

FIRST AID BANDAGING RELAY NO. 1

PARTICIPANTS: 5 Pathfinders

EQUIPMENT: 2 standard size
triangular bandages
1 stop watch

DESCRIPTION: This event will be a
timed demonstration of
a unit's ability to
perform the following
first-aid skills:

1. Use the Red Cross
First Aid Manual
techniques for the
following:

- a. Arm sling
- b. Open hand
- c. Open head
- d. Open chest
- e. Head or ear
- f. Cheek or ear
- g. Pressure band-
age for the palm
- h. Sprained ankle



2. Artificial respiration: Mouth-to-Mouth resuscitation:
This portion is to be only an oral description of the procedure.
Check with the local chapter of the American Red Cross for this
information.

PROCEDURE: Each of the first four Pathfinders will demonstrate his skill and
speed in tying two of the above bandages. Each Pathfinder must
choose different bandages.

The fifth Pathfinder will give the oral description of mouth-to-
mouth resuscitation.

Mark a starting line and activity line 25' apart. Pathfinders
number 1 -4 are at starting line and Pathfinder number 5 is at
activity line. Pathfinder number 1, at the starting signal, runs to
the activity line where Pathfinder number 5 is located. Pathfinder
number 1 will tie the two bandages chosen. After judge has checked
bandages for correction, Pathfinder number 1 will remove the
bandages and return to starting line, tag Pathfinder number 2.
Pathfinder number 2 will take the two triangle bandages and run
to the activity line and tie the two bandages chosen. Pathfinder
number 3 and 4 will repeat the same procedure. (The Stop Watch
should be stopped when the

Pathfinder finishes the two bandages, while the judge checks the bandage, and started again when the Pathfinder returns to starting line right after Pathfinder number 4 finishes, do not stop the Stop Watch until Pathfinder number 5 has completed description. (An accumulated time should be kept for the 5 Pathfinders). When Pathfinder number 4 finishes the two bandages to be tied, he will tag Pathfinder number 5, who will describe the mouth to mouth resuscitation. Judge will not examine bandages tied by Pathfinder number 4 until Pathfinder number 5 has finished description of the mouth to mouth resuscitation.

SCORING	<u>PLACE</u>	<u>TIME</u>	<u>POINTS</u>
	1st	4 min. 0 - 1 errors	10
	2nd	5 min. 0 - 3 errors	7
	3rd	6 min. 0 - 3 errors	5
	Entry	over 6 minutes	1 - 3

NOTE: If Pathfinders perform it in the time allowed, but have more errors than allowed, they will receive the next lower place.

EXAMPLE: 4 min. 3 errors 2nd place 7 points
 5 min. 4 errors 3rd place 5 points

TRIANGULAR BANDAGE RELAY

PARTICIPANTS: 7 Pathfinders from each club

EQUIPMENT: One triangular-bandage per unit

PROCEDURE: Mark a starting line and activity line 20' apart. Pathfinders No. 1 - 6 must line up on starting line and Pathfinder No. 7 will go to activity line. Contest leader announces bandage to be tied: Hand, head, knee, elbow, arm sling or ankle.

At starting signal, first Pathfinder runs to "patient", applies bandage, is scored by judge, unties bandage, runs back, tags next Pathfinder, who repeats process. Continue until all six Pathfinders have tied the bandage required.

SCORING Scoring is for quality, not speed.

<u>Place</u>		
1st	Perfect bandage	10 pts. (Tight, tied well, knot correct)
2nd	Good bandage	8 pts. (Tied well, knot correct)
3rd	Fair bandage	6 pts. (Loose, not tied well, knot correct)
Entry	Sloppy bandage	3 pts. (Loose - knot tied incorrectly)

TOTAL POINTS POSSIBLE 60

FIRST AID BANDAGING RELAY NO.2

PARTICIPANTS: 9 Pathfinders -- boys or girls - If mixed group, patient is to be a boy.

EQUIPMENT NEEDED:

1. Six triangular bandages
2. Stool or chair

PROCEDURE:

1. Mark a starting line and activity line 25' apart. Pathfinders number 1 - 8 line up at starting line and Pathfinder number 9 (patient) goes to activity line.
2. At starting signal number 1 runs to patient and ties a triangular head bandage, runs back to starting line and tags Pathfinder number 2.
3. Pathfinder number 2 ties a triangular chest bandage, runs back and tags Pathfinder number 3.
4. Pathfinder number 3 ties a cravat bandage for right leg, runs back and tags number 4.
5. Pathfinder number 4 ties a temporary bandage to support a sprained left ankle, runs back and tags number 5.
6. Pathfinder number 5 ties a sling for left arm, runs back and tags number 6.
7. Pathfinder number 6 ties a cravat bandage for palm of right hand (figure of eight), runs back and tags number 7 and number 8.
8. Pathfinder number 7 and number 8 run to patient and by the two-man carry transport patient to finish line. (Page 232, figure 121 Pathfinder Field Guide)

SCORING	<u>Place</u>	<u>Time</u>	<u>Points</u>
	1st	4 minutes 0 - 1 earned	10
	2nd	5 minutes 0 - 2 earned	7
	3rd	6 minutes 0 - 3 earned	5
	Entry	over 6 minutes	3

NOTE: If Pathfinders perform the relay in time allotted, but have more errors than allowed, they will receive the next lower place.

