



Rules

*For First Aid Competitions Arranged By
Port Skills And Safety Under The Auspices Of
The St John And St Andrews Ambulance Associations
As At 25 July 2007*

OBJECTIVES OF THE COMPETITIONS

To test the ability of pairs and individuals to deal with persons suffering from accidents or sudden illness in an emergency situation.

To create and stimulate interest in first aid among employees and provide opportunities for them to practice and improve their first aid skills by undertaking treatment under realistic conditions.

GENERAL

- 1** Port Skills and Safety (PSS) shall appoint a Competitions Manager who will liaise with the St John Ambulance Association for competitions being held in England and Wales, and with the St Andrew's Ambulance Association for competitions being held in Scotland and will ensure that the rules for national competitions as issued by the association are adhered to.
- 2** The event shall take place annually on a date and at a venue mutually acceptable to St John or St Andrew Ambulance Association and to Port Skills and Safety.
- 3** The competitions shall be confined to bona fide employees, including occupational health nurses, of the port industry and allied work (Medical Practitioners and Ambulance Paramedic staff trained and currently qualified to National Health Service standards may not participate). Team members do not have to work for the same company; mixed company teams are acceptable provided all are employed within the port industry.
- 4** The overall number of teams and individuals to be accepted for the competitions shall be agreed by the PSS Competitions Manager.
- 5** Each section or area of a port or each individual employer within each port may submit up to 4 teams to compete - 2 in each lane (A and B).
- 6** The lane in which pairs will compete shall be determined when the draw to establish running order is conducted (*See Rule 9*).
- 7** A competitor who enters more than one eliminating heat, or National event, in any one year which can lead to entry to the UK Championship for the St John Grand Prior Trophy must inform each heat or national event organiser on registration. If a competitor wins an event they must declare this to any other events they take part in. A competitor can only represent ONE national or eliminating heat at the UK Championship for the St John Grand Prior Trophy and this must be stated at the time of registering.
- 8** Where appropriate, eliminating competitions shall be arranged within the industry.
- 9** The order in which pairs will compete shall be determined by a draw conducted by the Competitions Manager at which at least two other PSS persons shall also be present.
- 10** Mainstream competitors should be first aiders in the workplace who hold a valid and current First Aid at Work Certificate or the Seagoing equivalent.

Novice competitors should hold either a valid and current First Aid at Work Certificate, or the Seagoing equivalent, or hold a minimum first aid qualification such as an Appointed Person Certificate, Emergency Aid Certificate, RYA Certificate etc.

All competitors in both mainstream and novice lanes must be prepared to be judged on the current edition of the First Aid Manual (and any subsequent supplements) issued jointly by St. John Ambulance, St. Andrew's Ambulance association and the British Red Cross.

- 11** On the day of the event, teams shall be required to report to the isolation area at a time stipulated by the Competitions Manager. They will be issued with badges to indicate their identity and the order in which they will compete.
- 12** Run through teams shall perform the tests prior to the competitions.
- 13** Any competitors who have not reported to the isolation area by the specified time will be disqualified unless the Competitions Manager deems otherwise following investigation into the late arrival.
- 14** Competitors shall not be allowed to leave the waiting room until their team competes, unless escorted by an officially appointed team steward.
- 15** Reserves shall be called to leave the waiting area at the same time as their other team members, but may be asked to remain in a special waiting area until called to compete.
- 16** However, if there are only a small number of reserves competing they may be called to leave the waiting area prior to their other team members so that they may complete their reserve test and witness other competitions.
- 17** Whilst competitions are in progress no person other than the Competitions Manager (or duly appointed stewards) shall be allowed to communicate with the competitors or enter the isolation area until after they have completed all their tests.
- 18** Advance information of tests, issued by the Competitions Manager shall be sent to the competitors prior to the competitions and will also be available in the team waiting areas.
- 19** All messages, letters and other items intended for competitors whilst in isolation must first be handed, for perusal, to the Competitions Manager who has discretionary powers to pass them on to the addressees before or after they compete.
No mobile phones or pagers are allowed in the isolation area and no prompts of any kind, whether written on the hands or on pads, are to be taken into the competition area. Any competitor seen to use prompts will automatically have a total of 10 points deducted from their overall score.
- 20** After completing all their tests, competitors may witness the remainder of the competitions, but shall not be allowed to re-enter the team isolation area and should therefore take their belongings

with them when leaving to undertake their test.

21 Any controversy arising from the competitions should be immediately referred to the Competitions Manager, whose decision made on the issues raised shall be final.

22 Spectators shall be allowed to witness the competitions.

COMPETITORS CONFIGURATION

23 Teams for the Port Skills and Safety National Competitions shall consist of two persons (plus a reserve if possible) and may be of any gender mix.

24 Reserve members, if not called upon to replace an absent team member, will be expected to compete in a separate Reserve Competition.

CONDUCT OF TESTS

25 The tests for both eliminating and competition finals shall be as follows:

- a) Pairs Tests - the two person team shall deal with a simulated incident (accident, injury or sudden illness) to a casualty or casualties provided by the organiser. The duration of this test shall be the same for each team taking part and will not exceed a maximum of eight minutes. No warning of the elapsed time shall be given.
- b) Individual tests - each competitor, including the reserve where appropriate, shall be required to deal with a simulated incident (accident, injury or sudden illness) as in the pairs test. The duration of this test shall be the same for each competitor taking part and will not exceed a maximum of six minutes. No warning of the elapsed time shall be given.

26 The casualty or casualties may, if requested and the nature of the incident permits, render assistance by describing the history and symptoms of the supposed injury or condition. The judge(s) may ask for an explanation of the treatment adopted if it is not possible to demonstrate by practical work.

