



August 22, 2018

DIVISION MEMORANDUM

No. 259, s. 2018

5TH PROVINCIAL RESCUELYMPICS 2018 FOR SECONDARY STUDENTS

To: **Chief Education Supervisors
Public Schools District Supervisors/
Principals/Head Teacher In-Charge of the District
Heads of Public and Private, Secondary and Integrated Schools
District DRRM Coordinators
All Others Concerned**

1. In light of the need to strengthen Disaster Risk Reduction and Management (DRRM) in education sector, the Province of Aklan through the Provincial DRRM Office will conduct the **5th Provincial Rescuelympics 2018 on September 12, 2018 at Aklan Sports Complex, Calangcang, Makato, Aklan.**
2. The Rescuelympics is designed to test the readiness and enhance the skills of the students on the different rescue methods through different scenarios.
3. A coordination meeting regarding the guidelines, cash prizes, special awards, participating teams and coaches was conducted and attended by the District DRRM Coordinators last August 15, 2018. It was agreed that each District who attended the meeting will send one participating team in any competition.
4. Please see the attached Manual/Judging Guidelines of the 5th Rescuelympics 2018 for your information. District DRRM Coordinators are advised to send all the requirements endorsed by the PSDS/PID/HTID on or before August 30, 2018 at the PDRRM Office, Kalibo, Aklan.
5. For clarification and other concerns, please see your District DRRM Coordinator or kindly reach us through Ms. Apple Gay M. Oquendo, Project Development Officer II, Division DRRM Coordinator via email address depedaklan.drm@yahoo.com and tel. no. 036-268-3097.
6. For the information and guidance of all concerned.

FOR THE SCHOOLS DIVISION SUPERINTENDENT:

JOSE NIRO R. NILLASCA
Education Program Supervisor
In-Charge, Office of the Assistant Schools Division Superintendent
In-Charge of the Division

/agmo

Province of Aklan

5th Rescuelympics 2018

**Inter-School Category
(HIGH SCHOOL)**

Aklan Sports Complex, Calangcang,
Makato, Aklan
September 12, 2018

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Background

1. The Province of Aklan should conduct an annual rescue competition.
2. The inaugural Provincial Rescuelympics was held in 2014 and followed annually.
3. The purpose of the Rescuelympics is to develop the skills and experiences of the different stakeholders for Emergency Response.
4. Last year the Inter Emergency Response Unit is added for the category of Responders who are not under LGUs
5. Another category is also added for the school (College and High School) to facilitate preparedness and enhance their capacity towards Disaster Risk Reduction and Management.

Planning Assistance and Governance

1. The Provincial Disaster Risk Reduction and Management Council (PDRPMC) shall be responsible for:
 - a. The development and ongoing review of competition management procedures.
 - b. Resolving all matters relating to the management of the competition.
 - c. The Executive of the PDRPMC shall brief the committee as required.
2. It is recommended the PDRPMC appoint a specific Event Manager to run the day-to-day planning of the initial logistics and communications around the event. As time progresses, specific delegations should then be made to specific positions, which may include; Chief Judge, Chief Safety Officer, Stand Manager, and other positions as may be required to safely and efficiently manage the event.

Aim and Objectives

1. The aim of the competition is to provide a unique opportunity for Schools in the Province of Aklan, to come together in a learning forum in a spirit of friendly competition.
2. The objectives of the competition are to:
 - a. Foster excellence and innovation in emergency response;
 - b. Provide a forum for learning through the exchange of emergency response techniques and ideas;
 - c. Promote a spirit of cooperation and friendly competition amongst participants;
 - d. Select the best participating team.

