
FIRST AID COMPETITIONS
STANDARD KIT LIST REQUIREMENTS

**PLEASE NOTE THAT THE KIT CONTENTS MUST BE IN
AN ACCEPTABLE CONTAINER**

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 CADET FIRST AID COMPETITION 1997
TEAM TEST

DETACH PAGE AND GIVE TO TEAM WHEN DIRECTED TO DO SO

TEAM SCENARIO

You and your Team are doing a First Aid practice at St. John House.

Part way through the practice someone comes running into the building shouting that two young people have fallen off their bicycle and are lying on the road.

It is mid-afternoon, cool and cloudy.

Good Luck! You have 15 minutes to complete the scenario.

N.B.

There will be a time announcement at 5 minutes into the scenario and again when there are 2 minutes remaining.

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Judges; please print the following Information

TEAM NAME _____

JUDGE # 1 NAME _____

JUDGE # 2 NAME _____

FLOOR POSITION (SQUARE #) _____

Primary Survey, Page 4, Sub-Total _____

Secondary Survey Casualty # 1, Page 5, Sub-Total _____

Secondary Survey Casualty # 1, Page 6, Sub-Total _____

Recording, Casualty # 1, Page 7, Sub Total _____

Secondary Survey Casualty # 2, Page 8, Sub-Total _____

Secondary Survey Casualty # 2, Page 9, Sub-Total _____

Recording, Casualty # 2, Page 10 Sub-Total _____

TOTAL POINTS AWARDED _____ (possible 675)
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BOTH JUDGES MUST AGREE ON IDENTICAL POINTS THROUGHOUT

NOTE: TOTAL TIME IS 15 MINUTES

TIME KEEPER MUST GIVE A 5 MINUTE WHISTLE OR WARNING,

A 2 MINUTE REMAINING WARNING

PAGE 2

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TEAM TEST

JUDGES AND SIMULATORS COPY
(Please make second copy for simulators)

Team Scenario: You and your Team are doing a First Aid practice at St. John House. Part way through the practice someone comes running into the building shouting that two young people have fallen off their bicycle and are lying on the road. It is mid-afternoon, cool and cloudy. Good Luck! You have 15 minutes to complete the scenario. N.B. There will be a time announcement at 5 minutes into the scenario and again when there are 2 minutes remaining.

SCENARIO INFORMATION (Judges, Simulators and Casualties Only)
Two young people (male/female) have been riding double on a bicycle. A car zooms by causing the riders to swerve and fall off the bicycle. The car does not stop. Judges; vital signs info is on the marking guide. Give and correct information only after Team takes and states findings.

INJURIES: Casualty # 1
Open fracture mid-shaft (radial) right forearm, heavy bleeding
Shock, skin pale, cool, clammy, no other injuries

Casualty # 2
Abrasion to right temple area
Abrasions to right forearm
Abrasions to palm of right and left hands
Closed fracture with swelling midshaft (tibia) right leg
Wearing Medical Alert bracelet (Allergy to Penicillin) on left wrist.
Shock, skin pale, cool, clammy

CASUALTY PROMPTS

CASUALTY # 1 - You are lying on your right side with your right arm extended above your head. You have pain in your injured arm. If asked give name and personal information. If asked you have no allergies, medications, past medical history. You last ate about 2 hours ago. Do not volunteer information. Answer only what you are asked.

CASUALTY # 2 - You are lying on your back under the bicycle. You are groggy and confused until you hear the 5 minute signal. You are gasping for air for the first couple of minutes, with breathing slowly returning to normal. If asked give name and personal information. Remember you are groggy the first 5 minutes. If asked you are allergic to penicillin, you are not on any medication, but had your appendix removed 5 years ago. You last ate about 2 hours ago. Do not volunteer information. Answer only what you are asked.

