



UKRO Challenge 2024

Competitors' Handbook

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1. Introduction

- 1.1. Welcome to the Competitors' Handbook for the UKRO Challenge 2024.
- 1.2. This Handbook should be read in conjunction with the Essential Information posted on the Challenge pages of the UKRO website (www.ukro.org).
- 1.3. The following paragraphs apply across all disciplines and each discipline has its own appendix below.
- 1.4. Competitors' (particularly Team Captains) should read this Handbook and familiarise themselves with its provisions.
- 1.5. Team Captains (or their nominated deputy) **must** attend the Captains' Briefing which is held at **6pm** on the Thursday of the Challenge.
- 1.6. Competitors should check the Challenge pages on a regular basis to check for the latest news and any updates.
- 1.7. The Challenge is open to all UK Fire and Rescue Services, international rescue teams and other organisations agreed by the UKRO Board.

2. Entry for the Challenge

- 2.1. Registration is via the UKRO registration site and a link will be provided on the Challenge pages prior to registration opening.
- 2.2. Teams will require the written authorisation from their Service to take part.
- 2.3. Registration will be open from **1 May 2024** until **12 June 2024**.
- 2.4. Due to timetabling issues competitors **can only enter 1 discipline** except medics who may enter both Extrication and Trauma but the slots booked at registration must ensure that the medics have sufficient time to move from one event to the other.
- 2.5. In order to register a team you will need to have the Team Captain's name, email address and mobile phone number.
- 2.6. Ideally, the booker 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 us. 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 competitors.
- 2.7. Payment can only be made via invoice and so you will need a Purchase Order from your 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 to us as **within 5 days** after registration.
- 2.8. There is a limit of the number of Teams that can enter the Challenge as follows:
 - (a) Extrication: 30
 - (b) Trauma: 30

- (c) Rope: 12
 - (d) Water: 8.
- 2.9. Registration for a discipline will automatically close when the last slot has been filled. If this occurs please contact us in order to be put on the reserve list.
- 2.10. All queries about registration issues should be raised with Guy Goodman at ggoodman@ukro.org.
- 2.11. Terms and Conditions of Registration:
- (a) If for any reason a Team is not accepted as a valid entrant to the Challenge all entry fees will be refunded in full.
 - (b) All entry fees, once Teams have been entered, are non-refundable unless the event is cancelled by UKRO.
 - (c) In the event of cancellation the liability of UKRO shall not extend beyond the value of the entry fees paid.
 - (d) Invoices must be paid within 14 days of being sent by UKRO by e mail.

3. Code of Conduct

- 3.1. All competitors are reminded that they are not only representatives of their own Services, but also the firefighting profession as a whole and are requested to conduct themselves accordingly.
- 3.2. 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.
- 3.3. Competitors are expected to be smartly dressed whilst at the Challenge sites. 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 Captain.
- 3.4. It is accepted that the evenings' events perform an important part of the socialising aspect of the Challenge, but competitors are again reminded to behave in a manner befitting their Services and have due regard to non-service persons who may share the same facilities.
- 3.5. Team members must be fit to undertake their Challenge event. Any Team member whose general health gives cause for concern, e.g. as a result of individuals being under the influence of alcohol or any other substance, during a challenge or a workshop, will result in a Team / Team member not being allowed to compete.
- 3.6. As required by common good manners, Teams are kindly requested to use appropriate language at all times, especially, whilst in public and while in Service uniform.
- 3.7. Honesty and fair play is expected from all Teams during their own scenarios and as spectators to other Team's scenarios.
- 3.8. All Assessors and Officials are experienced professionals and will deliver a fair and unbiased Challenge. An appropriate degree of reciprocated professional respect is expected from all Teams and Team members.

- 3.9. Competitors are not to canvass any Assessor or Official.
- 3.10. Team Captains will be held accountable for the conduct of their Teams.
- 3.11. A breach of the Code of Conduct by any Team or Team member can, at the discretion of the Director of Operations, lead to the disqualification or suspension of the Team or a Team member from the Challenge.

4. Liability and Insurance

- 4.1. UKRO and the Host will have no liability for any damage or loss of any equipment belonging to Teams as a result of participating in the Challenge.
- 4.2. Insurance for the protection of Team members shall be the sole responsibility of the Team's Service. No Team will participate in the Challenge without the appropriate insurance cover. UKRO and the Host will hold public liability insurance.

5. Confidentiality

All Assessor written information / feedback provided to Teams will remain the property of the UKRO and shall remain confidential.

6. Language

Each Team is responsible for the provision of language interpretation where English is not the predominant language anticipated to be used. In the event of such a provision, the relevant UKRO Lead must be consulted with in advance of the event and any given scenario.

7. Awards

At each Challenge, recognition is given for the performances of Teams and Team members in the form of awards. The effort and dedication that has been put in by competitors for their event over many months culminates in awards being presented at the Closing Ceremony where achievements are acknowledged.

8. Challenge Events

The following appendices set out the requirements for each event. Teams should read the appendix relevant to their event carefully.

Appendix 1 – Extrication Challenge

Appendix 2 – Rope Rescue Challenge

Appendix 3 – Trauma Challenge

Appendix 4 – Water Challenge

Appendix 1 – Extrication Challenge

1. Introduction

- 1.1. 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 Services 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.
- 1.2. The aim of the Extrication Challenge is to bring together teams of Service 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.
- 1.3. Teams from Services 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 2 days.
- 1.4. The skills that Teams have developed in training for the Challenge and acquire during the 2 days will return with them to their individual Services. This experience, knowledge and skill will be used to great effect when Team members deliver their next training sessions and/or attend their next RTC involving 'Persons Trapped'. There is no doubt that a given casualty will receive a far better service from firefighters who have taken part in the Challenge.
- 1.5. 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 Services enabling them to deliver an improved, professional service to the communities they serve.
- 1.6. 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 competitors 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.
- 1.7. 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. Objectives

- 2.1. The Challenge will provide an arena for Teams to stimulate and develop proficiency levels in all areas of RTC rescue, including:
 - (a) Incident Command
 - (b) Team Approach
 - (c) Safety
 - (d) Physical and Medical Extrication
 - (e) Pre-Hospital Medical Care
 - (f) 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 Teams and subsequently enable those 'Best Safe Practices' to be transferred back into Services.