Awards

The following awards apply for the competition:

1. Plaque and Cash Prize and will be awarded to the winning and runner-up teams amounted to:
 - a. 1st Place: P20,000.00
 - b. 2nd Place: P15,000.00
 - c. 3rd Place: P10,000.00
 - d. Eight (8) Runner-Up Teams worth P5,000.00 each.
2. Special awards and Cash prize worth P3,000.00 will also be presented for:
 - a. Best in Knot Tying
 - b. Best in Emergency Rescue & Transfer Relay
 - c. Best in Bandaging
 - d. Best in Fire Suppression
 - e. Best in Basic Life Support

Challenge Skills

1. Challenge stands should be designed to test teams in the application of rescue and response skills and techniques.
2. Other skills that may be tested are First Aid.
3. Additionally, each stand should provide an opportunity for reconnaissance and information gathering skills, leadership and team management to be demonstrated.

First Aid

1. The primary focus of the competition is emergency response and first aid.
2. Stands involving the first aid management of casualties shall have scoring sheets specific to that stand.
3. Assessment must be to the current National Standards.

Challenge Concept and Design

The overall operational concept, scenario and detailed design of the challenge should be:

- a. Teams should arrive at a stand at the commencement of the working time- frame, and will be provided with a short situational briefing. This may be provided by an umpire, a responder (e.g. police officer), or a member of the public. A briefing should be provided to the person given.
- b. Stand timings will take into account the working time, debriefing time and travel time between stands. Each stand must be achievable within the action phase of the stand timing.
- c. Challenge stands must be designed and managed so that team leadership and teamwork, decision-making and tactics, team performance and overall techniques used are all assessed rather than the judging of individual handbook drills.

- d. To ensure consistency for each team, stands must be set up with the same casualties, judges, equipment and props. In the event that a judge / casualty is unable to continue their role in the challenge, the stand timing must be stopped until the replacement person has been fully briefed and prepared to perform their role by the chief judge and stand manager.

Number of Challenge Stands

1. The competition should be designed wherever practical, with one stand more than there are competing teams, thus allowing the judges to have an opportunity to observe some of the Events.
2. Regardless of the number of competing teams, there shall be a minimum of five [5] Challenge stands and one Education stand

Stand Duration

As a guide, each stand in a competition should be based on a 20-minute maximum time block. Each time block is made up of four phases.

These are:

- Briefing and action phase, 15 minutes;
- Judges feedback 5 minutes, travel to next stand, rest stand if in between.
- 5 minutes reset time is allowed before commencement of the next stand.

Sense of Urgency

Whilst the competition is a challenge, teams are expected to employ that same sense of urgency that they would during a real operation.

Judges and Judging

The following points relate to judges and judging:

- a. A chief judge must be appointed for the challenge. He or she shall arbitrate in the event of any dispute.
- b. Judges are to be provided with a copy of the judging guidelines prior to the challenge.
- c. Judges are to be given a full brief at prior to the challenge. This brief must include a walkthrough of the stand they are judging.
- d. A minimum of two [2] judges shall be appointed for each stand.
- e. Every team participating in a stand must be assessed by the same panel of judges to ensure consistency in scoring. In the event that a judge is unable to continue their role in the challenge, the replacement judge must be fully briefed and prepared by the chief judge and stand manager before commencing their role.
- f. It is imperative that teams receive feedback immediately following their completion of each stand. The feedback is to assist the team to learn from the experience. It is also an opportunity for the judges to focus on those aspects in which a team has done particularly well. At no time are the judges permitted to give any indication as to the score that a team may have received.

Scoring the Stands

1. The score sheet must be used in all Competitions.
2. The following general points relate to scoring challenge stands:
 - a. Each stand in the challenge must be allocated the same scoring points value or be scaled to the same value.
 - b. Each judge is to complete a separate score sheet. Therefore, each stand should have at least 2 score sheets per team.
 - c. Judges may not be able to see all operations in a scenario which poses difficulties in objectively judging a team against all sections of the score sheet. To this end, each judge should only be required to complete the sections of the score sheet that they have been nominated to judge. Areas not scored due to reasons such as the judge was not positioned to witness a part of the action such as briefing should be ruled off and a comment noted explaining why it wasn't scored. If one team is not scored for this reason then all teams must not be scored in this section by this judge.
 - d. Judges must make written comment on the score sheet where appropriate to amplify the score allocated. One of the aims of the challenge is continuous learning and to this end, the comments of the judges are vital in allowing the team to develop.
 - e. Each judge's score is final and will not be altered by any other person.
 - f. In the event of a tied score, a count-back of all scores for 'rescue techniques' will be conducted to decide the outright winner and runner up. In the unlikely event that the score is still tied, a count-back of all scores/time for 'Fire Suppression' will be used to resolve the issue.

