

First Aid Problems for Practice

This packet contains the four scenario problems from the 2025 First Aid Meet. Each problem has a page describing an emergency scenario and a page for scoring team effectiveness.

Timing: Allocate about 25 minutes for one problem. You may have to lengthen that time for the first few problems your team's practice. At the actual meet, the timing for the first problem is longer than 25 minutes. For the first problem, and only that problem, the announcer will precede each signal (see below) with instructions on who should be doing what.

Before starting, identify which scouts are Team Leader, Reporter, and two Victims.

At the contest, there are three signals given during administration of the problem.

First Signal: The Judge reads the scenario. Then the Leader reads the scenario. The Reporter starts taking notes. The Leader may discuss symptoms and treatments with the Team.

Second Signal at 5 Minutes: The Leader gives the Judge a diagnosis of the victims' injuries. The Leader then tells the Judge what treatments will be needed. Other team members may not interrupt. The Judge will mark the score sheet as the Leader makes correct statements. Order in marking is generally not important except when sequence is obvious: hurry cases must be discussed first, and treatment steps must make sense. When the Leader indicates completion of analysis, the Judge should tell the Leader to have the Team start treatments. The Reporter may stop taking notes and participate in treatments. If the Judge is not clear on treatment has been applied to a victim, the Judge may ask the scouts working on the victim for clarification.

Third Signal at 20 minutes: Treatment stops. Judge finishes scoring sheet, then discusses the scoring with the Team. This should take no more than 5 minutes.

The Judge should look at the Reporter's notes and determine whether they would provide sufficient information about victims, injuries, and proposed treatments to first responders.

JUDGE: (1) Enter team number and team name on a score sheet. (2) Identify which scouts will serve as Problem Leader and Messenger. (These scouts should not have served in their respective roles in a prior problem.) (3) Also determine Victim Patrick and Victim Jamey. Position Jamey on the floor and Patrick standing. (4) Sticky dots on Jamey: one on left arm, halfway between elbow and little finger and one back of right hand.

JUDGE: At the signal to start, give the Problem Leader a copy of this page. You will read the scenario out loud, then you will ask the Problem Leader to read it. Tell the Messenger to start taking notes. Retrieve the Problem Leader copy before scoring.

SCENARIO

The Troop's last spring camping weekend was spent at Group Camping Site #2 at Shabbona Lake State Park near Shabbona, Illinois. After hiking around the lake Saturday afternoon, patrols decided to start supper around 5PM. Your group had 12 scouts and 3 adult leaders.

As his frying pan of water was heating up on a grill over a fire, Scout Jamey read the instructions on the box of mashed potato flakes: "Remove boiling water from heat, add salt and contents of the box. Stir." Just then the water started boiling up. Jamey grabbed a hot pad in his right hand to hold the side of the pan as he used his left hand on the handle to pull the frying pan off the fire. He pulled so quickly that a wave of bubbling water sloshed over the hot pad onto the exposed skin on the back of his right hand. He yelled and jumped back. Losing his balance, he tried to break his fall with his left arm. He fell on the arm, letting out another yell as he felt a stabbing pain about halfway between his elbow and his little finger. He could barely rotate his arm to see the break in his skin where a bit of bone was showing. Bleeding was modest. The pain was so great that he didn't notice the blisters emerging on back of his very red right hand.

Watching all of this was Scout Patrick. He had been chomping on a raw carrot. When Jamey screamed, Patrick bit down on the carrot and inhaled. He started making gagging noises and jumping up and down, pointing at his mouth.

Treat Patrick and Jamey

JUDGE: At the signal to start treatment, collect the Problem Leader's copy, and ask the Leader to give an analysis of the victims' conditions and what treatments will be given. You can start marking the score sheet. After the Leader has stated what the treatments will be, send the Messenger to a First Responder Station.

JUDGE: (1) Enter team number and team name on a B score sheet. (2) Identify which scouts will serve as Problem Leader and Messenger. (These scouts should not have served in their respective roles in a prior problem.) (3) Also determine Victim Mateo and Victim Artem. Both should be seated. (4) Place sticky dots on Mateo-- right palm and Artem--middle of left forearm.

JUDGE: At the signal to start, give the Problem Leader a copy of this page. You will read the scenario out loud, then you will ask the Problem Leader to read it. Tell the Messenger to start taking notes.