3. Benchmarks

- 3.1. UKRO believes that the Extrication Challenge is a learning environment and that the teams taking part are subsequently better able to achieve the following RTC related benchmarks:
- (a) Adopt a 'Casualty Focused, Safety First' approach which will be underpinned by dynamic incident command.
 - (b) Possess high and very proficient levels of pre-hospital medical care attained through a casualty centred approach.
 - (c) Able to demonstrate their broader knowledge across the spectrum of extrication principles, techniques and scene safety.
 - (d) Able to demonstrate ingenuity and innovation in terms of technical/practical skill, through deployment of suitable and sufficient resources.
 - (e) A thorough understanding of the 'Safe Person Concept', and The dissemination of an agreed 'Best Safe Practice'.

4. Challenge

- 4.1. The Challenge will be run in two sections over two days. All Teams will take part in both sections and are designated a run off time on each day.
- 4.2. Each Team will be assessed, using common criteria, by a minimum team of 4 Assessors who will score the following areas:
- (a) Incident Command and Control (Command)
 - (b) Physical Rescue and General Extrication Techniques (Technical)
 - (c) 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 1 scenario it 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 casualties 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 1 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 Medical Assessor may have to clarify any medical related points.
- 4.9. Further confirmation of the above will be provided at the Captains' Briefing, including what information will be available as 'Medical Injects'. Note that 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.
- 4.10. Each Team will be given a 'Hot' debrief immediately following their run off by the Assessing team.
- 4.11. A Feedback Document regarding each Team's performance at the Challenge will be made available shortly after the Challenge.
- 4.12. During the scenarios 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.
- 4.13. 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.
- 4.14. All Team Captains will be expected to attend an assessor 30 minute debrief at the end of the first day (if required) where general feedback from the Assessing team will be given.

5. Rules

- 5.1. All Team members must attend and take part in the mandatory Educational Workshops, as per the UKRO Extrication Challenge timetable.

- 5.2. Each team will consist of **6 personnel** (this includes a nominated Incident Commander and Medic).
- 5.3. Only Personal Protective Equipment (PPE) or Respiratory Protective Equipment (RPE) which is approved by their Service 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.
- 5.4. 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.
- 5.5. As mentioned previously, each scenario will have a minimum of 4 Assessors allocated to it. Each Assessing team works under the direction of the UKRO Extrication Lead and Deputy Lead.
- 5.6. The Extrication Lead will coordinate the Assessors and resolve any disputes. Where a Team Captain has a grievance or dispute regarding the content of their 'Hot' debrief, they must report it, in writing, to the Extrication Lead within 1 hour of completing the given scenario. It must be noted that the Extrication Lead's decision is final and all Teams are asked to respect that decision.
- 5.7. 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.
- 5.8. If approved It will be the Team Captains' responsibility to supply the 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.
- 5.9. A comprehensive selection of RTC equipment will be provided. 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.
- 5.10. Teams will have to provide all of their own PPE, including consumable items, i.e. dust masks, disposable gloves, etc. Teams will not be allowed to 'exchange' any of the RTC equipment on the Tools and Equipment list below. Tool belts may be used and worn by Teams, but all items of equipment must be safely stowed. .

- 5.11. 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.
- 5.12. All Teams are requested to respect the RTC equipment supplied and/or equipment loaned by other Teams.

Note: Teams must take care that they do not remove any of RTC equipment supplied from the Pit area at the end of their scenario.

- 5.13. 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.

6. Tools and Equipment

- 6.1. Teams are not allowed to utilise any equipment during their scenarios that is not set out at paragraphs 6.2 and 6.3 unless authorised under the innovation criteria below. **Teams must bring their own empty/training oxygen cylinder and trauma bag for use by their medics. Medics should ensure that they bring sufficient consumables to replenish their bags. If also entering the Trauma Challenge medics are advised to bring a 2nd trauma bag.**
- 6.2. The following equipment will be available for use by Teams:

DP Extinguisher	1
Glassmaster Saw	1
Hooligan Tool	1
Ratchet Strap	2 Sets
Bolt Croppers	1 Pair
Socket Set	1 Set
Duct Tape	2 Rolls
Airbag Protector	2
Teardrop (Hard Protection)	2
Soft Protection Sheet	1
Sharps Covers Set	1
Packexe	1
Rescue Board Complete	1
Head Block & Straps	Set
Medical Collars	1
Large Blocks	6
Medium Blocks	6
Wedges	6
Stair Wedges Complete	4
Stepchocks	2
Long Block	2

Large Wooden Wedge	2
Small Wooden Wedge	4
Cutters	1
Spreaders	1
Rams	1
Pedal Cutter	1
Paratech Stabilisation Strutt's	1 Set
Holmatro Stabilisation Strutt's	1 Set
Weber Stabfast	1 Set
HP Airbags	1 Set
Re-Cip Saw (Battery)	1
Re-Cip Blades	Selection
Battery Impact Wrench	1
Nibbler	1
Drill	1
Torx Attachments	1 Set
Socket Attachments	1 Set
Hole Cutter	1
Battery Drill	1

