

# Readyman First Aid Training

# Be Prepared For Accidents!

A Scout is always ready in body and mind to do his duty to help other people, facing danger if necessary. Are You Ready? Come and learn scout first aid skills that will last a lifetime.

The First Aid Training Day is held on the first Saturday of February each year. The sessions are designed to the follow the Requirements for the Readyman Webelos Badge. In addition they will provide skills necessary for a Den to compete in the first aid rally which follows. The training will be provided by Scouts, Scouters and other qualified first aiders. All units attending must provide two-deep leadership for their scouts at all times. Each scout who attends will receive a readyman training booklet & event patch. We ask that all Scouts come in Full Uniform and bring a pencil with them to complete certain sections of their training booklet. Boy Scouts are welcome to attend the morning training sessions to review their Tenderfoot, Second Class, & First Class first aid requirements. Lunch is available for an additional fee. Please see the separate unit registration form for location and cost.

#### Schedule

Doors Open: 8:30 am

Classes: 9:00 am to 12:00 pm

Lunch & Displays: noon to 1:00 Competition: 1:30 to 3:30 pm Closing Ceremony: 3:30 to 3:45 pm

#### **Pre-Registration**

Please fill out the first aid rally / readyman training registration form and turn it in to the Council Service Center prior to the last Friday in January.

# First Aid Rally & Explorer Challenge

On the first Saturday of February each year, the Greater Niagara Frontier Council hosts the annual First Aid Rally & Explorer/Venture Challenge.

Each team competing in the rally will be placed in one of the following divisions:

- 1. Webelos Dens
- 2. Novice Patrols: Limited first aid experience (age 12 and younger)
- 3. Junior Patrols: Some first aid experience (age 14 and younger)
- 4. Senior Patrols: Experienced at first aid (age 17 and younger)
- 5. Venture Crews
- 6. Explorer Teams

Each Den, Patrol, or Team will be given five different problems to test their First Aid knowledge and teamwork skills.

There will be a 1st, 2nd & 3rd place plaque for each division.

All registered Scouts, Ventures, Explorers and Adults will receive a patch. Each unit must register at least two leaders. Two-Deep leadership is required at all times.

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For More Information

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#### <u>Schedule</u>

Registration: 12:30 to 1:00

Opening: 1:15 pm

Competition: 1:30 to 3:30 pm Closing Ceremony: 3:30 to 3:45 pm

## **First Aid Rally Rules:**

A 6 person patrol will be used. There is no 'Substituting' of team members during the competition!

Each Troop, Pack, Crew or Post should bring as many Scouts as possible, extra scouts are always placed with teams that are incomplete.

Each problem will have a different leader and patient. No one shall be a leader or patient for more than one problem.

You will be asked to transport your patient on the 1st, 3rd and 5th problem, please select your patients accordingly.

You will have a different judge for each problem.

Be sure to give the judge your troop number, competition patrol name, problem leader name and patient name, before each problem begins.

You will be given 10 minutes to complete each problem.

Your judge then has 5 minutes to discuss the problem with you and complete the score sheet.

You will have 5 minutes to straighten up your equipment and prepare for the next problem.

When you are ready to begin each problem stand in patrol formation, sit down when you have a judge and wait for the problem to be read.

Only the problem leader may ask the judge questions, no one else may question the judge during or after the problem.

Please do not ask the judge what your score is for any problem. Score sheets will be available for pickup at the end of the event.

## First Aid Rally Equipment List:

All Teams will be responsible for their own First Aid Supplies Below is a suggested equipment list per den/patrol/crew/team.

- 12 Cravats (triangular bandages)
- 5 Gauze Pads (4 x 4)
- 5 Roll Gauze (2" wide) (optional)
- 4 Splints (wood)
  - 2 Arm (3" x 15")
  - 2 Leg (4" x 30")
- 2 Blankets (heavy duty)(used for stretcher and to keep patient warm)
- 6 Non Laytex Gloves (one pair for each team member)
- 1 Container / Equipment box to hold your supplies

Please do not bring long poles for making a stretcher, instruct scouts on using the blanket carry, it is much safer in a crowed area.

#### **General Information:**

Registration will be accepted on-line at <a href="https://www.wnyscouting.org">www.wnyscouting.org</a> Look for current event information on the council website.

Each unit must have two deep leadership at all times.

