



Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS
SCHOOLS DIVISION OF AKLAN

April 15, 2024


DIVISION MEMORANDUM
No. 149, s. 2024

9TH PROVINCIAL RESCUELYMPICS 2024

To: OIC, Office of the Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
Principals/Head Teacher-In-Charge of the District
Senior/Education Program Specialists
District DRRM Coordinators
Heads of Public Elementary/Integrated/Secondary Schools
All Others Concerned

1. The Provincial Disaster Risk Reduction and Management Office (PDRRMO) will be conducting the 9th Provincial Rescuelympics 2024 on April 17, 2024, at Aklan Sports Complex, Calangcang, Makato, Aklan.
2. Please see attached Rescuelympics 2024 Manuals of every event, on-the-spot poster-making contest guidelines, and medical certificate.
3. Travel and other related expenses of the participants shall be charged to the school MOOE and other available local funds subject to usual government accounting and auditing rules and regulations.
4. Immediate dissemination and compliance with this Memorandum are desired.

FOR THE SCHOOLS DIVISION SUPERINTENDENT:


ROLANDO I. DEMOCRITO
Administrative Officer V
In-Charge of the Division

Encl.: As stated
Reference:
To be included in the Perpetual Index
Under the following subjects:

TRAINING PROGRAM

SCHOOLS

CIU





DR. FELICIANO C. BUENAFE, JR., CESO VI,
 SCHOOLS DIVISION SUPERINTENDENT
 Numancia, Aklan

Dear **Dr. Buenafe,**

Greetings!

The Province of Aklan is proud to invite your school to the **9th Provincial Rescuelympics 2024** to be held on **April 17-19, 2024** at **Aklan Sports Complex, Calangang, Makato, Aklan.**

The province of Aklan is no stranger to the negative effects and tragedies brought about by various natural and human induced hazard. The Rescuelympics is designed to test the readiness and enhance their skills on the different rescue methods into different scenarios. There is no limit for the number of delegation provided that they are responsible in providing transportation and meals of their delegates. The number of players will be determined according to the given scenario. All players must be enrolled from Grade 7 – Grade 12 of the school and properly guided by teacher in-charge as Official Coach. Please be at the **venue at 7:00 AM.**

Cash prizes will be awarded to teams as motivation and to get prepared for any emergency or disaster. Prizes are as follows:

Rescuelympics

Champion	-	P 30,000.00
1 st Place	-	P 20,000.00
2 nd Place	-	P 10,000.00
Consolation Prize-		P 5,000.00

Poster Making Contest
 Elementary and High School

1 st	-	P 5,000.00
2 nd	-	P 4,000.00
3 rd	-	P 3,000.00
Consolation Prize-		P 500.00

Furthermore, may we request the presence of your authorized representative for the orientation of guidelines on April 1, 2024 at 2:00 PM held at PDRRMO, 2nd Floor Trade Hall Building, Capitol Compound, Kalibo, Aklan.

For inquiries please call our office at **telephone number 268-7420** or **09999246939** and look for **Ma. Zobel M. Ostan-Timbas.**

Thank you very much.

Very truly yours,

MANUEL JAYFRE M. JIZMUNDO
 LDRRMO IV



Province of Aklan

Rescuelympics 2024

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

Aklan Sports Complex, Calangcang,
Makato, Aklan
April 17, 2024

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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

4. The Provincial Disaster Risk Reduction and Management Council (PDRRMC) 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 PDRRMC shall brief the committee as required.
5. It is recommended the PDRRMC 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

6. 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.
7. 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

8. The following awards apply for the competition:
 - a. Plaque will be awarded to both the winning and runner-up teams.
 - b. A '**Best in Water Search and Rescue** with knot tying' award will also be presented to the team that achieves the highest score.
 - c. A '**Best in First Aid Scenario**' award will also be presented to the team that achieves the highest score in that stand.
 - d. A '**Best in Survival Relay**' award will also be presented to the team that achieves the highest score in that stand.
 - e. A '**Best in Fire Suppression**' award will also be presented to the team that achieves the highest score in that stand.
 - f. A '**Best in Basic Life Support**' award will also be presented to the team that achieves the highest score in the stand.
 - g. There are Sixteen (16), 5,000php, consolation awards.

Challenge Skills

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

First Aid

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

Challenge Concept and Design

15. 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.
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Number of Challenge Stands

16. 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.
17. Regardless of the number of competing teams, there shall be a minimum of five [5] Challenge stands and one **Education stand**

Stand Duration

18. 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 10 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

19. 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

20. 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

21. The score sheet must be used in all Competitions.
 22. 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
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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 'First Aid' 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

23. A scoring center should be established at the challenge headquarters. The functions of this center are to:
24. 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
25. confirm the score calculations on each sheet
26. add the total scores on each judge's sheet to provide a final team score for the stand
27. enter the scores on the master score database
28. rank the scores and total all the ranking to all stand to get the outright winner
29. Ensure that the scores for all stands are highlighted to expedite the award of the prizes.