SCENARIO

It was a hot, humid Saturday in June. Eight scouts and two leaders from Troop 314 were getting in shape for Philmont by hiking in the Waterfall Glen Forest Preserve near Darien. Every hiker was carrying much of the equipment and gear they would need at Philmont. They followed the 10-mile trail loop starting and ending at the main parking lot. The first 4 miles had gone smoothly. After lunch, the last 6 miles seemed like torture. In many places the trail went across prairies that offered no shade from the sun.

They were almost at the end of the 10 miles when they emerged from a grove of trees. They could see their cars less than a quarter mile in the distance. They started to walk faster. One of the adults realized that Scout Mateo had stopped and was sitting behind them at the edge of the trail. He gasped, "I can't go on." He complained of feeling sick and having a headache. His skin was cool and moist. He dropped to the side of the trail. Two scouts went to pick him up. "Mateo, there is poison ivy under your right hand." Being careful to keep free of the plant, the scouts pulled Mateo up so he could reposition himself on the trail. One of the scouts pulled Mateo's water bottles from his pack. Both were empty. Four scouts and a leader volunteered to go ahead to the parking lot, fill all empty water bottles at the pump, and return.

When they had returned, Scout Artem sat down against a log, brushing away a lump that was visible under the log. The lump turned out to be a small nest of bees. Artem jumped away from the log but was stung on his left arm by one of the bees. Shortly Artem started breathing heavily and occasionally gasping for air.

JUDGE: At the signal to start treatment, collect the Problem Leader's copy, and ask the Leader to give an analysis of the victims' conditions and what treatments will be given. You can start marking the score sheet. After the Leader has said what the treatments will be, send the Messenger to a First Responder station.

JUDGE: (1) Enter team number and name on a score sheet. (2) Identify which scouts will serve as Problem Leader and Messenger. (These scouts should not have served in their respective roles in a prior problem.) (3) Identify Victim Eric and Victim Riley. Position Eric lying down; Riley, seated. (4) Dots on Eric: middle of right forearm and toes of right shoe. Dots on Riley: right shoe at toes, both hands at palms.

JUDGE: At the signal to start, give the Problem Leader a copy of this page. You will read the problem out loud, then you will ask the Problem Leader to read it. Tell the Messenger to start taking notes.

SCENARIO

March was always a dicey month for weather in the upper Midwest, and this year was no exception. The troop's annual backpacking trip on the Ice Age trail in Wisconsin's Kettle Moraine State Forest was living up to the trail's name this frigid Saturday in early March. Fortunately, the strap-on crampons (ice cleats) were working well for avoiding falls on the iced-over trails. However, for the last couple of hours of hiking, scout Eric had been shivering. His right hiking boot got soaked when he stepped through some ice as he crossed a small brook. Eric also complained to his friend Riley about his toes becoming numb. They did not alert anyone else and decided to "soldier on". They were looking forward to warming up and drying out by a campfire at their planned overnight backpacking shelter.

After reaching Parnell Shelter #4 around 6 pm, Riley noticed that Eric dropped to the ground near the woodpile, huddling arms around his knees. Eric was less talkative than usual and more withdrawn. Riley decided that they needed to hurry up with the building of a campfire. Riley grabbed his hatchet and jumped onto woodpile. Balancing on the log at the top of the pile, he exclaimed that "These crampons really work well. I'll have that fire going in no time. While his crampons bit well into that top log, he was surprised when that log broke free. Riley began "snowboarding" and then rolling down the woodpile until his lower left leg got wedged between two trees at the bottom. That stopped his fall with a sickening snapping sound. The sound didn't come from wood, but from Riley's leg.

To make matters worse, while trying to catch himself on his trip down the woodpile, Riley had suffered scrapes on his hands and dropped his unsheathed hatchet. Eric had been blankly watching the unfolding catastrophe as he shivered at the bottom of the woodpile. He cried out in surprise and pain as the hatchet cut through his coat and into his lower right arm before bouncing to the ground. While Riley does not appear to be bleeding, the same could not be said for Eric, who has fallen back on the ground next to the bloodied hatchet.

Treat both Eric and Riley. Demonstrate how you would splint Riley's leg.

JUDGE: At the signal to start treatment, collect the Problem Leader's copy, and ask the Leader to give an analysis of the victims' conditions and what treatments will be given. You can start marking the score sheet.

JUDGE: (1) Enter team number and name on a score sheet. (2) Identify which scouts will serve as Problem Leader and Messenger. (These scouts should not have served in those respective roles in a prior problem.) (3) Also determine Victim Fisherman and Victim Kim. Fisherman should be lying down; Kim, seated. (4) Dots on Kim's left leg at knee, leg below knee, and ankle.