Lunch will be available on a first-come first-served basis.

All registered Scouts and Adults will receive an event patch.

Registration forms will be available at the Program Launch and at the GNFC Service Center with the location and price for the event.

### First Aid Rally - Sample Problems

A boy who is riding his bicycle hits a hole and is thrown to the ground. He lands on his right hand and knees. His wrist seems to be broken, and both knees are scraped and bleeding. His face is very white. He is not responding when spoken to. Treat and Transport 10 feet.

A Scout, is a passenger in the front seat of a car, it is hit by another car from the rear. He is thrown into the windshield and hits his head which causes it to bleed profusely. He also scraps his knees on the dashboard. He gets out of the car but is very disoriented. He lies back on the ground. Treat and prepare for transport.

A scout, who is climbing a cliff, falls and cuts his forehead. His right shoulder is drooping and very painful. his left ankle is swollen and very painful. He cannot stand. Treat and transport 10 feet.

A crew at Philmont is climbing Mt. Baldy in the mid afternoon, the temperature is about ninety degrees (90°). Your Advisor is drenched with sweat, feels dizzy, is weak, & nauseated. Suddenly he collapses. He does not appear to be fully conscious and is breathing rapidly. His skin is very warm, sunburned, and moist. His pulse is very fast. Treat and prepare for transport.

A scout, who is on a hike, slips and falls, cutting his right forearm. The cut is three inches long and very deep, it is bleeding very rapidly. He feels very weak and ill. Treat and transport 10 feet.

A scout falls while putting wood on a campfire. He burns both hands, and his chest. His knees are both scraped and bleeding. Treat and prepare for transport.

On a cool fall day, you and your patrol are playing football in a field behind a school. While turning to catch a deep pass for a touchdown you trip and fall in a hole. When your friends come over to see if you are all right, they find that you are very disoriented. There is a bruise on the right side of your head, you can not bend your right elbow, and your right calf has a piece of metal protruding from it. Treat and Transport 10 feet

A group of scouts are cross country skiing in the Adirondacks. They get lost when trying to return to the lodge during a sudden snow storm. They travel for 10 hours in extreme cold. Upon arrival at the lodge one scout has no feeling in his fingers and toes, he is very slow to respond to your questions and is not sure where he is. Treat and Transport 10 feet, explain treatment.

# First Aid Rally - Sample Score Sheet

1.	LEADERSHIP:
	A. Instructions Given Properly by Leader
	B. Instructions Executed Properly by Patrol
2.	FIRST THINGS FIRST:
	A. Treat Hurry Cases - (breathing, heartbeat, bleeding, choking, burns, poisoning)
	B. Send or Call for Help
3.	ARTIFICIAL RESPIRATION and CPR:
	A. Explain Correct Technique for Rescue Breathing - ( when necessary )
	B. Explain Correct Technique for Single Rescue CPR - (if trained)
	C. Explain Importance of Restoring Breathing / Heart Beat
4.	BLEEDING:
	A. Control Bleeding - ( use of direct pressure, elevation, + pressure point )
	B. Location of Pressure Points - ( arm + leg )
	C. When and How to use a Tourniquet - ( ask for explanation )
5.	SHOCK:
	A. Treatment Administered at Proper Time - ( score 0 if treatment is forgotten )
	B. Treatment Administered Correctly - ( blanket under / over , elevated feet / head )
6.	BANDAGING:
	A. Proper Use of Dressing
	B. Bandage Properly Applied
	C. Bandage in Correct Location
7.	SPLINTING:
	A. Splint Applied at Proper Time - ( after hurry cases )
	B. Splint is Proper Size - ( too short / long, narrow / wide )
	C. Splint Properly Applied - ( padding, location, + installation technique )
8.	TRANSPORTATION:
	A. Proper Carry Used - ( walking assist, one or two person carry, stretcher / blanket )
	B. Carry Executed Properly + Safely
9.	PATROL TEAM WORK :
	A. Organized Silence While Working
	B. Neatness of Work + Area
	C. Attention to Injures - (handled in correct order )
	D. Attention to Patient - ( reassuring, questioning, comforting )
	. JUDGES GENERAL OPINION :
	A. Patrol Listened to Problem
	B. Treated All Injures Stated in Problem
	C. Treated in Proper Order of Importance
	D. Treated All Injures Properly
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