2014 RARITAN VALLEY DISTRICT
Boy Scout Troop
FIRST AID COMPETITION

Event Details

DATE: Saturday, December 13, 2014

TIME: Boy Scout First Aid Contest Check-in 8:00 am (all patrols)
Judges with their Victims must be onsite no later than 8:00 am
Important Demo for patrols at 8:30 am, so don’t be late for Check-in
Opening Ceremony starts at 9:00 am
Competition: 9:05 am – 1:00 pm

PLACE: Somerset County Emergency Services Training Academy
402 Roycefield Road, Hillsborough (see directions)

COST: $8.00 per participant (no charge for judges or “victims”)

Registration must be done online via the Raritan Valley webpage of the Patriot’s Path Council
(www.rv.ppbsa.org). The final registration deadline for Boy Scout patrols is set at November 23, 2014. Any patrol not registered in advance will not be allowed to compete. Based upon location size, participation will be limited to the first 38 patrols.

Note: Food for the Boy Scouts will be late in the event. However, since the event starts early in the morning, please make sure each Scout has breakfast before coming.
NOTE: 2014 EVENT PROCEDURE CHANGES:

- As shown on the front page, **arrival time has been changed to 8:00 am for everyone**: Patrols, judges, and victims. Please do not be late. A demo is planned for 8:30 am leading to a fixed event start at 9:00 am.

- We would like to continue the approach of using Webelos Scouts as “victims” during the contest. However, **this year each patrol must provide its own Webelos victim**. It is highly recommended that you bring a Webelos as your victim for multiple reasons: creates an opportunity for the Webelos to be part of a Boy Scout event, and, doesn’t require a Boy Scout to miss being part of a competing patrol. If you are unable to provide a Webelos, contact Administrative Support to discuss (see contact list below).

  **Note**: since the Webelos must be supervised at all times, each Judge must check-in the morning of the event together with their victim. Each Judge/victim pair will both be assigned to the same scenario and will be together throughout the event. It is important that each Troop obtain a permission slip from the Webelos parents, including an understanding of supervision responsibility, including how each Webelos will be returned to his parent.

- This year there will be **no distinction between Junior and Senior patrols**. Thus, no need to calculate age/rank in establishing competing patrols or to bring a patrol roster as part of check-in. Awards will be presented to the top six scoring patrols within the district. As always, please try to compete by natural patrols – to be fair, avoid creating an “expert” patrol.

- The **registration deadline is set earlier this year, i.e., 11/23/14**, which is 3 weeks prior to the event.

- The **maximum patrol size is 8 Scouts**. For those who have competed before, you know floor space is limited for each patrol. It is difficult for a large patrol to function in that space. The minimum patrol size is still four scouts (hint: about 6 Scouts is ideal).

- We are using a new location for the first time, so anticipate some extra challenges, e.g., finding the location and event drop-off/parking. Space for spectators will be limited.

First Aid contest problem scenarios will cover **First Aid (and safety aspects of hiking, and camping) information from the Boy Scout Handbook, plus First Aid merit badge skills**. Scoring will be based upon the latest versions of both the Boy Scout Handbook (Version 12) and the First Aid merit badge book (SKU# 35897, Copyright 2007).

Each patrol is responsible for providing their own supplies to be used in the competition (see supplies list in the attached rules).

Each patrol must provide an adult leader to act as a judge for the competition. Event procedures will ensure no judge will be put in the position of judging a patrol from their own troop. **Please select judges who have first aid knowledge.**

Each Scout participant (and each judge and “victim”) will receive an event patch.

Scoring will be gathered as the event progresses with award announcements at the end of the event.

**Note**: Space for observers will be limited. Since we don’t want to interfere with the Scouts while they are concentrating, we may have to limit access to the competition area for non-participating adults.

**Note**: If there are Boy Scouts who will not be competing, but who would like to be part of the staff, please contact the event chair in advance of the event.
Registration

Registration will be done online via the Raritan Valley webpage of the Patriot’s Path Council (www.rv.ppbsa.org). The final registration deadline for Boy Scout patrols is set at November 23, 2014. Any patrol not registered in advance will not be allowed to compete. Based upon location size, participation will be limited to the first 38 patrols.

Note: It is not necessary for judges or “victims” to register, i.e., there is no fee required, but they will receive an event patch.

For the Boy Scout competition, the smallest practical patrol size to be able to complete the first aid scenarios is four Scouts. The maximum patrol size is eight Scouts. Each patrol will be assigned an area (approximately 10’ x 10’), which must also hold the judge, victim, and your supplies. Points will be taken off each time a Scout steps out of his area during a problem scenario. To facilitate planning, it is requested that each troop also separately provide the number of patrols expected (and size) to the event chair as soon as possible:

**Event Chair:** Deborah L. Kazar  debbiekazar@yahoo.com  
**Administrative Support:** Bill Cox  bidocj@verizon.net  (908) 231-9225

On the day of the event, each patrol leader is required to check in. Any participants not paid in advance must be paid for at that time.

