

# ACF & CCF FIRST AID COMPETITIONS

## Rules 2008

### Introduction

1. The ACF & CCF first aid competitions are military competitions supported by Brigades, Headquarters Land Command Cadets Branch and ACFA. They follow the same requirements and regulations as all other ACF/CCF activities. The purpose of first aid competitions is to take first aid out of the classroom and provide cadets with realistic and practical life saving skills. Competitions offer a simple and effective means to provide the practical training offered in every other area of cadet life. This gives cadets the confidence to act in an emergency and to effectively, safely and promptly deal with whatever emergency they are faced. First aid competitions are perhaps the most effective means of providing and developing leadership and team skills.

### County/Battalion Competitions

2. Eliminating competitions to select county teams may be held subject to local arrangements. It is sensible to follow a similar format to the regional/national events for eliminating and county/battalion events.

3. Counties may make their own arrangements to select teams for the regional competition, bearing in mind the requirements in paragraph 12. Each county and each contingent should be entitled to enter 2 teams in the regional event.

### Regional Competitions

#### Introduction

4. The ACF & CCF regional first aid competitions are military competitions managed by Brigades and supported by Headquarters Land Command Cadets Branch and the ACFA National First Aid Panel. They may be co-located with the ATC regional competitions.

5. Where not expressly stated and where applicable the national competition rules will apply to regional competitions.

6. Regional competitions may be hosted by the Brigade HQ, ACF county, CCF contingent, ATC Regional HQ or ATC Wing. The host unit will take full responsibility for all costs, risk assessments and administrative arrangements for the event. The competition organisation should include the County First Aid Training Officers within the region, a CCF liaison officer and the ATC Regional First Aid Instructor (Training) (RFAI(T)). The Area Staff Officer (First Aid) from the SCC should be invited or at least advised about the regional event. One person should be nominated as a contact point.

7. The regions for the purposes of the first aid competitions are:

Scotland	Northern Ireland
North East	North West
East Midlands	South West
East Anglia	West Midlands
Wales	London
South East	

8. The 6 regions of the ATC may co-locate with an appropriate ACF/CCF region. Each participating cadet force in a co-located event will provide commensurate resources.

9. Regional competitions should allow counties time to train and select teams, and hold eliminating competitions. They could be completed in sufficient time for the final planning of the National event and issue of administrative instructions in August. For these reasons the regional events should take place between 1 April and 31 July.

10. Regional competitions will comprise:

- a mandatory team test for all three team members of 10 minutes
- mandatory individual tests of 4 minutes for each of the three team members
- individual test for reserves (not to count in the results) at the discretion of the competition organiser

11. Tests are to be set, timed and marks allocated as for national competitions.

### **Qualifications of team members**

12. All team members must be enrolled cadets *aged under 18 on 30 November* (not the date of the regional event) in the competition year. Counties and contingents should ensure that all cadets entered for a regional competition are eligible for the national event should the team win the regional event (eg that team members are not signed up to join the regular army before the date of the national competition!). The purpose of the regional competition is to select the best team to represent the region in the national event and regional co-ordinators may disqualify teams that do not meet the spirit of this rule.

13. Team members should hold a recognised first aid certificate to take part in the *national* competition but this should not be a mandatory prerequisite (the purpose being to ensure that cadets get appropriate training for the national event).

### **Participation in Regional events**

14. Regional events should include:

- 2 ACF teams per county/battalion
- up to 2 CCF teams per contingent
- 2 ATC teams per wing where officially co-located (ie in 6 out of the 11 regions)
- guest teams including SCC to the extent they can be accommodated
- young adult teams – see paragraph

15. It may be convenient to 'stream' teams but this may not be necessary in a small event. If teams are streamed then all teams from the same service organisation must compete in the same stream and be marked by the same judges. Several service organisations might compete in one stream and ACF in another, depending on entries.

16. Whether teams are streamed or not, service organisations will not directly compete against one another. Each region will produce separate results for each service organisation. The winning ACF and CCF teams will be invited to compete in the national competition. Selection of ATC teams for their national competition whether from co-located events or from guest teams will be entirely the responsibility of Headquarters Air Cadets and regional co-ordinators should not indicate that ATC teams have a place in any national event.

### **Nominations**

17. The County First Aid Training Officer or CCF Contingent Commander (and RFAI(T) for co-located ATC events) must submit nominations for the regional competition to the regional co-ordinator in good time for the regional competition. Late bids are subject to the discretion of the

regional organiser but regional coordinators are asked to be flexible and to accommodate last minute bids if at all possible.

## **Young Adult Teams**

18. All regional competitions will provide the opportunity for young adult teams to compete. These may need to be limited to 1 per county etc subject to space. Young adult teams that go through to the inter services event must have competed in a regional competition. In practice, we expect only 1 or 2 teams, if any, from any one region. Young adults compete as a team of 2 plus a reserve.

19. Invited young adult teams will go from the regional event direct to the Inter Services event, co-located with the ACF and CCF National Competitions. Initially 3 places will be offered to each of ACF, CCF, ATC and SCC so not all winning young adult teams in regional events may be invited. If any service cannot provide 3 teams then the other services will be invited to enter further teams, if any, based on the regional results.