PROPS REQUIRED: bicycle on top of casualty # 2, medical alert bracelet, suitable clothing, casualties may be male/female, age 8 to 16

**INTERNATIONAL CADET FIRST AID COMPETITION 1997
TEAM TEST**

MARKING GUIDE

A = Action
S = Statement

SCENE/PRIMARY SURVEY:					
This section is active for the first 5 minutes of the scenario only. During the first 5 minutes, the First Aiders may perform the actions that are listed here and in the Secondary Survey. After 5 minutes the Team is eligible to receive marks only in the Secondary Survey. Marks may no longer be awarded in the Primary Survey.		A/S			N O T I D O N E
Actions in this section may be done in any order.					
1	Did the Captain take charge of the situation ?	A/S	10	0	
2	Were hazards assessed ?	A/S	10	0	
3	Did Team make an effort to control the hazards ? (street traffic, bystanders available for help)	A/S	10	0	
4	Did Team determine if there are other casualties ? (none)	A/S	10	0	
5	Did the Team warn the casualties not to move ?	A	10	0	
6	Did Team identify themselves as First Aiders and offer to help ?	A/S	10	0	
7	Casualty # 1 Did First Aider assess responsiveness (Conscious/Oriented/Alert)	A/S	10	0	
8	Casualty # 2 Did First Aider assess responsiveness (Semi conscious/ confused/ gasping for air)	A/S	10	0	
9	Casualty # 1 Did First Aider assess airway and breathing ? (casualty is conscious and can talk)	A/S	10	0	
10	Casualty # 2 Did First Aider assess airway and breathing ? (casualty is gasping for air)	A/S	10	0	
11	Casualty # 1 Did First Aider do a rapid head to toe examination for serious injuries ?	A	10	0	
12	Casualty # 2 Did First Aider do a rapid head to toe examination for serious injuries ?	A	10	0	
13	Casualty # 1 Did First Aider control bleeding from right forearm ? (by hand or by a dressing)	A	10	0	
14	Did Team send or call for medical aid ? (could send bystander)	A/S	10	0	
PRIMARY SURVEY - TOTAL POINTS AWARDED (Possible 140)					

INTERNATIONAL CADET FIRST AID COMPETITION 1997
TEAM TEST

MARKING GUIDE

A = Action
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CASUALTY # 1					
SECONDARY SURVEY:					N
Actions in this section may be performed by the Team during the Primary Survey as well as after.		A/S			O
After 5 minutes Marks may no longer be awarded in the Primary Survey.					I
Actions in this section may be done in any order.					N
HISTORY OF CASUALTY # 1					D
1	Did the First Aider ask the casualty about any Symptoms ? (pain right arm)	A	05	0	O
2	Did the First Aider ask the casualty about any allergies ? (none)	A	05	0	T
3	Did the First Aider ask the casualty if they have taken any medication in last 24 hours ? (none)	A	05	0	I
4	Did the First Aider ask the casualty about past medical history ? (none)	A	05	0	D
5	Did the First Aider ask the casualty when they ate their last meal ? (about 2 hours ago)	A	05	0	O
VITAL SIGNS ASSESSMENT					S
6	Did First Aider assess level of consciousness ? (Conscious/Oriented/Alert/Obeys Commands)	A	05	0	N
7	Did First Aider assess pulse rate ? (correct to 95 strong and regular)	A	05	0	E
8	Did First Aider assess respiration rate ? (correct to 22 shallow and regular)	A	05	0	
9	Did First Aider assess skin temperature/condition (correct to pale cool clammy)	A	05	0	
HEAD TO TOE ASSESSMENT Did the First Aider:					
10	Check Head (scalp, face, eyes, mouth, ears, nose)	A	05	0	
11	Check Neck ?	A	05	0	
12	Check both collarbones ?	A	05	0	
13	Check both shoulders ?	A	05	0	
14	Check both arms ? (open fracture right forearm)	A	05	0	
15	Check both hands ?	A	05	0	
16	Check Chest ?	A	05	0	
17	Check Abdomen ?	A	05	0	
18	Check Pelvis and Buttocks ?	A	05	0	
19	Check Back ?	A	05	0	
20	Check both legs ?	A	05	0	
21	Check both ankles and feet ?	A	05	0	
SECONDARY SURVEY -					
SUB-TOTAL Casualty # 1					
(Possible 105)					

