



**NFCC**  
National Fire  
Chiefs Council

## **Fire Cadets Casualty Care Challenge Programme 2023** **in association with NFCC UK Fire Cadets**

### **1. Introduction**

- 1.1. Welcome to the Fire Cadets Casualty Care Challenge 2023.
- 1.2. In recognition of the work that UK Fire and Rescue Services do with young people, UKRO have decided to support UK Fire Cadets, to allow them to demonstrate their casualty care skills alongside firefighters in this national competition.
- 1.3. The aim of the Challenge is to bring together teams of young people from across the country to participate in a national event which, not only to displays their ability, but also develops their confidence and personal development by representing their Fire Service.
- 1.4. The Challenge is open to all United Kingdom, local authority Fire and Rescue Services. Due to their only being 6 places available, and to try and get fair representation across all of the devolved nations, the 6 place have been allocated in the following way by NFCC UKFC:
  - 1 place to Northern Ireland
  - 1 place to Scotland
  - 1 place to Wales
  - 1 place to the host Fire Service
  - 2 places to England.

However, UKRO and NFCC UKFC reserves the right to fill any unfilled places and to increase the number of teams at its absolute discretion.

- 1.5. The skills that the teams have developed in preparing for and participating in the event will go back with them, and hopefully support them throughout their lifetime.
- 1.6. The Challenge aims to test their skills through appropriate assessment by encouraging them to make complex decisions in a time sensitive scenario using the trauma care skills they have learnt.

### **2. The Mission**

The emphasis for the Challenge is on developing a young person's life skills, as well as demonstrating their amazing ability to provide first aid care should they ever find themselves in a situation that requires it. The ethos of the Challenge is not merely to win the event. It is more about improving confidence and self-belief in order that they are better able to engage within their communities and grow into productive young adults.

### **3. The Objectives**

- 3.1. The Challenge will provide an arena for Fire Cadets from across the United Kingdom to come together, to demonstrate their proficiency levels in trauma care, but specifically in:
- Safety
  - Communication skills
  - Casualty care
  - Use of Equipment
- 3.2. It will reinforce best practice implemented by Fire and Rescue Service Cadet Instructors.

### **4. The Benchmarks**

- 4.1. UKRO believes that the Challenge is a learning environment. We also believe that the cadet teams that take part benefit through participation, and by representing their FRS.
- 4.2. Adopt a 'Casualty Focused, Safety First' approach, which will be underpinned by dynamic incident command and implemented control measures.
- 4.3. Possess essential knowledge to enable young people to act upon or assist with first aid care through a casualty centred approach.
- 4.4. Demonstrate their broader knowledge of first aid, techniques and scene safety, and their ability to act in potentially life-saving situations.
- 4.5. Demonstrate effective teamwork.

### **5. The Challenge**

- 5.1. All teams will take part in two challenge scenarios on Saturday. The team with the highest score over the two challenges will win the Challenge. For Assessment and scoring criteria see section 10.
- 5.2. Each team will be assessed, using common criteria, by a team of at least 2 assessors who will score the following areas:
- Scene safety
  - Communication skills
  - Delegation of roles
  - Casualty care.
- 5.3. The scenarios consist of one of the following elements:
- Standard Challenge – involving one casualty.
  - Complex Challenge - involving multiple casualties.
- 5.4. The syllabus for the Challenge is set out at the Appendix.

- 5.5. There may be other activities or 'props' in the vicinity in order that the scenario is more realistic.
- 5.6. Teams are allocated approximately 10 minutes to complete as much of the task as is safely possible for them to do so.
- 5.7. Each team will be given a 'hot' debrief immediately following their scenario. It must be noted that the assessors' decision is final, and all participants are asked to respect that decision.
- 5.8. UKRO uses live casualties. They are all medically aware and will have an input into the medical rescue assessment.

## 6. The Rules

- 6.1. With the exception of the Host team, participating teams will be selected by NFCC UKFC and notified to UKRO.
- 6.2. In order to increase the level of opportunity to participate across the UK, it is recommended that teams will not be allowed to take part in consecutive years.
- 6.3. Each team will consist of **3 personnel who have not reached their 18<sup>th</sup> birthday on the day of the challenge**. Teams should provide their own first aid kit as set out in section 8.
- 6.4. Fire Cadet PPE must be worn at all times whilst participating in the scenarios. This includes head, eye, hand, and foot protection.
- 6.5. Each team will be assessed in four primary areas during their scenario:
  - Scene safety
  - Communication skills
  - Delegation of roles
  - Casualty carePlus, the urgency in which the whole scenario is undertaken.
- 6.6. General casualty care will be evaluated using CABC protocols:
  - C = Catastrophic Haemorrhaging**
  - A = Airway Management**
  - B = Breathing and Resuscitation**
  - C = Circulation.**
- 6.7. Each scenario will have allocated to it at least 2 assessors, who will be working under the direction of the UKRO Fire Cadets Casualty Care Lead. All scoring information will remain the property of the UKRO and shall remain confidential.
- 6.8. The decision of the UKRO Fire Cadets Casualty Care Lead concerning any assessment or conduct will be deemed to be final.
- 6.9. A nominated assessor will be appointed as a Safety Officer who will supervise each evolution with authority to halt any action deemed to be in breach of safe working practice.