20. Young adult teams must be aged between 17 and 24 on 30 November in the year of the competition. Participants may be cadets or cadet force adult volunteers. Cadets aged 17 may therefore compete in either the cadet event or the young adult event. Counties etc are responsible for ensuring that any rules about separating cadets from adults, and special provision for young people under 18, are met.

## **Liaison with ACFA**

21. Marking sheets must be set or agreed by ACFA.

22. The regional competition nominated contact must send a copy of any warning order and the Competition Instruction to the National Competition Director at ACFA.

23. A copy of the results of the team test and 3 individual tests in the format advised must be submitted to the National Competition Director at ACFA immediately after the event.

24. The regional competitions will follow the same format, scoring and rules as the national competition where applicable.

## **National Competitions**

### **Introduction**

25. The ACF & CCF National First Aid Competitions are military competitions supported by Headquarters Land Command Cadets Branch and managed by the ACFA National First Aid Panel.

26. The competition consists of four categories:

- Category 1 - Army Cadet Force
- Category 2 - Combined Cadet Force
- Category 3 - Guest teams
- Category 4 - Young Adult teams

### **ACF Teams**

27. The winning ACF team from each regional competition will take part in the ACF National Competition.

28. The second placed ACF team in the regional competition will also be invited to the National Competition if the winning regional team are the current ACF National Champions or Inter-Services Champions.

### **CCF Teams**

29. CCF teams will represent a Service Section. Two of the three team members must be from that section (no restriction on the third team member or reserve).

30. A CCF team from each region may take part in the CCF National Competition. CCF teams will be selected from those CCF teams that compete in a regional competition. CCF teams may compete in other regions to obtain a place in the National event (where no other CCF team took part in the 'home' region) together with the host region CCF team. Where trophies and prizes are available to the CCF in the regional competition they will be awarded only to the best placed host region CCF team.

### **Other teams**

31. Teams in Category 3 take part in the National Competition by invitation and where possible should be given the opportunity to take part in a regional competition. Category 3 specifically includes teams from the SCC and St John Ambulance Cadets.

### **Young Adult Teams**

32. The National Competitions include the Inter Services event for young adult teams. Young adult teams follow the same rules as cadet teams where applicable and the specific rules for young adults in paragraphs 53-57.

### **Competition dates**

33. The National Competition will usually take place on the second Saturday in October.

### **Composition of teams**

34. Cadets will compete in the regional and National competitions in teams of three plus a reserve. Teams may comprise any combination of male and female cadets. Teams for the National competition should include at least 3 of the 4 team members from the regional event. A new reserve can be nominated. If at least 2 cadets and the reserve from the original regional team are not available consideration should be given to allowing the regional runner up team, if at least three of them are still intact, to represent the region at the national event but in any event the National Competition Director must be consulted and will make the final decision about regional representation in the National event. The purpose of this rule is to ensure that the strongest available team represents the region in the National event and to prevent the abuse of a complete or nearly complete change of team members between the date of the regional event and the National event. The places in the National competition are for the cadets who took part in the regional event and not for the county represented by the winning team.

### **Qualifications of team members**

35. All team members must be enrolled cadets *aged under 18* on 30 November in the competition year.

36. The standard and content of all competitions should be based on the Youth First Aid (ACF 2 Star) course and the protocols in the current edition of the voluntary aid societies first aid manual.

37. Team members should hold a recognised first aid certificate to take part in the National Competition. Recognised certificates include Youth First Aid, Activity First Aid, First Aid at Work or equivalent certificates.

## First Aid Skills

38. National competitions will comprise:

- team test for all three team members of 10 minutes
- individual test of 4 minutes for each team member
- individual test for reserves
- other concurrent activities determined by the competition organiser

39. For the team selected to represent the region in the National competition only the team test mark and the individual marks of the 3 team members will count (separate prizes may be given for other activities or overall marks) as shown below.

### Marking

40. Marks to determine the winning team in each category for the regional and National competitions should give equal weighting to the individual tests and team test and will be allocated as follows:

	Each test	Total
Team test	120	120
3 x Individual tests	40	120
<b>TOTAL</b>		<b>240</b>

41. The following is a guide to the allocation of marks for the team test but this will vary according to the particular injuries and scenario portrayed:

	<i>General</i>	<i>Casualty 1</i>	<i>Casualty 2</i>	<i>Total</i>
<i>Approach, assess situation, make safe</i>	10			10
<i>Primary survey (DRABC) and action</i>		16	16	32
<i>Diagnosis</i>		8	8	16
<i>Treatment of injuries</i>		21	21	42
<i>Disposal of casualties</i>	8			8
<i>Incident management</i>	12			12
<b><i>Total marks possible</i></b>	<b>30</b>	<b>45</b>	<b>45</b>	<b>120</b>

42. Individual tests should usually include only 1 casualty but should allocate marks in similar proportions.

43. Marks should be based on both how effective the competitor is and also how timely. It is possible that no marks may be scored for something done badly and too late. ***Half marks must not be awarded*** – marking is designed so that a decision must be made to give the mark or not. Where an item carries more than 1 mark then the number of marks given must again be based on both effective and timely action.

