



Extrication Challenge Programme 2023

1. Introduction

- 1.1. Welcome to the Extrication Challenge 2023.
- 1.2. Road Traffic Collisions (RTC) are still the biggest killer of people in the UK. The Fire and Rescue Services Act 2004 now places a duty on Fire and Rescue Services (FRS) not only to train and respond to such incidents, but also to obtain information to support response and work in partnership with others to reduce death on our roads.
- 1.3. The aim of the UKRO Extrication Challenge is to bring together teams of FRS personnel who are committed, not only to displaying their ability, but also to expanding their practical skills by learning from and teaching others involved in the same field.
- 1.4. The UKRO Extrication Challenge is open to all UK FRSs.
- 1.5. Teams from FRSs throughout the UK are brought together to a single venue where their skills are put to the test by tackling different RTC scenarios, over a period of two days.
- 1.6. The skills that the teams have developed in training for the Challenge and acquire during the 2 days will return with them, to their individual FRSs. This experience, knowledge and skill will be used to great effect when the team members deliver their next training sessions and/or attend their next RTC involving 'Persons Trapped'; there is no doubt, that a given casualty(s) will receive a far better service from firefighters who have taken part in the Challenge.
- 1.7. The emphasis of the Challenge is on developing and promoting 'Best Safe Practice'; the ethos is not merely to win. The Challenge is designed to improve the knowledge, skills and understanding of UK FRSs enabling them to deliver an improved, professional service to the communities they serve.
- 1.8. The Challenge may appear to be all about the competition, this could not be further from the truth. The Challenge is a learning platform, testing skills through strict assessment where participants are encouraged to make hard and critical examination of their own rescue practices and techniques. Successful teams will need to study current extrication philosophy and search for new and innovative ideas.
- 1.9. Although one team will be adjudged the 'Best Team' overall, in truth the real winners of the Challenge will be the future casualties of RTCs throughout the UK.

2. The Objectives

- 2.1. The Challenge will provide an arena for FRS personnel from across the UK to come together, in order to stimulate and develop proficiency levels in all areas of RTC rescue, including:

- Incident Command
- Team Approach
- Safety
- Physical and Medical Extrication
- Pre-Hospital Medical Care
- Expert Use of RTC Rescue Equipment.

2.2. The Challenge will identify 'Best Safe Practice' through the assessment of the knowledge, skills and understanding demonstrated by participating teams and subsequently enable those 'Best Safe Practices' to be transferred back into the participating teams FRSs.

3. The Benchmarks

3.1. UKRO believes that the Challenge is a learning environment and that the teams taking part are subsequently better able to achieve the following RTC related benchmarks:

- Adopt a 'Casualty Focused, Safety First' approach which will be underpinned by dynamic incident command
- Possess high and very proficient levels of pre-hospital medical care attained through a casualty centred approach
- Able to demonstrate their broader knowledge across the spectrum of extrication principles, techniques and scene safety
- Able to demonstrate ingenuity and innovation in terms of technical/practical skill, through deployment of suitable and sufficient resources
- A thorough understanding of the 'Safe Person Concept', and The dissemination of an agreed 'Best Safe Practice'.

4. The Challenge

4.1. The Challenge will be run in two sections over two days. All teams and team members will take part in the first section and are designated a 'Run Off' time.

4.2. Each team will be assessed, using common criteria, by a minimum team of 4 assessors who will score the following areas:

- Incident Command and Control (Command)
- Physical Rescue and General Extrication Techniques (Technical)
- Pre-Hospital Medical Care and Casualty Extrication (Medical – Interior and Exterior Assessors).

4.3. The first Challenge day consists of one 30-minute scenarios, which may involve a number of vehicles in differing positions, e.g. on the side, on the roof, etc. and more than 1 casualty.

The live casualty or casualties (also known as Interior Assessors) will be included in each scenario and there will also other vehicles or 'Props', in the vicinity, to ensure that the scenario is realistic, some of the casualties may have

time critical injuries or medical conditions, these may include a simulated absolute entrapment, physically by a part of the vehicle(s).

The presence of Large Goods Vehicles (LGV) within the scenario will require stabilisation techniques to be demonstrated, and consideration of lifting plans.

- 4.4. Teams are allocated 30 minutes to complete as much of the scenario as is safely possible for them to do so. The 30-minute scenario requires all **6** team members to participate.
- 4.5. On the second day of the Challenge, all teams will take part in a 20-minute scenario. As with the day one scenario it may involve a number of vehicles in differing positions e.g. on the side, on the roof, etc and more than one casualty.

The live casualty or casualties (also known as Interior Assessors) will be included in each scenario and there will also other vehicles or 'Props', in the vicinity, to ensure that the scenario is realistic, some of the casualties may have time critical injuries or medical conditions, these may include a simulated absolute entrapment, physically by a part of the vehicle(s).

The presence of Large Goods Vehicles (LGV) within the scenario will require stabilisation techniques to be demonstrated.

- 4.6. Teams are allocated 20 minutes to complete as much of the scenario as is safely possible for them to do so. The 20-minute scenario requires all **6** team members to participate.
- 4.7. Teams are expected to create space in order to extricate the casualty; techniques that are considered to demonstrate 'removing the casualty from the vehicle', 'rather than the vehicle from the casualty', unless dictated by the casualty's injuries, will be assessed accordingly.
- 4.8. In the event that a team successfully extricates a casualty from the vehicle(s) and suitably stabilises and packs the casualty on a longboard, there will be an opportunity to provide a one minute handover to the Medical Assessor. On completion of this handover the casualty is deemed to be in the hands of a medical professional. In any event, on the completion of the scenario the team medic will be required to answer any questions the UKRO Medical Assessor may have to clarify any medical related points.

Further confirmation of the above will be provided at the Team Leaders' Briefing, including what information will be available as 'Medical Injects'.

Note: Simply asking or not demonstrating an accurate assessment of Respiratory Rate, Pulse Rate, etc. will result in the Interior Assessor remaining in character and not providing the 'Medical Inject' information.

- 4.9. Each team will be given a 'Hot' debrief immediately following their 'Run Off', by the UKRO Assessing Team.
- 4.10. A 'Feedback Document' regarding each team's performance at the Challenge will be made available shortly after the Challenge.

- 4.11. During the scenarios UKRO Assessors will be vigilant in respect of their positioning within the 'Pit' Area, affording the appropriate space for teams to operate. It is, however, recognised that the assessors will have to be in close proximity to some operations in order to oversee the actions, techniques, etc. and reflect an accurate assessment.
- 4.12. Due to communication requirements with the Interior Assessor(s) (as the live casualty(s)), it should be anticipated that the Medical Assessor(s) may be in close proximity at all times.
- 4.13. All Team Captains will be expected to attend an assessor 30 minute debrief at the end of the first day, where general feedback from the UKRO assessing team will be given.

5. The Rules

- 5.1. No team will participate the written authorisation from a senior manager of their Fire and Rescue Service.
- 5.2. All teams/team members must attend and take part in the mandatory Educational Workshops, as per the UKRO Extrication Challenge timetable.

Note: Failure to attend the Educational Workshops may result in a team not being allowed to compete. All educational workshops will be CPD events and run for approximately 80 minutes with up to four teams attending at any one time. Some prior educational learning will be provided digitally prior to the event. The UKRO Education Team will provide a confirmation of knowledge and understanding session with extrication teams for 20 minutes whilst they are in Isolation / Equipment preparation.

- 5.3. Each team will consist of **6 personnel** (this includes a nominated Team Leader and Medic).

Note: All team members must be employed by the rescue team they are representing.

- 5.4. Only Personal Protective Equipment (PPE) or Respiratory Protective Equipment (RPE) which is approved by the team's FRS is permitted to be worn by team members, including the Medic.

In addition to approved coveralls, etc. all team members must wear head, eye, hand and foot protection at all times. Full face protection must be worn when appropriate.

- 5.5. The Pre-Hospital Medical Care of the casualty will be evaluated using the CAcBD and E protocols, with safety being of prime importance.

C = Catastrophic Haemorrhage.

A = Airway Management.

c = Cervical Spine.

B = Breathing and Resuscitation.

C = Circulation.

D = Disability.

E = Examine and Expose.

- 5.6. As mentioned previously, each scenario will have a minimum of 4 assessors allocated to it. Each UKRO Assessing Team works under the direction of the UKRO Extrication Lead and Deputy Lead. All UKRO Assessor written information/feedback will remain the property of the UKRO and shall remain confidential.
- 5.7. The UKRO Extrication Lead will coordinate the assessors and resolve any disputes.

Where a team leader of any team has a grievance or dispute regarding the content of their 'Hot' debrief, they must report it, in writing, to the UKRO Extrication Lead within 1 hour of completing the given scenario.

