

# 2014 Frederick County First Aid Meet

## Basic Level

### SCORE SHEET – PROBLEM # 1

Scenario: Your patrol is on an overnight campout in the water shed cooking dinner. One of the scouts in your patrol accidentally dumps a Dutch Oven full of hot cherry cobbler onto his exposed left thigh and leg. The injured scout immediately begins screaming in pain and grabbing his leg. He falls to the ground crying for help. What do you do?

**MAXIMUM  
POINTS**

**POINTS  
AWARDED**

**OBSERVED**

5		Utilize the first aid method. Check the scene, size-up the situation. Call for help, activate 911. Approach safely so you do not become a victim yourself.
10		Protect from further injury. Remove the victim from the heat source. Remove the hot cobbler from the burn. Wash off with cool water – cool the burn site.
10		Provide urgent treatment; wrap a clean cloth around the burn area. Do not apply creams, ointments, butter, etc. Be very careful NOT to break any blisters.
5		Treat for shock.

### QUESTIONS

5		What are the signs of a superficial burn? <b>ANS:</b> They affect the epidermis. They are characterized by painful reddening of the skin.
5		What are the signs of a partial thickness burn? <b>ANS:</b> They affect the epidermis and part of the dermis. They are characterized by painful reddening and blistering of the skin.
10		What are the signs of a full thickness burn? <b>ANS:</b> Damage to the epidermis and dermis. They are characterized by burned away skin and charred flesh. If nerves are damaged the victim may not feel pain.
10		Name five burn conditions that require immediate medical treatment? <b>ANS:</b> Burns that: <ul style="list-style-type: none"> <li>• Cause trouble breathing</li> <li>• Cover more than one body part or a large surface</li> <li>• Have caused possible burns to the airway (such as burns to the mouth and nose)</li> <li>• Affect the head, neck, hands, feet, or genitalia</li> <li>• Are full thickness</li> <li>• The victim is younger than age 5 or older than age 60</li> <li>• Are the result of chemicals, explosions, or electricity</li> </ul>

**Scenario 1**    60 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

***PLEASE PRINT CLEARLY!!!***

## 2014 Frederick County First Aid Meet

### Basic Level

### SCORE SHEET – PROBLEM # 2

The Raven patrol had some time between the BMX course and their Scuba session. Ted and Bob were play boxing at the camp site. After being told not to mess around several times, Bob slipped and hit Ted in the nose. Blood started to run all over Ted and on Bob. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Have the injured scout sit down and lean forward.
5	_____	Instruct the scout to pinch his nose firmly.
5	_____	Apply pressure on the upper lip below the nose.
5	_____	Apply a cold compress against the nose and surrounding area.
5	_____	After 10 min. instruct the patient to slowly release the nose pinch and check to insure bleeding has stopped.

### QUESTIONS

JUDGE: The victim says he feels like he is going to pass out.

20	_____	List 4 steps to treat for shock: 1. Call for help 2. Eliminate the cause of the shock by treating the “Hurry cases” bleeding/breathing and circulation. 3. Help the victim lie down – If you don’t suspect back/neck/or head injuries or fractures of the hip or leg, raise the feet about 12”. Keep the victim warm with blankets.
15	_____	Demonstrate the Recovery Position and why and when it is utilized for patient care? <b>ANS:</b> Extend one arm in line with the body of the unconscious patient. Support the head. Support the head and neck as you grasp the victim’s hip and shoulder. Then roll the victim toward you so that they lie on their side. Monitor breathing while in your care. Used for unconscious but breathing normally patients to prevent them from choking on saliva, blood or vomit.

**Scenario 2**    60 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3

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# 2014 Frederick County First Aid Meet

## Basic Level

### SCORE SHEET – PROBLEM # 3

During a hike on the AT, a member of your patrol trips over a rock and falls face first onto the trail. When he gets up, you see that he is missing a front tooth and is bleeding from several cuts and abrasions on his lip and face. **Treat this victim.**

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
15	_____	Utilize the first aid method. Check the scene. Call for help. Approach safely. Assess injuries: <b>Judge:</b> When they check the facial injuries, say that they are minor with some bleeding. Patrol identifies and searches for the missing tooth. <b>Judge:</b> Tell them that they found the tooth
15	_____	Pick up the tooth by the crown only, not the root. Rinse the tooth in cold water or milk. Place the tooth in a sealed container of cool milk or water.
5	_____	Flush the socket with clean water or salt solution.
5	_____	Rinse the cuts and abrasions with clean water. Cover the areas with a dry sterile dressing and bandage or apply an adhesive bandage.
5	_____	Go as quickly as possible to a dentist’s office or Emergency Room.
5	_____	General patrol attitude, demeanor, and care in treatment.

