

First Aid Relay c

Event: First Aid Relay

Participation: Team of 6 Pathfinders

Equipment needed: Provided by Conference at Event.

For practicing purposes: Triangle bandages

Roller Bandages/Cravats

Rigid Splint

Object: Apply practical applications of First Aid principles

Promoting teamwork, cooperation, and patience.

Directions: The team of 6 pathfinders will line up at the start/finish line. At the signal three of the pathfinders will run to the work area where pathfinder 1 will assume the position of the victim (seated on the ground). Pathfinders 2 and 3 proceed to apply the following bandages working simultaneously, or as a team when necessary.

- a. An upper arm splint
- b. A forearm triangular sling
- c. An adjustable tension ankle splint
- d. Utilizing a "two hand seat and back support carry" they will transport the victim to the start/finish line, gently lower the victim to the ground, and tag the next three pathfinders.

Pathfinders 4, 5, and 6 will then run to the work area where pathfinder 4 will assume the position of victim (sitting on the ground). Pathfinders 5 and 6 proceed to apply the following bandages working simultaneously, or as a team when necessary

- a. A finger splint
- b. A head triangular bandage.
- c. An injured leg to uninjured leg splint
- d. Four man lift and carry

When pathfinders 5 and 6 have completed applying the required bandages and splints they will signal two of the previous rescuers

to join them. The four rescuers proceed with coordinated precision to do a four man lift. Then the four rescuers will transport the victim to the start/finish line, and gently and safely lower him/her to the ground.

The victims will then wait at the start finish line for the coordinator to check for proper application of bandages before removing and returning bandages to the work area.

Note: All bandages and splints which require knots should be applied with square knots.

Since the goal of first aid is to “Do no further harm” the pathfinders will be judged on proper application of each bandage as well as proper and safe transportation of each victim

- 1st place**
 - a. All bandages applied properly
 - b. Transportations completed in a safe manner
 - c. All knots square
- 2nd place**
 - a. Five of six bandages applied properly
 - b. Some knots not square
 - c. Victims transported safely
- 3rd place**
 - a. Two or more bandages not properly tied
 - b. No square knots
 - c. Unsafe transport of the victims (ie. Dropping or injuring victim.)
 - d. No evidence of teamwork.

See attached diagrams for proper application of bandages and proper positions of transport