

The St. John. Ambulance  
Essex



County Staff Officer  
F.E.Pomroy  
42 Planton Way  
Brightlingsea  
Essex  
CO7 0LB  
England

3<sup>rd</sup>. June 2007

Ian Bennett  
National Director of Community Services  
St. John Ambulance  
National Office  
400 - 1900 City Park Drive  
Ottawa, Ontario  
K1J 1A3 Canada,

Dear Ian

Reference: International Competition

Over the past few years, Canada has successfully participated in the International Competitions, under the guidance of Joanna Mulvihill. At the end of last year, I understood that Don Lapierre had taken over this responsibility, but now is no longer with the St. John. After various enquiries, I was informed that you had taken over his tasks. I am writing, therefore to see if you will be continuing to enter the International Competition.

In anticipation of your continuance in the competition, I am enclosing copies of the associated paperwork;

- One set of individual test papers
- Team Test
- One result sheet
- One set of competition rules
- One First Aid kit list
- Six Certificates

If you decide to participate, please could you forward the results to me by the 1<sup>st</sup>. December 2007 at;  
St. John Ambulance, One Fox Crescent, Chelmsford, Essex, CM1 2BN, England

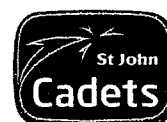
A brief note to let me know that you have received these papers would be appreciated. You can use the address above, or fax me on 0044 1245 265678 or send me an e-mail. If you require any further information on this competition please do not hesitate to contact me on my home phone 0044 1206 303902 or e-mail [frank.pomroy@btinternet.com.uk](mailto:frank.pomroy@btinternet.com.uk)

Yours Sincerely

Frank Pomroy  
Competition Coordinator

St.John Ambulance HQ  
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## 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 in 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