### QUESTIONS

5	_____	Which is the most serious victim condition and why? <b>ANS:</b> The lost tooth because it requires dentist or emergency room quick attention.
5	_____	How long before you should get the boy to a dentist or Emergency Room? <b>ANS:</b> 30 minutes

**Scenario 3**    60 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3

***PLEASE PRINT CLEARLY!!!***

# 2014 Frederick County First Aid Meet

## Basic Level

### SCORE SHEET – PROBLEM # 4

Your patrol members are each constructing their Wilderness Survival Shelters for the night’s campout. With the fall leaves and a lot of trees down, natural bedding will not be a problem. At first light, your buddy Al says that he has a very sharp pain in his right lower leg. Upon examination, the painful area is red, swollen with a blister at what may be a bite. Al is sweating, he says that he feels nauseous, his joints hurt, and he has a visible rash.

<u><b>MAXIMUM</b></u>	<u><b>POINTS</b></u>
<u><b>POINTS</b></u>	<u><b>AWARDED</b></u>

**OBSERVED**

- |    |       |  |
|----|-------|--|
| 10 | _____ | What do you suspect has happened to Al? Recognition of the poisonous spider bite (Brown Recluse). This is an emergency; seek advanced medical treatment as soon as possible. |
| 5  | _____ | Initial treatment – Wash the wound site with soap and water and apply a cold pack to the bite site.<br><b>Judge:</b> There is no other treatment recommended.                |
| 10 | _____ | <b>Judge:</b> Instruct the Patrol to demonstrate a safe 4-hand carry for the patient.  |

### **QUESTIONS**

- |    |       |  |
|----|-------|--|
| 5  | _____ | Name the 2 poisonous spiders found in the USA?<br><b>ANS:</b> Black Widow and Brown Recluse  |
| 15 | _____ | How do you treat stings from Fire Ants?<br><b>ANS:</b> Be careful not to break the tiny blisters from the stings. Wash the injured area with antiseptic or soap and water. Cover with a sterile bandage. For pain relief apply a paste made with baking soda and water, and take an aspirin or Tylenol (only give medications with parental permission).   |
| 15 | _____ | Describe in detail how to treat a poisonous snake bite?<br><b>ANS:</b> Get the victim to medical care as soon as possible. Remove any jewelry from bite site area before swelling. If there is a wait for medical attention wash the bite site. If a Coral snake bite – wrap the bite area snugly with an elastic roller bandage. Have the victim lie down, remain calm, position the bitten area <b>lower</b> than the rest of the body, and treat for shock. <b>Judge:</b> NO OTHER treatment recommended. If time allows ask the Patrol why lower the affected body part. |

Number of Scouts in this Patrol \_\_\_\_\_  
 Number of them who did not attend last year \_\_\_\_\_

**Scenario 4**    60 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3

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## 2014 Frederick County First Aid Meet

### Advanced Problems Scenario

Your patrol is attending summer camp at Camp Wide Stream. It's Friday afternoon and the entire camp is involved in the Camp Wide Stream Olympic Games. Numerous sporting competitions have been set up throughout camp and your Patrol has signed up to participate in 4 events. Like the past 3 days at camp, it is a very hot, humid, sunny day, with temperatures in the 90's and the forecast calls for possible severe thunderstorms. **The following 4 Advanced Problems are based on this scenario.**

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### Advanced Level SCORE SHEET – PROBLEM # 5

