



NFCC
National Fire
Chiefs Council

Fire Cadets Casualty Care Challenge 2024
in association with NFCC UK Fire Cadets
supported by LIVES

Saturday 28 September 2024

1. Introduction

- 1.1. Welcome to the Fire Cadets Casualty Care Challenge 2024.
- 1.2. In recognition of the work that UK Fire Cadets and Fire and Rescue Services do with young people, UKRO are keen to support UK Fire Cadets by providing opportunities 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 displays their first aid abilities, but also develops their confidence and personal development by representing their Fire Service in a competitive event.
- 1.4. The Challenge is open to all United Kingdom local authority Fire and Rescue Services and has a maximum of 12 places available. Places are allocated by NFCC UKFC from expressions of interest received from interested Services from across the UK. 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 first aid 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 make positive decisions, 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 UK to come together, to demonstrate their proficiency levels in first aid 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 a single scenario. The Team with the highest score over challenge and attendance at the workshop 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 scenario will be a Complex Challenge that may involve 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 a minimum of 10 minutes and a maximum of 15 minutes to complete as much of the task as is safely possible for them to do so. Time penalties will be incurred by Teams who finish outside of these parameters.

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. Participating Teams will be selected by NFCC UKFC and notified to UKRO.

6.2. Each Team will consist of a minimum of 2 and a maximum 3 personnel who have not reached their 18th birthday on the day of the challenge. Teams should provide their own first aid kit as set out in section 8.

6.3. Fire Cadet uniform must be worn at all times whilst participating in the scenarios. Cadet PPE including head, eye, hand, and foot protection should

also be brought to the competition by each cadet. The UKRO Fire Cadet Casualty Care Lead will advise teams if PPE is required to be worn.

6.4. Each Team will be assessed in four primary areas during their scenario:

- Scene safety
- Communication skills
- Delegation of roles
- Casualty care

Plus, the urgency in which the whole scenario is undertaken.

6.5. General casualty care will be evaluated using CABG protocols:

C = Catastrophic Haemorrhaging

A = Airway Management

B = Breathing and Resuscitation

C = Circulation.

6.6. 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.

6.7. The decision of the UKRO Fire Cadets Casualty Care Lead concerning any assessment or conduct will be deemed to be final.

6.8. 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.

6.9. 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.

6.10. All Teams will gather at a designated registration point in the morning for a briefing. No Team is permitted to watch the Challenge until after they have undertaken their turn. There will also be a workshop for Teams to attend (for which points will be awarded) and some recreational activities. At the beginning of each session there will be a briefing for Teams.

6.11. UKRO and the Host will not be responsible for any damage or loss of any equipment as a result of participating in this event.

6.12. 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.

7. Code of Conduct

7.1. 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.

7.2. Services are encouraged to allow their participating Teams to attend the Closing Ceremony. This is a formal function and Teams are expected to present themselves in their uniform.

7.3. Competitors are expected to be smartly dressed whilst at the Challenge. It is preferred that cadet uniform be worn to tour the site, however this can be relaxed so long as it is smart and approved by their supporting Instructors.

- 7.4. It is accepted that there is a socialising aspect of the Challenge, but competitors 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.
- 7.5. As required by common good manners, Teams are kindly requested to use appropriate language at all times, especially, whilst in public and while in cadet uniform.
- 7.6. Honesty and fair play is expected from all Teams during their own scenario and as spectators to other Team's scenarios.
- 7.7. 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.
- 7.8. Competitors and their instructors are not to canvass any Assessor or Official.
- 7.9. Instructors will be held accountable for the conduct of their Teams.
- 7.10. A breach of the Code of Conduct by any Instructor or Team member can, at the discretion of the Director of Corporate Services, lead to the disqualification or suspension of the Instructor, Team or a Team member from the Challenge.

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 competitors and spectators. Dynamic risk assessments will continue throughout the challenge carried out by the

Assessors. Team members should immediately raise any safety concerns with the Assessors and the UKRO Fire Cadet Casualty Care Lead.

- 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. 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.
 - All non-proprietary equipment is accompanied by the relevant documentation.
 - The assessors have cleared the scenario and deemed it safe for the Team to start the assessment.
- 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 or by shouting 'Still'. Any activity carried out after the blowing of the whistle or shout, other than to ensure safety, will be penalised at the discretion of the assessors.
- 9.6. A member of a 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. Where PPE is being worn, if any item of the casualty's PPE is accidentally removed by a Team member, it must be replaced before work can recommence. If participants wish to remove any part of their PPE, they must inform the assessors as to why, and only continue to remove it if permission is given. Permission to remove PPE will be given on the basis that it is safe to do so from a health and safety perspective. Assessors will not advise whether or not the removal of any PPE was necessary until after the challenge has been completed. Removal of PPE without justification and approval 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 the scenario 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. A broad overview of the scoring sheets which are used by the Assessors will be posted on the UKRO website 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 together with additional points awarded for attending the workshop.
- 10.5. The points accumulated from undertaking the scenario (less any time penalties) and for attending the workshop will totalled and the Teams ranked from 1 to 12 in order with the Team with the highest number of point being ranked first.
- 10.6. In the event that two teams score identical points a count back will be conducted in the following order:
 1. The highest command score
 2. The highest technical score
 3. The highest workshop points

If the Teams are still on identical points after the count back the Teams will share the same ranking.

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:

- 1st Team
- 2nd Team
- 3rd 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 a fee of £100 (+ VAT) per Team is payable to UKRO to enter the Challenge. Individual FRSs are 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.
22. Team members should be able to provide an appropriate hand over of the casualties to the emergency services.