**Directions:** Somerset County Emergency Services Training Academy  
402 Roycefield Road, Hillsborough New Jersey

From US 22W (Bridgewater/Somerville area): Take Route 202/206 South exit (toward the “Somerville Circle”). Follow signs to 206 South | 28 (stay right) to reach the Circle. Enter the circle and take the third exit onto Route 206 South. Continue on 206 South/Princeton for 3.5 miles. Turn right on Valley Road (at light). Continue 0.7 miles and turn right on Roycefield Road. Go 0.2 miles (over railroad tracks) - entrance on right just past sign “Emergency Management Training Academy”. Take immediate right after entrance and follow curve to Academy building at the back of the property (0.4 miles).

**Example Problem Scenario – Boy Scout Competition**

The following is an example of the type of problem you can expect at the first aid meet. At the beginning of the problem, you will be given a problem description to read. You will be given time to discuss it and to ask the judge questions. The judge will provide any information that is allowed by the instructions. When told to begin, you will evaluate the victim and then treat the injuries. The judge will have a scoring sheet used to evaluate and record your score.

**Example Problem Description:**

Your patrol is on a bike hike at the Delaware Water Gap one fall day. You are headed for Blue Mountain Lake, and your patrol becomes spread out along the road. Most of your patrol is out of sight around a bend when you hear a loud yell, followed by sounds of a crash. As you round the bend you see Joe, one of your patrol members, lying on the side of the road. His bike is lying in the ditch. Joe slowly sits up and he appears to be in a great deal of pain. He is holding his right arm across his chest.

You stop your bike and as you approach Joe you can see that his right arm just above the wrist is slightly deformed, and is beginning to swell. Joe does not want to move his arm. His bike helmet is scraped up and blood is running down his forehead from under his helmet.

What do you do?
Raritan Valley District First Aid Meet
Boy Scout Patrol
Competition Rules

1. Each patrol must provide at least one adult to assist in judging. While each scenario will have a set of judging criteria, it is IMPORTANT that the judge has experience with the First Aid-related information from the Boy Scout Handbook and the First Aid merit badge.

2. First Aid contest problem scenarios will cover First Aid (and safety aspects of hiking, and camping) information from the Boy Scout Handbook, plus First Aid merit badge skills. Scoring will be based upon the latest versions of both the Boy Scout Handbook (Version 12) and the First Aid merit badge book (SKU# 35897, Copyright 2007).

3. Each patrol is expected to provide their own “victim”. It is strongly recommended that you use Webelos Scouts. Each patrol’s judge must check in at the event together with their victim.

4. To be fair, units should not put together a patrol of first aid experts. It is expected that competition is between “natural” patrols (see registration section for more information).

5. Each patrol leader is to check in with the registrar at 8:00 am. We MUST start on time, so please try to arrive on time. Each patrol will be assigned a location which will be used during the entire competition. Judges and victims will rotate among the locations during the event (patrols will not move).

6. Each patrol will be assigned an area (approximately 10’ x 10’), which must also hold the judge, victim, and your supplies. Points will be taken off each time a Scout steps out of your area during a problem scenario.

7. Given the nature of the event, it is suggested that Scouts wear a Class B uniform. Please try to coordinate so that your entire patrol wears the same Class B shirt.

8. Each troop must bring their troop flag and a flag stand for the opening ceremony.

9. It is expected that the patrol method will be used during the competition. Thus, judges will expect each patrol leader to be in charge at all times. The patrol leader, or his designee, will act as the official spokesman for the patrol for each first aid problem – only one Scout can communicate with the judge for each scenario. The only exception is for possible scenarios where individual Scouts must demonstrate specific skills. Patrols may want to consider rotating the patrol leader role during the competition.

10. All patrol members are expected to stay with their patrol for the duration of the competition.

11. The Scout Oath and Scout Law will prevail at all times.

12. Each patrol is expected to actually perform as much of the first aid care as possible for each problem scenario, for example, examining injuries, splinting, dressing and bandaging wounds, moving and positioning the victim. Credit will not be given for just telling the judge what you would do (unless specifically instructed to do so for a given problem scenario). The following are exceptions to this rule:
   a. Calling for help
   b. Sending Scouts for help
   c. Using water or any other liquids
   d. Application of medical “dosages”, e.g., alcohol or first aid cream
   e. Inducing the victim to vomit
   f. Removing any clothing (other than shoes, hats, gloves, or rolling up shirt sleeves/pant legs)
   g. Any other situation the judge identifies at the time of a given problem scenario
13. For each problem scenario, the patrol leader will receive a problem description, followed by 2 minutes to read and discuss the situation. At that point, you will have 15 minutes for victim evaluation and treatment. There will be a warning given when there are 5 minutes remaining. You may ask the judge questions any time after receiving the description, but the information available may be limited.

