scenarios will be presented as real life situations. Before entering the scene, the Team Officer will be given a written or oral narrative of the scenario to be encountered. The narrative will give only such information that is considered essential to set the scene with elements that cannot be duplicated in the competition situation. The Team Officer will have 2 minutes to discuss the narrative with the team before entering the scene.

8.2 Scenario #1 will contain a single casualty with one or more problems (wounds) etc., and may likely include a scene hazard. All injuries/conditions will be based on Annex 'A'.

Scenario #2 will contain a single casualty with one or more problems (wounds). The casualty will have more severe injuries. All injuries/conditions will be based on Annex 'A'.

8.3 Two judges will be assigned to each scenario

8.4 All teams will do the same two scenarios

8.5 In the event that during the scenario a team member is declared a casualty by a judge (e.g. approached casualty without checking to see if electricity is cause), they are then not allowed to continue with the scenario and are not to be replaced by spares. The team member is then to receive first aid for the wounds/condition they were given from the rest of the team. If the whole team is declared casualties then the scenario will end and only get marked up to that point.

8.6 Team Captains will also be marked on their ability to lead the team, designate duties to team, communication with the team and victim, confidence, performance, leadership, etc.

8.7 The team as a whole can earn marks for their combined ability for teamwork, communication with the captain, team and victim, problem solving, confidence, etc.

8.8 When practical all teams will conduct their scenarios at the same time, in a central location. If not, each team will perform their scenario in a closed room. It is the team's responsibility to not discuss the scenario with teams that have not yet competed.

8.9 Timing will commence as soon as the first member of the team enters the scenario. Each Team will have 30 minutes to complete the scenario. All work must cease at the thirty minute mark.

8.10 Spectators will be permitted during the scenarios if the area is large enough to house

spectators.

9.0 MARKING

- 9.1 Each team will accumulate points as they work their way through the particular scenario
- 9.2 Written examination scores will be totalled and averaged to arrive at a score out of 100%. Cadets found cheating will have their examination sheets destroyed and counted in the average as zero regardless of the number of correct answers.
- 9.3 Each scenario will be marked by both judges and the marks combined for an overall scenario mark. If one judge sees the team perform a task and the second judge does not, then the mark will be given by that judge. Judges are not to discuss the scoring after the scenario.
- 9.4 Each scenario will be counted separately towards the teams overall score. Each team will accumulate points as they work their way through the particular scenario.

10.0 EQUIPMENT

- 10.1 **Each team will be required to bring its own first aid equipment.** Any team arriving without their own equipment will not be allowed to compete.
- 10.2 First Aid kits and equipment will not be judged and will not be included in the marking process. Each kit will be inspected at the start of the scenarios to ensure there are no materials or equipment not allowed under this ODI. (See 10.3)
- 10.3 **First aid kits SHALL NOT contain any of the following items.**
 - a) Medications, lotions, ointments or creams of any type.
 - b) Inhalants, especially ammonia inhalants
 - c) Knives, pointed tip scissors, straight pins or hypodermic needles
 - d) Spinal Immobilization equipment, i.e., cervical collars, K.E.D.'s, etc.
 - e) Stretchers of any type
 - f) Specialty Splints – air splints, traction splints, etc.
 - g) Specialty Medical equipment – defibrillator, vital sign monitor, blood pressure cuff, blood glucose monitors, BVM's, oxygen, etc.

Any team found carrying the above equipment will be disqualified.

- 10.4 First aid kits and equipment is the sole responsibility of each team. Therefore each team should ensure their kit is ready for competition. The first aid kits will be held by the team officer except during actual competition.

- 10.5 It must be noted that, in the event of a real emergency, these kits may be required for emergency use. Teams will be given the opportunity to replenish any items used and compensation will be made to the team if it affects the competition.
- 10.6 Teams shall bring two (2) blankets with them in addition to their first aid kit.
- 10.7 If any equipment is required specifically for the scenarios it will be provided by the host corps.

