



## ST JOHN AMBULANCE INTERNATIONAL FIRST AID COMPETITION

### COMPETITION RULES

1. The competition will be held in South Australia, Canada, Essex, Hong Kong, Ireland, New Zealand, Merseyside, South Africa, Kenya and any other invited countries.
2. Any team of four Cadets who have a current First Aid Certificate may enter providing the team have not won any other recognised competition at either Area, County, Regional, or National levels.
3. The competition is relevant to First Aid only.
4. The competition will comprise of a team test, and an individual theoretical test for each team member,
5. The winning team will be the team in the overall competition that attains the highest aggregate marks.
6. If there is a draw, the team with the highest marks in the team test wins, or again the event of a draw, the highest marks obtained by the Team Leader will decide the winner.
7. Each country will in turn set the papers, the judges setting the papers will also state the requirements for props and kits etc.
8. No Cadet over the age of 16 years will be allowed to enter.



**ST JOHN AMBULANCE  
FIRST AID COMPETITIONS**

**STANDARD KIT LIST REQUIREMENTS**

2 Eye Pads

6 Medium Sterile Dressings

2 Large Sterile Dressings

2 Extra Large Sterile Dressings

Safety Pins

Selection of Adhesive Dressings

6 Triangular Bandages

Disposable Gloves



**International First Aid Competition**  
Team Practical Test

Page 1

Team Number.....

Time 15 minutes

Casualty No 1

Injuries: Open fracture middle third left tibia, bone protruding  
Capillary bleeding. Shock  
Full marks obtained

<b>Approach</b>	<b>Max</b>	<b>Obt</b>
State you are first-aiders, check history.	3	
Enquire where pain is felt.	2	
<b>Examination of leg</b>		
Expose and examine injury.	2	
Note bleeding (not severe).	2	
Note Bone protruding.	2	
Severe pain.	2	
Swelling.	2	
Tenderness.	2	
Immobility.	2	
Examine complete limb.	5	
<b>Treatment</b>		
Support injured limb.	2	
Gently apply sterile dressing.	5	
Apply ring bandage or built up dressing.	10	
Apply bandage to secure.	5	
Check if bleeding controlled.	5	
Immobilise fracture.	10	
Padding between knees and ankles.	5	
Test for circulation	5	
Neat bandage, reef knot, care in handling	10	
<b>Diagnosis of shock</b>		
Pale face	2	
Skin cold and clammy	2	
Breathing shallow, lowered temperature	2	
Pulse 90	5	
<b>Marks carried forward to page 2</b>	<b>92</b>	

Team Number.....

	Max	Obt
Marks Brought forward from page 1	92	
<b>Treatment for Shock</b>		
Loosen Tight clothing Neck Chest, Waist	2	
Reassure casualty	2	
Care in Handling, comfort of bandages	2	
Re-Check Pulse	2	
Re-Check respiration	2	
<b>Report</b>		
Name address and history	2	
Diagnosis on injuries and shock	5	
Efficiency of treatment	5	
<b>Total Marks Obtained</b>	<b>114</b>	

Judges Remarks

Judges Signature .....

Team Number.....

Time 15 Minutes

Page 3

Casualty Number 2

**Injuries:** Incised wound on the inside of right forearm. Arterial Bleeding. Shock.

<b>Approach</b>	<b>Max</b>	<b>Obt</b>
State you are first-aiders, check history	3	
Enquire where is pain felt	2	
<b>Examination of arm</b>		
Expose and examine	2	
Note bleeding (Severe)	2	
Note incised wound, no dirt or foreign object	5	
Examine complete limb	5	
<b>Treatment</b>		
Elevate arm	2	
Apply direct pressure	5	
Apply sterile dressing	5	
Bandage to retain dressing	5	
Place arm into elevation sling	5	
Test for circulation	5	
Check if bleeding controlled	5	
Care in handling	5	
Pulse 96	5	
<b>Diagnosis of shock</b>		
Pale face	2	
Skin cold and clammy	2	
Breathing shallow	2	
<b>Treatment for shock</b>		
Loosen clothing at neck, chest, waist	2	
Reassure casualty	2	
Re-check pulse	2	
Re-check breathing	2	
<b>Report</b>		
Name and address and history	2	
Diagnosis of injury and shock	5	
<b>Total Marks carried forward to page 4</b>	<b>82</b>	

Team Number.....

Page 4

	Max	Obt
<b>Total marks brought forward from page 3</b>	<b>82</b>	
<b>Leadership and Management</b>		
Efficiency of team leader.	5	
Efficiency of treatment.	5	
Communication with team members	5	
<b>Total marks obtained for test</b>	<b>97</b>	

**Judges Remarks**

**Judges Signature**

Team Number ..... **AMBULANCE REQUEST**

Page 5

<b>Ambulance request</b>	<b>Max</b>	<b>Obt</b>
Dial 999 or appropriate number.	2	
Give kiosk number ( Judge to Decide)	2	
Location of incident	2	
Type of accident	2	
Number of casualties	2	
Condition of casualties	2	
Let operator hang up first	2	
<b>Total marks obtained for Ambulance Request.</b>	<b>14</b>	
<b>Total marks obtained from casualty 1</b>	<b>114</b>	
<b>Total marks obtained from casualty 2</b>	<b>97</b>	
<b>Maximum marks obtained overall</b>	<b>225</b>	