Safety

24. **Safety is everybody's responsibility.** 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.
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- 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.
25. 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

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

Team Composition

27. Specific details relating to team composition are:
- a. Each District is only permitted to register one [1] team in any competition.
 - b. Each District 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 or Senior High School Students and coached by their Teacher.
 - 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

28. **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)

- 1. Shoes (slippers are not allowed)
- 2. uniform
- 3. Helmet – Preferably with chin strap
- 4. Gloves
- 5. Safety glasses or goggles
- 6. First Aid Supplies
- 7. Fire Extinguishers 20 lbs
- 8. 20 pcs Egg
- 9. 10 pcs chicken noodles
- 10. 6 pcs Splints
- 11. 5 pcs pingpong balls
- 12. 1 pcs small kaldero

13. 1 posporo/lighter
14. 6 pcs kahoy
15. half galon of water

Secondary (optional)

- Water bottle
 - Pocket knife
 - Wet weather clothing
 - Note Book, Pen and or pencil
 - Sun hat
 - Whistle
 - Towel
29. In addition to PPE, other related equipment may be carried as long as it is not directly hamper the competition.
 30. 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

31. 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

32. Agencies are each responsible for making their own arrangements and covering their expenses for travel to and from the challenge.

Catering and Support

33. Catering (meals and snacks) will be organized on the following basis:
 - a. The District 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.