- 6.3. The following items of equipment are approved for use by Teams and must be secured within Team members' tool belts:

Small pry bar	1
Slotted screwdriver (medium size)	1
Positive-drive screwdriver (medium size)	1
Rope ratchet	2
Lock knife	1
Beltline	1
Glass punch	1
Pliers	1
Wire cutters	1
Tyre valve remover	1
Spare recip blade	1
Small torch	1
Roll of Duct tape	1
Seat belt cutter	1
Rubber mallet	1
Spanners of choice	3

Glass management/sharp protection clips	6
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- 6.4. 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 Service. This will not include any item of equipment that is currently a standard inventory item within the Challenge, including medical equipment and hand tools.
- 6.5. 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) at nholmes@ukro.org or Paul Hamer (Deputy Lead) at phamer@ukro.org.
- 6.6. Information provided should include evidence as stipulated in 6.5 below 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:
- (a) 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 supply each of the appliances and a further item for competitor training (a minimum of five items in total).
 - (b) All hand tools or medical equipment must be registered and approved at least 2 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 Captains’ Briefing.

Note: UKRO reserve the right to prevent the use of any item of equipment not listed above. If a Team, at a later time, is found to have used an item of equipment during their scenario that is not listed above or approved by the UKRO Extrication Lead, they may be a points penalty or disqualification as determined by the Extrication Lead.

- 6.7. 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:
- (a) Any application must be endorsed in writing by the applying Team’s Service.
 - (b) Any item of equipment which involves mechanical, hydraulic or electrical parts must conform to relevant legislative requirements and have a valid CE mark.
 - (c) No item can replace equipment listed, for example, using a 24v battery instead of an 18v battery or a different supplier’s equipment which performs the same purpose.
 - (d) A suitable Provision and Use of Work Equipment Regulations (PUWER) assessment must be provided.
 - (e) Manufacturer’s technical specification must be provided.

7. Health and Safety

- 7.1. Full PPE will be worn in the Pits and equipment preparation areas. This may be relaxed during make-up at the discretion of the Command Assessor, Safety Officer and/or Logistics Lead.
- 7.2. A risk assessment will be conducted prior to each evolution by the Command Assessor to ensure the safety of both competitors and spectators. A dynamic risk assessment will occur throughout the scenario, not only by the Team involved but also by the Assessors.
- 7.3. Any unsafe or potentially unsafe practice will be stopped immediately and put right.
- 7.4. All activities within the Challenge site 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 a series of risk assessments have been undertaken which are updated prior to and following each Challenge.
- 7.5. No scenario will be allowed to commence without confirmation of the following:
 - (a) all Team members are properly attired in approved PPE; and
 - (b) the UKRO Command Assessor has declared the scenario complete and safe.

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

- 7.6. Any Assessor or 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.
- 7.7. 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.
- 7.8. All Team members must wear their eye protection throughout the duration of any given scenario.
- 7.9. 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.
- 7.10. 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.
- 7.11. Testing of pneumatic chisels / tools will only be permitted on wooden blocks and with the head facing away from any person.

7.12. Vehicle tyres can only be deflated by valve or valve stem removal. The slashing or puncturing of tyres is strictly prohibited.

8. Assessing and Scoring

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

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

8.2. Copies of the Challenge scoresheets and guidelines, as utilised by the Assessors, are available on the UKRO website.

8.3. 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.

8.4. A Team's overall scenario type and/or the Extrication 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.

8.5. The Best Team will be decided by the lowest combined ranking points across all categories.

8.6. 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:

- (a) The total scores for all Assessing Disciplines and scenarios will be added together, the highest total score will be declared the winner.
- (b) 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.
- (c) Should the above still result in a tie, the Medical Assessing Discipline will be compared, and so on.
- (d) If every criterion above is tied the scenario and/or the Challenge will be declared a dead heat and both Teams will be awarded the same recognition.

9. Awards

9.1. Awards are made for:

- 1st Team

- 2nd Team
- 3rd Team
- 1st Incident Commander
- 1st Medic
- 1st Technical Team

9.2. Subject to the rules of the World Rescue Organisation, a number of top teams from the Challenge will gain automatic entry to the next World Rescue Challenge. Where these Teams take up their place and attend the WRC the entry fees (€2000) will be reimbursed by UKRO after the event. All other costs associated with attendance at the WRC are the responsibility of the Teams.

Appendix 2 – Rope Rescue Challenge

1. Introduction

- 1.1. To some, the development of the Rope Rescue Challenge appears to be just a competition, but far more than that it is a learning platform, matching talents, and skills through assessment.
- 1.2. The aim is to bring together teams of rope rescue 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 discipline.
- 1.3. The experiences Teams will be exposed to during the event will fuel their own development and be taken back with them to enrich their Service's procedures. It is necessary to study current rope rescue philosophy and techniques, search out new developments and innovative new ideas if we wish to perfect our skills.
- 1.4. The emphasis in the Rope Rescue Challenge is to develop and promote good practice. The ethos is not primarily to win, but to use what is learnt at these events to save those whom we serve, as well as protecting ourselves, the rescuers.

2. Mission

- 2.1. To provide an arena for rope rescue personnel from across the UK to come together, in order to stimulate and develop proficiency levels in all areas of rope rescue and rope access, but specifically in:
 - (a) Incident Command
 - (b) Safety
 - (c) General Techniques
 - (d) Pre-Hospital Medical Care
 - (e) Selection and Use of Equipment.
- 2.2. To accelerate the natural learning curve of Teams and Services to meet the demands made by modern rope rescue emergencies by providing a realistic education platform for rescuers.
- 2.3. To focus the event on personal development, by allowing rope rescue practitioners to meet, exchange and share knowledge, develop skills, and stimulate ingenuity, the Teams will achieve a higher level of professionalism to the advantage of those we serve.
- 2.4. To encourage participants to make hard and critical examination of their own command, decision making and risk assessment skills, as well as the practical application of techniques and equipment available to them.
- 2.5. To identify 'good practice' through review of the training techniques / practices implemented by participating Teams and transfer that knowledge into the workplace.

3. Objectives

- 3.1. To promote rope rescue training.

- 3.2. To emphasise scene and casualty safety and develop a safety-first attitude amongst all rescuers.
- 3.3. To encourage and develop risk analysis skills that result in effective command solutions.
- 3.4. To develop and promote methods and protocols for efficient, safer rope rescue response.
- 3.5. To encourage higher, more proficient levels of casualty care among rope rescue practitioners.
- 3.6. To foster the trial and testing of a wider range of rope rescue techniques and equipment.
- 3.7. To stimulate ingenuity in terms of skill, practices and equipment to advance the best safe concept.
- 3.8. To allow Teams to observe other Teams at work and learn from them.
- 3.9. To allow Teams and operators from diverse areas to meet and exchange knowledge and information.

4. Challenge

- 4.1. The Challenge will be run over 2 days. All Teams will take part in all evolutions which will consist of scenarios and technical skills tests.
- 4.2. Scenarios will be assessed, using common criteria, by a team of up to 3 Assessors who will score one or more of the following areas:
 - (a) Incident command and control (Command)
 - (b) Physical rescue and general techniques (Technical)
 - (c) Pre-hospital care (Medical).
- 4.3. Each scenario will involve elements of raising, lowering and technical rope work where a casualty is to be accessed, packaged and transported to the indicated level over some height difference. Teams are able to utilise the full range of approved equipment and materials to affect the rescue (unless an equipment restriction is in force).
- 4.4. Each scenario and technical skills test will have a time limit.
- 4.5. The Incident Commander and Medic must remain in role throughout the Challenge as awards are given for these roles. Teams may have up to two substitutes that may be used to replace the other Team members during the two-day Challenge.
- 4.6. Each Team will be given a hot debrief immediately following their run off. It must be noted that the Assessors' decision is final, and all competitors are asked to respect that decision.
- 4.7. Information regarding the Team's performance will be forwarded post event.

- 4.8. The UKRO uses live casualties. They are all medically trained and will have an input into the medical rescue assessment.
- 4.9. A copy of the scoring sheets which are used by the Assessors will be available on the UKRO website.

5. **Rules**

- 5.1. A team will consist of **5 personnel**:
 - (a) Incident Commander
 - (b) Medic
 - (c) Team member
 - (d) Team member
 - (e) Team member

Incident Commanders and Medics must remain in role throughout the Challenge. We feel a team of 5 is more realistic and may also help some Teams to attend.

- 5.2. All competitors must wear suitable PPE approved by their own organisation and appropriate to the task.
- 5.3. Each Team will be assessed in three primary areas during their Scenario evolutions:
 - (a) Incident command and control
 - (b) Technical rescue and general techniques
 - (c) Pre-hospital care of the patient.

Plus, the urgency in which the whole evolution is undertaken will also be considered as part of the assessment.

- 5.4. Live casualties will be used in the Challenge, and marks will be awarded for correct casualty handling.
- 5.5. Basic packaging of the patient will be evaluated using the ABC and S protocols, with care and safety being of prime importance.

Note:

A = Airway Management

B = Breathing & Resuscitation

C = Circulation

S = Spinal Care

- 5.6. Each scenario will have allocated up to 3 Assessors who will be working under the direction of the Rope Rescue Lead.
- 5.7. All scoring information will remain the property of the UKRO and shall remain confidential.
- 5.8. The decision of the Rope Rescue Lead concerning any assessment or conduct will be deemed to be final.

- 5.9. Assessors will supervise each scenario with authority to halt any action deemed to be in breach of safe working practice. Such a breach shall not on the first occasion incur time penalties, however subsequent breaches will incur penalties.
- 5.10. At the start of each scenario the Command Assessor will read the brief to the Incident Commander and answer any questions. Once the scenario has commenced there is to be no more communications with the Assessors other than safety critical, any attempt to question Assessors during the evolution will be met with silence.
- 5.11. Teams may use radio communications. Teams doing so must supply an additional radio to the Command Assessor. Radios must not interfere with Host's communications.
- 5.12. Teams may be required to produce valid inspection records.
- 5.13. Teams will have to provide all their own personal safety and emergency medical equipment.
- 5.14. Access to the Team Holding area will be unavailable once the scenario starts. Pre-rigging of equipment will be allowed.
- 5.15. Teams may loan equipment to other Teams ensuring any safety features are fully understood by the recipient.
- 5.16. Teams will present themselves to the Team Holding area as specified during the Captains' Briefing.
- 5.17. All rope access and rope rescue systems must be used within the equipment safety limitations, and as per manufacture instruction.
- 5.18. System redundancy is required at all times when competitors and rescue loads are in suspension or at risk of a fall.
- 5.19. System Redundancy
 - (a) By definition, a redundant element of a rope system is one that is not needed for the system to be successfully used to achieve its intended action. Redundant elements will prevent a catastrophic event in the event of a failure in another part of the system.
 - (b) As such, a system with complete redundancy is one that will not catastrophically fail as a consequence of the failure of any single component, or the action (or inaction) of any single person.
 - (c) To maintain redundancy a double system must be provided whenever a failure would potentially result in injuries, uncontrolled movement or fall or damage to equipment. All openable components with the potential for operator error must be backed up.
 - (d) The general aim is to have rope systems with no single point or person of failure.