- 5.8. It must be noted that the UKRO Extrication Lead's decision is final and all teams/team members are asked to respect that decision.
- 5.9. Teams may use radio communications equipment, in the form of either hand-held radios and/or helmet attachments, as long as they do not interfere with the UKRO and/or the Host's communication equipment. Approval for the use of such radio communications equipment must be sought from the UKRO Logistics Lead before Isolation / Equipment Preparation AND be available for use by all teams in all pits if requested.

If approved It will be the team leader's responsibility to supply the UKRO Assessor Co-ordinator with the team's radio communications equipment, on the same frequency, etc. before a team enters Isolation / Equipment preparation so this can be handed to the UKRO Command assessor for the appropriate scenario.

- 5.10. UKRO and the Host will supply a comprehensive selection of RTC equipment (Refer to the Tools and Equipment Section of this document (Section 7)).

Equipment provided for heavy rescue, not forming part of the standard stowage on each of the appliances, will be available in the 'Pit' Areas, where required.

- 5.11. Teams will have to provide all of their own PPE, including consumable items, i.e. dust masks, disposable gloves, etc.
- 5.12. It is mandatory that all team leaders' or their designated deputies attend the Team Leaders' Briefing.

Teams will not be allowed to 'exchange' any of the RTC equipment on the Tools and Equipment list, in Section 7 (currently under review).

Tool belts may be provided and worn by teams, but all items of equipment must be safely stowed and the tool belts approved by the team's own FRS and the UKRO Extrication Lead. Further details on how to seek this approval is published on the UKRO website.

Additional medical items of equipment may be stored in the Trauma Bags provided, but must be approved by the team's own FRS and the UKRO Extrication Lead.

Note: Any team who is found not to conform to these rules may be disqualified from the UKRO Extrication Challenge.

- 5.13. Teams may loan approved equipment to other teams, for use as part of their team equipment, but must ensure that the recipients are fully familiarised with the equipment, specifically any safety features.
- 5.14. All teams are requested to respect the RTC equipment supplied by the UKRO, the Host and/or equipment loaned by other teams.
- 5.15. Teams will present themselves to the Team Registration Area, at least 60 minutes prior to their designated 'Run Off' time or when directed by the Extrication Challenge timetable.

Note: Failure to attend the Team Registration Area by the expected time may result in a team not being allowed to compete.

- 5.16. UKRO and the Host will not be responsible for any damage or loss of any equipment as a result of participating in this event.
- 5.17. Insurance, etc. for the protection of team members shall be the sole responsibility of the team's FRS. No team will participate in the Extrication Challenge without the appropriate insurance cover.

UKRO and the Host will hold public liability insurance.

- 5.18. Each team is responsible for the provision of language interpretation where English is not the predominant language anticipated to be used during the event. In the event of such a provision, the UKRO Extrication Lead or Deputy Lead must be consulted with in advance of the event and any given scenario.

6. Code of Conduct

- 6.1. All participants are reminded that they are not only representatives of their own Service, but also the firefighting profession as a whole and are requested to conduct themselves accordingly.
- 6.2. Both the Opening and Closing Ceremonies are formal functions and teams are expected to present themselves in their Service's shirt sleeve order. Caps are not to be worn.
- 6.3. Participants are expected to be smartly dressed whilst at the Challenge venue, it is preferred that working rig be worn to tour the site, however this can be relaxed to casual wear, so long as it is smart and approved by the team manager.
- 6.4. Full PPE will be worn in the Pit and Service Areas, i.e. equipment preparation, this may be relaxed during make-up at the discretion of the UKRO Command Assessor, Safety Officer and/or Logistics Lead.
- 6.5. It is accepted that the evenings' events perform an important part of the socialising aspect of the Challenge, but participants are again reminded to behave in a manner befitting their Service and have due regard to non-service persons who may share the same facilities.

Note: Team members whose general health gives cause for concern, i.e. as a result of individuals being under the influence of alcohol or any other substance, during the Extrication Challenge and/or the Educational Workshops, will result in a team/ team member not being allowed to compete.

- 6.6. As required by common good manners, teams are kindly requested to use appropriate language at all times, especially, whilst in public and while in FRS uniform.
- 6.7. All UKRO Assessors and Officials are experienced RTC related rescue professionals and will deliver a fair and unbiased Extrication Challenge. An appropriate degree of reciprocated professional respect is expected from all teams/team members.
- 6.8. Fair play and good sportsmanship is respected and valued. It is expected from all teams during their own scenarios and as spectators to other team's scenarios.
- 6.9. Teams are not to canvass any UKRO Assessor(s) or Official(s).
- 6.10. Team Leaders will be held accountable for their respective teams.