JUDGE: At the signal to start, give the Problem Leader a copy of this page. You will read the scenario out loud, then you will ask the Problem Leader to read it. Tell the Messenger not to leave for CPR until told by you.

SCENARIO

It was a sunny morning in early April when your troop had hiked part of the East Bluff Trail, about 300 feet above the lake in Devil's Lake State Park near Baraboo, Wisconsin. Each scout's pack contained clothing and equipment they were going to use for a summer backpacking adventure in Northern Michigan.

They could see a lone fisherman in a boat near the picnic area at the South Beach Picnic Area of the lake. As the scouts were slowly moving through the rocky, steep section that would take them down to the beach area where they planned to have lunch, they heard a shout and a loud splash. They could see an overturned rowboat near the beach. Someone seemed to be floating face down between the boat and the beach.

It only took a moment for one of the scouts to yell "He's not moving." The older scouts immediately scrambled down the 50 feet of rocks to the beach level and ran over to the side of the lake. Three of the scouts walked into the water, reached the fisherman, who was floating in less than four feet of water, carried him to shore, and laid him on the grass. He was not breathing and had no pulse.

Meanwhile, Kim, one of the younger scouts, had slipped on loose rocks during the mad dash down the trail. It was easy to see that Kim's left knee was seeping blood. Kim's leg had scrapes running along the front of the leg from knee to shoe. Kim complained "I can't put weight on my left ankle."

JUDGE: At the signal to start treatment, collect the Problem Leader's copy. Ask the Leader to give an analysis of the victims' conditions and what treatments will be given. You can start marking the score sheet. When you reach line 10 on the score sheet, send the Messenger to CPR. After completing CPR, the Messenger may return to help with treatments.

A

Problem A Pink

TEAM # _____

TOTAL

UNIT _____

TEAM NAME _____

(37 points)

HB

MB

ANALYSIS	Patrick	Choking	1	120	92
		Shock	2	123	17
	Jamey	Open (compound) fracture on left arm between elbow and little finger	3	144	42
		Partial thickness (second degree) burns on back of right hand	4	137	59
		Shock	5	123	18
TREATMENT	Patrick	Choking-- Ask Patrick if he is choking and if you can help	6	120	88
		Judge: "Patrick nods yes."			
		Judge: "Simulate initial treatment."			
		Back blows-- Arm across chest and lean Patrick forward	7	121	88
		Strike victim's back with heel of hand 5 times	8	121	88
		Judge: "Patrick is still choking."			
		Abdominal Thrusts-- Arms around waist, interlock fingers	9	121	92
		Fist with thumb against body, above navel	10	121	92
		Thrust clasped hands inward and upward up to 5 times	11	121	92
		Judge: "Patrick coughs up carrot chunk. He is breathing."			
		Shock-- Lay victim down	12	123	18
		Cover victim, keep warm	13	124	18
		Raise legs	14	124	18
		Watch closely, talk to victim	15	123	17
	Jamey	Fracture --treat bleeding at break with compresses	16	144	42
		Place compresses on wound, but don't apply pressure	17	144	42
		Gently secure compresses	18	144	42
		Apply splint with minimum movement of arm	19	147	43
		Pad splint	20	147	43
		Splint attached near elbow and at wrist, below break	21	147	43
		Splint does not put pressure on wound	22		43
		Place arm in a sling	23	147	46
		Splint and sling effective in securing arm	24	147	
		Burns -- rinse back of right hand with cool water or apply cool, wet cloths	25	137	59
		Allow hand to dry.	26	137	59
		Protect hand with sterile gauze pads, secure	27	137	59
		Does NOT apply ointments, creams, or sprays	28	137	
		Shock-- Cover with blanket	29	124	18
		Keep injured arm stable on chest	30	147	
		Raise legs	31	124	18
		Periodically check circulation of left arm (fingernail test, victim wiggles fingers, or victim can feel you touch fingertips)	32	146	43
CONDUCT		Leader gave directions	33		
		Team worked cooperatively	34		
		Considerate of victims; reassuring, gentle	35		
		No disruptive behavior or comments	36		
		Caused no harm to victims	37		

(References: HB, Handbook; MB, Merit Badge Pamphlet)

(Graphics for Judge: Choking, Splint Arm)

Judge

B

Problem B Green

TEAM # _____

TOTAL

UNIT _____

TEAM NAME _____

(36 points)