5.20. Redundancy Exceptions (Single Critical Points)

The following are considered to be Single Critical Points:

- (a) An anchor of sufficient strength and stability – unquestionably reliable either by obvious characteristics or engineered rating.
- (b) Harness – Conformity EN361 or EN813.
- (c) Stretcher (when training with live casualties, a second attachment point to the casualty’s body harness is required).
- (d) Rigging plates – a single anchor component. However, complete system failure would require multi-point failure of the rigging plate.

Note: small rigging plates with the potential for a single route of failure should be backed up.

- (e) BFK – a large single knot that brings together multi-strands of rope to create a directional and force distributing focal point.

Note: When used critical points must be double checked by a second operator whenever possible.

6. Tools and Equipment

All rescue equipment supplied by Teams must meet all EN or international standards. Any equipment outside these specifications (e.g. lightweight personal mechanical advantage systems, “homemade” gear, etc) must be presented for scrutiny. Use of an unapproved device / equipment not meeting the specifications will result in disqualification of the team from the event.

7. Health and Safety

- 7.1. Full protective clothing will be worn within the Challenge site. This may be relaxed during make up at the discretion of the Command Assessor and when weather conditions demand.
- 7.2. A risk assessment will be conducted prior to each scenario by an Assessor to ensure the safety of both competitors and spectators. A dynamic risk assessment will occur throughout the scenario, not only by the Team involved but also by the Assessors.
- 7.3. Any unsafe or potentially unsafe practice will be stopped immediately and put right (see 5.9 above).
- 7.4. 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. Teams must play their part in upholding those standards.
- 7.5. No Team will be allowed to commence their task without direct approval of the Command Assessor, subject in all cases, to the following:
 - (a) all Team members are properly attired in approved PPE.
 - (b) all non-proprietary equipment is accompanied by the relevant documentation.
 - (c) the Assessor has cleared the scenario.
- 7.6. An Assessor or Official 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 senior Assessor present.

- 7.7. 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 senior Assessor present.
- 7.8. All scenario activities will halt immediately at the audible signal (Acme Thunderer Whistle) indicating the end of the allocated time. Assessors will allow a Team to complete a specific action to ensure a safe environment is maintained.
- 7.9. The casualty's safety critical PPE must be maintained at all times. Failure to do so may result in loss of points or possible disqualification.

8. Assessing and Scoring

- 8.1. During scenarios each Team will be assessed in the following areas by 3 Assessors and are equally important in the overall scenario marking scheme:
 - (a) Incident Command and Control (Command)
 - (b) Physical Rescue and General Techniques (Technical)
 - (c) Pre-Hospital care (Medical).
- 8.2. The technical skills test will contribute to the overall score based on the Team's ability to safely and efficiently complete a prescribed task (see Annex).
- 8.3. Copies of all the assessment sheets in use each year will be available to download via the UKRO website.
- 8.4. Basic packaging of the casualty will be evaluated using the ABC and S Protocols, with care and safety being of prime importance.

Note:

 - *A = Airway Management*
 - *B = Breathing and Resuscitation*
 - *C = Circulation*
 - *S = Spinal Care*
- 8.5. On the scenario sheets points awarded per sub-section will be totalled and each sub-section added together to give an overall score for that particular category.
- 8.6. The total points awarded in each category will be added together towards an overall award for that scenario.
- 8.7. The time penalties system will be:
 - (a) Any perceived breach of the standards within this Appendix will cause the scenario / test and the clock to be halted, with no activities by any Team member.
 - (b) If the explanation / action by the Team is satisfactory to the Assessor, the clock will start again, and the scenario / test finish time will be altered to allow the Team the full period of working.

- (c) If the Assessor deems that the explanation is not satisfactory the time the explanation took will be deducted from the overall scenario time and the Team will be required to modify their plan.
 - (d) Any further breaches will potentially lead to disqualification.
- 8.8. The above system will ensure that any misperception of a Team's actions by Assessors will not result in unnecessary penalties.
- 8.9. All teams will cycle through all the scenarios over the 2 day event.
- 8.10. Teams will be afforded an Assessor 'Hot Debrief' immediately following each scenario or skills test.
- 8.11. It must be noted that the Assessors' decision is final, and all competitors are asked to respect that decision.
- 8.12. An Assessor has the authority to suspend any scenario when, in their opinion, their commands (or those of another Assessor) have been blatantly ignored or misrepresented and may result in a time penalty.
- 8.13. In the event of any dispute with an Assessor's decision concerning any assessment or breach of conduct, the Rope Lead Assessor will arbitrate.

9. Awards

- 9.1. Awards are made for:
 - (a) 1st Team
 - (b) 2nd Team
 - (c) 3rd Team
 - (d) 1st Incident Commander
 - (e) 1st Medic
 - (f) 1st Technical Team
- 9.2. First, second and third placed teams will be decided by the overall scores achieved over both Challenge days.
- 9.3. The Best Incident Commander will be awarded to the highest accumulative score.
- 9.4. The Best Medic will be awarded to the highest accumulative score.
- 9.5. The Best Technical Team will be awarded to the highest accumulative score.
- 9.6. Where scores are level awards will be shared.
- 9.7. The Team placed first who decide to take part in GRIMP Day will have their entry fee reimbursement by UKRO after they have attended and taken part in the event. All other costs associated with attendance at the event are the responsibility of the Teams.

Annex - Technical Skill Tests Rules

1. Teams may be expected to demonstrate any or all the following personal skills:
 - (a) Work restraint systems
 - (b) Work positioning systems
 - (c) Fall arrest systems
 - (d) Creating suitable anchor systems
 - (e) Access ropes - ascending & descending
 - (f) Passing mid-rope obstructions
 - (g) Passing a mid-rope deviation
 - (h) Effective protection of ropes and equipment
 - (i) Negotiating an intermediate anchor
 - (j) Negotiating an edge obstruction
 - (k) Traversing whilst in suspension
 - (l) Transfer between ropes and anchors
 - (m) Building and Implementing lowering / hauling systems
 - (n) Passing Knots through lowering / hauling
 - (o) Intervention (access & pick off) rescues.

2. The technical skill tests will have the following conditions:
 - (a) Each technical skill test will have a time limit for completion. Teams will be informed of this limit during the skill test briefing.
 - (b) Some tests may not have marks awarded for command or medical components. Teams will be informed if this is the case during the skill test briefing.
 - (c) Marks will be awarded as follows:
 - (i) The Team with the quickest time will be awarded 240 points.
 - (ii) Teams finishing after that time will be awarded a reduced number of points: the reduction being calculated at 1 point for every 6 seconds longer than the quickest team (i.e. if a team finishes 60 seconds after the quickest team, they will be awarded 10 points less than the 240 awarded to the quickest time, that being 230 marks).
 - (d) No points will be awarded to any Team finishing 24 minutes or more after the quickest Team.
 - (e) All systems must be operated in such a way that the movement of each individual is controlled at all times. Actions that may permit any uncontrolled movement of an individual will be considered unsafe.
 - (f) If any Team member undertakes any action that, in the opinion of the Assessors is unsafe, the Challenge will be halted (with no time loss to the Team) to allow the Assessor to confirm the situation. If the action is proved to be unsafe, the Team will be required to rectify the situation before continuing. Timing will continue whilst these actions are undertaken. If the

action proves to be safe, the Challenge will continue with no loss of time to the Team.

- (g) A repeated example of an unsafe practice will result in the Team member being stopped in order to correct the problem before continuing with the skill test.
- (h) Penalties - to promote safety and best practice a penalty point will be issued every time a minor safety fault is committed. Each penalty point accumulated during the skills test will result in 20 seconds being added to the Team's final time.
- (i) All Team members must operate safely at all times. Failing to do so will constitute a major safety fault. Any individual committing a single major safety fault will result in that individual being disqualified and 1/6th of the team's final point score for that test being lost.
- (j) Minor safety faults - the following is a non-exhaustive list of minor safety faults:
 - (i) Descender not locked off or no control of the tail rope connectors not secured.
 - (ii) Poor management of back-up device / safety attachment (major fault if safety critical).
 - (iii) Slack rope between tooth ascender and anchor point (major fault if safety critical).
 - (iv) Small out-of-control swing.
 - (v) No additional friction when required.
 - (vi) Minor safety issue as defined by an assessor.
- (k) All Team members must operate safely at all times. Failing to do so will constitute a major safety fault. Any individual committing a single major safety fault will result in that individual being disqualified and 1/6th of the Team's final point score for that test being lost.
- (l) To allow the Team to finish the test, all Team members will be allowed to continue to completion of the Challenge or until time runs out (including any that have been disqualified).
- (m) All Team members (including any that have already been disqualified) will remain liable to disqualification with the maximum number of disqualifications being 6. If this number is reached, the Team will be directed to stop the test, safely de-rig and move to the ground.
- (n) Major safety critical faults - the following is a non-exhaustive list of major safety critical faults:
 - (i) Not being attached when at risk of a fall liable to cause personal injury.
 - (ii) 1 point of safety attachment when suspended.
 - (iii) Inappropriate or ineffective rope protection.
 - (iv) No protection to protect against a potential swing that could cause injury or damage to equipment.
 - (v) Uncontrolled movement.
 - (vi) Safety critical misuse of PPE.

- (vii) Safety critical issue as defined by an Assessor.
- (o) The Challenge will finish when all the conditions of the skill test have been completed.
- (p) In situations where the allotted time for the Challenge has elapsed and this time is still within 24 minutes of the time of the fastest team, points will be available to those Teams that do not fully complete the Challenge as follows:
 - (i) The Team score will be calculated by reducing their score by 1 point every 6 seconds longer than the quickest Team.
 - (ii) 1/3rd of this score will be awarded for the completion of every two Team members that did complete the Challenge within the allotted time.
 - (iii) This resultant score will still be subject to any reduction due to any disqualifications that the Team.
- (q) Unless specifically stated, the skill tests are designed to be undertaken using only the equipment normally carried by a rope rescue technician. All equipment used by Teams in the skills tests will be examined by the Assessing team with each Team's Service Standard Operating Procedures being required to prove that all equipment carried by each individual complies with their own Service policy.
- (r) Once a Challenge has started no further equipment may be sourced by the Teams.
- (s) The Rope Lead Assessor has the final decision over the items of equipment that may be used by a Team and will make a final judgment on any assessment issues.

Appendix 3 - Trauma Challenge

1. Introduction

- 1.1. Firefighters are increasingly being asked to deal with more challenging casualty related situations than ever before. Their skills in dealing with casualties at incidents are constantly being challenged.
- 1.2. The objective of the Trauma Challenge is to develop the lifesaving skills of firefighters and rescue workers to enable them to deal successfully with the vast range of casualty centred incidents.
- 1.3. Firefighters from the UK will be assessed on their “lifesaving” during a 10 minute trauma based scenario.
- 1.4. The Trauma Challenge will focus on developing and promoting the life support skills of rescue personnel, which will allow them to fill the therapeutic vacuum until further medical help arrives.

2. Mission

To provide a platform for rescue personnel from across the UK to come together, in order to enhance and develop competence levels in trauma care.

3. Objectives

- 3.1. To provide a means for rescue personnel to exhibit their rescue techniques through live casualty simulation.
- 3.2. To provide a development programme for rescue personnel.