The Scoring Centre

1. A scoring center should be established at the challenge headquarters. The functions of this center are to:
2. receive the score sheets at the completion of each stand, ensuring that the correct number of sheets is received and that all are correctly completed
3. confirm the score calculations on each sheet
4. add the total scores on each judge's sheet to provide a final team score for the stand
5. enter the scores on the master score database
6. rank the scores and total all the ranking to all stand to get the outright winner
7. Ensure that the scores for all stands are highlighted to expedite the award of the prizes.

Safety

Safety is everybody's responsibility.

1. The following safety procedures must be complied with:
 - a. Judges are responsible for the overall safety at rescue stands. However, on specific stands, a separate (non-judging) safety officer may be appointed. Judges and safety officers must also pay particular attention to the individual safety of challenge casualties.
 - b. Whilst live casualties should be used on all rescue stands except where CPR is required in which event a live casualty should be used right up to the moment of commencement of breaths and/or compressions when a CPR dummy should be substituted
 - c. All judges and other challenge stand management personnel must wear appropriate personal protective equipment.
 - d. If at any time it is the opinion of a judge or appointed safety officer that a significant safety problem exists with the potential to create harm to any person on or near the stand, they shall give the command **STOP** and/or a single, long whistle blast. With this signal, all members of the team and other persons on or near the stand will immediately cease any action and stand still. The judge issuing the **STOP** call will then explain the safety breach to the team leader and ensure that it is rectified.
 - e. Each **STOP** call will result in the deduction of ten [10] points from the score sheet. Only one judge should record the stop on a score sheet.
 - f. Where repeated safety **STOP** commands are issued and it is the opinion of all judges on the stand that the team is unable to continue in a safe manner, the judges will terminate the stand. In such a case, the chief judge shall be notified as soon as practicable, the team will score no points, and the judges will provide a full and detailed debriefing. If time permits judges should take the opportunity to demonstrate correct practice so as to allow for learning and development to occur.
 - g. Judges must exercise caution to ensure that a **STOP** call does not make a safety problem worse.
 - h. Stand timing will not be stopped during rectification of a safety problem caused by the team. At the judges' discretion, the clock may be stopped where the team is not at fault.
2. Only the participating team, casualties, supporting actors, the judges and personnel specifically approved by the chief judge (such as photographers) may be present within a stand perimeter during challenge play.

Emergency Response Capability

An emergency response capability is to be available at all times during the conduct of the competition.

Team Composition

Specific details relating to team composition are:

- a. Each District is only permitted to register one [1] team in any competition.
- b. Each School should select their team carefully with respect to a member's fitness and health.
- c. The team composition must be composed of Secondary School Students enrolled from Grade 7-12 and properly guided by teacher in charge as official coach.
- d. Each competing team may send more than ten (10) participants as long as they will be responsible for the logistical needs of personnel.

Personal and Team Equipment

1. **All team members must wear or carry** the following items of Personal Protective Equipment (PPE) which comply with safety standards but not limited to:

Primary (Must)

- a) **Shoes (slippers are not allowed)**
- b) **Uniform**
- c) **Helmet – Preferably with chin strap**
- d) **Gloves**
- e) **Safety glasses or goggles**
- f) **Bandages**
- g) **Fire Extinguishers 20 lbs**

Secondary (optional)

- a) Water bottle
 - b) Pocket knife
 - c) Wet weather clothing
 - d) Note Book, Pen and or pencil
 - e) Sun hat
 - f) Whistle
 - g) Towel
2. In addition to PPE, other related equipment may be carried as long as it is not directly hamper the competition.
 3. Competing teams will not be permitted to bring to the competition any other equipment other than that indicated above except for use in the equipment display stand.

