



ST JOHN AMBULANCE INTERNATIONAL FIRST AID COMPETITION FOR CADETS

COMPETITION RULES

- 1 The competition will be held in 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 the props and kits etc.
- 8 No Cadet over the age of 16 years will be allowed to enter.



**ST JOHN AMBULANCE
INTERNATIONAL FIRST AID COMPETITION FOR CADETS
STANDARD KIT LIST REQUIREMENTS**

2 Eye Pads

6 Medium Sterile Dressing

2 Large Sterile Dressing

2 Extra Large Sterile Dressing

Safety Pins

Selection of Adhesive Dressings

6 Triangular Bandages


Four Pairs of Disposable Gloves

Competitors Code

Checked & Initialled

Marks Total

130

 <p>THE ORDER OF ST JOHN NORTHERN REGION</p>	<p>The Order of St John Community Services Northern Region Test Paper</p>	<p>International Cadet 2001</p>
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Date: _____

Time: 15 mins

Test: First Aid Team Test

Event: _____

Site

A rural, park-like setting.

Scenario and Competitors Briefing

The team is staying at a farm "Home Stay". You are out for a walk and come across a group who has been out for a ride on the farm trailer. The trailer has slipped spilling the passengers from the roadway above onto your track. The group tells you that the driver has gone back to the home for help – about 10 minutes ago. The information you gather brings you to the conclusion that help will be at least 30 minutes away.

Properties

4x patients

Medic alert bracelet for patient C.

Patients Briefing

- Patient A Fracture (closed) Left lower leg (tibia) some swelling and discolouration.
- Patient B Graze to the side of the head/face. Dazed, complains of headache.
Vision blurred.
- Patient C Fracture right collar bone. Is a diabetic – diet controlled.
- Patient D No injuries. Able to be a good and helpful bystander.

Bystander Briefing

Ensure that the bystander is familiar with the scenario

International Cadet	First Aid Team Test	Code
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Possible	Gained
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Approach

Ensure self protection (gloves etc)	3	10	
Establish safe to approach (yes)	3		
Introductions			
Team Leader directs member to patients, completes scene assessment	4		

Patient A**Assessment**

Response – ABC -check	3	5	
Severe Bleeding -check	2		

Treatment – Fracture left leg

Reassure	2	20	
Check limb baselines	3		
Immobilise left leg	2		
Re-check limb baselines	2		
Maintain body warmth	2		
Note pulse	3		
Note Respirations	2		
Further reassurance	2		
Re-check pulse and Respirations	2		

Further Assessment

Medication (Nil)	5	5	
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Patient Total

40	
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Judges Comments:

International Cadet	First Aid Team Test	Code
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Possible	Gained
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**Patient B
Assessment**

Response – ABC - check	3	5	
Severe Bleeding - check	2		

Treatment – Graze. Dazed. Blurred vision. Headache

Reassure	2	20	
Place in recovery position	3		
Note pulse	3		
Note Respirations	2		
Maintain Body Warmth	2		
Light dressing applied to abrasion	4		
Further reassurance	2		
Re-check pulse and Respirations	2		

Further Assessment - LOC

Medication (patient unsure)	2	10	
Re-check			
Vision (still blurred)	2		
History (vague)	2		
Head (still sore)	2		
Maintain contact with patient throughout test	2		

Patient Total	35	
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Judges Comments:

International Cadet	First Aid Team Test	Code
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Possible	Gained
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**Patient C
Assessment**

Response – ABC -check	3	5	
Severe Bleeding -check	2		

Treatment – Fracture right collar bone

Reassure	2	20	
Check limb baselines	3		
Immobilise right arm	2		
Re-check limb baseline	2		
Note pulse	2		
Note Respirations	2		
Maintain Body Warmth	2		
Further reassurance	2		
Re-check pulse and Respirations	3		

Further Assessment - Diabetes

Note medic alert bracelet	3	10	
Check if on medication (Nil)	3		
Further inquire into diabetic history – problems (Nil)	4		

Patient Total	35	
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Judges Comments:

International Cadet	First Aid Team Test	Code
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Possible	Gained
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**Patient D
Assessment**

Response – ABC -check	3	5	
Severe Bleeding -check	2		

Treatment – Nil injury

Reassure	1	5	
Note pulse	1		
Note respirations	1		
Note has no injuries	1		
No further treatment required	1		

Use as a Bystander

Information gained	5	5	
Help at scene	5	5	

Patient Total	20	
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Patient A	40	
Patient B	35	
Patient C	35	
Patient D	20	
Total	130	

Judges Comments: