

GENERAL NASH DISTRICT
CRADLE OF LIBERTY COUNCIL

2024 FIRST AID MEET

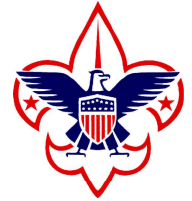
SATURDAY MARCH 2, 2024

PARTICIPANT INFORMATION PACKET



*GENERAL NASH DISTRICT
CRADLE OF LIBERTY COUNCIL, BSA*

08 February 2024



Thank you for participating in the General Nash District 2024 First Aid Meet! We have worked hard to put together an exciting morning of activities and problems to allow you to practice and demonstrate your knowledge of basic first aid skills. These problems are designed to reflect real-world situations you might encounter in your home, at work or school, or during Scouting activities. We hope you have as much fun participating as we have had in preparing for this!

The purpose of this packet is to provide you with the information needed to prepare for the day. In particular, you should find enclosed:

- A Schedule of the day's activities
- Maps for getting to the meet
- A few brief reminders on proper etiquette for using the facilities
- Details on the Meet Logistics – Registration, Problems, Scoring, Awards, etc.
- Sample Problems and Score Sheets

We are also asking that ALL UNITS bring their **TROOP/CREW FLAG AND STANDS** with them to this event. We hope to take a large group photo with the unit flags serving as a backdrop. Your help and cooperation with this is appreciated.

It is important that we get your feedback on this event. We need your feedback to identify where we did not meet your expectations, and how it might be improved in the future.

This year's event will be held indoors, in Hyson Hall (the gymnasium) of Trinity Lutheran Church in Lansdale PA. We will follow whatever COVID guidelines and restrictions are in effect for Trinity Church and the Cradle of Liberty Council on that date. All attending will likely be expected to wear a proper face covering / mask. We will be severely limited in what refreshments we might be able to serve – best to bring your own water bottles. Most importantly – bring a positive attitude.

Once again, thank you for participating, and enjoy the day. Scout On!

GENERAL INFORMATION

The General Nash District 2024 First Aid Meet will be INDOORS in the gymnasium (Hyson Hall) of the Trinity Lutheran Church on West Main Street of Lansdale PA. The event will be held on SATURDAY March 2, 2024. The meet is scheduled to begin promptly at 9:00 AM; check-in will begin at 8:30 AM.

The First Aid Meet is open to Patrols from all troops/crews in the General Nash District. THIS IS A PATROL EVENT. Patrols attending should have a minimum of 3 and a maximum of 8 members. **Each Patrol should bring a Patrol First Aid Kit as described in the BSA Handbook.**

SCHEDULE

8:30 AM Check-in / Patrol Registration begins

9:00 AM Opening Ceremonies

9:10 AM First Aid Meet

Patrols will work on 7 structured problems and a written test / “flash card” exercise.

Each will take 15 minutes (2 hours of activities)

12:00 PM Closing / Awards Ceremony

12:30 PM Dismissal ...

MAPS & DIRECTIONS

Trinity Evangelical Lutheran Church is located at 1000 W. Main Street, Lansdale PA 19446. The main parking and entrances are on the Columbia Avenue side of the building. See the road-map towards the back of this packet for directions to get to the facility.

There is ample parking available at the church. If dropping your Scout(s) off, please pull around the “traffic circle” by the main rear entrance. The side hallway entrance to the building *may* also be open.

FACILITY RULES OF ETIQUETTE

We are fortunate to have the use of these facilities from Trinity Church. Recognizing we are GUESTS, we ask that all those attending be mindful of the following rules of etiquette:

- Please park in designated parking areas only.
- Be respectful of other visitors in the church.
- IF we are able to serve refreshments, this will likely occur OUTSIDE. No food or drink in the Gymnasium.
- This is an INDOOR EVENT – we will be subject to current COVID restrictions, which will likely require everyone to wear a mask / face covering. This is non-negotiable.
- Patrol “stations” will be marked on the gym floor as in years past. Each patrol is responsible for bringing a blanket to sit on if they wish. Chairs will be provided for the JUDGES ONLY in each station!

