

Equipment

In order to properly complete all the scenarios each patrol should come prepared with the following equipment:

- 12 large triangular bandages
- 6- 3" X 3" or 4" X 5" gauze pads
- 4 rolled bandages
- 2 forearm splints 18" - 24"
- 3 leg splints 2-36" & 1-60"
- 2 blankets
- 2 staves or poles 6' long
- 1 ground cloth

Judges

Each patrol entered needs to provide a qualified adult leader to participate in the judging. Providing two judges who will judge as a team is fine as well. The judging standard will be the current Boy Scout Handbook, First Aid Merit Badge pamphlet and current American Red Cross guidelines. Prior to each scenario the details of the scenario, the expected treatment, and the scoring will be reviewed with the judges to ensure uniform scoring.

Awards

Plaques will be given to the top five teams. Every participant will receive a patch.

Have fun, show great teamwork, and impress the judges with your first aid knowledge!

Constellation District Annual First Aid Derby



Welcome to the Constellation District's Annual First Aid Meet!

The First Aid meet is designed to challenge the Scout's abilities to perform first aid in simulated real-life situations. The patrols will compete in practical first aid problems, displaying hands-on skills from the Boy Scout Handbook, First Aid Merit Badge pamphlet and current American Red Cross guidelines.

Format

The meet will consist of a number of real-life scenarios. Each patrol will be presented with the scenario, given a chance to plan their solution, and then they will need to perform their solution for the judge. The number of scenarios completed will be dependent on the time, but every patrol will complete the same number. The last scenario will be a set of first aid questions.

Patrols

Patrols will compete as a unit. To be able to effectively complete the scenarios the patrols should have at least 4 Scouts participating. Patrols will need to provide their own victim(s) as required for the different scenarios. Each patrol should have a patrol leader/spokesman who will explain to the judge what the patrol is doing to handle the situation they are presented with.

Scenarios

Each scenario will consist of a real life emergency situation that will test the Scouts knowledge of first aid and their ability to demonstrate the practical aspects of treatment. Using the supplies they brought with them (list below) they will be able to properly treat all victims in these scenarios. No books, electronic devices, cards or pamphlets are allowed during the scenario.

Skills

In order to complete the planned scenarios the patrols need to be familiar with and proficient in the skills outlined in the Boy Scout Handbook and the First Aid Merit Badge pamphlet. These skills include, but are not limited to:

- Animal/Insect bites
- Blister treatment
- Carries
- Choking
- CPR
- Heat related injuries
- Splinting
- Sprains
- Wound treatment

Steps to Remember When Handling an Emergency

1. Check the scene.
2. Call for help.
3. Approach safely.
4. Provide urgent treatment (hurry cases).
 - a. Airway
 - b. Breathing
 - c. Circulation
 - d. Defibrillation
5. Protect from further injury.
6. Treat everyone for shock.
7. Make a thorough check for other injuries.
8. Plan a course of action.