- 6.10. Teams must bring their own first aid kits as these may be more familiar to the individual cadet teams but these must contain the items set out in section 8.
- 6.11. All teams will gather at a designated registration point in the morning for the standard challenge and in the afternoon for the complex challenge (times to be confirmed) and remain at this point until called forward for their turn. No team is permitted to watch the Challenge until after they have undertaken their turn. UKRO is planning to develop activities and workshops to be delivered during this isolation period. At the beginning of each session there will be a briefing for teams.
- 6.12. UKRO and the Host will not be responsible for any damage or loss of any equipment as a result of participating in this event.
- 6.13. Staff compensation, insurance etc. for the protection of team members shall be sole responsibility of the participants in the event. The Host shall supply 3<sup>rd</sup> party liability insurance.

## **7. Code of Conduct**

- 7.1. All participants are reminded that they are not only representatives of their Fire Cadet Unit, but also their Fire and Rescue Service and the firefighting profession as a whole and are requested to conduct themselves accordingly.
- 7.2. Services are encouraged to allow their participating Fire Cadet teams to attend the Closing Ceremony. This is a formal function and teams are expected to present themselves in their uniform.
- 7.3. 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 their supporting Instructors.
- 7.4. 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.

## **8. Equipment**

- 8.1. Teams should bring their own first aid kits as these may be more familiar to the individual cadet teams.
- 8.2. Teams must ensure that their first aid kits include the following items:
  - 6 Triangular Bandages
  - 2 Extra Large Wound Dressings
  - 4 Large Wound Dressings
  - 4 Medium Wound Dressings
  - 2 Eye Pads
  - Bottle / Pods of Saline (Eye Wash Solution)

- Quantity of Adhesive Dressings (Plasters)
- Quantity of Safety Pins
- Roll of Tape
- 2 Foil Blankets
- A Face Shield and / or Pocket Mask

The items to be carried in a suitable bag or container.

As this is a competition the wound dressings do not need to be in date.

Each individual can carry on their person:

- One pair of Tough Cut Scissors
- One Penlight
- One Notebook with a pen or pencil

## **9. Health and Safety**

- 9.1. A risk assessment will be conducted prior to each challenge by an assessor to ensure the safety of both participants and spectators. Dynamic risk assessment will occur throughout the challenge, not only by the team involved but also by the assessors.
- 9.2. All activities within the Challenge site fall under the control of designated staff who have been tasked by the UKRO to maintain high standards of health and safety principals. Teams must play their part in upholding those standards.
- 9.3. No team will be allowed to commence their task without direct approval of the assessors, subject in all cases, to the following:
  - All team members are properly attired in approved PPE.
  - All non-proprietary equipment is accompanied by the relevant documentation.
  - The assessors have cleared the scenario.
- 9.4. Any unsafe or potentially unsafe practice will be stopped immediately and put right as per the paragraphs below.
- 9.5. An official acting on behalf of the UKRO, who observes a potential or existing danger, will immediately halt the assessment by a long whistle blast. Any activity carried out after the blowing of the whistle, other than to ensure safety, will be penalised at the discretion of the assessors.
- 9.6. A member of a participating team who notices an existing or potential danger must call a halt to any activity by shouting 'Still'. Any activity carried out after the calling of 'Still' except to make safe, will be penalised at the discretion of the assessors.
- 9.7. If any item of the casualty's PPE is accidentally removed by a team member, it must be replaced before work can recommence. Failure to do so may result in loss of points or possible disqualification.

- 9.8. It is the responsibility of the participating FRS to provide risk assessments for accommodation and the general attendance of participating Fire Cadets and their support Instructors.

## **10. Assessing and Scoring**

- 10.1. All teams will be assessed on each of the scenarios they undertake, and awards presented accordingly.
- 10.2. Each team will be evaluated in the following areas by a panel of at least 2 assessors:
- Scene safety
  - Communication skills
  - Delegation of roles
  - Casualty care.
- 10.3. Copies of all the scoring sheets which are used by the assessors will be sent to participating Fire Cadet Units prior to the event.
- 10.4. Points awarded per challenge will be totalled and then added together to give an overall score for those particular criteria.
- 10.5. The total points awarded in each of the above will be calculated as a placing. That is, the person who is awarded the highest score is awarded one. The person who comes second is awarded two and so on. The team's 'positional score' for each of the three categories are then added together and the team with the lowest score comes first.
- 10.6. In the event that two teams score identical points, under the placing criteria, a count back will be conducted. The team with the highest command score will be awarded first place. If this still produces a draw, the count back will then fall to the technical scores.

## **11. Awards**

- 11.1. 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.
- 11.2. Awards are made for:
- 1<sup>st</sup> Team
  - 2<sup>nd</sup> Team
  - 3<sup>rd</sup> Team

## **12. Entry for the Challenge**

- 12.1. Entry to the Challenge is at the invitation of NFCC UKFC. If a nominated team is unable to attend the Challenge this should immediately be reported to NFCC UKFC so that the vacancy can be offered to another team.

- 12.2. There is no fee for teams to enter the Challenge. However, individual FRSs will be responsible for financing the transport and accommodation for their own team.

### **13. Copyright**

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## **APPENDIX - FIRE CADET FIRST AID SYLLABUS**

1. Scene management
2. Casualty assessment – DRCABCDE (including levels of response)
3. Unconscious casualty – recovery position
4. Resuscitation – for all ages
5. Use of a defibrillator
6. Choking – for all ages
7. Common causes of unconsciousness:
8. Fainting
9. Inability to regulate temperature (high and low temperature)
10. Shock
11. Heart attack
12. Stroke
13. Head injuries – concussion and compression
14. Allergies – asthma / anaphylaxis
15. Poisons
16. Epilepsy (seizures)
17. Diabetes
18. Bleeding & shock
19. Burns & scalds
20. Fractures, sprains and strains
21. Team members will be expected to be able to make an emergency call to request an ambulance.