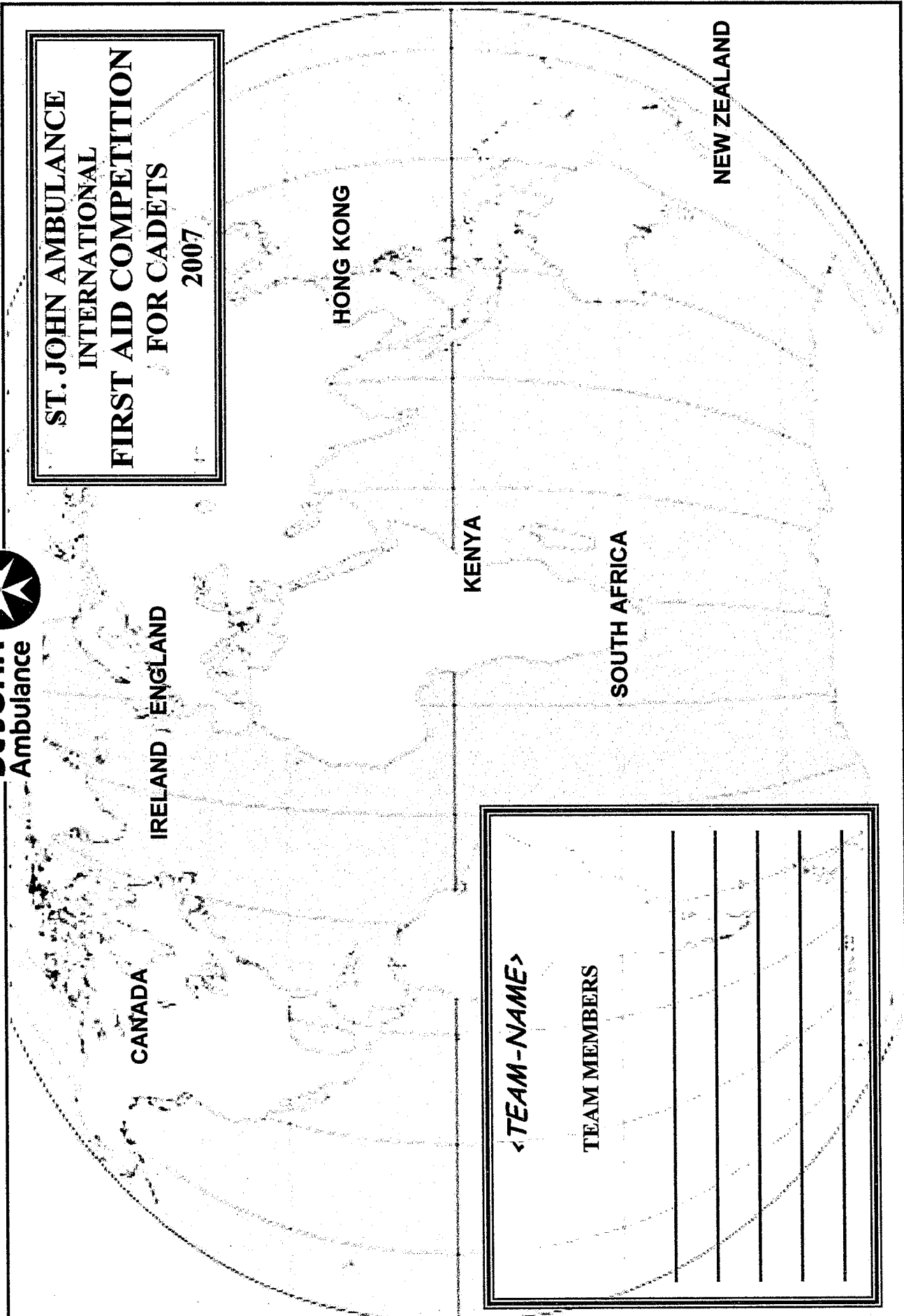
6 Triangular Bandages

4 Pairs of Disposable Gloves

1 Penlight



**ST. JOHN AMBULANCE  
INTERNATIONAL  
FIRST AID COMPETITION  
FOR CADETS  
2007**



CANADA

IRELAND ENGLAND

HONG KONG

KENYA

SOUTH AFRICA

NEW ZEALAND

**<TEAM-NAME>**

**TEAM MEMBERS**

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International First Aid Competition For Cadets 2007

**Team Practical Test**

**Team Letter:**

**Papers set by Frank Pomroy Essex England**

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**Time Allowed 15 Minutes**

**Total Marks 260**

**Team Information**

You are on duty at a Mountain Bike Rally, and are called to an incident

**Scenario**

At a Mountain Bike Rally a competitor leaves the track and crashes into two spectators . The competitor has a cut to the left cheek, which is bleeding and a broken right collar bone. Spectator No1 falls and strikes the back of their head on a rock, they have watery blood coming from their left ear, and complains of pins & needles traveling down their back (a suspected spinal injury). Spectator No2 is hit by the bike and has a cut to their right leg with is bleeding severely. All casualties are conscious

**The Scene**

The rider is sitting on the ground holding their right elbow, with their right arm going across their chest. Spectator No1 is lying on their back with their head resting on a rock, and one leg lying under the other. Spectator No2 is lying on their right side with the pedal of the bike resting on their right leg.

**Equipment**

Mountain Bike	Cycle Helmet	2 Deck Chairs
First Aid Kit	4 Blankets	Lyrca Cycling Suit
Mobile phone or Radio	Stop Watch	

## **Casualty Information**

### **Bike Rider**

The rider is sitting on the ground holding their right elbow with their right arm across their chest, and complaining of pain to the right shoulder they are unable to move their right arm. The Rider also acts in a aggressive manner complaining every time the First Aider touches them, and continues to complain about the spectators standing in the way. They will be wearing a lycra cycling suit ( if possible )

### **Spectator No.1**

Is lying on their back with their head resting on a rock. If asked if they hurt anywhere else will complain of pin & needles travelling down their back. Will only speak if asked direct questions. Spectator will be wearing outdoor casual wear.

### **Spectator No.2**

Is lying on their right side with the pedal of the bike resting on their right leg, will answer all questions put to them, but is continually asking about their friend, and keep calling out to their friend. ( who will not answer back ). Spectator will be wearing outdoor casual wear.

## **Casualty Simulation**

### **Bike Rider**

Cut to left cheek with is bleeding, and signs of shock  
Swelling and redness to right collar bone.