4. Benchmarks

- 4.1. The benchmarks for the Trauma Challenge are:
 - (a) Develop a Safety First attitude amongst all rescuers.
 - (b) Emphasise patient, rescue personnel and scene safety.
 - (c) Encourage higher and more proficient levels of pre-hospital care.
 - (d) Create the broader spectrum of trauma principles and techniques.

5. Challenge

- 5.1. Each Team will be assessed during a 10 minute scenario.
- 5.2. Each team will be allowed 9 minutes for assessment and treatment and a further 1 minute for patient handover.
- 5.3. On both days all Teams will compete and undertake the 10 minute scenarios. The scenario on the second day will be more complex in its nature and may involve more than one casualty.
- 5.4. Teams will be assessed in the following areas:

- (a) Scene safety
 - (b) Initial patient contact
 - (c) Assessment of injuries and condition
 - (d) Treatment of casualty
 - (e) Patient handover.
- 5.5. Each Team will be afforded a 'hot' debrief immediately following their run off. It must be noted that the Assessors' decision is final and all competitors are asked to respect that decision.
- 5.6. Marks will be awarded each day with both sets being collated together and the highest combined score will determine the order of places. There is no tie breaker in the event that scores are level and awards will be shared.

Note: a copy of the assessment sheets to be used each year will be available to every team, on the web site prior to the Challenge.

6. Rules

- 6.1. Each team will consist of **2 personnel**.
- 6.2. All participants must wear suitable PPE approved by their own organisation and appropriate to the task.
- 6.3. Live casualties will be used in the Challenge and will award marks on Casualty Handling.
- 6.4. Basic packaging of the patient will be evaluated using the CABCADE and S protocols, with care and safety being of prime importance.
- 6.5. The decision of the Trauma Lead concerning any assessment or conduct will be deemed to be final.
- 6.6. A comprehensive selection of equipment will be provided. Competitors are welcome to bring their own equipment and bags that are used during their role as a medic in their Service.

Note: all competitors are responsible for providing their own full PPE, including medical gloves and eye protection.

- 6.7. Teams will present themselves to the Team Registration area, 20 minutes prior to their designated run off time.
- 6.8. In order to take part in this Challenge, all team members must attend UKRO Educational Workshops.

7. Tools and Equipment

- 7.1. Teams must bring their own empty/training oxygen cylinder for use at the event. Teams should ensure that they bring sufficient consumables to replenish their bags. If also entering the Extrication Challenge medics are advised to bring a 2nd trauma bag.

7.2. Teams will have access to 2 back-up trauma bags containing the following equipment:

Pocket Mask	1
Disposable BVM adult	1
Disposable BVM Paediatric	1
Set of 6 OP Airways adult & child	1
7mm Nasopharyngeal Airway	1
8mm Nasopharyngeal Airway	1
Manual suction Aspirator	1
Tuf Cut Shears	1
99% - 100% Non-Rebreathing Disposable Adult Mask	2
99% - 100% Non-Rebreathing Disposable Child Mask	1
Small First Aid Kit to include 2x eye bandage, 4x standard ambulance bandage 2x triangular	1
500ml of saline solution	1
Body Fluid Spillage Kit	1
Stethoscope	1
Chest Seal	1
Thermal Blanket	1
Trauma dressings	2
Haemostatic dressing	1
Torniquets	2
SPO2 finger probe	1
Pelvic binder	1

7.3. Teams will have access to the following equipment provided by the Host:

Scoop stretcher	2
Full spine board and set of stability pads and straps	2
Medical collars (set)	2
Trauma splints	2
Training defibrillator including pads	2
Re-breather or similar masks (disposable)	one per casualty per scenario
Disposable gloves	1 box of large / 1 box of XL

8. Health and Safety

- 8.1. Full protective clothing will be worn in the Challenge area, this may be relaxed during preparation and make up at the discretion of the senior Assessor.
- 8.2. A risk assessment will be conducted prior to each evolution to ensure the safety of both competitors and spectators. A dynamic risk assessment will occur throughout the scenario not only by the Team involved but also by the Assessors. Any unsafe or potentially unsafe practice will be stopped immediately.
- 8.3. Should any item of the casualty's PPE, be removed by a Team member, for any reason, it must be replaced before work can recommence.

9. Assessing and Scoring

- 9.1. Each Team will be evaluated in the following areas:
 - (a) Scene safety
 - (b) Initial patient contact
 - (c) Assessment of injuries and condition
 - (d) Treatment of casualty
 - (e) Patient handover.
- 9.2. Copies of all the assessment sheets in use each year will be available to download via the UKRO website.
- 9.3. Points awarded per sub-section will be totalled and each sub-section added together to give an overall score for that particular criteria.
- 9.4. Every Team will be afforded a 'Hot Debrief' immediately following their performance.
- 9.5. It must be noted that the Assessors' decision is final and all competitors are asked to respect that decision.

10. Awards

- 10.1. Awards are made for:
 - (a) 1st Team
 - (b) 2nd Team
 - (c) 3rd Team
- 10.2. Subject to the rules of the World Rescue Organisation, a number of top teams from the Challenge will gain automatic entry to the next World Rescue Challenge. Where these Teams take up their place and attend the WRC the entry fees (€300) will be reimbursed by UKRO after the event. All other costs associated with attendance at the WRC are the responsibility of the Teams.