MEET LOGISTICS

Registration

- Patrols should plan to arrive between 8:15 AM and 8:45 AM.
- Patrols should submit a roster of their participants listing names and ages, along with a check or cash for **\$9 per participant** when they register. A sample Registration Form is attached. Checks should be made out to “COLBSA” (Cradle of Liberty Council). This charge covers facility rental, supplies, Patrol totems, trophies and patches for all participants.
- Each participant will receive a commemorative patch from the event. A limited number of additional patches may also be available for sale at Roundtable. Each Patrol will also receive a “totem” for their patrol flag.
- Patrols that arrive late will be allowed to register. They may have to wait until after the Opening Ceremonies are complete and may therefore miss one or more problems.
- Each Patrol should come with a PATROL FIRST AID KIT, as described in the BSA Handbook, and a WRITING INSTRUMENT. Part of the meet may involve a written test – you may want to have a BSA HANDBOOK and FIRST AID MERIT BADGE BOOK handy for reference! Patrols may also wish to bring a blanket or some coats to sit on and to use during the meet.
- Each Patrol will be assigned a “station” location for the meet. They will remain in their assigned location for the duration of the meet (the Judges will rotate).

Format of the Meet

- Each patrol will be allowed to answer seven (7) structured problems (hands-on) and complete a written / “flash-card” First Aid Knowledge test (TRUE/FALSE, Multiple Choice).
- Each problem (including the test) will be allotted a 15-minute time-frame. This amounts to approximately 2-hours of First Aid activities for the meet.
- During the 15 minute problem period, one or more “victims” will be designated, the problem will be given, and the Patrol will be asked to demonstrate their solution. Judges will then briefly critique the results of the problem with the Patrol before the next 15-minute period begins.
- **Patrol members should take turns as “victims”.** That is, no patrol member should serve as the victim for two successive problems, and no one should serve as a victim a second time until everyone else in the patrol has been a victim at least once. **The victim should be selected BEFORE the problem is read to the Patrol.**
- Patrols will be assigned a fixed “station” location; Judges will rotate among patrols to administer a problem.
- To the extent possible, Judges will be assigned a limited number of problems (ideally only one) which they will administer throughout the meet. This will ensure consistency in scoring. Judges will be given one “solution sheet” per patrol on which they will mark the results of their evaluation.
- We attempt to recruit Judges with medical backgrounds (EMT, nursing, etc.). They will be able to provide additional insight into the problems based on their personal and professional experience. However, FIRST AID KNOWLEDGE REQUIRED FOR BSA RANK ADVANCEMENT (Tenderfoot, Second Class, and First Class) AND THE FIRST AID MERIT BADGE ARE THE PRINCIPLE SOURCES USED IN THIS MEET (limited information from the BSA Fieldbook, Wilderness First Aid course, and Emergency Preparedness MB may also appear).
- Additional Judges will be recruited as needed on the day of the meet. No special training is required; score sheets for each problem will be supplied. **We encourage any adult able to stay for the meet to volunteer as a Judge. Additional volunteer opportunities are also available**, such as score-collectors, kit inspectors, 9-1-1 Operators, patch counters and the like. Please encourage your parents to help!
- All Judges are VOLUNTEERS. They are doing their best and offering their time to help us practice and improve our First Aid Skills. Please extend your thanks and appreciation to our Judges for helping make the day a success!
- Some problems may require additional supplies (e.g. splint material) which are not normally included in a Patrol first aid kit. These will be made available in a central area at the meet (“supply depot”). Materials borrowed for a problem must be returned before next problem period begins!

Awards & Recognition

- Each participant will receive a patch. We expect these will be available the day of the meet.
- Each Patrol will receive a participation “Totem” to hang on their Patrol Flag
- The Patrols with the top 3 scores will be awarded a Trophy.
- The Patrol demonstrating consistently effective teamwork will be awarded a “Terrific Teamwork” trophy
- The two top-scoring Patrols from among those with the lowest average age of participants will be awarded “Top Finisher – Jr. Division” trophies.