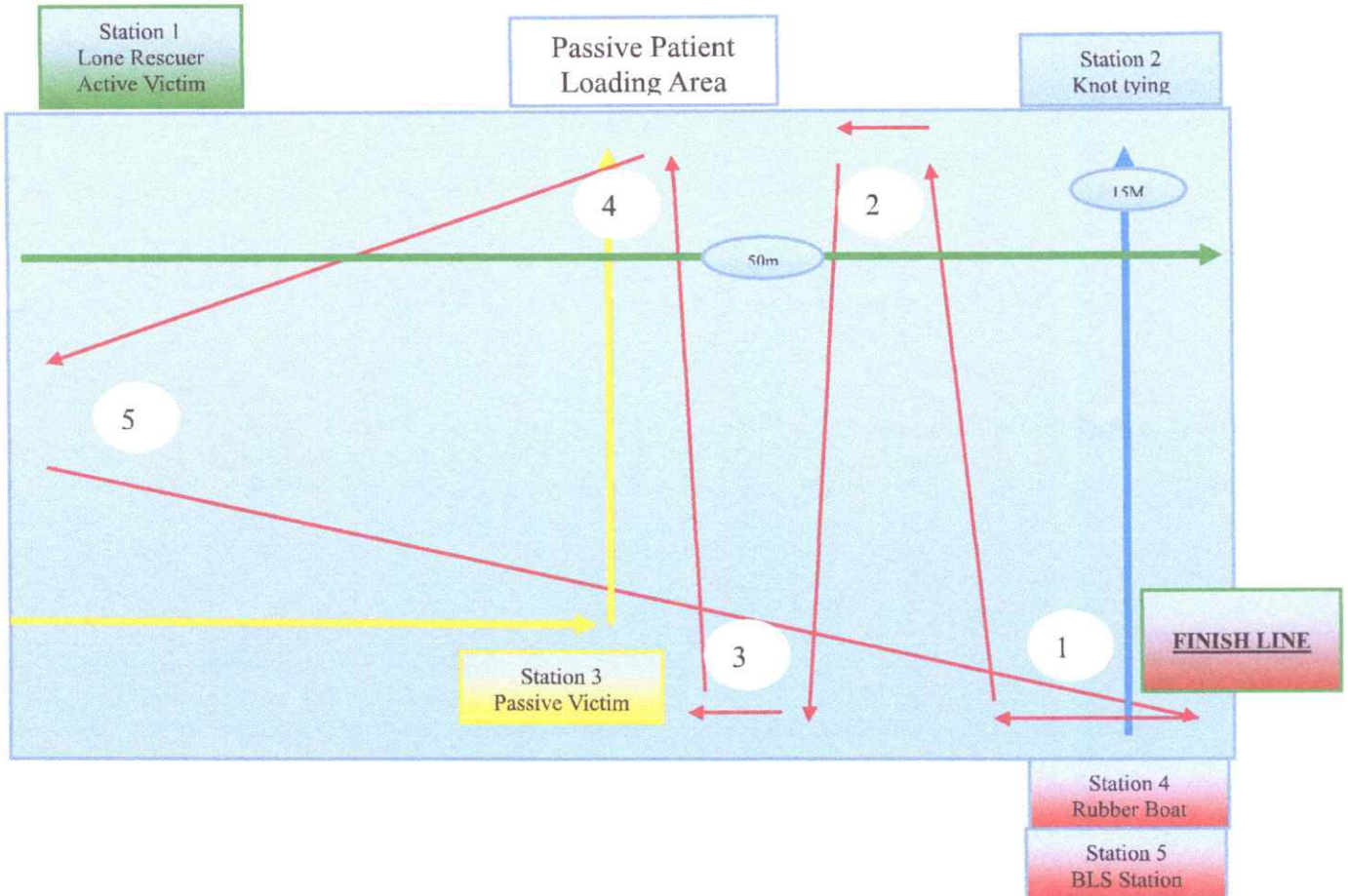
Attachments

'A' COMPETITION Judging Guidelines to be provided:

- a. BLS
- b. WASAR

WASAR

SCENARIO: RELAY Demonstration



STATIONS	Participant	UMPIRE	TIME	SCORING
Base 1 Life Guard Rescue of Active Victim	1	Coast Guard PDRRMO	2 minutes	20 points
Base 2 Underwater Knot Tying bowline square knot clove hitch	1		2 minutes	20 points *deduction of 3 points every surfacing of the contestant
Base 3 Group Rescue of Passive Victim	4		3 minutes	20 points
Base 4 Row Boat Rescue of Nonresponsive Victim	6 (with 2 females)		6 minutes	20 points
Base 5 Basic Life Support *1 cycle CPR	10 (with 2 females)	PDRRMO	2 minutes	20 points

MECHANICS

Time Limit: **15 minutes maximum time**

CRITERIA:

1. 10 Members per team with at least 2 female player.
2. The 2 Females will be part of the competing team in Base 4 and 5.
3. No age limit.
4. Swimwear is allowed.
5. Use of Flippers is not allowed.
6. In Group Rescue (Base 4 and 5) all team members should all wear PPEs.
7. In 1 cycle CPR additional Deduction will be given if not proper
8. All applications will be graded under the following

Execution	Team Cooperation	Equipment	Time management	Order of Execution
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SET UP: PDRRMO

- ✓ Established Safety Line

OFFICIALS:

Safety Officer –PCG/ PDRRMO

NO. OF PERSONNEL

PRIMARY RESPONDERS - 10

OFFICIAL LOGISTIC/EQUIPMENTS:

1. PVC Pipe, diameter 2 inches, 3 feet long - PDRRMO
2. Nylon Rope no. 18, 6 meters/Team - PDRRMO
3. Whistles - PDRRMO
4. Bouy - PDRRMO
5. Rescue Tube - PDRRMO
6. Paddle (6) - PDRRMO
7. Life Jackets - PDRRMO
8. Helmets - PDRRMO
9. Rubber Boats (2) - PDRRMO

PARTICIPANT LOGISTICS/EQUIPMENTS NEEDED PER TEAM:

1. Googles - 5
2. Swimming Mask - 1
3. Spine Board with Strap
4. Nylon Rope no. 18, 6 meters only
5. BLS PPEs (AED not included) for all team members

NO. OF VICTIMS: 2

PDRRMO – 2

- ✓ Passive (Non-responsive)
- ✓ Active



Republic of the Philippines
Department of the Interior and Local Government
BUREAU OF FIRE PROTECTION
AKLAN PROVINCIAL OFFICE – REGION VI
3rd Floor Escalona-Leyson Bldg.,
Roxas Ave. Ext., Andagao, Kalibo, Aklan
Telephone/Fax Num: (036) 268-2140
E-mail: bfpr6opfmaklan@gmail.com



AKLAN DAY RESCUELYMPICS 2024

MECHANICS

1. General Guidelines

- a. The game shall be called KNOT TYING and FIRE EXTINGUISHMENT Relay;
- b. The Office of the Provincial Fire Marshal of Aklan, in coordination and cooperation with the Provincial Government of Aklan through its Provincial Disaster Risk Reduction and Management Offices (PDRRMO-Aklan) shall facilitate the conduct of the relay;
- c. The game shall be conducted in the following categories:
 - i. High School
 - ii. College
 - iii. MDRRMO
- d. Every participating team shall be composed of 7 members without prejudice to sex, gender preference, ethnicity, religion, and political affiliation;
- e. Each participating team should fill up the entry form provided by the BFP containing among others the following: Name of team, full name, address, age, gender, and telephone number. The form must be submitted to the Game Secretariat before the relay officially commences;
- f. All members are required to submit individual "Waiver" before the relay officially commences. Strictly no team member shall be allowed to join the relay without the required document;
- g. No replacement is allowed during the relay proper;
- h. Team with an incomplete number of required members shall be deemed disqualified;
- i. BFP Aklan relay facilitators has the right to terminate the game of every participating team if found to be unsafe or unruly;
- j. The decision of the Board of Judges is final and not appealable.

