



St. John Ambulance

## Provincial First Aid Competition Rules and Regulations

### Geographic Requirements for Eligibility

The Alberta Competition is open to teams from any geographic location. All teams are expected to be familiar with the Alberta First Aid Regulations. The competition is open to competitors aged 12 and older. The maximum number of members per team is 4.

### Competition Divisions

There are five divisions within the competition. Teams must register in **one** division based on their level of training.

Should a team be comprised of members with different levels of training, the team is required to register in the division appropriate to the member(s) who have the highest level of training. For example, if two members of a team have Standard First Aid and two members have Advanced First Aid, the team must register in the Advanced First Aid division.

**1. Standard First Aid - Youth:** This division is open to competitors under the age of 18 years, and who have a current certificate in Standard First Aid with Level C CPR/AED (adult/child/infant). Refer to the *Training Information Chart* for details.

**2. Standard First Aid - Industry:** This division is open to competitors 18 years of age and older, who have a current certificate in Standard First Aid with Level C CPR/AED (adult/child/infant). Refer to the *Training Information Chart* for details.

**3. Medical First Responder:** This division is open to competitors who have a current certificate in Medical First Responder training (40 hour course). Refer to the *Training Information Chart* for details.

**4. Advanced First Aid:** This division is open to competitors who have a current certificate in Advanced First Aid. Refer to the *Training Information Chart* for details.

**5. Emergency Responder:** This division is open to competitors who are trained at the emergency responder, medic, pre-hospital level or a registered health care professional. Examples include but are not limited to: EMR, EMT, firefighter, military medic, nurse, paramedic, etc.). Refer to the *Training Information Chart* for details.

### Training Information

The chart on page 2 provides details on training content and skills competitors should be familiar with in accordance to their level of current training, based on Alberta regulations. Any of the skills listed for the level of training may be incorporated into the competition scenario for that division. Due to new Guidelines (Protocols) introduced in 2016, both current and previous protocols will be accepted as certificates remain valid until expiry date.

Competition Divisions	Content	SJA Reference
<b>Standard First Aid (Youth and Industry)</b>	ESM & Shock (Casualty Management), Choking, Adult CPR, Severe Bleeding, Medical Conditions, Child Resuscitation, Infant Resuscitation, 2-Rescuer CPR, Secondary Survey, Head & Spinal injuries (Casualty Management), Wound Care, Eye Injuries, Burns, and Heat & Cold injuries.	St. John Ambulance, <i>First on the Scene Student Reference Guide</i>
<b>Advanced First Aid</b>	<p>ESM, Shock, Respiratory Emergencies, Severe Bleeding, Adult, Child, Infant and 2-Rescuer CPR, Secondary Survey, Bone &amp; Joint Injuries, Head, Spinal &amp; Pelvic Injuries, Wound Care, Heat &amp; Cold Injuries, Triage, Emergency Childbirth, Oxygen Administration, AED, Advanced Splinting and Advanced Head &amp; Spinal Care.</p> <p>Following is a list of restricted activities for AFAs as per Alberta First Aid Regulations. This content will <b>not</b> be included in the AFA scenario:</p> <ul style="list-style-type: none"> <li>• insert nasopharyngeal (NPA) airways</li> <li>• suction of the nose</li> <li>• taking blood pressure and any invasive vital signs such as blood glucose</li> <li>• exert pressure on arterial pulse points</li> <li>• use air splints</li> <li>• perform auscultation with a stethoscope</li> <li>• apply traction splints or align limbs</li> <li>• administer any medications, including glucose paste</li> </ul>	St. John Ambulance, <i>Medical First Responder Student Manual</i>
<b>Medical First Responder (MFR)</b>	Skills for the Medical First Responder division scenario will be based on the St. John Ambulance (SJA) 40-hour MFR course and the SJA Volunteer MFR Scope of Practice.	St. John Ambulance, <i>Medical First Responder Student Manual</i>
<b>Emergency Responder</b>	Skills for the Emergency Responder division scenario will be based on the AOCs for Emergency Medical Responders/Pre-Hospital in Alberta with the exception of transporting a casualty.	Current Canadian Edition of the Brady <i>Emergency Medical Responder : A skills Approach</i>

## **Verification of Training**

Each competitor must have a valid certificate equivalent to his/her level of first aid training or a professional license/registration. When registering a team, the captain must ensure that each team member's name and first aid certificate/professional registration expiry date is recorded on the registration form.