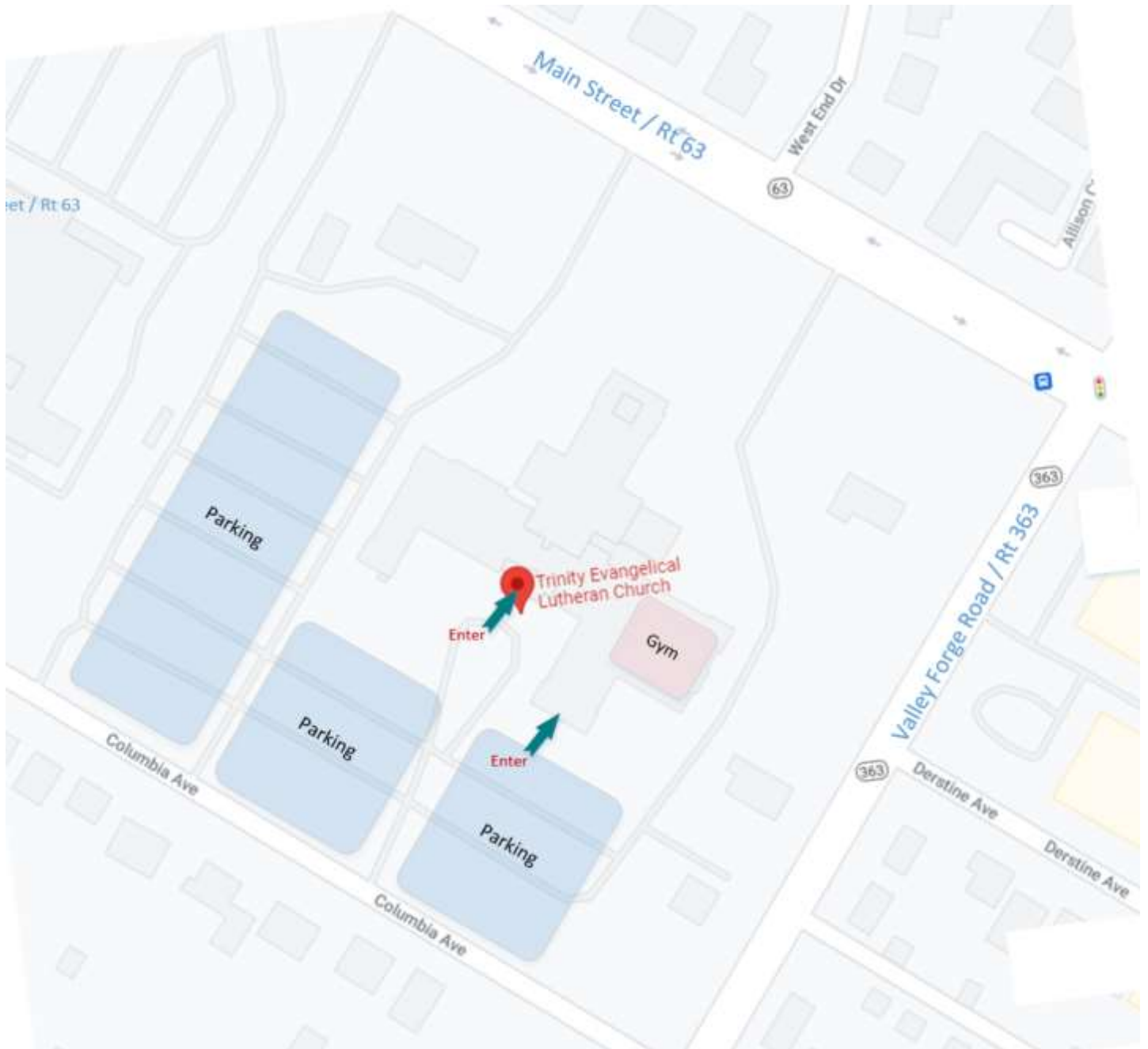
Uniforms

- All Scouts and Scouters should wear full Class “A” / BSA Field Uniforms to the event.
- Neckerchiefs often come in handy for First Aid problems!!
- We will be visible and in the public eye ... Let’s LOOK SHARP!
- **All units are asked to please BRING YOUR TROOP/CREW FLAG AND FLAG STAND!** We will be attempting a large “group photo” and will use the flags as a back-drop.