INTERNATIONAL CADET FIRST AID COMPETITION 1997
TEAM TEST

MARKING GUIDE

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CASUALTY # 1					
SECONDARY SURVEY:					P O
Actions in this section may be performed by the Team during the Primary Survey as well as after.					O T
After 5 minutes Marks may no longer be awarded in the Primary Survey.		A/S			I D
Actions in this section may be done in any order.					T O
					S N
					E
<hr/>					
FRACTURED RIGHT ARM (open fracture)					
22	Was arm steadied and supported before treatment ?	A	05	0	
23	Was the wound exposed and examined for foreign objects ? (none)	A	05	0	
24	Was a dressing applied ?	A	05	0	
25	Was indirect pressure applied along the sides of the wound to control bleeding ?	A	05	0	
26	Was the dressing and padding applied firmly and effectively ?	A	05	0	
27	Was the fracture immobilized effectively in a comfortable position ?	A	05	0	
28	Was circulation distal to the fracture checked ?	A	05	0	
29	Was the arm steadied and supported until it was completely immobilized ?	A	05	0	
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SHOCK and GENERAL CARE					
30	Was the casualty reassured ?	A	05	0	
31	Was the casualty covered to maintain body heat ?	A	05	0	
32	Was the casualty's legs elevated to control shock ?	A	05	0	
33	Was the casualty's pulse reassessed ? (correct to 90 strong and regular)	A	05	0	
34	Was the casualty's respirations reassessed ? (correct to 20 shallow and regular)	A	05	0	
35	Was the casualty's skin temperature and condition reassessed ? (correct to pale and cool)	A	05	0	
36	Was casualty reassured and monitored until medical aid arrived ?	A	05	0	
SECONDARY SURVEY - (Possible 75)		SUB-TOTAL Casualty # 1			

INTERNATIONAL CADET FIRST AID COMPETITION 1997
TEAM TEST

A = Action
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<u>CASUALTY # 1</u>				N
<u>RECORDING</u>			P	O
Actions in this section may be performed by the Team during the Primary Survey as well as after.			O	T
<u>After 5 minutes Marks may no longer be awarded in the Primary Survey.</u>		A/S	I	
Actions in this section may be done in any order.			N	D
			T	O
			S	N
				E
37	Was the date and time recorded ?	A	05	0
38	Was the patients name recorded ?	A	05	0
39	Was level of consciousness recorded ?	A	05	0
40	Was the initial pulse and time recorded ?	A	05	0
41	Was the initial respirations and time recorded	A	05	0
42	Was the initial skin temperature and time recorded	A	05	0
43	Was the incident history recorded ?	A	05	0
44	Was the wound on the right arm recorded ?	A	05	0
45	Was the open fracture recorded ?	A	05	0
46	Was the treatment of the fracture recorded ?	A	05	0
47	Was the reassessed pulse and time recorded ?	A	05	0
48	Was reassessed respirations and time recorded ?	A	05	0
49	Was reassessed temperature and time recorded ?	A	05	0
50	Was casualty report form signed by First Aider ?	A	05	0
SECONDARY SURVEY -		SUB-TOTAL Casualty # 1		
(Possible 70)				

INTERNATIONAL CADET FIRST AID COMPETITION 1997
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MARKING GUIDE

A = Action
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CASUALTY # 2				
SECONDARY SURVEY:			P	O
Actions in this section may be performed by the Team during the Primary Survey as well as after.		A/S	O	T
<u>After 5 minutes Marks may no longer be awarded in the Primary Survey.</u>			N	D
Actions in this section may be done in any order.			S	N
				E
HISTORY OF CASUALTY # 2				
1	Did the First Aider ask the casualty about any Symptoms ? (pain right leg, patient groggy)	A	05	0
2	Did the First Aider ask the casualty about any allergies ? (allergy to penicillin, medic alert)	A	05	0
3	Did the First Aider ask the casualty if they have taken any medication in last 24 hours ? (none)	A	05	0
4	Did the First Aider ask the casualty about past medical history ? (none)	A	05	0
5	Did the First Aider ask the casualty when they ate their last meal ? (about 2 hours ago)	A	05	0
VITAL SIGNS ASSESSMENT				
6	Did First Aider assess level of consciousness ? (conscious/groggy/confused/slowly becomes normal)	A	05	0
7	Did First Aider assess pulse rate ? (correct to 110 strong and regular)	A	05	0
8	Did First Aider assess respiration rate ? (correct to 26 gasping/slowly returns to regular)	A	05	0
9	Did First Aider assess skin temperature/condition (correct to pale cool clammy)	A	05	0
HEAD TO TOE ASSESSMENT Did the First Aider:				
10	Check Head ((abrasions right temple)	A	05	0
11	Check Neck ?	A	05	0
12	Check both collarbones ?	A	05	0
13	Check both shoulders ?	A	05	0
14	Check both arms ? (abrasions right arm)	A	05	0
15	Check both hands ? (abrasions both hands)	A	05	0
16	Check Chest ?	A	05	0
17	Check Abdomen ?	A	05	0
18	Check Pelvis and Buttocks ?	A	05	0
19	Check Back ?	A	05	0
20	Check both legs ? (closed fracture right tibia)	A	05	0
21	Check both ankles and feet ?	A	05	0
SECONDARY SURVEY - SUB-TOTAL Casualty # 2				
(Possible 105)				