The judge(s) may inform the competitor of any injury/condition that cannot be made to appear realistic by make up.

27 In pairs tests where more than one casualty is used an extra judge may be appointed depending on the type of simulated injury to any additional casualties.

28 The assistance of bystanders may be written into any test.

29 A lay person may act as a judge at a National First Aid Competition provided he/she:

- a) Holds a valid First Aid Certificate issued by St John Ambulance, St Andrews Ambulance Association or the

British Red Cross or any other organisation whose certificate is acceptable to the HSE.

- b) Has held such a certificate for more than three years

30 The judge is responsible for the conduct of his/her test and it is entirely up to his/her discretion whether he/she answers competitors questions which shall be confined to signs not realistically and accurately simulated for diagnostic purposes.

31 Judges should not be questioned where an answer is adequately demonstrated and/or can be elicited by observation or by questioning the casualty(ies), bystander(s) and any witness(es). Unnecessary questions and irrelevant commentary may incur penalties at the judges' discretion.

32 Movement of casualties should be effected if consistent with the test.

33 Competitors should perform their work with reasonable expedition having due regard for the nature of the case. Superfluous work of any kind and delay or neglect of priorities may be penalised.

34 Competitors must not use their own personal clothing in treatment and are forbidden to take any first aid materials, pre-prepared notes or appliance to the test sets other than items supplied by the Competitions Manager.

35 The use of personal audible alarms (wrist watches etc.) to warn competitors of any time remaining is not permitted.

ALLOTMENT OF MARKS

36 Total marks for all competitions shall be allocated as follows:

Pairs test	120 marks
Each individual test	80 marks

37 Where penalties are incurred, a maximum of 20% of the marks can be deducted, but in the event of a casualty being adjudged "dead" through mismanagement of treatment, marks will not be awarded for the subsequent treatment of the casualty. The test should, however, be allowed to continue until time is called.

38 The team gaining the highest aggregate marks in their pairs plus individual test shall be adjudged to be the competition winners.

39 In the event of a tie, the team gaining the highest aggregate marks in the individual tests shall be awarded the higher place. In the event of the teams aggregate marks in their individual tests being equal, the highest place shall be awarded to the team where number one member or number two member has gained the highest marks in the individual tests.

40 In the event that the marks of two or more teams are equal, the number one member of these tied teams shall be subject to a pre

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determined oral tie breaker to decide the final winner.

41 Marks gained in a Reserve Competition shall not be taken into consideration for the pairs awards.

42 The winners of the challenge trophies are responsible for their safe keeping and for ensuring their return, in a clean state, suitably engraved by the holders to the Port Skills & Safety Competitions Manager by the date agreed.

43 An entrance fee shall be paid in advance by the date stipulated by the Competitions Manager. **No** refunds shall be made to any team that does not compete on the day.

Refunds will be made on the following basis only:

Up to 6 weeks before the competitions	100%
Less than 6 weeks but more than 2 weeks	50%
Up to 2 weeks prior to the competitions	NIL

44 Competing teams shall be responsible for all expenditure in respect of travel, accommodation and meals incurred by presenting themselves and supporters at the competitions.

THE UK CHAMPIONSHIP FOR THE ST JOHN GRAND PRIOR TROPHY

45 The winners of Lanes "A" and "B" will be invited to enter the UK Championship for the St John Ambulance Grand Prior Trophy.

NOVICE COMPETITIONS

1 Port Skills and Safety shall, on the same day and at the same venue as the National First Aid Competitions, hold a Novice competition provided that there are sufficient numbers of persons entered.

2 Novice teams shall consist of any gender mix and consist of two persons, plus a reserve if possible.

3 The rules of the Novice competition will be similar to those for the National Competitions.

4 A team shall no longer be classed as Novice when:

- a) They have been declared the winners of the PSS Novice competition. This shall automatically mean promotion to the mainstream competition.
- b) Either one of the competitors has competed at a PSO / PSS competition for three years or has been a member of a team which has previously won the Novice competition. It is not necessary for the three years to be consecutive.

NOTE: PSS shall keep records of all Novice competitors (1991 - onwards). Team entries will be checked against this table and queries will be referred back to the Team Manager.

5 The Competitions Manager shall attempt to arrange for novice teams to compete as early as possible on the day of the competitions so that they may witness other competitions.

INTERMEDIATE PRIZE

6 Novice teams newly promoted to Mainstream competitions shall be eligible for the Intermediate Prize which will be awarded to the highest scoring intermediate team.

INDIVIDUAL COMPETITION

1 Port Skills and Safety shall, on the same day and at the same venue as the National First Aid Competitions, hold an Individual competition provided that there are a sufficient number of entries received.

2 The Individual entry competition is intended primarily for those organisations who are unable to form a team.

3 However, organisations with mainstream/novice teams may also enter an individual competitor provided that he/she is not part of any other team and that their team already has a reserve member.

4 The rules for the Individual competition shall be the same as those applicable to the reserves at the National competitions.

WRITTEN COMPETITION

1 Port Skills and Safety shall, on the same day and at the same venue as the National First Aid Competitions, hold a Written Competition open to all competitors, both mainstream and novice, on an individual basis.

2 This competition to consist of twenty multi-choice questions based on the current edition of the First Aid Manual with a time limit of six minutes.

3 Marks gained in the Written Competition shall not be taken into consideration when determining the overall winners of the Mainstream and Novice competitions.

4 After the 20 multi-choice questions have been completed there will be a further question to answer within a one minute. This question will not be multi-choice but will require a specific answer. The question will only be marked in the event of a tie-break situation and will not form part of the overall score.