



**ONTARIO MEDICAL
FIRST RESPONSE CHALLENGE**



How to Plan and Run a First Aid Competition

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June 10, 2012



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Session Objectives

- Benefits of running your own first aid competition
- Types of first aid competition
- Planning process, required resources and personnel
- Planning for contingencies
- Overview of the Council for Ontario's Competitions Committee

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The benefits of running your own

FIRST AID COMPETITION



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- Operations-based exercises/ competitions
 - **Prepare** responders for emergencies
 - **Strengthen** first aid skills and knowledge
 - **Clarify** team roles and responsibilities
 - **Validate** existing plans and response procedures
 - **Identify** gaps in your organization's training



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- Your training objective determines the competition/ exercise format.
 - a. “Traditional” first aid competition
 - **Building block approach:** progressive evaluation of current level of skills
 - b. Functional exercise
 - Test the **interoperability** of teams
 - c. Multiple-casualty incident



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A look at the

PLANNING PROCESS



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Essential Steps to Design a Competition

- Step 1:** Know your budget and needs.
- Step 2:** Secure an appropriate venue.
- Step 3:** Define the scope of the competition.
- Step 4:** Define performance-based objectives.
- Step 5:** Compose a scenario narrative.
- Step 6:** Develop first aid scenarios and marking guides.
- Step 7:** Procure resources and manage personnel for operations.

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Behind the Scenes:

COMPETITION PERSONNEL



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Core Frontline Personnel

- **Scenario Site Coordinators**
 - Coordinate the scenario site and personnel
- **Scenario Site Props Teams**
 - Set up and tear down the scenario sites
- **Judges**
 - Evaluate the competing teams' performance
- **Casualty Simulators**
 - Simulate casualties for one scenario
- **Casualties**



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Essential Personnel Behind the Scenes

- **Operations Team & Time Keepers**
 - Set the pace for the competition
- **Logistics Teams**
 - Procure, store and transport supplies and equipment
- **Sequesters**
 - Sequester teams in a reassuring atmosphere
- **Escorts**
 - Escort competing teams to and fro scenario sites



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Essential Personnel Behind the Scenes

- **Runners**
 - Deliver marking schemes to tabulators
- **Tabulators**
 - Tabulate scores on marking guides
- **Hospitality Teams**
 - Deliver meals and refreshments to designated areas
- **Health & Safety Teams**
 - Ensure health and safety of all participants



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A look at

CONTINGENCY PLANNING



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Exercise

A first aid competition is about to be held in honour of Burlington's 50th anniversary. You are a part of this event's organizing committee.

How would you make this competition a reality?

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About the OMFRC's

COMPETITIONS COMMITTEE



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- **Headed by the Competition Chair, with support from the Board of Directors and Council Staff, the Committee consists of Cell Chiefs and Deputy Chiefs in:**
 - Administration
 - Judging
 - Operations
 - Casualty Simulation
 - Logistics
 - Awards
 - Hospitality
 - Training

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QUESTIONS?