2. Administration of Relay (Fire Fighting Skills Relay for College, High School Category)

- a. The relay will be held on April 17, 2024 at 9:00 o'clock in the morning at Aklan Sports Complex, barangay Calangcang, Makato, Aklan;
- b. All team members must be accounted for at the starting line before the start of the relay.
- c. On the signal "Start" from the designated umpire of BFP, time will start. All team members shall wear their Personal Protective Equipment (Goggles, Helmet, and Gloves), and will raise their hands when done. Upon completion and on the "green flag" from the Umpire, all team members will proceed to the next staging Area No. 2 (Knot Tying).
- d. Upon reaching Staging Area Number 2 (SA2), Player 1 will individually pick a piece of paper from the Umpire with corresponding knot to perform. After completing the knot, green flag will be raised by the Umpire, then Player 1 will run through an obstacle(s) and be back to the starting line of SA2 for the next player to perform. After all members have completed the task, the "green flag" will be raised by the umpire, and the team will proceed to the next Staging Area no. 3 (Lashing). (SA3)
 - i. Types of Expected Knots to be performed.
 1. Seat Harness
 2. Square knot
 3. Clove hitch
 4. Cow hitch
 5. Figure of 8
 6. Over hand knot
 7. Bowline
 8. Lifeline (applied on the player's body)
 9. Emergency Harness
 10. Double Fisherman's Knot
- e. Upon reaching Staging Area no. 3, one (1) member from the team will be the victim and position himself/herself at the spine board, and the rest of the members will perform lashing. When its done, the "green flag" will be raised and members will carry the victim to the Staging Area no. 4 (SA4).
- f. Upon reaching Staging Area no. 4, Players will lower the victim and untie him/her from the spine board. On the signal Proceed, a player will wet the bath towel in a designated bucket of water, and proceed towards the designated fire pit, PASSING THROUGH AN OBSTACLE and extinguish the fire using the wet bath towel on hand with safety precaution. After extinguishment utilizing wet bath towel, he/she will go back to Staging Area 4 to tap the next player who will perform Extinguishment using Fire Extinguisher, ALSO, PASSING THROUGH AN OBSTACLE.
- g. On the extinguishment of fire using fire extinguisher, all members of the team will now go back to the starting line and will conduct accounting of

members. Once all the members are accounted, the umpire will raise the green flag, then the team leader will sound the bell to stop the time. End of Relay.

- h. The team with the lowest incurred time and penalties will be declared the winner.

3. Administration of Relay (Fire Fighting Skills Relay for MDRRMO Category)

- a. The relay will be held on April 19, 2024 at 9:00 o'clock in the morning at Aklan Sports Complex, barangay Calangcang, Makato, Aklan;
- b. All team members must be accounted for at the starting line before the start of the relay.
- c. On the signal "Start" from the designated Umpire of BFP, time will start. All team members will wear their Personal Protective Equipment (Goggles, Helmet, and Gloves), and will raise their hands when done. Upon completion and on the signal "Proceed" from the Umpire, all team members will proceed to the next staging Area No. 2 (Knot Tying).
- d. Upon reaching Staging Area Number 2 (SA2), Player 1 will individually pick a piece of paper from the Umpire with corresponding knot to perform. After completing the knot, green flag will be raised by the Umpire, then Player 1 will run through an obstacle(s) and be back to the starting line of SA2 for the next player to perform. After all members have completed the task, the "green flag" will be raised by the umpire, and the team will proceed to the next Staging Area no. 3 (Lashing).
 - i. Types of Expected Knots to be performed.
 1. Seat Harness
 2. Square knot
 3. Clove hitch
 4. Cow hitch
 5. Figure of 8
 6. Over hand knot
 7. Bowline
 8. Lifeline (applied on the player's body)
 9. Emergency Harness
 10. Double Fisherman's Knot
- e. Upon reaching Staging Area no. 3, one (1) member from the team will be the victim and position himself/herself to the spine board, and the rest of the members will perform lashing. When its done, the "green flag" will be raised and members will carry the victim to the Staging Area no. 4.
- f. Upon reaching Staging Area no. 4, Players will put down the victim and untie it from the spine board. On the signal Proceed, All players will position themselves for the Bucket Relay with their own designated *refiller, thrower and runner*. From the water source to the empty container, a specific water level must be reached by the team before they can proceed to the next

