

Patuxent District First Aid Meet March 24, 2018

Cheltenham American Legion Camp
Cost \$9 per person by April 15
\$15 per person after April 15



The Patuxent District will hold a First Aid Meet on Saturday, March 24, 2018. Besides competing for good old-fashioned bragging rights, troops and crews can use the Meet towards completing the BSA Emergency Preparedness Award.

Opportunities for CPR and First Aid Certifications will also ne available.

PATUXENT DISTRICT FIRST AID MEET

+ DATE

March 24, 2018

+ PLACE

American Legion Youth Camp
9201 Surratts Road
Cheltenham, MD 20623

+ TIME

8:30am – 9:00 am Registration

9:00 am – 9:15 am Opening Ceremony

9:15 am – 12:30 pm Competition Sessions

12:45 Awards Ceremony

1:00 Departure



+ COMPETITION SETUP

The early fee is **\$9.00 per Scout** for teams registering on or before March 10, 2018. After that date, registration fee turns to **\$15.00 per Scout**. The fee includes a patch and camp fees.

We will have a round robin style competition challenging each team to demonstrate their First Aid knowledge and skills. Teams will need to bring a stocked first aid kit for each team.. **Class A Uniforms** are required for this event.

+ TEAMS

Troops can send Junior teams and/or Senior teams to the competition. Each team should have 3 or 4 members.

Junior-division team membership is limited to Scouts who have not yet earned their First Aid merit badge. There is no membership restriction on senior teams. Senior teams will receive a more challenging problem at each competition station.

+ CERTIFICATIONS

The opportunity to take classes for Red Cross certifications will be available . Registration and fees to be determined.

+ ***COMPETITION RULES***

- The Troop Leader is to check in with their registration between 8:30 and 9:00 AM with a complete list of patrols so they may receive starting station assignments and final instructions
- The Patrol Leader is to be in charge of his patrol at all times. The Patrol Leader or his designee, will act as the official spokesperson for the patrol during all first aid problems
- All patrol members are expected to stay with their patrol for the duration of the competition. This includes breaking for lunch. All participants are expected to wear the Class A Uniform
- Victims are not allowed to advise or assist a patrol. Victims are encouraged to cooperate with the patrol and not resist treatment
- The patrol is expected to perform as much of the first aid care as possible. Splinting, dressing and bandaging wounds, moving & positioning the patient, examining injuries and similar care are expected to be performed. NO CREDIT will be given for just telling the judge what you would do, even if the information is correct (unless specifically instructed at the time as per the following) The following are the only instances where credit will be earned for telling the judge what would be done: i. Calling for help ii. Sending Scouts for help iii. Using water or any liquids iv. Making the victim vomit v. Removing any clothing (Other than shoes, hats, gloves, or rolling up shirt sleeves or pant legs)
- DO NOT actually breathe into a victim's mouth if required to do rescue breathing, or perform external chest compressions for CPR. Proper positioning of the patient and correct techniques should be demonstrated
- Abdominal thrusts or back blows, if required, are to be simulated and done gently.
- For some problems, the exact nature of the injury may not be apparent at first. However, enough information will be provided to begin treatment. Judges may provide additional information on the nature of the injury and patient condition as you're providing care.
- Patrols may be in the problem in some cases. In others, they will need to observe and examine the victim to determine the treatment needed. The Patrol Leader may ask questions to the judge. Each patrol must complete the scenario within a specified period. Approx. 30 mins per station
- Patrols will be judged on their skills in solving the problem. Care must be given in the correct order as outlined in the First Aid Merit Badge pamphlet and proper care administered within the specified time. Patrols must participate in all problems
- . The evaluation by the judges and points awarded will be final

+ **TEAM EQUIPMENT**

Each team must bring its own supplies. The following list shows minimum supplies for a team. Junior teams and senior teams from the same troop may not always be located next to each other to share equipment between rounds, so each team should bring its own complete supplies

Sterile Gauze (3 inch x 3 inch)	Alcohol swabs
Medical Tape/Adhesive Tape	Moleskin
Non-Latex Gloves (1 pair for each team member)	Gel Pads for blisters and burns
Triangle bandages	Triple antibiotic Ointment
Roller Bandages (1inch and 2 inch)	Splints (12" and 30")
Assorted adhesive bandages	Scissors
Wash cloth and dry Towel	Tweezers
Soap or Alcohol based Snitizing Gel	Safety Pins
CPR Breathing barriers (One for every team member)	Safety Glasses or goggles
At least 1 blanket	Pencil and Paper
Sack Lunch for each Team Member	

+ **TEAM PREPARATION ADVICE**

There will be a variety of problems. Some will include only a written description of the victim's situation. Some will have victims wearing makeup and prosthetics (with few written details). Some will require Scouts to answer questions from the judge.