INTERNATIONAL CADET FIRST AID COMPETITION 1997
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MARKING GUIDE

A = Action
S = Statement

CASUALTY # 2					
SECONDARY SURVEY:					N
Actions in this section may be performed by the Team during the Primary Survey as well as after.		A/S			O T I N D
After 5 minutes Marks may no longer be awarded in the Primary Survey.					O T S N E
Actions in this section may be done in any order.					
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FRACTURED RIGHT TIBIA (closed fracture with swelling)					
22	Was leg steadied and supported before treatment ?	A	05	0	
23	Was the area exposed and checked for bleeding and foreign objects ? (none)	A/S	05	0	
24	Was an ice/cold pack applied ?	A	05	0	
25	Was distal circulation checked before immobilizing	A/S	05	0	
26	Was the fracture immobilized effectively in a comfortable position ?	A	05	0	
27	Was the leg steadied and supported until it was completely immobilized ?	A	05	0	
28	Was circulation distal to fracture checked after it was immobilized ?	A/S	05	0	
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ABRASIONS RIGHT TEMPLE/ARM and both HANDS					
29	Was right temple abrasion cleaned and dressed ?	A	05	0	
30	Was right arm abrasion cleaned and dressed ?	A	05	0	
31	Was right hand abrasion cleaned and dressed ?	A	05	0	
32	Was left hand abrasion cleaned and dressed ?	A	05	0	
33	Was medical alert bracelet found on left wrist ?	A/S	05	0	
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SHOCK and GENERAL CARE					
34	Was the casualty reassured ?	A	05	0	
35	Was the casualty covered to maintain body heat ?	A	05	0	
36	Was the casualty's pulse reassessed ? (correct to 98 strong and regular)	A	05	0	
37	Was the casualty's respirations reassessed ? (correct to 20 shallow and regular)	A	05	0	
38	Was the casualty's skin temperature and condition reassessed ? (correct to pale and cool)	A	05	0	
39	Was the bicycle removed carefully to a safe area ?	A	05	0	
40	Was casualty reassured and monitored until medical aid arrived ?	A	05	0	
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SECONDARY SURVEY -		SUB-TOTAL Casualty # 2			
(Possible 95)					

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A = Action
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<u>CASUALTY # 2</u>				N
<u>RECORDING</u>			P	O
Actions in this section may be performed by the Team during the Primary Survey as well as after.		A/S	O	T
<u>After 5 minutes Marks may no longer be awarded in the Primary Survey.</u>			I	
Actions in this section may be done in any order.			N	D
			T	O
			S	N
				E
41	Was the date and time recorded ?	A	05	0
42	Was the patients name recorded ?	A	05	0
43	Was level of consciousness recorded ?	A	05	0
44	Was the initial pulse and time recorded ?	A	05	0
45	Was the initial respirations and time recorded	A	05	0
46	Was the initial skin temperature and time recorded	A	05	0
47	Was the incident history recorded ?	A	05	0
48	Was the allergy to penicillin recorded ?	A	05	0
49	Was the fracture to the right tibia recorded ?	A	05	0
50	Was the treatment of the fracture recorded ?	A	05	0
51	Was the abrasion to the right temple recorded ?	A	05	0
52	Were the abrasions to the right arm recorded ?	A	05	0
53	Were the abrasions to the hands recorded ?	A	05	0
54	Was the reassessed pulse and time recorded ?	A	05	0
55	Was reassessed respirations and time recorded ?	A	05	0
56	Was reassessed temperature and time recorded ?	A	05	0
57	Was casualty report form signed by First Aider ?	A	05	0
SECONDARY SURVEY -		SUB-TOTAL Casualty # 2		
(Possible 85)				