stage. After completing the task, and upon the go signal of the umpire, 1 player will proceed to the next stage, staging area 5 (SA5)

g. In this stage (SA5) a player will wet the designated bath towel in a designated bucket of water, and proceed towards the designated fire pit, **PASSING THROUGH AN OBSTACLE** and extinguish the fire using the wet bath towel on hand with safety precaution. After extinguishment utilizing wet bath towel, said player will go back to Staging Area 4 to tap (any member of the team), and upon clearing (from the umpire) a "Green flag" signal will be given and all team members will now go back to the starting line and will conduct accounting of members. Once all the members are accounted for the umpire will raise green flag, then the team leader will sound the bell to stop the time. End of Relay.

h. The team with the lowest incurred time will be declared the winner.

4. Materials Needed

1. Burning Pits (2 pcs)
2. Bath Towel size 30" x 60" (Highschool and College Category only)
3. Buckets 15 pcs (MDRRMO)
4. Empty Blue Drums (3 pcs)
5. Flaglets (green and red, 10 pcs each color)
6. Ropes 3m (8pcs)
7. Goggles**
8. Knitted Gloves**
9. (Industrial) Helmets**
10. Ladder/GI pipe 1in diameter x 10ft.
11. Spine board (per team)
12. Fire Extinguishers (2pcs, 10 Lbs) ** (MDRRMO only)
13. Pencils
14. Score Sheets
15. Gasoline (25L)
16. Diesel (25L)
17. Fire Engine Fuel (40L Diesel)

*(** to be provided by the playing team)*

Recommending approval:

SFO1 Paulo Vicente M Neptuno
Chief, Special Operations Section

Approved/Disapproved:

FSUPT PUBLIO D PLOTEÑA, DSC
Acting Provincial Fire Marshal-Aklan



Adult FBAO Management and Rescue Breathing Skills Sheet

TEAM		Date
TIME ENDED		TIME ENDED
Skill Step	Critical Performance Criteria	
Foreign Body Airway Obstruction Management		
1	Assesses for scene safety and establishes authority.	2
2	Asks "Are you choking?"	2
3	If victim verbalizes yes, encourage the victim to cough	1
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.	1
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	1
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	1
7	Continue 5 abdominal thrusts until successful or the victim becomes unconscious	2
8	If the victim becomes unconscious , carefully lay down the victim on the floor and call for help	2
9	Starts 30 chest compressions	2
10	Checks oral cavity and administers 1 rescue breaths. If air bounces back, retilts the head and gives the second rescue breath	1
11	Continue 30 chest compressions until foreign object is visible or expelled. If visible, performs finger sweep	2
12	Check patency of airway by giving 2 rescue breaths	1
13	Check for pulse and breathing simultaneously. If with pulse and breathing, places the victim in recovery position.	1
SUB TOTAL		19
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
2	Reassesses for breathing and pulse simultaneously	1
3	If victim has inadequate or no breathing with pulse , repeat procedures 1 and 2	2
4	If with pulse and breathing , places victim in recovery position	1
SUB TOTAL		6
TOTAL		25

Judge		Date Signed	
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Infant FBAO Management and Rescue Breathing Skills Sheet

Name		Date	
TIME STARTED		TIME ENDED	
Skill Step	Critical Performance Criteria		
Foreign Body Airway Obstruction Management			
1	Assesses for scene safety and establishes authority.	2	
2	Assesses for signs and severity of foreign body airway obstruction	1	
3	Calls for Help	2	
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	1	
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	2	
6	Checks the oral cavity for visible foreign object every after 5 back slaps and 5 chest thrusts	1	
7	Repeats the procedures 4 and 5 until the foreign object is visible or expelled. If visible, performs finger sweep	2	
8	If infant becomes unconscious , starts 30 chest compressions and follow up help	2	
9	Checks oral cavity and administers 1 rescue breath. If air bounce back, retilts the head and gives the second rescue breath.	1	
10	Continue 30 chest compressions until foreign object is visible or expelled. If visible, performs finger sweep.	1	
11	Checks patency of airway by giving 2 rescue breaths	2	
12	Checks for pulse and breathing simultaneously. If with pulse and breathing , place the infant in recovery position	1	
		SUB TOTAL	18
Rescue Breathing (in case infant has inadequate or no breathing with pulse)			
1	Gives one rescue breath every 2 - 3 seconds for 60 cycles (2 minutes)	2	
2	Reassesses for breathing and pulse simultaneously	2	
3	If infant has inadequate or no breathing with pulse , repeat procedures 1 and 2	2	
4	If with pulse and breathing , places infant in recovery position	1	
		SUB TOTAL	7
		TOTAL	25