### **Spectator No.1**

Watery blood coming from left ear, and signs of shock

### **Spectator No.2**

Severe bleeding from right leg, and signs of shock, with blueness to lips & ears

Time: 15 Minutes

Team Letter



MARKING KEY	
Not Attempted Or Performed	0
Attempted But Not Effective	1
Performed Only Part Effective	2
Performed and Effective	3
Performed To An Excellent Standard	4

### On Arrival

Stop ask if any further danger to team & casualties	0	1	2	3	4
Ask casualties to keep still	0	1	2	3	4
Make area safe	0	1	2	3	4
Put on gloves	0	1	2	3	4

### Bike Rider

#### Recognition Features

Note Bleeding to right check	0	1	2	3	4
Ask if bleeding is profuse (no)	0	1	2	3	4
Ask casualty does it hurt anywhere else	0	1	2	3	4
Note swelling to right shoulder	0	1	2	3	4
Note redness to right shoulder	0	1	2	3	4
Ask casualty if they can move right arm	0	1	2	3	4
Note casualty is pale cold & clammy	0	1	2	3	4
Pulse rapid & weak (86)	0	1	2	3	4
Breathing shallow	0	1	2	3	4
Check casualty for any further injuries	0	1	2	3	4

### Treatment

Ask casualty to place hand over cut	0	1	2	3	4
Place sterile dressing over wound	0	1	2	3	4
Ask if bleeding is controlled	0	1	2	3	4
Place right arm into elevation sling	0	1	2	3	4
Place pad into right armpit	0	1	2	3	4
Place broad fold bandage around right arm & body	0	1	2	3	4
Lay casualty down & slightly raise head & shoulders	0	1	2	3	4
Cover with a blanket	0	1	2	3	4
Ask if bleeding is still controlled	0	1	2	3	4
Recheck pulse	0	1	2	3	4
Recheck bandages	0	1	2	3	4
Reassure casualty	0	1	2	3	4
Marks carried forward to page 6					

Judges Signature \_\_\_\_\_



MARKING KEY	
Not Attempted Or Performed	0
Attempted But Not Effective	1
Performed Only Part Effective	2
Performed and Effective	3
Performed To An Excellent Standard	4

**Spectator No. 1**

**Recognition Features**

Note watery blood coming from left ear	0	1	2	3	4
Ask casualty does it hurt anywhere else	0	1	2	3	4
Note pale face cold & clammy skin	0	1	2	3	4
Pulse rapid & weak (96)	0	1	2	3	4
Breathing shallow & weak	0	1	2	3	4
Check casualty for any further injuries	0	1	2	3	4

**Treatment**

Ask casualty to keep still	0	1	2	3	4
Place sterile dressing over left ear	0	1	2	3	4
Place blankets on either side of casualty	0	1	2	3	4
Cover casualty with blanket	0	1	2	3	4
Support casualty's head	0	1	2	3	4
Recheck pulse	0	1	2	3	4
Reassure	0	1	2	3	4
Marks carried forward to page 6					

**Judges Signature** \_\_\_\_\_

MARKING KEY	
Not Attempted Or Performed	0
Attempted But Not Effective	1
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Performed To An Excellent Standard	4

**Spectator No. 2**

**Recognition Features**

Note blood coming from right leg	0	1	2	3	4
Ask if bleeding is profuse (yes)	0	1	2	3	4
Note casualty is pale, cold & clammy	0	1	2	3	4
Note blueness to lips & ears	0	1	2	3	4
Pulse rapid & weak (95)	0	1	2	3	4
Breathing fast & shallow	0	1	2	3	4
Check casualty for any further injuries	0	1	2	3	4

**Treatment**

Ask casualty to place hand over wound	0	1	2	3	4
Elevate leg	0	1	2	3	4
Place sterile dressing over wound	0	1	2	3	4
Ask if bleeding is controlled (no)	0	1	2	3	4
Apply second dressing over first	0	1	2	3	4
Ask if bleeding is controlled (yes)	0	1	2	3	4
Lay casualty down & raise their legs	0	1	2	3	4
Cover with a blanket	0	1	2	3	4
Ask if bleeding is still controlled (yes)	0	1	2	3	4
Recheck pulse	0	1	2	3	4
Recheck dressing	0	1	2	3	4
Reassurance					
Marks carried forward to page 6					

**Judges Signature** \_\_\_\_\_

MARKING KEY	
Not Attempted Or Performed	0
Attempted But Not Effective	1
Performed Only Part Effective	2
Performed and Effective	3
Performed To An Excellent Standard	4

**Telephone Call**

Call emergency service	0	1	2	3	4
State correct location	0	1	2	3	4
State Correct diagnosis of each casualty	0	1	2	3	4
State how many casualties	0	1	2	3	4
Ask operator to repeat message	0	1	2	3	4

**Observations**

Leadership	0	1	2	3	4
Team Co-ordination	0	1	2	3	4
Marks Carried Forward					

**Judges Signature** \_\_\_\_\_

**Marks Brought Forward**

Casualty No.1	
Casualty No.2	
Casualty No.3	
Communication	
Total marks	