FIRST AID RELAY NO. 3

PARTICIPANTS: Up to 12 Pathfinders from each club

EQUIPMENT NEEDED:

1. Clubs to furnish 11 triangular bandages. Note: A triangular bandage is made by cutting diagonally a piece of material 40 inches square. Nine of these will be used, folded into cravats.
2. One 3 x 3 gauze dressing.
3. Two arm splints. These could be cut from plywood (3 inches x 15 inches) and will be used unpadded.
4. Two leg splints (4 inches x 36 inches), unpadded.
5. 1 army blanket.
6. Two poles (see p. 183 No. 26 Pathfinder Field Guide).
7. One safety pin.

DESCRIPTION:

1. The victim will be 40 feet from the starting line at the beginning of the relay contest, in a sitting position.
2. Pathfinders will not go to render aid until the ones treating the previous problem have returned to the starting line.
3. The size of the team may vary, but it is recommended that as many as possible participate. Maximum number is 11 plus the victim.
4. On the **arm** and **leg splints** the knots should be tied in a straight line.
5. On the arm and leg splints the cravats must go around the limb and splints at least twice.
6. All knots will be square knots.
7. For the first 4 problems the victim will be in a sitting position on the ground, and for the problems 5 and 6 will be lying down.
8. Victim will not help the first-aider at any time.

PROCEDURE:

Mark off a starting line and an activity line 40' apart.

1. The victim has a deep laceration on his forehead. No. 1 Pathfinder will run to activity line, place a dressing and cravat bandage on the head, and return to starting line and tag Pathfinder number 2.

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2. The victim has a 3rd degree burn on the palm of his right hand. Pathfinder number 2 will run to activity line and apply an open-hand bandage and return to starting line and tag Pathfinder number 3.
3. The victim has an apparent fracture of the left forearm. Pathfinders numbers 3 and 4 will run to activity line and splint the forearm, then place it in a sling and return to starting line and tag Pathfinder number 5.
4. The victim has a sprained left ankle. Pathfinder number 5 will run to the activity line and apply a cravat bandage for a sprained ankle and return to starting line and tag Pathfinders number 6 and 7.
5. With the victim now lying in a supine position, he has an apparent fracture of the right leg (not the thigh). Pathfinders number 6 and 7 will run to activity line and apply a splint for a fracture in the mid-section of the leg and return to starting line and tag Pathfinders number 8, 9, 10, 11.
6. Pathfinders number 8, 9, 10, 11 will take the blanket and the two poles and run to activity line and make a stretcher next to the victim. They will then load the victim onto the stretcher and march back to the starting line and lower him gently to the ground. The victim should not be touched until the judges have checked the first aid treatment.
7. A breakdown would be as follows, to be used as a practice guide for time:

Problem	Number 1: 17 seconds
	Number 2: 19 seconds
	Number 3: 52 seconds
	Number 4: 19 seconds
	Number 5: 45 seconds
	Number 6: 28 seconds

SCORING	The teams finishing in 3 minutes or less will receive	20 points
	Those finishing between 3 and 3¼ minutes will receive	15 points
	Those finishing between 3¼ and 3½ minutes will receive	10 points
	All teams who enter contest will receive	5 points

<u>Place</u>	<u>Time</u>	<u>Points</u>
1st	3 min. 0 - 2 errors	10
2nd	3½ min. 0 - 3 errors	7
3rd	4 min. 0 - 4 errors	5
Entry	Over 4 minutes	3

NOTE: If Pathfinders perform relay in time allotted, but have more errors than allowed, they will receive the next lower place.

STRETCHER RACE

PARTICIPANTS: Seven (7) Pathfinders from each club

EQUIPMENT:

1. Two poles, each 5 feet long.
2. 20 pieces of rope or leather for lashing.
3. 10 branches or boughs, or 2' x 2' boards.

PROCEDURE: Make starting line and activity line 50' apart. At the activity line put all equipment necessary for lashing stretcher. Pathfinders will line up at starting line. At starting signal, Pathfinders will run to activity line and begin to lash cross pieces to poles. Pathfinders may choose style of lashing to be used, but all Pathfinders must use the same style of lashing. As soon as the cross pieces are all lashed to the poles, a Pathfinder must get onto the stretcher and be carried to the starting line.

SCORING	<u>Place</u>	<u>Time</u>	<u>Points</u>
	1st 8 Points	1st	10
	2nd 6 Points	2nd	7
	3rd 5 Points	3rd	5
	Enter 2 Points		

POINTS POSSIBLE 12

BANDAGE THE VICTIM

PARTICIPANTS: 3 Pathfinders from each club

EQUIPMENT: 1 large magazine, 4 triangular bandages, 25 feet of 2½ - 3 inch roller bandage.

PROCEDURE: Mark a starting line and activity line 25' apart. One Pathfinder as the victim will be lying on a blanket at the activity line. At the starting signal, the two Pathfinders at the starting line will run to the activity line and begin to administer the following First Aid.

1. Magazine splint to forearm
2. Place arm in sling
3. Figure eight bandage to the ankle

SCORING	<u>PLACE</u>	<u>TIME</u>	<u>POINTS</u>
	1st	3 min. 0 - 1 errors	10
	2nd	3½ min. 0 - 2 errors	7
	3rd	4 min. 0 - 3 errors	5
	Entry	over 4 min.	3

NOTE: If Pathfinders perform bandaging in the allotted time, but have more errors than allowed, they will receive the next lower place.