

FIRST AID RELAY A

Event: First Aid Relay

Participation: Team of 6 Pathfinders

Equipment needed: Provided by Conference at Event.

For practicing purposes: Triangular Bandage (Sling)
4 Roller Bandages/Cravats
Rigid Splint (To fit from knee to foot) with ties
Blanket and two poles (Stretcher)

Object: Apply practical applications of First Aid principles
Promoting teamwork, cooperation, and patience.

Time allotment:

Directions: The team of 6 pathfinders will line up at the start/finish line. At the signal three of the pathfinders will run 15 feet 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. A triangular bandage to the scalp and forehead
- b. A figure eight bandage to the elbow
- c. An open spiral to the leg
- d. Utilizing a “fore and aft carry” 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 (lying on the ground). Pathfinders 5 and 6 proceed to apply the following bandages working simultaneously, or as a team when necessary

- a. A spiral reverse to the forearm
- b. A figure 8 to the hand and wrist
- c. A lower leg splint

When pathfinders 5 and 6 have completed applying the required bandages and splint they will signal pathfinders 2 and 3, the previous rescuers, to join them. The four rescuers proceed with coordinated precision to construct a stretcher using two poles and a blanket. Then three of the rescuers do a three man lift of the victim while the fourth carefully and deftly maneuvers the stretcher into place. The three “lifters” gently lower the victim onto the stretcher. The four rescuers take their positions, one at each end and one at each side of the stretcher. With the pathfinder at the head of the victim calling the signals, the four rescuers with timed precision lift the stretcher, and transport the victim to the start/finish line, and gently and safely lower the stretcher to the ground.

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 (ie. Dropping or injuring victim, or stretcher falls apart.)
 - d. No evidence of teamwork.

See attached diagrams for proper application of bandages and proper positions of transport as well as construction of stretcher.