44. **Draws** In the event of a draw the team position will be decided by the best team result. If still a draw, by the team leader's result.

### National Competition Trophies & Prizes

45. **ACF Champions** ACF Regional Competition winners will compete in one stream. The ACF Champions will be based on the maximum score of 240 for the team test and three team members individual tests. The ACF Champion team and runner up team will represent the ACF in the Young Grand Priors Competition/Inter Services First Aid Championship. The ACF Champions will be

awarded a shield and Gold Medals for all 3 team members plus the reserve. Second and third teams will receive Silver and Bronze medals.

46. **CCF Champions** The CCF will compete in a separate stream from the ACF. The CCF Champions will be based on the maximum score of 240 for the team test and three team members individual tests. The CCF Champion team and runner up team will represent the CCF in the Young Grand Priors Competition/Inter Services First Aid Championship. The CCF Champions will be awarded a shield and Gold Medals for all 3 team members plus the reserve. Second and third teams will receive Silver and Bronze medals.

47. **St John Ambulance Cadets** St John Ambulance Cadet teams will compete in any stream. The SJA teams will compete for both the St John Ambulance Cup and the Combined Services Trophy. The SJA teams will be eligible to take part in the Young Grand Priors Competition only as winners or runners up in the Combined Services Trophy.

48. **National Colours** All participants are entitled to National First Aid Colours and will be presented with their Colours during the presentation of awards.

49. Full details about the current years arrangements for medals etc will be given in the Competitors Brief available on the day.

## The Combined Services Trophy Competition

50. The Combined Services Trophy is open to all ACF, CCF, SCC and SJA cadet teams. The total marks from all tests, including an additional activity (for all 4 team members) and the reserve test will determine the overall winner. The Combined Services medals may be awarded to the best placed teams *that have not already been awarded medals in the ACF and CCF Championship events*. This means, for example, that a team that win Bronze medals in the ACF or CCF Championship will not win further medals for their success in the Combined Services competition. The ACF and CCF Championship medals take precedence over the Combined Services competition. No cadet may be awarded more than one medal. The Combined Services Trophy will be awarded to the overall winning team.

51. The winner and runner up teams in the Combined Services Trophy competition, whether ACF, CCF, SCC or SJA will be invited to take part in the Young Grand Prior/Inter Services Competition if not already representing the ACF, CCF, SCC or SJA.

52. If the winner and runner up teams in the Combined Services Trophy competition have already been selected to compete in the Inter Services Competition through their own national competition then the next best placed teams will be selected.

## The Inter-Services Young Adult First Aid Championship

53. The Inter-Services Young Adult First Aid Championship will be co-located with the ACF and CCF National First Aid Competitions.

54. The event is open to teams of 3 young adults (2 team members and a reserve) that have competed in regional events. Age etc constraints are as in paragraph 20.

55. Initially 3 teams each will be invited from ACF, CCF, ATC and SCC. If any service organisation cannot find 3 teams from the regional events other services will be invited to enter additional teams based on the regional results.

56. All young adult teams will compete against each other for a single trophy and medals, but the best and second best placed team from each service organisation will be invited to participate in the Young Grand Prior Young Adult event.

57. Young adult teams will compete only in the team test (2 members) and individual tests (2 members plus reserve) – not in the Combined Services event. All marks will count (ie 120 plus 3 x 40). Teams of 2 may compete and may be selected for the Young Grand Prior Young Adult event but effectively will start with a 40 point penalty.

## **The Inter-Services Cadet First Aid Championship**

58. The ACF and CCF Cadet Champions and runners up will be invited to take part in the Inter-Services Cadet First Aid Championship together with the Combined Services, ATC, and SCC qualifying teams. The Inter-Services Cadet First Aid Championship is hosted by St John Ambulance and the Industry Steering Group as part of the Young Grand Prior Competition and usually takes place in November. The Inter-Services Cadet First Aid Trophy will be awarded to the winning Services cadet team. The Services Cadet teams will also compete against civilian teams for the Young Grand Prior Trophy.

59. The team of 3 cadets that compete in the Inter-Services Cadet First Aid Championship *must* have taken part in the National Competition as either team member or reserve. If for any reason this is not possible then the place may be offered to the next runner up team. The national competition director must be consulted about any change of team members. His decision is final.

60. The Inter-Services Cadet First Aid Championship will follow the rules laid down by St John Ambulance and the Industry Steering Group.

## **Young Grand Prior Young Adult Competition**

61. The Young Grand Prior Competition includes an event for young adults aged 17 to 24. Each service cadet organisation may enter the two best placed teams from the Inter Services Young Adult Competition. The team members may be cadets or adult staff. Teams comprise of just 2 team members and a reserve.

62. The services young adult teams will compete for the Young Grand Prior Young Adult Trophy.

63. Young adult teams must have taken part in a qualifying regional competition. The opportunity will be given for any such teams to take part in the National Competitions. Where possible county and regional competitions should also include young adult teams.