Your patrol is watching the BMX competition from the side of the track. Just in front of you two bikes collide, sending one rider over the handlebars with the other rider landing on top of him. Both riders are off of the course. The second rider is apparently unhurt and walks away while the first rider is not moving and complaining of severe pain in his lower right leg. Treat this victim.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Primary assessment: Patrol assesses ABCs. <b>Judge:</b> When ABCs are checked, state that the airway, breathing, and circulation are OK.
5	_____	Assess injuries: <b>Judge:</b> When they check the neck area state that there is neck pain.
10	_____	Patrol identifies a possible head, neck or C-Spine injury.
10	_____	Treat the Neck/C-Spine injury first with manual c-spine control.
10	_____	Continuous C-spine control until emergency personnel arrive.
5	_____	Do not move the victim.
5	_____	Assessment of the right leg pain: <b>Judge:</b> When they check the right leg state that the lower right leg is angulated and is not bleeding.
5	_____	Check for feeling, warmth and color at right foot.
5	_____	Splint the lower leg from the middle of the thigh to the heel. Do not place cravats on the injury site.
5	_____	Recheck for feeling, warmth, and color. <b>Judge:</b> Ensure leg is immobilized properly.
10	_____	Patrol treats the victim for shock. Monitor airway and victim consciousness throughout and keep him warm. Do NOT elevate the right leg.
5	_____	General patrol attitude, demeanor, and care in treatment.

### QUESTIONS

5	_____	Which is the most serious victim condition and why? <b>ANS:</b> The neck pain because it indicates a head, or neck/C-Spine injury.
5	_____	When and why would you move the victim? <b>ANS:</b> Only if there is an immediate danger to the victim or you have to move the victim to get access to another victim.
5	_____	Under what circumstances would you straighten a fracture? <b>ANS: NONE!</b> Do not try to straighten or reposition the injured area.
5	_____	Due to the cause of his injuries, what other injuries would you suspect the victim may have sustained? <b>ANS:</b> Possible head or internal injuries.

**Scenario 5**    100 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

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## Advanced Level SCORE SHEET – PROBLEM # 6

Tony and Harry were in a tight race on the BMX course. As they crested the highest mogul both hit and fell into a tangle at the bottom. Harry was moaning and when Tony looked down saw that Harry had a lot of blood spurting from his upper left leg, and blood on his face from a cut on his forehead. Your patrol witnessed this wreck and ran over to check it out - What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
10	_____	Follow the steps of the BSA First Aid method. Use personal protection (gloves, etc.). Assess the scene safety. Call for help. To prevent additional harm - <u>STOP THE RACE</u> . Check for victim responsiveness. <b>Judge:</b> the victim moans and moves only slightly.
10	_____	Recognize Severe Bleed Immediately – With a clean cloth or sterile dressing as a pad, use the palm of your hand to apply firm pressure directly over the leg wound. <b>Judge:</b> the bleeding does not stop
5	_____	<b>Judge:</b> (Pad is soaked with blood) Apply a second pad over the 1st and maintain direct pressure. <b>Judge:</b> The bleeding stops.
10	_____	After the bleeding stops, secure the pads in place with a bandage/cravat etc. Apply a pressure bandage to bind the pads firmly but not so tightly that circulation is cut off.
5	_____	With a clean cloth or sterile dressing as a pad, use the palm of your hand to apply firm pressure directly over the head wound. ( <b>Judge:</b> The bleeding does stop.)
5	_____	After the bleeding stops, secure the pad in place with a bandage/cravat etc.
5	_____	Check for circulation (feeling, warmth, color) and treat for shock.
<b><u>QUESTIONS:</u></b>		
10	_____	When and why would you decide to use a tourniquet? <b>ANS:</b> Only when all other efforts have failed and advanced medical care is delayed by at least 30 minutes.
5	_____	What information do you need to pass on to advanced medical care about the tourniquet that you used? <b>ANS:</b> A written note of the location of the tourniquet and the time it was applied.
5	_____	Where do you put the note? <b>ANS:</b> Attach to the victim’s clothing.
10	_____	What else do you do if the injury is on a flexible part of the body (elbow or knee) after the bleeding has stopped? <b>ANS:</b> Utilize a splint to immobilize the joint to prevent the wound from pulling open.
15	_____	Describe 5 (of those listed below) Symptoms of Shock <b>ANS:</b> Restlessness or Irritability. A feeling of weakness. Confusion, fear, dizziness. Moist, pale, cool, clammy skin. Rapid weak pulse. Nausea and vomiting. Extreme thirst.
5	_____	Why and When should we move Harry? <b>ANS:</b> Due to the nature of injury – Possible spinal injury, DO NOT move him – wait for EMS/help to do that. (No danger from the race as it was stopped) <b>Judge:</b> Mention that victim may need to be moved if in danger where they lay.