Spectators, Officials and Media

Wherever it is practicable and safe to do so, access should be provided to safe viewing areas for spectators, officials and the media. Spectators should be managed to ensure that 'stand' information is not relayed to competitors.

Travel and Accommodation

Agencies (participants) are each responsible for making their own arrangements and covering their expenses for travel to and from the challenge venue.

Catering and Support

Catering (meals and snacks) will be organized on the following basis:

- a. The Schools will shoulder their own meals for the entire duration of the event. Logistical support such as equipment's may be borrowed from PDRRMO or MDRRMOs.
- b. The Province will be responsible for providing catering and support to victims, judges and support staff.

Attachments

Competition Judging Guidelines to be provided:

- a. Basic Life Support (BLS)
- b. Bandaging
- c. Emergency Rescue and Transfer
- d. Knot Tying

Requirements

- a. Medical Certificate of Player
- b. Parent's Consent
- c. List of Players per District

Deadline for submission of requirements:

August 30, 2018 to be submitted at PDRRMO, Kalibo, Aklan



BLS COURSE

1 and 2 Rescuer Adult CPR and AED Skills Sheet



Name		Date of Test	
Skill Step	Critical Performance Criteria	<input checked="" type="checkbox"/> check if done correctly	
Role as First Rescuer Skills Evaluation: Evaluate the student's ability to initiate BLS and deliver high quality CPR for 5 cycles.			
1	ASSESES: Check for scene safety and victim's responsiveness.		
2	If unresponsive, calls for nearby HELP and activates emergency response system via mobile device (if appropriate). Get AED and emergency equipment (or send someone to do so.)		
3	Assesses for breathing and pulse simultaneously for no more than 10 seconds		
4	GIVES HIGH QUALITY CPR:		
	• Proper hand placement (center of the victim's chest / 1 hand over the other on the lower half of the sternum)	Cycle 1	
	• ADEQUATE RATE: at 100-120/min (delivers each set of 30 chest compressions in 15-18 sec)	Cycle 2	Time:
	• ADEQUATE DEPTH: Delivers compressions at least 2 inches - 2.4 inches in depth (at least 23 out of 30) (5 - 6 cm).	Cycle 3	
	• ALLOWS COMPLETE CHEST RECOIL (at least 23 out of 30)	Cycle 4	
	• MINIMIZES CHEST INTERRUPTIONS for no more 10 seconds: gives 2 breaths with mouth to mouth (pocket mask/ face shield if available) avoid excessive ventilation by giving one breath in one second just enough to make the chest rise.	Cycle 5	
5	• Reassesses for breathing and pulse after 5 cycles for no more than 10 seconds		
Role as Second Rescuer AED Skills Evaluation			
1	Second rescuer arrives with the AED and bag valve mask device. Second rescuer operates the AED. Presses the Power button.		
2	Selects appropriate AED pads and Attach pads correctly		
3	Stays clear off the victim for the rhythm analysis		
4	Stays clear off the victim and presses the Shock button		
Bag-Mask Ventilation (The two rescuers switch roles)			
	SECOND RESCUER gives 30 compressions aftershock delivery (5cycles/ 2 minutes)		
	FIRST RESCUER successfully delivers 2 breaths with bag-mask device (5cycles/ 2 minutes)		
Recovery Position			
	Places the victim in recovery position, if revived		

Test Results	CPR Skills	P	NR
	AED Skills	P	NR
	BVM Skills	P	NR

Instructor		Date Signed	
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BLS COURSE
1 and 2 Rescuer Infant BLS and CPR Skills Sheet



