



TWO MOUNTAINS DISTRICT FIRST AID MEET

When: APRIL 10th, 2015

**Where: King's College Scandlon Gymnasium
149 North Main Street, Wilkes-Barre**

COST PER SCOUT:

\$10.00 per participant

Early Bird Special- \$6.00 per participant if paid on or before March 28th, 2015

Includes First Aid Meet Patch / Patrol Participation Ribbon / Refreshments / Awards

And a Special Prize for each Patrol's First Aid Kit!

(First Aid Meet patches are available to leaders/parents for \$1.00)

REGISTRATION: 6:30 PM (Please be on time)

- The First Aid Meet will begin at 7:00 PM.
- The First Aid Meet will conclude by 10:00 PM.
- Each patrol will be given a series of first aid scenarios based out of the BSA handbook. The proctors will score each patrol on TOTAL patrol participation, safety procedures, first aid knowledge, and skills.
- Troops may enter one or more patrols.
- Patrols should not be larger than 8 Scouts.
- Each patrol should bring a current BSA handbook.
- This meet is intended to be a fun and educational event. Please come with the Scouting Spirit of friendly competition.

All patrols participating must provide one volunteer (can be troop adult leaders and parents) to act as Proctors/ Evaluators/ Victims.

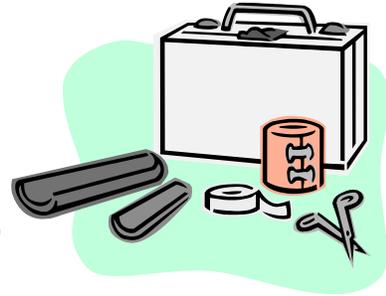
THANK YOU FOR YOU HELP AND ASSISTANCE!

TROOP # _____ PATROL NAME _____

What kind of first aid kit does your troop take on camping trips? A two patrol troop might have only one first aid kit. In a larger troop, however, each patrol should carry its own kit. A patrol kit should go on all patrol trips.

You can buy a kit, but why not make your own? Include at least the following items:

1. _____ Roller bandages, 2 inch (1)
 2. _____ Roller bandages, 1 inch (2)
 3. _____ Adhesive tape, 1 inch (1 roll)
 4. _____ Alcohol swabs (24)
 5. _____ Assorted adhesive bandages (Minimum of 20 bandages of at least 2 different sizes)
 6. _____ Elastic bandages, 3 inches wide (2)
 7. _____ Sterile gauze pads, minimum size of 3" X 3" (12)
 8. _____ Moleskin, minimum size of 3" X 3" per pad (4)
 9. _____ Gel pads for blisters and burns (2 packets)
 10. _____ Triple anti-biotic ointment (1 tube),
or 10 individual packets of Triple antibiotic ointment with
a minimum quantity of 0.5 grams per packet
 11. _____ Triangular bandages, (4)
 12. _____ Soap (1 small bar) or alcohol based sanitizing gel (1 travel size bottle)
 13. _____ Scissors (1 pair)
 14. _____ Tweezers (1 pair)
 15. _____ Safety pins (12)
 16. _____ Non-latex style exam gloves (6 pair)
 17. _____ Protective goggles / Safety glasses (1 pair)
 18. _____ CPR Breathing Barrier Device
 19. _____ Pencil and Paper
- _____ Total Points



Points awarded as follows:

One point if you have the item and one additional point if you have at least the minimum quantity listed.

Additional Items needed for events:

- 12" splints (2)
- 30" splints (2)
- Heavy duty style blankets (2)
- Four paper cups

Proctor's Name: _____

TWO MOUNTAINS FIRST AID MEET

Problem:

Your troop is attending the Two Mountains Polar Bear at Camp Acahela. Ryan Murray, our District Executive, is visiting your site for lunch. Hot dogs with all the fixings, chips, baked beans, and bug juice are being served. All of a sudden you notice that Ryan is grabbing at his throat and turning blue.

What do you do?

Solution

- Treat for **Choking**
- Ask Ryan if he is choking: “can you speak.” If he can, he has enough air to live.
- Encourage him to keep coughing to dislodge the food.
- Tell him to remain calm.
- Introduce yourself as being trained in First Aid Skills and ready to help him. This is to reassure him.
- If he ceases being able to cough, send for help, deliver 5 quick blows to the upper back. And if he still cannot breathe, then perform abdominal thrusts. These actions can be repeated.

SAMPLE PROBLEM