7. Tools of Equipment

- 7.1. The Challenge will see the following rule for the use of team equipment. No longer will teams be allowed to utilise any equipment during their scenarios that is not on the standard inventory unless authorised under the innovation criteria.
- 7.2. Innovation - "The act or process of inventing or introducing something new".

Teams wishing to use team equipment may only do so if the item of equipment is deemed as an innovation by the UKRO Extrication Lead, while supporting 'Best Safe Practice' and is approved by the applying team's FRS. This will not include any item of equipment that is currently a standard inventory item within the Challenge, including medical equipment and hand tools.

- 7.3. To register the use of an item of equipment during the Challenge under the innovation criteria, an email should be submitted to Nick Holmes (UKRO Extrication Lead) via e-mail at nholmes@ukro.org or Paul Hamer (Deputy Lead) via email at phamer@ukro.org.

Information provided should include evidence as stipulated in sub-section 7.4 supported by a brief description of how the item will support 'Best Safe Practice'. For an innovation to be considered at the Challenge the following procedure must be adopted:

- All mechanical, hydraulic, electrical tools or items of equipment that will be required to be stored on an appliance must be registered and approved by the UKRO Extrication Lead, at least 1 month before the Challenge. In this case items of equipment will only be approved for use during the Challenge if a supplier is identified to provide sufficient numbers to complement each of the appliances and a further item for competitor training (a minimum of five items in total).

- All hand tools or medical equipment must be registered and approved at least two weeks before the Challenge. There will be a requirement for the applying team to present any hand tools or medical equipment to the UKRO Extrication Lead at the Team Leaders' Briefing.

Note: UKRO reserve the right to prevent the use of any item of equipment not listed on the standard inventory. If a team, at a later time is found to have used an item of equipment during their Challenge scenario that is not listed on the standard inventory or approved by the UKRO Extrication Lead, they may be disqualified as per sub-section 5.12.

7.4. To maintain acceptable levels of safety and ensure that entries are classed as an innovation, due-diligence must have been completed by the applying team. To validate the suitability of the item of equipment the following criteria must be met:

- Any application must be endorsed in writing by the applying team's FRS.
- Any item of equipment which involves mechanical, hydraulic or electrical parts must conform to relevant legislative requirements and have a valid CE mark.
- No item can replace equipment listed in Section 7 (currently under review), for example, using a 24v battery instead of an 18v battery or a different supplier's equipment which performs the same purpose.
- A suitable Provision and Use of Work Equipment Regulations (PUWER) assessment must be provided.
- Manufacturers technical specification must be provided.

8. Health and Safety

8.1. A risk assessment will be conducted prior to each evolution by an assessor to ensure the safety of both participants and spectators. Dynamic risk assessment will occur throughout the evolution, not only by the team involved but also by the assessors.

8.2. Any unsafe or potentially unsafe practice will be stopped immediately and put right.

8.3. All activities within the Challenge venue fall under the control of the Host working in unison with the UKRO. All activities within working pit areas of all the elements of the Challenge, including the setting-up and dismantling after, are the responsibility of UKRO. To ensure the safety and well-being of all persons involved in these activities series of risk assessments have been undertaken which are updated prior to and following each Challenge.

8.4. No scenario will be allowed to commence without confirmation of the following:

- All team members are properly attired in approved PPE
- The UKRO Command Assessor has declared the scenario complete and safe

Under no circumstances, that the scenario needs to be moved or changed, after the above declaration has been made.

- 8.5. Any assessor or other UKRO official, who observes a potential or existing danger, will immediately halt the scenario. A whistle blast by any assessor and/or the words 'For Real' by any Interior Assessor (the live casualty(s)) will be the recognised signal for an imminent breach of safety. The scenario will not be re-started until the UKRO Command Assessor is satisfied there is no further breach of safety.
- 8.6. If, during a scenario, a team member is injured or is unable to continue, then the existing participating team members may, if they are able and subject to the decision of the UKRO Command Assessor, continue to the conclusion of the scenario. The decision of the UKRO Command Assessor will be based on the grounds of safety and maintaining the continuity of the event.
- 8.7. All team members must wear their eye protection throughout the duration of any given scenario.
- 8.8. Team members in direct proximity to any vehicle cutting, spreading and/or relocation activities, utilising rescue tools, i.e. hydraulic rescue equipment, must wear their eye protection and utilise full-face helmet visors during the equipment's use.
- 8.9. The live casualty must be appropriately protected at all times. If any item of the live casualty's PPE is removed by a team member, it must be replaced before full rescue activities can continue. Failure to do so may result in a loss of points or possible disqualification.
- 8.10. Testing of pneumatic chisels/tools will only be permitted on wooden blocks and with the head facing away from any person.
- 8.11. Vehicle tyres can only be deflated by valve or valve stem removal. The slashing or puncturing of tyres is strictly prohibited.