Name	Date of Test		
Skill Step	Critical Performance Criteria	<input checked="" type="checkbox"/> check if done correctly	
1 RESCUER SKILLS EVALUATION: Evaluate the student's ability to initiate BLS and deliver high-quality CPR for 5 cycles.			
1	Assesses for scene safety and victim's responsiveness		
2	If unresponsive, calls for nearby HELP and activates emergency response system via mobile device (if available) Gets AED, if available and emergency equipment (or sends someone to do so)		
3	Assesses for breathing and pulse simultaneously for no more than 10 seconds		
4	GIVES HIGH QUALITY CPR:		
	• Proper hand placement (Two finger technique; 1 finger breadth below nipple line at the center of the chest)	Cycle 1	
	• ADEQUATE RATE: At 100-120/min (delivers each set of 30 chest compressions in 15-18 sec)	Cycle 2	Time:
	• ADEQUATE DEPTH: Delivers compressions at least one third the depth of the chest (about 1 ½ inches (4 cm) at least 23 out of 30)	Cycle 3	
	• ALLOWS COMPLETE CHEST RECOIL (at least 23 out of 30)	Cycle 4	
	• Minimized chest compression interruptions for no more than 10 seconds : Gives 2 breaths with mouth to mouth (pocket mask face shield if available) Avoid excessive ventilation by giving one breath in one second just enough to make the chest rise.	Cycle 5	
5	• Reassesses for breathing and pulse after 5 cycles for no more than 10 seconds		
Bag Valve Mask Ventilation			
	• Second rescuer arrives with bag valve mask device		
	• SECOND RESCUER gives 15 compressions in 9 seconds or less by using 2 thumb-encircling hands technique (for 10 cycles)	X	X
	• FIRST RESCUER delivers 2 breaths successfully with bag-mask (for 10 cycles)		
After 10 cycles, prompt rescuers to switch roles			
	FIRST RESCUER gives 15 compressions in 9 seconds or less by using 2 thumb-encircling hands technique (for 10 cycles)		
	SECOND RESCUER delivers 2 breaths successfully with bag-mask (for 10 mask)	X	X
Recovery Position			
	Places the victim in recovery position, if revived		

Test Results	CPR Skills	P	NR
	BVM Skills	P	NR

Instructor		Date Signed	
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BLS COURSE
Adult FBAO Management and Rescue Breathing Skills Sheet



Name	Date of Test	
Skill Step	Critical Performance Criteria	<input checked="" type="checkbox"/> check if done correctly
Foreign Body Airway Obstruction Management		
1	Assesses for scene safety and establishes authority.	
2	Asks "Are you choking?"	
3	If victim verbalizes yes, encourage the victim to cough	
4	If victim nods, stand to the side and slightly behind the victim. Support the chest with one hand and lean the victim well forward.	
5	Gives initial 5 back slaps between the shoulder blades with the heel of other hand checking after each if the obstruction has been relieved.	
6	If unsuccessful, give up to 5 abdominal thrust. Stand behind the victim who is leaning forward put both arms around the upper abdomen and clench one fist grasp it with the other hand and pull sharply inwards and upwards	
7	Continue 5 abdominal thrusts until successful or the victim becomes unconscious	
8	If the victim becomes unconscious, carefully lay down the victim on the floor and call for help	
9	Starts 30 chest compressions	
10	Checks oral cavity and administers 1 rescue breaths. If air bounces back, retilts the head and gives the second rescue breath	
11	Continue 30 chest compressions until foreign object is visible or expelled. If visible, performs finger sweep	
12	Check patency of airway by giving 2 rescue breaths	
13	Check for pulse and breathing simultaneously. If with pulse and breathing, places the victim in recovery position.	
Rescue Breathing (in case infant has inadequate or no breathing with pulse)		
1	Gives one rescue breath every 5-6 seconds for 24 cycles (2 minutes)	
2	Reassesses for breathing and pulse simultaneously	
3	If victim has inadequate or no breathing with pulse, repeat procedures 1 and 2	
4	If with pulse and breathing, places victim in recovery position	