HB MB

ANALYSIS	Artem	Possible anaphylactic shock (Difficulty breathing)	1	133	94
		Bee sting on left arm	2	124	94
		Mention Artem first (hurry case)	3	123	95
	Mateo	Heat exhaustion	4	139	56
		Poison ivy right hand	5	127	72
		Shock	6	123	18
TREATMENT	Artem	<i>Anaphylactic Shock</i> --Ask if Artem is allergic and has a medical kit (epinephrine injector)	7	133	95
		Judge: " Artem says, 'Yes, in my backpack.' "			
		Get injector from packpack	8		95
	Mateo	Give to Arem for self-injection	9	133	95
		Judge: " The epinephrine worked. His breathing is better, but is interrupted periodically by gasps. "			
		<i>Sting</i> -- Use knife blade or plastic card to remove stinger	10	132	78
		Use wet cloth or cold gel to reduce pain and swelling from sting	11	132	78
		<i>Shock</i> -- Comfortable sitting position (for breathing)	12		95
		Replace cloth or gel to keep cooling sting	13	132	
		Check breathing frequently (for possible relapse)	14	124	95
		Comfort victim	15	124	
		<i>Heat Exhaustion</i> - Shade victim (tarp or ponchos).	16	139	56
		Get person to drink water	17	139	56
		Cool victim (wet clothes, fan with hat)	18	139	56
		<i>Poison ivy</i> -- Keep Mateo from touching anything with his right hand	19	127	
		Scrub Mateo's hand with soap and water OR with alcohol swabs	20	127	73
		Apply calamine lotion, hydrocortisone cream, or aloe vera gel to minimize itching	21	127	73
		Use latex gloves while treating Mateo's hand	22		
		<i>Shock</i> -- Have Mateo lie down	23	124	56
		Periodically help Mateo to drink more water.	24	139	56
		Do not cover.	25	139	56
		Raise feet	26	139	56
EXTRA QUESTIONS (Ask after all victim treatments are completed.)	Judge: " How would you treat a scout who developed a blister on the hike like the one described in the scenario? "				
		Remove shoe and sock.	27	126	36
		Cover the the blister with moleskin or molefoam slightly larger that the affected area.	28	126	36
	Judge: " How would you treat a scout who complained of a sunburned nose during the hike? "				
		Apply cool, damp cloths to decrease pain	29	137	
		Apply sunscreen to nose	30	137	
		Wear hat with brim	31	137	
CONDUCT		Leader gave directions	32		
		Team worked cooperatively	33		
		Considerate of victims; reassuring, gentle	34		
		No disruptive behavior or comments	35		
		Caused no harm to victims	36		

(References: HB, Handbook; MB, Merit Badge Pamphlet)

Judge _____

C

Problem C Gold

TEAM # _____

TOTAL

UNIT _____

TEAM NAME _____

(40 points)

HB

MB

ANALYSIS	Eric		Hurry Case --mention Eric first	1	115	85
			Severe bleeding right arm	2	119	93
			Hypothermia-- cold, shivering, withdrawn	3	141	53
			Possible Frostbite on right foot--Toes numb; cold,wet boot	4	140	54
			Shock	5	114	17
	Riley		Closed fracture lower left leg	6	144	42
			Scrapes on palms of hands	7	125	34
			Shock	8	114	17
TREATMENT	Eric		Severe Bleeding --Remove arm from right sleeves of coat, shirt	9	119	93
			Use sterile pads and pressure to control bleeding	10	120	93
			Judge: "Bleeding has not stopped."			
			Applies new pad OVER blood soaked one.	11	120	93
			Judge: "Bleeding has stopped."			
			Secure pads with bandage	12	120	93
			Check for circulation (Warmth, feeling in right hand.)	13	120	93
			Frostbite-- Remove right shoe, check toes,cover with dry socks.	14	141	55
			Hypothermia-- Replace wet clothes	15	141	54
			Give warm fluids when available	16	141	54
			Move Eric to shelter	17	141	55
	Riley		Put wrapped warm water bottles in armpit,groin, feet	18	141	54
			Shock: Lay victim down	19	124	18
			Cover victim, keep warm (sleeping bag)	20	124	55
			Raise legs slightly	21	124	18
			Stay with victim. Comfort him.	22	123	18
			Broken Leg: Check for circulation in left leg	23	146	44
			Leave shoe on	24	146	47
			Splint the left leg with splints or other stiff material	25	146	47
			Extend the splints from middle of thigh to past the heel	26	145	47
			Secure the splints at thigh as well as above and below the break	27	146	47
			Used square knots to secure the splint	28	145	44
CONDUCT		Periodically check for circulation at ankle	29	146	44	
		Scrapes-- Rinse	30	125	34	
		Apply antibiotic	31	125	34	
		Cover with sterile dressing and secure	32	125	34	
		Move to shelter (must not happen before splint is secure)	33	143	55	
		Shock: Cover with blanket /sleeping bag	34	124	55	
		Stay with victim. Comfort him.	35	124	18	
		Scouts used disposable latex gloves for each victim	36	112	93	
		Team worked cooperatively	37			
		Considerate of victims; reassuring, gentle	38			
		No disruptive behavior or comments	39			
		Caused no harm to victims	40			

