FIRST AID MEET

TWO MOUNTAINS DISTRICT
NORTHEASTERN PENNSYLVANIA COUNCIL

APRIL 12, 2013

ST. NICHOLAS – ST. MARY'S SCHOOL GYMNASIUM

226 SOUTH WASHINGTON STREET, WILKES BARRE

COST PER SCOUT (includes patch)

$10.00 per participant Includes patch / patrol ribbon / prizes / Medical Pen Light

Early Bird Special ONLY $6.00 per participant on or before March 30, 2013

REGISTRATION: 6:30 PM (Please be on time)

First Event: 7:00 PM - Problem #1, Patrol First Aid Kit Inspection (see attached sheet)

Each patrol will be given a series of First Aid Problems to deal with. The proctors will score each patrol on TOTAL patrol participation, safety procedures, first aid knowledge, and skills.

The last event will be a Tie Breaker Questions sheet.

The First Aid Meet should conclude by 10:00 PM.

There will be patches for this event, and Special Prizes will also be awarded.

Troops may enter one or more patrols. Patrols should not be larger than 8 Scouts.

This meet is intended to be a fun and educational event. Please come with the Scouting spirit of friendly competition.

All patrols participating must provide one volunteer (can be troop adult leaders and parents) to act as Proctors-Evaluators.

Each patrol should bring a current BSA handbook.

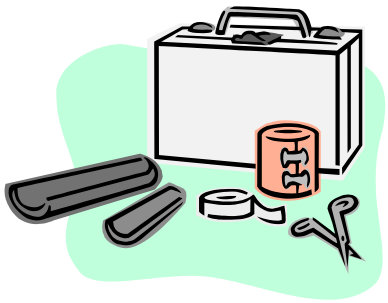
THANK YOU FOR YOU HELP AND ASSISTANCE!

TROOP #_____ PATROL NAME_____

PROBLEM #1, PATROL FIRST AID KIT

What kind of first aid kit does your troop take on camping trips? A two patrol troop might have only one first aid kit. In a larger troop, however, each patrol should carry its own kit. A patrol kit should go on all patrol trips.

You can buy a kit, but why not make your own? Include at least the following items:



1. _____ Roller bandages, 2 inch (1)
2 _____ Roller bandages, 1 inch (2)
3. _____ Adhesive tape, 1 inch (1 roll)
4. _____ Alcohol swabs (24)
5. _____ Assorted adhesive bandages (1 box)
6. _____ Elastic bandages, 3 inches wide (2)
7. _____ Sterile gauze pads, 3" X 3" (12)
8. _____ Moleskin 3" X 6" (4)
9. _____ Gel pads for blisters and burns (2 packets)
10. _____ Triple anti-biotic ointment (1 tube)
11. _____ Triangular bandages, (4)
12. _____ Soap (1 small bar) or alcohol based sanitizing gel (1 travel size bottle)
13 _____ Scissors (1 pair)
14. _____ Tweezers (1 pair)
15. _____ Safety pins (12)
16. _____ Non-latex style exam gloves (6 pair)
17. _____ Protective goggles / Safety glasses (1 pair)
18. _____ CPR Barrier Device
19. _____ Pencil and Paper

_____ Total Points

Points awarded as follows:
One point if you have the item, and One additional point if you have at least the minimum quantity listed.

Additional Items needed for events:

12" splints (2)
30" splints (2)
Heavy duty style blankets (2)
Four paper cups

Proctor's Name_____

TWO MOUNTAINS FIRST AID MEET

Problem:

Your troop is attending the Two Mountains Polar Bear at Camp Acahela. Ryan Murray, our District Executive, is visiting your site for lunch. Hot dogs with all the fixings, chips, baked beans, and bug juice are being served. All of a sudden you notice that Ryan is grabbing at his throat and turning blue.

What do you do?

SAMPLE PROBLEM

<u>Solution</u>

- Treat for **Choking**
- Ask Ryan if he is choking: “can you speak.” If he can, he has enough air to live.
- Encourage him to keep coughing to dislodge the food.
- Tell him to remain calm.
- Introduce yourself as being trained in First Aid Skills and ready to help him. This is to reassure him.
- If he ceases being able to cough, send for help, deliver 5 quick blows to the upper back. And if he still cannot breathe, then perform the Heimlich maneuver. These actions can be repeated.