9. Assessing and Scoring

- 9.1. Each team will be assessed, using common criteria, by a minimum team of 4 assessors who will score the following areas:
 - Incident Command and Control (Command)
 - Physical Rescue and General Extrication Techniques (Technical)
 - Pre-Hospital Medical Care and Casualty Extrication (Medical – Interior and Exterior Assessors).
- 9.2. Copies of the Challenge scoresheets and guidelines, as utilised by the Assessors, are available on the UKRO website.
- 9.3. Points awarded per Assessing Discipline Sub-Section will be totalled and each Sub-Section added together to give an overall score for that particular Assessing Discipline.

Each Assessing Discipline score, for each scenario type ('Standard' or 'Complex') will result in a ranking, i.e. the highest score within Command, will be ranked first, equating to 1 point.

- 9.4. A team's overall scenario type and/or the Challenge score will be the combined ranking points, i.e. where a team finishes first in Command (1 point), eighth in Technical (8 points) and fifth in Medical (5 points), their total team score for that scenario is 14 points. Should the same team score 12 points within the next scenario, their Challenge score will be 26 points.
- 9.5. The Best Team will be decided by the lowest combined ranking points across all categories.
- 9.6. In the event of 2 teams being tied in any scenario and/or the Challenge a count back process will be undertaken to establish the final overall ranking. The count back process will be conducted as follows:
- The total scores for all Assessing Disciplines and scenarios will be added together, the highest total score will be declared the winner.
 - Where the above result is tied, the Command Assessing Discipline, with the highest ranking Incident Commander (IC) will dictate the winner, due to the IC's overall responsibility for the Health and Safety of the casualty(s) and emergency service responders, at any given incident.
 - Should the above still result in a tie, the Medical Assessing Discipline will be compared, and so on.
 - If every criterion above is tied the scenario and/or . Challenge will be declared a dead heat and both teams will be awarded the same recognition.

10. Awards

- 10.1. At each National UKRO Challenge, recognition is given for the performances of the team and team's members in the form of awards. The effort and dedication that has been put in by participants for this Challenge over many months culminates in a formal award ceremony at a prestigious venue, where the following achievements are acknowledged.
- 10.2. Awards are made for:
- 1st Team
 - 2nd Team
 - 3rd Team
 - 1st Incident Commander
 - 1st Medic
 - 1st Technical Team

11. Entry for the Challenge

- 11.1. Registration is via the UKRO Academy site and a link will be provided prior to registration opening.
- 11.2. Registration will be open from 1 May 2023 until 12 June 2023.
- 11.3. In order to register a team you will need to have the Team Captain's name, email address and mobile phone number.

- 11.4. Ideally, you should also have the names and email addresses for each Team member. You will not be able to add these later but if not supplied at registration they should be emailed to ggoodman@ukro.org. Any changes should also be emailed. It is important that we have the correct names and email addresses for those attending the Challenge so that information can be directly send to attendees.
- 11.5. Payment will again only be made via invoice and so you will need a Purchase Order from your Fire Service to enter. If you have this available at the time of registration you should add this into the PO box. If not, then it should be supplied as soon as possible after registration to ggoodman@ukro.org.
- 11.6. If you have any problems with completing registration you should contact imarritt@ukro.org.
- 11.7. Registration will automatically close when the 12th team has entered. If this occurs please contact ggoodman@ukro.org in order to be put on the reserve list.
- 11.8. Terms and Conditions of Registration
1. If for any reason a team is not accepted as a valid entrant to the competition all entry fees will be refunded in full.
 2. All entry fees, once teams have been entered, are non-refundable unless the event is cancelled by UKRO.
 3. In the event of cancellation the liability of UKRO shall not extend beyond the value of the entry fees paid.
 4. Invoices must be paid with 14 days of being sent by UKRO by e mail.

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