Test Results	FBAO	P	NR
	RB Skills	P	NR

Instructor		Date Signed	
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BLS COURSE
Infant FBAO Management and Rescue Breathing Skills Sheet



Name	Date of Test	
Skill Step	Critical Performance Criteria	<input checked="" type="checkbox"/> check if done correctly
Foreign Body Airway Obstruction Management		
1	Assesses for scene safety and establishes authority.	
2	Assesses for signs and severity of foreign body airway obstruction	
3	Calls for Help	
4	Positions the infant in prone on the rescuer's lap supported by the hand and forearm and gives 5 back slaps between shoulder blades using heel of one hand	
5	Positions the infant in supine on the rescuers' lap supported by the hand and forearm and gives 5 chest thrusts using the 2-finger techniques	
6	Checks the oral cavity for visible foreign object every after 5 back slaps and 5 chest thrusts	
7	Repeats the procedures 3 and 4 until the foreign object is visible or expelled. If visible, performs finger sweep	
8	If infant becomes unconscious , starts 30 chest compressions and follow up help	
9	Checks oral cavity and administers 1 rescue breath. If air bounce back, retilts the head and gives the second rescue breath.	
10	Continue 30 chest compressions until foreign object is visible or expelled. If visible, performs finger sweep.	
11	Checks patency of airway by giving 2 rescue breaths	
12	Checks for pulse and breathing simultaneously. If with pulse and breathing , place the infant in recovery position	
Rescue Breathing (in case infant has inadequate or no breathing with pulse)		
1	Gives one rescue breath every 3-5 seconds for 40 cycles (2 minutes)	
2	Reassesses for breathing and pulse simultaneously	
3	If infant has inadequate or no breathing with pulse , repeat procedures 1 and 2	
4	If with pulse and breathing , places infant in recovery position	

Test Results	FBAO	P	NR
	RB Skills	P	NR

Instructor		Date Signed	
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2nd Floor Trade Hall Building, Capitol Grounds Kalibo, Aklan, Tel Nr: (036) 268-7420 Hotline 168

Bandaging Relay

1. There shall be a maximum of 10 Players per team
2. Each player shall have to pick a bandaging technique in a box
3. Each Player shall be given 30 seconds to perform the said problem.
4. The Problem will be the injuries sustained of the patient.
5. The Bandaging Technique shall be applied to the victim at point B which is 50 ft away from the team.
6. After Applying the player shall have to return to Point A and must perform a 'High Five' to the next player that will perform
7. The more correct applications the more points to be accumulated.
8. Point will be basis for the ranking.
9. There will be penalties for the following: (2 points each)
 - Started without the command of umpire/judge
 - Failure to apply the correct application on time
 - Failure to Apply Correct Square Knot
 - Incorrect application (also loses the point for the problem)
 - Dropped Bandage
 - Disregarding victim's safety to avoid added injuries.
 - Failure to perform High Five to team mate before proceeding.

Needs:

Timer, Judge, Bandages, scoresheets, Flag/marker, Problem c/o mam sig



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7.2. Event No.2 – Rescue and Transfer Relay Operation

7.2.1. Performing Team shall be composed of thirteen (10) Players and One (1) Victim (with a minimum weight of 40 kgs.). The main objective of this event is to perform a Rescue Operations with relay race at a distance of 400 meter performing the following rescue carries:

- a. Carry in Arms
- b. Four-Hand-Seat
- c. Bearer's Along Side
- d. Four Man Carry

7.2.2. At the start, all rescuers shall take their respective position according to the result of the draw lots.

7.2.3. At the **Starting Line**, the first rescuer shall position himself at a distance of 10 feet from the victim. Replacement of rescuer after the start of this event proper would be allowed with an **additional 60 seconds** penalty.

7.2.4. When the tournament official signals "GO" (by a **WHISTLE**), the rescuer shall start to run towards the victim at the **Rescue Point No.1** shall perform the **CARRY IN ARMS** rescue technique and proceed to **Rescue Point No. 2**. Properly unload and lay down the victim. Said rescuer shall tap the hands (high-fives) of any of the Second performers.