Sometimes judges will alert teams of sudden changes in the victim and expect the team to react accordingly. An important point here concerns CPR. In meets years ago, written phrases like "patient has tightness in chest" were assumed to be shorthand to require teams to demonstrate chest compressions. In real life this would be inappropriate if the patient still had a pulse! In this Meet, there is no "CPR shorthand." Teams cannot assume all CPR steps are necessary in all problems, but must show they know to check for changes that require more CPR steps. In general, teams cannot assume that victims' health won't change (e.g. victim starts convulsing, vomiting) while first aid is being performed. Judges will always tell teams if health changes occur, but only after teams say or show they're checking!

Judges will use standardized guidelines to score problems. They'll look for good team organization as well as good first aid. Teams must know how their equipment works and be able to show how to use items like mouth guards and medical exam gloves. A designated team member should tell the judge if and how the team is doing any non-first-aid work like directing crowds or traffic, or doing hard-to-observe actions like pulse checking, or making assumptions about the surroundings.

Bandage neatness is a good skill to practice, but we want to emphasize that picky details like whether a bandage's ends are tucked inside are unimportant compared to big issues like whether the bandages were correctly applied. The overriding evaluation criteria will be how well teams follow what the BSA describes as good practice in its Handbook and merit badge pamphlets.

✚ SAMPLE PROBLEM

Here is a sample written problem for the Junior Division, with a sketched solution:

Your patrol is on a campout preparing dinner. While cutting beef for the stew, Timmy Tenderfoot lets his knife slip and cuts his right wrist. The cut is deep and bleeding profusely. As the knife slips, Tim stumbles backwards, twisting his ankle and landing on the ground. His right ankle is very painful and swollen. He cannot stand on the ankle and cannot walk. Treat and transport 15 feet. (The judge will tell the team after 2 minutes that Timmy loses consciousness, only if they say or indicate they are monitoring the patient). +

KEY POINTS IN SOLUTION:

Severe Bleeding

bright red spurting blood = bleeding from artery

constant flow of dark red blood = bleeding from vein

Pressure points at upper arm

Priority

1. Severe Bleeding

2. Sprained ankle

Completeness

1. Severe bleeding

a. Direct pressure to wound at least 10 minutes

b. Elevate if possible while applying pressure

c. Snugly apply bandage

2. Sprained Ankle

a. keep shoe on

b. support by wrapping

3. Appropriate transport

3. Miscellaneous

1. Sent for help

2. Calm and organized

3. Victim made comfortable

4. Treat for shock

a. have person lie down

b. elevate feet

c. eliminate cause of shock

d. loosen clothing

e. keep warm, blanket under and over person

f. keep airway open and keep talking

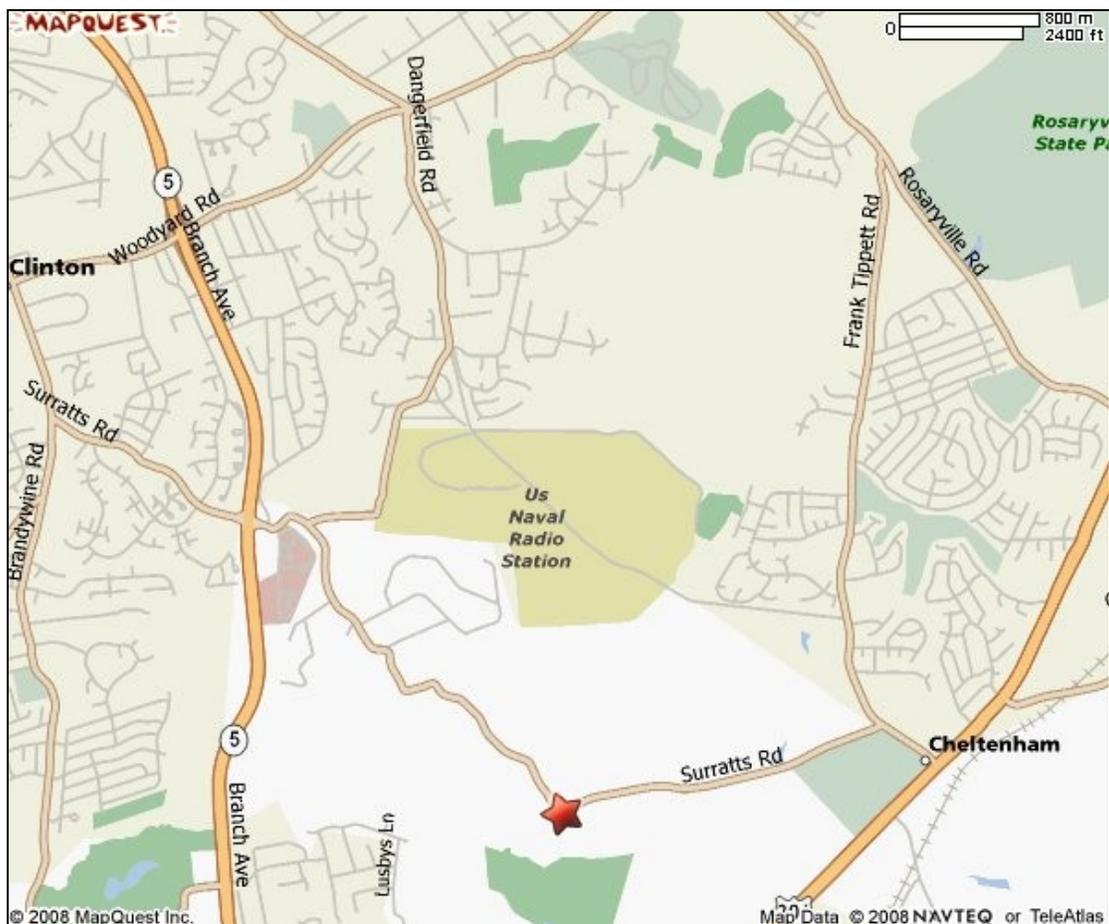
g. can give sips of water

Note that for the above problem, Senior Division teams would have an added complication like not being able to use poles to make a stretcher, or having to do CPR if the Scout doesn't just lose consciousness but also stops breathing.

TRAVEL DIRECTIONS – Use the below map to determine your best route to First Aid Meet

. Camp Address is:

***Southern Maryland District
AMERICAN LEGION YOUTH CAMP
9201 Surratts Road
Cheltenham, MD 20623***





FIRST AID MEET

PATUXENT DISTRICT 2018

TEAM ROSTERS

Attendance Form

Troop _____ Unit Leader _____ Telephone _____

Email _____

Please circle which **division** the patrol is participating in. **No Circle will be considered a Senior Division Patrol** for score keeping

TEAM NAME				
Division:	(Junior / Senior)	(Junior / Senior)	(Junior / Senior)	(Junior / Senior)
TEAM MEMBERS				

Adults:

ADULTS (_____ X \$9.00**(by March 10 \$15 after March 10) = \$ _____

NUMBER YOUTH (_____ X \$9.00**(by March 10 \$15 after March 10) = \$ _____

TOTAL ATTENDING: _____

Total Paid: \$ _____

PLEASE BRING THIS FORM AND A COMPLETED MEDICAL FORM FOR EACH CAMPER TO CAMP AT CHECK IN.

Medical forms will be returned to the Scout Master at the completion of activities on Saturday

PLEASE COMPLETE REGISTRATION ON LINE—GO TO WWW.NCACBSA.ORG/PRINCEGEORGES/

Please make checks Payable to: BSA NCAC

Register On-Line or mail registration to:

Boy Scouts NCAC—Prince Georges District
9190 Rockville Pike
Bethesda, MD 20814