Appendix 4 – Water Rescue Challenge

1. Introduction

- 1.1. Services have a number of responsibilities regarding water rescue incidents. The increasing risk of coastal, pluvial and fluvial flooding along with current known hazards require Services to be adequately trained and equipped to deal with the risks identified within their area.
- 1.2. The aim of the Water Rescue Challenge is to bring together teams of water rescue personnel who are committed to display their ability and also expand their practical skills by learning from, and teaching, others involved in the same field.
- 1.3. The skills that Teams have developed in training for the event and experiences gained during these days will help to improve Teams' skill and knowledge. The emphasis of the Water Rescue Challenge is about improving the skills of Services in order that they are better able to deliver a professional service to the public.
- 1.4. The Water Rescue Challenge is aimed at providing a spectacle for the public to increase awareness into water hazards. The public are also able to gain an insight into the variety of skills and responsibilities that are currently required of Service personnel.
- 1.5. Although one Team will receive the honour of best team overall, equal focus should be placed upon enjoying the experience and using the opportunity to interact with other Service personnel and share knowledge.

2. Objectives

- 2.1. The Challenge will provide an arena for Service personnel from across the UK to come together to test their own water rescue skills and abilities against a pre-determined set of benchmarks.
- 2.2. Create a learning environment matching with the ethos of UKRO.
- 2.3. Assess the principles of powerboat operations and handling proficiencies, combined with relevant casualty rescue techniques within the water rescue environment.
- 2.4. Provide a spectacle for public spectators to gain an insight into Services' water rescue capabilities and resources.

3. Challenge

- 3.1. The Challenge will be run over 2 days with a mixture of scenarios requiring the use of both team and personal skills in order to complete each scenario. The scenarios will also require the practical use of a boat (both powered and un-powered).
- 3.2. Equipment will be provided to carry out the Challenge although Teams will be required to bring their own water rescue PPE (see 5.3) and trauma kit and bag.
- 3.3. Teams will attend a mandatory 15 minute briefing including health and safety checks prior to the Challenge.

- 3.4. Each Team will be assessed during the Challenge using set criteria by a team of 2 Assessors shadowing competitors' movements from within a safety boat:
 - (a) Technical and Personal Skills
 - (b) Command
 - (c) Casualty Assessment and Recovery to Safety.
- 3.5. Day 2 of the Challenge will be a timed event which will include the various casualty rescue scenarios and water rescue basic skills to be demonstrated.
- 3.6. Teams will be allocated 15 minutes immediately prior to the Challenge to familiarise themselves with the boats provided.
- 3.7. The maximum time allowed to complete the Challenge course will be 40 minutes.
- 3.8. On completion of the Challenge, or if the designated time limit is reached, Teams will safely leave the water area and take part in a 'hot' debrief with the relevant Assessors. It should be noted that the Assessors' decision is final and all competitors' are asked to respect that decision.

4. Rules

- 4.1. Each team will consist of a crew of **5 personnel**. This crew must be made up of a minimum of 2 RYA Powerboat Level 2 Operators/Rescue 3 Boat Operator (RBO) or equivalent, and one swift water rescue technician.
- 4.2. Only water rescue PPE approved by the crew's Service will be permitted to be worn by participating Team members but must include:
 - (a) Drysuit
 - (b) Buoyancy Aid
 - (c) Helmet
 - (d) Gloves
 - (e) Boots.
- 4.3. Assessors will have overall discretion on the suitability of Teams' PPE.
- 4.4. High speed manoeuvres will not be required or permitted during the Challenge. In the interest of safety and with respect to other users of the surrounding area, the use of excessive speed will result in a warning from an Assessor and may lead to disqualification at the Assessor's discretion.
- 4.5. Teams must only use the designated Challenge and familiarisation areas. Travelling outside of these areas is a safety critical offence and may lead to disqualification.

5. Health and Safety

- 5.1. Full protective clothing will be worn for the duration of the Challenge scenario.
- 5.2. Analytical risk assessments will be available for the venue and predicted Challenge scenarios. Relevant safety points will be communicated during the safety briefing.

- 5.3. A dynamic risk assessments will be the responsibility of the participating Team along with the Assessors who will be fulfilling the role of safety officers.
- 5.4. Any unsafe or potentially unsafe practice will be stopped immediately.
- 5.5. All activities within the Challenge area fall under the control of the designated staff that have been tasked by the UKRO to maintain high standards of health and safety. Teams must play their part in upholding these standards.
- 5.6. No Team will be allowed to commence their task without direct approval of an Assessor. This will be subject to all Team members donning the required level of PPE and all Team members receiving the Challenge and safety briefing prior to starting.
- 5.7. An Assessor of Official who observes a potential or existing danger, will immediately halt the assessment with 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.
- 5.8. On exiting the water all Team members must conform to the decontamination procedures in place before consuming any food or drink.

6. Assessing and Scoring

- 6.1. Each Team will be assessed against set criteria relating to boat operations including safety principles, handling techniques and rescue procedures.
- 6.2. Time penalties will be incurred for infringements observed by Assessors against standards set out in RYA Powerboat Level 2/Rescue 3 Course guidelines, as well as water safety aspects.
- 6.3. In order to identify the overall Challenge winners, the scores from both Day 1 and Day 2 will be collated and used to rank each Team's performance:
 - (a) Day 1 will see teams having to complete various tasks and objectives within the course, whilst accruing as few penalty points as possible.
 - (b) Day 2 will also require various objectives to be achieved. However, this will also be a timed event where penalties accrued will reduce the teams score.
 - (c) Should a team fail to attempt any task, then maximum penalty points for that task will be incurred.
- 6.4. In the event of a tie the team with the lowest amount of penalties will be given the advantage.
- 6.5. The scoring criteria used to assess team performance will be made available to teams following the Closing Ceremony.

7. Awards

- 7.1. Awards are made for:
 - (a) 1st Team
 - (b) 2nd Team
 - (c) 3rd Team

- (d) 1st Helm
- (e) 1st Medic
- (f) 1st Incident Commander