(References: HB, Handbook; MB, Merit Badge Pamphlet)

(For Judge only: 2025 Graphic C Leg splint)

Judge

D

PROBLEM D BLUE

Judge

TEAM # _____

UNIT _____ TEAM NAME _____

Total pts = 38

HB MB

ANALYSIS	Fisherman	<input type="checkbox"/>	Apparent drowning	1		
		<input type="checkbox"/>	Fisherman mentioned first (hurry case)	2	115	15
		<input type="checkbox"/>	Not breathing	3		
		<input type="checkbox"/>	No pulse	4		
		<input type="checkbox"/>	Shock	5		17
	Kim	<input type="checkbox"/>	Bleeding on left knee	6		
		<input type="checkbox"/>	Scrapes on left leg	7		
		<input type="checkbox"/>	Sprain or strain on left ankle.	8		
		<input type="checkbox"/>	Shock	9		17
TREATMENT	Fisherman	<input type="checkbox"/>	First treatment is fisherman (hurry case)	10	115	15
			Judge: <i>Send Messenger to CPR.</i>			
			Judge "CPR worked, Fisherman is semi-conscious and breathing smoothly."			
		<input type="checkbox"/>	Shock: Remove wet outer clothing.	11	124	18
		<input type="checkbox"/>	Wrap victim in clothes or sleeping bags from back packs.	12	124	18
		<input type="checkbox"/>	Raise Legs	13	124	18
		<input type="checkbox"/>	Talk to victim, comfort	14	123	17
				Judge: "What are the four kinds of water rescues? Give them to me in order of safety."		
	Water Rescue	<input type="checkbox"/>	Reach	15	177	
		<input type="checkbox"/>	Throw	16	177	
		<input type="checkbox"/>	Row	17	177	
		<input type="checkbox"/>	Go	18	177	
		<input type="checkbox"/>	Correct order	19	177	
	Kim	<input type="checkbox"/>	Bleeding left knee -- rinse thoroughly	20	125	34
		<input type="checkbox"/>	Apply antibiotic	21	125	34
		<input type="checkbox"/>	Cover with large adhesive bandage or wrap with dressing and cloth bandage	22	125	35
		<input type="checkbox"/>	Scrapes on leg-- rinse throughly	23	125	34
		<input type="checkbox"/>	Apply antibiotic	24	125	34
		<input type="checkbox"/>	Cover with bandage or dry sterile dressing + bandage	25	125	35
		<input type="checkbox"/>	Ankle --Secure ankle. (Shoe may be left on or removed)	26	142	40
		<input type="checkbox"/>	Shock-- Treat for shock (warmth, legs raised)	27	124	18
		<input type="checkbox"/>	Used latex gloves while treating bleeding.	28	112	93
				Judge: "Show how you could carry Kim with a four-handed seat carry."		
		<input type="checkbox"/>	Two scouts link arms correctly for 4-hand carry	29	150	26
		<input type="checkbox"/>	Scouts direct Kim to sit on their hands and hold on to their shoulders	30	150	26
		<input type="checkbox"/>	Scouts lift Kim and walk two paces.	31	150	26
		<input type="checkbox"/>	Scouts help Kim down	32	150	26
		<input type="checkbox"/>	Scouts carry Kim safely (no matter the method)	33		
CONDUCT			Leader gave directions	34		
			Team worked cooperatively	35		
			Considerate of victims; reassuring, gentle	36		
			No disruptive behavior or comments	37		
			Caused no harm to victims	38		

(References: HB, Handbook; MB, Merit Badge Pamphlet)

(For judge only: 2025 Graphic D Blue)

Judge