14. Scenarios assume that no cell phone service is available during first aid activities, so no one will be allowed to use cell phones during the event.

15. **DO NOT** actually breathe into a victim’s mouth. If required to do rescue breathing or perform external chest compressions for CPR, you would be expected to demonstrate proper positioning of the patient and correct techniques, but not the actual breathing or pressure activities. Abdominal thrusts or back blows, if required, are to be simulated and done gently.

16. For some problems, the exact nature of the injury may not be apparent at first. However, enough information will be provided in the instructions to begin treatment. In some cases, the judges may have additional information on the nature of the injury and the patient’s condition as you provide care.

17. Judges will observe patrol treatment of the problem. Scoring is based upon skills demonstrated in solving the problem and in providing proper care of the victim within the specified time. Part of the scoring will be based upon involvement of all patrol members and on good Scout behavior.

18. The organizers will make every possible effort to be fair to all in how the problems are presented. Judges will have guidelines/rules for scoring. Evaluation by the judges and the resulting scores will be final.

19. All supplies must be kept within the floor area assigned to a given patrol. No sharing of supplies will be allowed. **All supplies must be repacked immediately after each problem scenario is completed (before the next problem is provided).**

** Note: see next page for required First Aid equipment **
20. First Aid supplies must be provided by each participating patrol. First aid supplies are to be of the type that would be carried on a “day hike” and should not take up space larger than a typical day pack, except for blankets and poles. If some materials do not fit, e.g., splints, they can be neatly fastened to the outside of the pack. The following must be available for the competition:

Note: It is assumed that the following materials are the only items that will be used during the contest.

Note: No commercial splints, traction splints, or stretchers will be allowed. The judges have the right to prohibit the use of any supplies that might be a safety concern.

<table>
<thead>
<tr>
<th>Supplies/Materials</th>
<th>Minimum Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poles (6 to 7 feet long, strong enough for improvised stretcher)</td>
<td>2</td>
</tr>
<tr>
<td>Blankets</td>
<td>2</td>
</tr>
<tr>
<td>Rolls of 1 inch adhesive medical tape</td>
<td>2</td>
</tr>
<tr>
<td>Triangular bandages (at least 40” long side-large enough for scalp bandage, ankle sprain, slings, etc.)</td>
<td>12</td>
</tr>
<tr>
<td>Splint: 24-30 inches, 3 inches wide</td>
<td>1</td>
</tr>
<tr>
<td>Splints: 12–18 inches, 2 inches wide</td>
<td>2</td>
</tr>
<tr>
<td>Splint: 36 inches, 3 inches wide</td>
<td>1</td>
</tr>
<tr>
<td>Padding for splints</td>
<td></td>
</tr>
<tr>
<td>3 x 3 inch gauze pads (don’t need to be sterile)</td>
<td>12</td>
</tr>
<tr>
<td>Gauze bandage rolls, either 3 or 4 inches wide</td>
<td>4</td>
</tr>
<tr>
<td>Triple antibiotic ointment</td>
<td>1 tube (note – see Rule #12)</td>
</tr>
<tr>
<td>Bar of soap</td>
<td>1 small (note – see Rule #12)</td>
</tr>
<tr>
<td>Water bottle</td>
<td>1 empty (note – see Rule #12)</td>
</tr>
<tr>
<td>CPR breathing barrier</td>
<td>1</td>
</tr>
<tr>
<td>Protective gloves (no latex products, please)</td>
<td>1 for each patrol member (will be reused across problem scenarios)</td>
</tr>
<tr>
<td>Protective goggles or safety glasses</td>
<td>3 pairs</td>
</tr>
<tr>
<td>Rope (10 feet long)</td>
<td>1</td>
</tr>
<tr>
<td>Tarp – approximately 5’x7’ to 8’x10’</td>
<td>1</td>
</tr>
<tr>
<td>Hand Sanitizer</td>
<td></td>
</tr>
<tr>
<td></td>
<td>To be used by patrol members themselves for sanitary purposes during the event</td>
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</tbody>
</table>

**Patrol Preparation Note:**
The following provides some hints for additional skill practice: choking, scalp bandage, cuts/scrapes, folding a cravat, foot blisters, sunburn, tick bites, bee stings, nosebleeds, snake bites, poisonous plants, object in the eye, ankle sprain while hiking, moving injured person.

**Special Note:** You may also be asked to use some un-conventional first aid equipment (provided by judge) during some scenario activities, so think “out of the box”.