7.2.5. The two rescuers from **Relay Point No. 2** shall perform the **FOURHAND SEAT** rescue technique and proceed to **Rescue Point No. 3**. Properly unload and lay down the victim. Said rescuers shall tap the hands (high-fives) of any of the Third rescuers.

7.2.6. The three rescuers from **Rescue Point No. 3** shall perform the **BEARER'S ALONG SIDE** rescue technique and proceed to the **Rescue Point No. 4**. Properly unload and lay down the victim. Said rescuers shall tap the hands (high-fives) of any of the Fourth rescuers.

7.2.7. The four rescuers from **Rescue Point No. 4** shall perform the **FOUR-MAN CARRY** rescue technique and proceed to the **Finish Line** and properly unload the victim.

7.2.8 At the **FINISH LINE**, all rescuers facing each other shall raise their both hands to indicate the end of their performance. Simultaneously the clock will be stopped. Failure to stand and raise their both hands within 10 seconds the team will carry a penalty max. of 5 minutes.

7.2.9 Penalties:

Sixty [60] seconds penalty for the wrong type of carry executed during the play.

Ten [10] seconds penalty/ies shall be given for every violation/s committed by the rescuer/s. Said penalty/ies shall be added to the team's performance time as follows:

Event No.2 – Rescue and Transfer Relay Operation

7.2.9 Penalties:

Sixty [60] seconds penalty for the wrong type of carry executed during the play.

Ten [10] seconds penalty/ies shall be given for every violation/s committed by the rescuer/s. Said penalty/ies shall be added to the team's performance time as follows:

1. False Starting /Stepping on the Line
2. Every improper handling of victim
3. Victim Fall (all kinds of carries)
4. Rescuer Fall (carry in arms)
5. Helmet fall (Rescuer or Victim)
6. Improper execution of the Fireman's Carry Rescue Techniques.
7. Improper execution of the Carry in Arms / Lover's Carry Technique
8. Improper execution of the Four-Hand Seat Rescue Technique
9. Improper execution of the Bearer's Along Side
10. Improper execution of the Four Man Carry Rescue Technique
11. Improper loading and unloading of the victim, this includes wrong positioning of rescuer/s including the victim upon reaching and unloading at the designated dropped-off area.
12. Former rescuer's failure to tap the next Rescuer's **hands ("high fives")** after unloading the victim at the designated area.
13. Former rescuer's failure to provide proper assistance to the next rescuer
14. Absence of command and improper execution of rescuers
15. **Not in synchronize** movements of the rescuers
16. Official Team Coach's violation in assisting the player/s or holding/touching the personnel, equipment/accessories.
17. Any part of the victim's body which touches the ground (during rescue operations)
18. **Disregarding victim's safety to avoid added injuries.**

Needs:

Timer, judge, markers



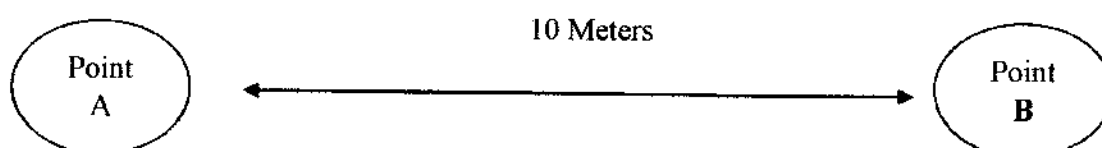
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Knot Tying Relay

1. The Team will be composed of 10 persons
2. Each Team will be given 15 Problems
3. All players will position at Point A.
4. One after another players will be asked to draw from 15 problems.
5. They will be then Given 10 seconds to apply the correct application of the problem to point B which is 10 meters away from point A.
6. The next player shall not be allowed to proceed to point B if his team mate is not yet back in Point A.



7. The more correct Applications the more points will be earned.
8. Ranking will be done according to the points earned.

Needs:

Ropes

Timer