## **Team Captain**

A team captain must be appointed for each team. Selecting the team captain is an important task in team formation. The team captain is responsible for coordinating the team practices and assisting with the development of team members. During the Competition, the team captain is responsible for:

- Assessing the situation, developing a plan of action, and providing direction to other team members. Therefore, the captain should have strong communication and organizational skills and excellent first aid knowledge and skills, including the ability to recognize injuries and illness, and to identify the appropriate forms of treatment, and
- Casualty management; identifying and determining priorities for treatment by team members.

## **Team Member Substitutions**

Prior to the competition date, a team may make any changes it wishes to its roster, as long as those changes do not violate any competition rules or regulations. The change must be forwarded to the Competitions Registration Coordinator, Maureen Gray, at St. John Ambulance Provincial Office with the accompanying verification of the substitute member's training. Email: [Maureen.Gray@stjohn.ab.ca](mailto:Maureen.Gray@stjohn.ab.ca). Telephone: 780-452-6565, ext. 8245.

In case of emergency just prior to or on the day of the Competition whereby a team member is unable to compete, any requests for a member substitution must be approved by the Chief Judge. Note: Teams may compete with less than 4 members however no changes in the scenario will be made to accommodate this.

## **Awarding of Provincial First Aid Competition Trophies**

Trophies are awarded for the following:

- Highest Overall Scoring Team across all divisions
- Best Novice Team across all divisions
- Best Standard First Aid Team - Youth
- Best Standard First Aid Team - Industry
- Best Medical First Responder Team
- Best Advanced First Aid Team
- Best Emergency Responder Team
- Best Team Captain in each division

Definitions:

1. Highest Overall Scoring Team – refers to the overall best team with the highest percentage based on total points scored.
2. Novice Team – refers to a team with at least 3 members that have not competed in the previous 3 SJA Provincial First Aid Competition events.

Special Circumstances:

1. If a situation arises where only one team has entered a division, that team must obtain a percentage equal to the average of all teams competing in the Provincial Competition in order to receive the trophy for that division.
2. If there is a team tie for the winning score in any division, it is the highest team captain's score that is used to break the tie.

## COMPETITION DAY INFORMATION

### Time Limit

A time limit is set for each scenario by the Chief Judge. Teams will not be advised of this time limit and no warning will be given as time approaches. Once time has been called, no team member is allowed to continue.

### Lock-Up

All teams will check in at the Team Registration Desk prior to the start of the competition and remain in a “lock-up” room until called to the competition area, as per the competition schedule.

Prior to the start time, the Chief Judge will provide a briefing to the teams in Lock-Up, and will be available for general questions.

Once in “lock-up” any form of external communication, including use of electronic devices such as cell phones and computers, may result in disqualification of the team.

Any teams with members under 16 years of age **must have an adult chaperon with them at all times in the lock-up area**. Teams are encouraged to bring small board/card/electronic games to use while waiting.

**Note: After teams have competed, there is absolutely no re-entry into the lock-up room; teams who violate this rule may be disqualified. A separate space will be available in the competition area to hold personal items while teams compete.**

### Competition Area

In general, all competition activity must occur within the designated competition area. Exceptions are granted in the following instances:

- If a casualty leaves the treatment area, competitors may follow the casualty to continue treatment, unless instructed otherwise by a judge.
- If a competitor is instructed by a judge to leave the area.
- If the first aid supplies and/or phone are located outside the competition ring, the team member designated as “runner” is permitted to leave the area to obtain first aid supplies and/or to call for emergency services.

### Interaction with Other Teams

Any interaction with other teams and anyone connected to those teams **who have not yet** competed shall result in disqualification. Once a team has competed, they are encouraged to stay and watch the remaining teams compete.

### First Aid Supplies

First aid kits containing the necessary supplies to be used will be provided on competition day. A list of kit contents will be provided for viewing in the lock-up area on competition day. Gloves will be supplied. However, team members may bring and use their own gloves if preferred. For the advanced level teams, if members wish to bring their own stethoscopes, this is permissible.

### **Use of Reference Materials**

Competitors are strictly forbidden to carry reference materials with them into the competition area. Failure to comply shall result in disqualification.

### **Judging Sheets**

A judge's decision is final. To assist with learning and preparation for future competitions, each team will receive a copy of their team's marks. The marks will be mailed to the contact person listed on the team registration form within one week following the competition. There is a thirty day appeal period (related to mathematical errors only) after marks are sent out.

### **Appeals**

Any questions with reference to the status of qualifications of an individual or team or any appeal not covered by these regulations shall be directed in writing to:

**Provincial First Aid Competition Chair**

St. John Ambulance Provincial Office  
3rd Floor, 12304 – 118 Avenue  
Edmonton, AB T5L 5G8