**Scenario 6**    100 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3

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## 2014 Frederick County First Aid Meet

### Advanced Level SCORE SHEET – PROBLEM # 7

Your Patrol has just completed the 1 mile Olympic Relay race and you are resting near the finish line. You observe a runner on the course who is staggering and running erratically, then stumbles and collapses to the ground. Your patrol runs down the trail to help and you find him lying on the ground; babbling incoherently, his skin is very hot, red, and dry. Treat this victim.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
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- |    |       |   |
|----|-------|---|
| 10 | _____ | Recognize that the scout is suffering from HEAT Stroke and this is a life threatening emergency. Call for medical help immediately.   |
| 30 | _____ | Carefully check to insure that no other injuries exist, then promptly treat. While waiting for medical help, attempt to lower his temperature. Carefully move him to shady area & loosen clothing. Fan and apply cool wet cloths, if able, allow to sip cool water. |
| 10 | _____ | Apply ice packs wrapped in thin coverings, under the arm pits, against the neck and groin area.   |

#### QUESTIONS

- |    |       |  |
|----|-------|--|
| 20 | _____ | What are the 4 ways we mostly lose water?<br><b>ANS:</b> Breathing, Sweating, Digestion and Urination  |
| 15 | _____ | What is Heat Stroke and how serious is it?<br><b>ANS:</b> Heat Stroke is a LIFE THREATENING condition where the body's cooling mechanisms have failed and body temperatures reach dangerous levels of 105 degrees and up.  |
| 15 | _____ | What are HEAT CRAMPS and how do you treat them?<br><b>ANS:</b> Heat cramps are painful muscle spasms caused by loss of salt from the body, from sweating and heat stress. To treat move the victim to a shaded area, give sips of water and apply pressure/massage cramped muscle areas. Gatorade or other sport drink may also be given with the water. |

**Scenario 7**    100 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

***PLEASE PRINT CLEARLY!!!***

## 2014 Frederick County First Aid Meet

### Advanced Level SCORE SHEET – PROBLEM # 8

Scenario: While your patrol watches from the audience as other scouts help the injured BMX bikers, someone in the crowd suddenly begins crying out in pain. You turn around to find a member of another patrol rubbing the side of his neck in obvious pain. The scout tells you that a bee just stung him, and as you talk to him you notice his neck is getting red and swollen at the site of the sting.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
10	_____	Utilize the first aid method. Check the scene. Call for help. Approach safely.
10	_____	Recognize a possible life threatening situation. Send 2 scouts to alert the EMS system.
10	_____	Ask him if he is allergic to bee stings. If yes, ask if he carries an EPI-pen or inhaler (only 2 prescription drugs Scouts carry on themselves).
15	_____	Scrap away the stinger with the edge of a card like object or knife. Apply an ice pack. Continue to watch him very closely for any delayed reactions to the sting.
5	_____	General Patrol attitude and demeanor – are they serious in delivery of patient care?

#### QUESTIONS

10	_____	Describe the condition of anaphylaxis. <b>ANS:</b> A life-threatening condition with symptoms of swelling of throat tissues or tongue that restricts air passages and makes breathing difficult or almost impossible.
15	_____	How do you treat a scorpion sting? <b>ANS:</b> An ice pack or cold compress should help relieve any itching and pain. An over-the-counter antihistamine may help relieve symptoms. If the victim has a history of allergic reactions to insect stings or shows symptoms of illness, seek medical help at once.
15	_____	What insect carries Lyme disease and how do you remove it? <b>ANS:</b> a. Ticks b. To remove the tick, grasp it with tweezers close to the skin and gently pull until the whole tick comes loose or use commercially available tick removal tool. If possible, save the tick in a sealed container for medical inspection . c. Once removed, wash the site with soap and water and apply an antiseptic.
10	_____	What 2 items should a person with a history of severe allergic reactions have with them? <b>ANS:</b> a. A medical ID bracelet, necklace, or emergency card b. An Epinephrine auto-injector (epi-pen) or inhaler (only with prescription ).

**Scenario 8**     100 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

***PLEASE PRINT CLEARLY!!!***