Judge		Date Signed	
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1 and 2 Rescuer Infant CPR Skills Sheet

Name		Date	
TIME STARTED		TIME ENDED	
Skill Step	Critical Performance Criteria		Score
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	3	
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)	2	
3	Assesses for breathing and pulse simultaneously for no more than 10 seconds	2	
4	GIVES HIGH QUALITY CPR:		
	<ul style="list-style-type: none"> • Proper t hand placement (Two finger technique; 1 finger breadth below nipple line at the center of the chest) 	2	
	<ul style="list-style-type: none"> • ADEQUATE RATE: At 100-120/min (delivers each set of 30 chest compressions in 15-18 sec) 	2	
	<ul style="list-style-type: none"> • 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 	2	
	<ul style="list-style-type: none"> • ALLOWS COMPLETE CHEST RECOIL (at least 23 out of 30) 	2	
	<ul style="list-style-type: none"> • 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. 	2	
5	<ul style="list-style-type: none"> • Reassesses for breathing and pulse after 5 cycles for no more than 10 seconds 	2	
SUB TOTAL		19	
Bag Valve Mask Ventilation			
	<ul style="list-style-type: none"> • Second rescuer arrives with bag valve mask device 	1	
	<ul style="list-style-type: none"> • SECOND RESCUER gives 15 compressions in 9 seconds or less by using 2 thumb-encircling hands technique (for 10 cycles) 	1	
	<ul style="list-style-type: none"> • FIRST RESCUER delivers 2 breaths successfully with bag-mask (for 10 cycles) 	1	
SUB TOTAL		3	
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)	1	
	SECOND RESCUER delivers 2 breaths successfully with bag-mask (for 10 mask)	1	
SUB TOTAL		2	
Recovery Position			
	Places the victim in recovery position, if revived	1	
SUB TOTAL		1	
TOTAL		25	

Note:

1. Rescue Breaths/Rescue Breathing must be administered using the Bag-Valve Mask (BVM) with the rest of the procedures such as mouth to mouth and the use of adjunct i.e. mouth to pocket mask to be included in the discussion with precautions on IPC.
2. For one rescuer and in the absence of the BVM, Hands-only CPR must be resorted to.

Judge		Date Signed		
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1 and 2 Rescuer Adult CPR and AED Skills Sheet

Name		Date of Test	
Skill Step	Critical Performance Criteria		
Role as First Rescuer Skills Evaluation: Evaluate the student's ability to initiate BLS and deliver high quality CPR for 5 cycles.			
1	ASSESESSES: Check for scene safety and victim's responsiveness.	3	
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.)	2	
3	Assesses for breathing and pulse simultaneously for no more than 10 seconds	1	
4	GIVES HIGH QUALITY CPR:		
	<ul style="list-style-type: none"> • Proper hand placement (center of the victim's chest / 1 hand over the other on the lower half of the sternum) 	1	
	<ul style="list-style-type: none"> • ADEQUATE RATE: at 100-120/min (delivers each set of 30 chest compressions in 15-18 sec) 	2	
	<ul style="list-style-type: none"> • Adequate depth: Delivers compressions at least 2 inches not to exceed 2.4 inches (5 - 6 cm) in depth (at least 23 out of 30) 	1	
	<ul style="list-style-type: none"> • ALLOWS COMPLETE CHEST RECOIL (at least 23 out of 30) 	1	
	<ul style="list-style-type: none"> • 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. 	2	
5	<ul style="list-style-type: none"> • Reassesses for breathing and pulse after 5 cycles for no more than 10 seconds 	1	
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	
2	Selects appropriate AED pads and Attach pads correctly	2	
3	Stays clear off the victim for the rhythm analysis	2	
4	Stays clear off the victim and presses the Shock button	2	
Bag-Mask Ventilation (The two rescuers switch roles)			
	SECOND RESCUER gives 30 compressions aftershock delivery (5cycles/ 2 minutes)	1	
	FIRST RESCUER successfully delivers 2 breaths with bag-mask device (5cycles/ 2 minutes)	1	
Recovery Position			
	Places the victim in recovery position, if revived	1	
TOTAL		25	

Note:

3. Rescue Breaths/Rescue Breathing must be administered using the Bag-Valve Mask (BVM) with the rest of the procedures such as mouth to mouth and the use of adjunct i.e. mouth to pocket mask to be included in the discussion with precautions on IPC.
4. For one rescuer and in the absence of the BVM, Hands-only CPR must be resorted to.