EVALUATION & FEEDBACK

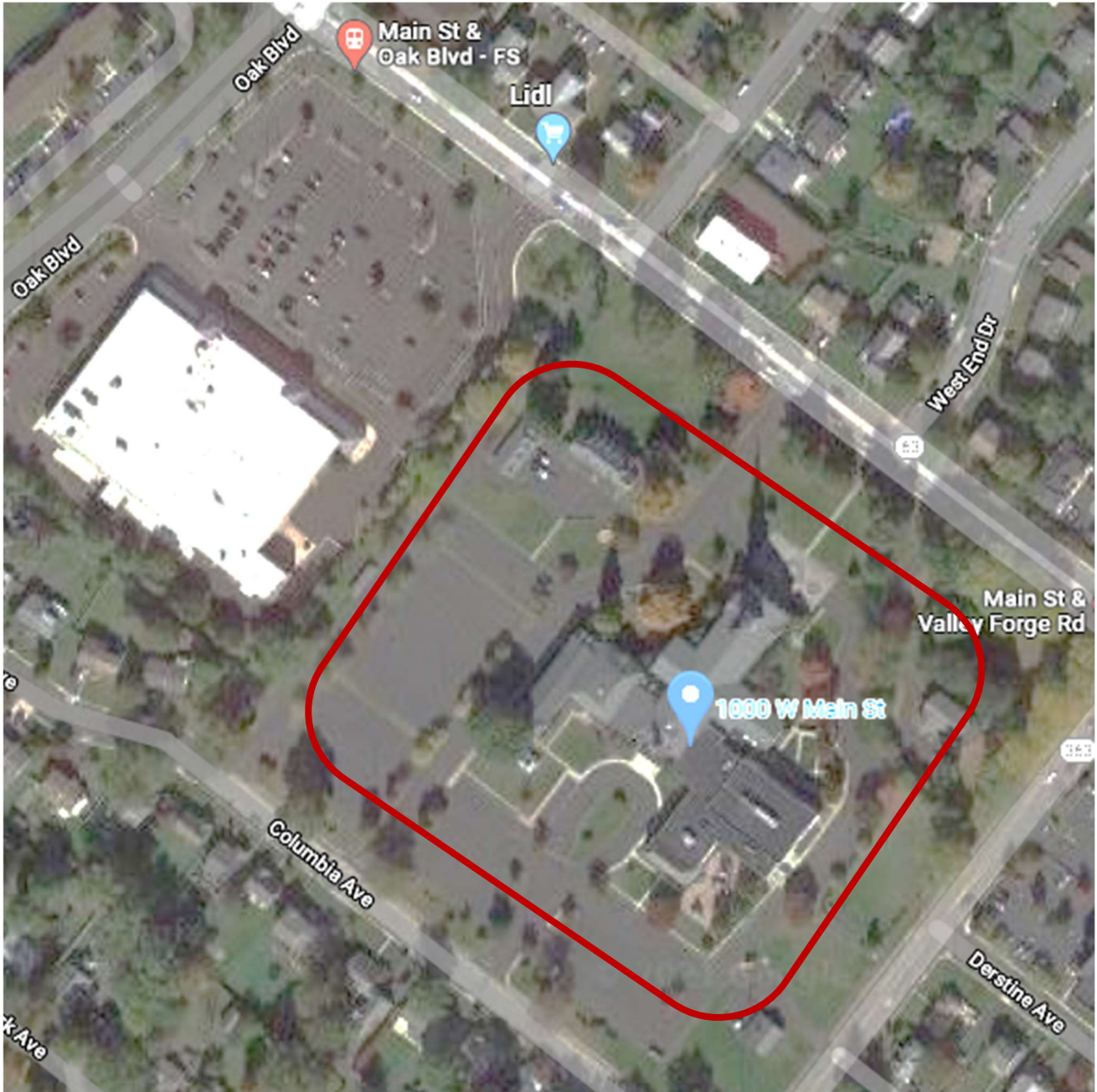
- We are anxious to receive your feedback on the meet, facilities, logistics, etc.
We need and appreciate your candid feedback – positive and negative!