ANNEX 'A'

The following conditions may/will be included in the First Aid Competition exam and/or scenarios.

1. **Emergency Scene Management (ESM)**
 - Terms used in First Aid
 - Principles of safety
 - Perform ESM

2. **Shock**
 - Recognize shock
 - First Aid for shock
 - Recognize and provide first aid for unconsciousness
 - Recognize and provide first aid for fainting

3. **Choking**
 - Recognize and provide first aid for choking

4. **Severe Bleeding**
 - Recognize major wounds, severe external, internal bleeding and inadequate circulation to the extremities.
 - Provide first aid for external, internal bleeding and amputations.

5. **Medical conditions**
 - Recognize and provide first aid for diabetic emergency
 - Recognize and provide first aid for epileptic seizure
 - Recognize and provide first aid for convulsions
 - Recognize and provide first aid for allergic reaction
 - Recognize and provide first aid for asthma attack

6. **Wound Care**
 - Prevent further contamination and infection of wounds
 - Control external bleeding from an embedded object
 - Control bleeding from the nose
 - Provide first aid for a palm injury
 - Recognize and provide first aid for abdominal wounds

7. **Burns**
 - Recognize and provide first aid for 1st, 2nd, and 3rd degree burns from heat.

ANNEX 'B'

FIRST AID KIT LIST

These components will do for any single scenario. First Aid team should have spare components to replace kit for second scenario.

Checklist	QTY	Description
	1	First Aid Kit: Larger than fanny pack (e.g. backpack, etc)
	8 pairs	Non-latex gloves – (2 pairs for each team member)
	3	8x10 Abdominal Pads (Large wound dressing)
	6	4x4 Gauze (medium wound dressing)
	8	2x2 Gauze (small wound dressing)
	1	Bottle of water
	6	Plastic Band-Aids
	6	Fabric Band-Aids
	8	Triangular Bandage
	4	4" Cling or Conform bandages
	1	1" Fabric tape
	3	Simple Splints
	1	Rescue Blanket
	1	Normal Blanket
	1	Pad of paper
	1	Pen and/or pencil (should also have a spare set)
	1	6" Bandage Scissors (Round Nose)

First Aid Competition Score Sheet

Corps Name & Number: _____

Scenario #: _____

Final Score: _____ / 165

Scene Survey (1 Mark for each task)		Completed	Mark
Take Charge			
Call for help/Bystanders			
Check for Hazards			
Mechanism of injury			
No of Casualties			
Consent from Casualty			
Call for Medical Help			

Scene Survey

DEDUCTIONS:

Minus

TOTAL SCENE SURVEY

Primary Survey (1 Mark for each task)		Completed	Mark
Airway			
Breathing	Yes/No		
	Rate		
Circulation	Pulse		
	Skin Condition		
	Temperature		
Rapid Body Survey			

Primary Survey

DEDUCTIONS/COMMENTS

Minus

TOTAL PRIMARY SURVEY

Secondary Survey (1 Mark for each task)		Completed		Mark
History	S	ymptoms		
	A	llergies		
	M	edications		
	P	ast Medical History		
	L	ast Meal		
	E	Vents leading to Incident		
Vitals	Level of Consciousness			
	Eye opening Response			
	Verbal Response			
	Motor Response			
	Breathing			
	Rate			
	Rhythm			
	Strength / Depth			
	Skin Condition and Temp.			
	Colour			
Temp.				
Moisture				
Head to Toe Exam	Head / Face (Med. Alert)			
	Neck			
	Collarbone			
	Upper Extremities			
	Chest			
	Abdomen			
	Pelvis			
	Lower Extremities			
On-Going Casualty Care	Loosen tight Clothing			
	Warmth / Cool			
	Nothing by Mouth			
	Best Position			
	Record the Casualties condition			
		TOTAL SECONDARY SURVEY		