Judge	Date Signed	
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Republic of the Philippines
OFFICE OF THE GOVERNOR



PROVINCIAL DISASTER RISK REDUCTION AND MANAGEMENT OFFICE
2nd Floor Trade Hall Building, Capitol Grounds, Kalibo, Aklan, Tel Nr: (036) 268-7420 Hotline 168

EVENT GUIDELINES

General Guidelines

1. The event shall be called Survival Relay Challenge with total of 100 points.
2. The Provincial TWG shall be responsible for facilitating the game
3. The game will be with the following category:
 - a. Inter High School
 - b. Inter College
4. Participating teams shall be composed of 10 participating members with **AT LEAST 2 FEMALE** contenders in the team.
5. The strict implementation of gender equality shall be observed for this event.
6. There is only 1 entry for every participating district/college for the event.
7. All players are required to comply with the requirements based on ground rules as stated in the manual.
8. No replacement of players during relay proper
9. Only materials as listed in this guidelines are allowed to be brought during event proper.
10. Decision of event judge is final. 2 judge each station.

Requirements:

1. All participants must wear inner dress (sando, shorts, ladies inner shirt and ladies shorts).
2. All participants must wear long sleeve, long pants, and closed shoes for protection
3. 10 pcs eggs (1 each player)
4. 5 pcs chicken noodles
5. 6 pcs 3 ft splints
6. 2 pcs pingpong balls
7. 1 pc small kaldero
8. 1 posporo/lighter
9. 10 pages old news paper
10. 6 pcs fire wood (kahoy pang gatong)
11. Half gallon of water in blue container with faucet
12. Blanket (double size)

Process:

1. All teams will start in the starting area with all the requirements stated above.
2. All teams must finish all relay stations set by organizers to gain points.
3. The point system is based on the proper applications on skills stations required.
4. Time will also be considered in scoring system.
5. Good Luck and Enjoy.



MANDATE:

This office perform the mandated duties and responsibilities as stipulated in R.A. 10121 and General Ordinance No. 2016-005, an ordinance institutionalizing the Disaster Risk Reduction and Management System of Aklan.

VISION:

A prepared, equipped and vigilant Aklanon that is resilient to natural and human-induced hazards or disasters.

MISSION:

The Provincial Disaster Risk Reduction and Management Office aimed to help the community in the effective preparation and response to various hazards and danger during the occurrence of disasters and calamities.

SERVICE PLEDGE:

To provide emergency services and public assistance during or immediately after a disaster in order to save lives, reduce health impacts, ensure public safety and meet the basic needs of the people affected.

FRONTLINE SERVICES:

- **24/7 Emergency/Disaster Response**
-Provision of Emergency/ Disaster Response
- **24/7 Emergency Response**
-Provision of 24/7 Emergency Response (Medical and Trauma)
- **Patient Transport**
-Provision of service to patients who needs to be transported to other hospitals or residence.

DRRM TRAINING COURSES:

- Standard First Aid Training
- First Aid Symposium
- Basic Life Support Training
- Hand Only CPR Training
- SRR Training
- Rope Rescue Training
- Water Safety Training
- ICS Orientation
- CBDRRM Training
- Contingency Plan Formulation
- RDANA Training
- Formulation, Enhancement and Updating of DRRM Plan

STAND: FIRST AID

(Guidelines for Secondary and Tertiary)