The 2024 General Nash District First Aid Meet
will be held INDOORS
at Trinity Evangelical Lutheran Church,
1000 W. Main Street Lansdale PA19446



PARKING

Please park in the DESIGNATED AREA ONLY!



GENERAL NASH DISTRICT 2024 FIRST AID MEET

PATROL REGISTRATION FORM

UNIT _____ PATROL _____

PATROL MEMBERS:

NAME	Birth Date	AGE
	/ /	
	/ /	
	/ /	
	/ /	
	/ /	
	/ /	
	/ /	
	/ /	
	/ /	
	/ /	

Registration Fee is \$9 per Patrol Member. Make checks payable to "COLBSA".

((do not write below this line))

TOTAL REGISTERED: _____

ADDITIONAL PATCHES _____

TOTAL PAID: _____

CHECK # _____ or CASH

AVERAGE AGE : _____

STATION LOCATION : _____



GENERAL NASH DISTRICT FIRST AID MEET



FIRST AID KIT INSPECTION FORM

PATROL FIRST AID KIT

#Pts

- | | | | |
|--------------------------|----------------------------------|---------------|---|
| <input type="checkbox"/> | Assorted Adhesive Bandages | [box] | 5 |
| <input type="checkbox"/> | Sterile Gauze Pads, (rectangle) | [12] | 5 |
| <input type="checkbox"/> | Adhesive Tape, | [1 roll] | 5 |
| <input type="checkbox"/> | Moleskin, | [4] | 5 |
| <input type="checkbox"/> | Soap | [small bar] | 5 |
| <input type="checkbox"/> | Wound cleaning rinse/ towelettes | | 5 |
| <input type="checkbox"/> | Scissors | [1 pair] | 5 |
| <input type="checkbox"/> | Gloves (non latex / exam) | [6 pair] | 5 |
| <input type="checkbox"/> | Mouth Barrier Device | | 5 |
| <input type="checkbox"/> | Plastic Goggles / Safety Glasses | | 5 |
| <input type="checkbox"/> | Pencil and Paper | | 1 |
| <input type="checkbox"/> | Roller Bandage, assorted sizes | [3] | 2 |
| <input type="checkbox"/> | Tweezers | [1 pair] | 1 |
| <input type="checkbox"/> | Safety Pins | [12] | 1 |
| <input type="checkbox"/> | Splint | [1] | 1 |
| <input type="checkbox"/> | Alcohol Swabs | [24] | 1 |
| <input type="checkbox"/> | Triangular Bandages | [4] | 1 |
| <input type="checkbox"/> | Gel Pads for Blisters/Burns | [2 packs] | 1 |
| <input type="checkbox"/> | Elastic Bandages, | [2] | 1 |

SCORE: _____

Max Score : 60 Points

UNIT _____ PATROL _____ STATION LOC.: _____



GENERAL NASH DISTRICT FIRST AID MEET



WHEN: SATURDAY March 2nd, 2024
Registration at 8:30 AM; Event begins at 9:00 AM

WHERE: Trinity Lutheran Church Hyson Hall (gymnasium)
1000 W Main Street, Lansdale PA 19446
This will be an INDOOR EVENT

COST: \$9 per participant *(to cover cost of patches, awards, rentals, etc.)*
Checks payable to "COLBSA"

WHO: Open to **PATROLS /AOL DENS** from all Units in the District.
A Unit may send any number of Patrols to the event.

WHAT: Patrols to compete in practical First Aid problems using skills from rank advancement (Tenderfoot, Second and First Class) and First Aid Merit Badge. Patrols will be asked to come equipped with a Patrol First Aid Kit, Staves, Blankets and other materials.

JUDGING: We will be using all available adults at the event to help with the judging; EMTs, Nurses, Physicians and other healthcare professionals are especially welcome (though this is not required).

RECOGNITION: All participants will receive a commemorative Patch for the event. All patrols will receive a "totem" for their Patrol Flag certifying their participation in the event. Trophies will be presented to the top finishing Patrols for the event. .
ALL PATROLS SHOULD BRING AT LEAST ONE ADULT VOLUNTEER "Judge", preferably two!



**PLEASE HAVE PRELIMINARY HEADCOUNTS AVAILABLE
AT THE JANUARY 2024 ROUNDTABLE.**

**FINAL DETAILS WILL BE PRESENTED AT THE
FEBRUARY 2024 ROUNDTABLE!**

Sponsored by General Nash District

Questions – call Jeff Baer (215) 896-9333 [Cell]
or via email at jbaer84@hotmail.com

SAMPLE PROBLEM #1

PROBLEM STATEMENT

While strolling around town on an unusually hot late July afternoon, you walk past the community park and notice someone suddenly collapse. You run over and find a man whose clothes appear to be drenched with sweat though his face and skin are red-hot and very dry. His pupils have shrunk, his breathing is very noisy and he is slipping in and out of consciousness. What do you do?

PROBLEM SOLUTION

TOTAL 100

	Possible	Score
DIAGNOSE INJURIES	20	<input style="width: 50px; height: 20px; border: 1px solid black;" type="text"/>
Check to be sure area is safe	5	_____
Check for hurry cases - breathing, pulse, poison, severe bleeding	5	_____
Check for head injuries	5	_____
Check for other injuries	5	_____
SEND FOR HELP	10	<input style="width: 50px; height: 20px; border: 1px solid black;" type="text"/>
Identify yourself	2	_____
Identify nature of the injuries – apparent heat stroke; in and out of consciousness	2	_____
Identify location – town park ...	2	_____
Identify help being given	2	_____
Identify help required – need an ambulance	2	_____
TREAT FOR HEAT STROKE	50	<input style="width: 50px; height: 20px; border: 1px solid black;" type="text"/>
Move into cool, shady spot	10	_____
Remove extra clothing	10	_____
Cover with wet blankets, towels, etc. Pour cold water on him... anything to cool him off	10	_____
Raise head slightly, "face is red raise the head"	10	_____
Monitor closely – may vomit and require rescue breathing	10	_____
TREAT FOR SHOCK	20	<input style="width: 50px; height: 20px; border: 1px solid black;" type="text"/>
Talk to patient	5	_____
Keep him calm	5	_____
Loosen tight clothing	5	_____
Provide sips of water (if conscious)	5	_____
PATROL METHOD	0	<input style="width: 50px; height: 20px; border: 1px solid black;" type="text"/>
Worked together as a team	+ 5	_____
Worked quickly and efficiently	+ 5	_____

SAMPLE PROBLEM #2

PROBLEM STATEMENT

You're having a great time on the troop ski trip when it starts to rain. Most people go into the lodge to stay warm and dry but some stay outside to take advantage of the emptying slopes. You head inside because you have a history of illness. After about half an hour Joe Scout comes running in. He is worried and upset because his buddy Fred isn't well. Fred keeps falling over, and Joe says that he was shivering but then stopped so Joe didn't think much of it. You go find Fred and he is mumbling something that doesn't make sense while slipping in and out of consciousness. What do you do?

PROBLEM SOLUTION

	TOTAL 100	
	Possible	Score
DIAGNOSE INJURIES	20	
Check to be sure area is safe	5	
Check for hurry cases - breathing, pulse, poison, severe bleeding	5	
Check for head injuries	5	
Check for other injuries	5	
SEND FOR HELP	10	
Identify yourself	2	
Identify nature of the injuries – Apparent hypothermia	2	
Identify location – which trail / lodge	2	
Identify help being given	2	
Identify help required	2	
TREAT FOR HYPOTHERMIA	50	
Wrap in blankets or coats	10	
Move Fred indoors as soon as possible!	10	
Remove wet clothes	10	
If conscious, offer warm beverages	10	
Wrap in blankets/ coats/ sleeping bag	10	
TREAT FOR SHOCK	20	
Talk to patient	5	
Keep him calm	5	
Raise legs	5	
Provide sips of water (if conscious)	5	
PATROL METHOD	0	
Worked together as a team	± 5	
Worked quickly and efficiently	± 5	