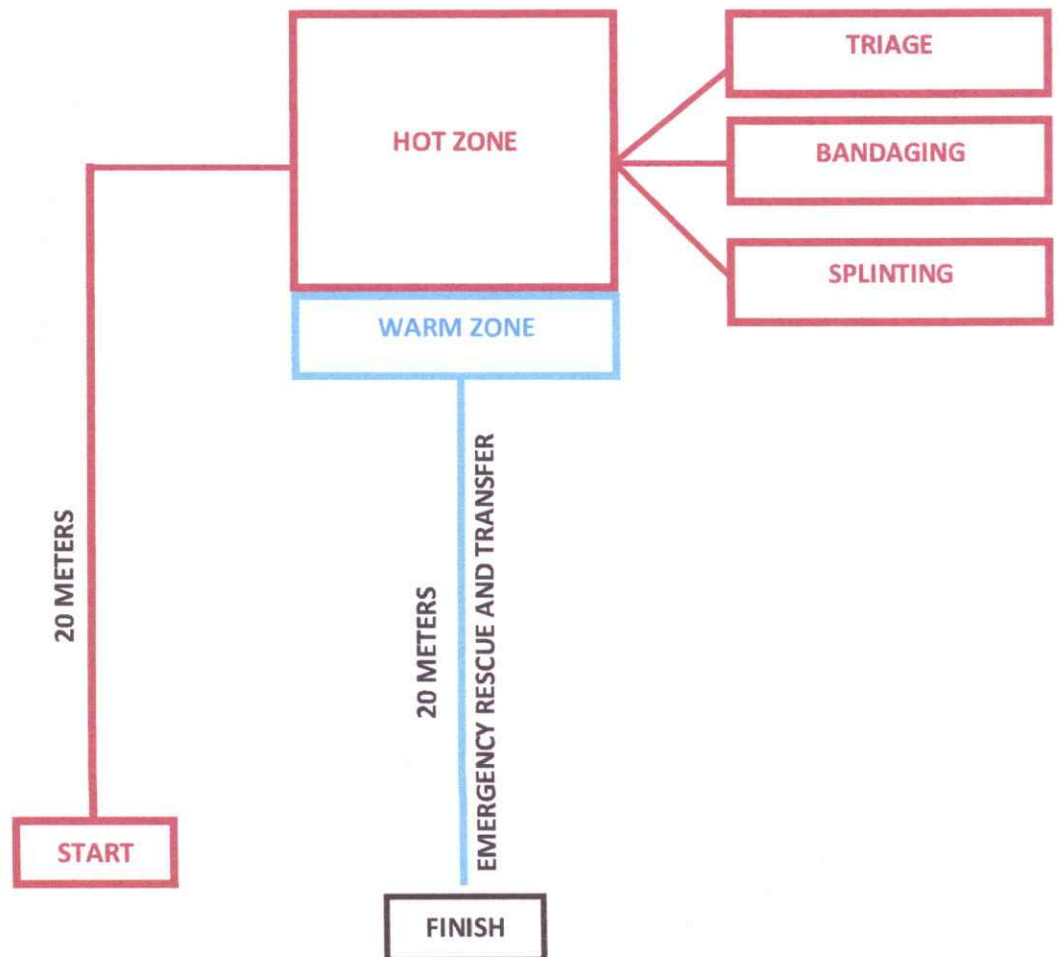
Requirements:

- Personal Protective Equipment
- 10 participants (8 male and 2 female)
- Total Time: 15 mins

Equipment:

- Trauma kit
- Kendricks' Extrication Device (KED)
- Cervical Collar
- Triage Kit
- Splints
- Spine Board

Scenario: A Vehicular collision transpired along the Provincial Road of Sitio Pang-Pang Calangcang Makato Aklan, involving a tricycle with three (3) victims including its driver, and a Motorcycle in which both the driver and passenger are injured.





AKLAN PROVINCIAL RESCUELYMPICS ON-THE-SPOT POSTER MAKING CONTEST GUIDELINES

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MECHANICS

1. The contest is open to all 18 Districts of Aklan Province. Each District must have **1 representative for Elementary and one (1) secondary**.
2. Registration starts at 8:00 AM. The student's school ID must be presented upon registration.
3. The poster must illustrate, interpret, and emphasize the theme. The **specific theme will be announced on the day of the contest**.
4. The posters will be drawn on a **24" x 36" canvass** for Secondary and **16"x20" canvass** for Elementary The board will be provided at the venue.
5. Participants must bring their **own brand of paint and paint brushes**. (**POSTER PAINTS** for Elementary and **ACRYLIC PAINTS** for Secondary).
6. Participants will be given **four 4 HOURS** to complete their posters. The participants will be held accountable for any issues that may arise with regards to the originality and authenticity of the design.
7. Total Points of this contest will to be added to the Total Scores earned by their respective Districts in the other Stands.
8. The winning posters will also be framed and to be displayed at the Aklan Capitol Lobby.

CRITERIA

The criteria for judging will be as follows:

- Creativity and Presentation** _____ 40%
- Originality** _____ 30%
- Relevance to the theme** _____ 30%

PRIZES

At the end of the program, the top three (3) posters will be awarded with the following:

- First place:** Php 5,000 + Certificate
- Second place:** Php 4,000 + Certificate
- Third place:** Php 3,000 + Certificate
- Consolation prize:** 500 + Certificate





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MEDICAL CERTIFICATE

This is to certify that _____
(Name and Designation)

is physically and medically fit to participate for 9TH Aklan Provincial Rescuelympics and -

1. has no heart and respiratory problems,
2. No symptoms of Covid-19,
3. Not considered as a direct contact or High risk contact of a Positive Covid-19 Case
4. not on the "family way" or pregnant (female only), and
5. has no contagious disease.

_____, M..D.
(Signature over printed name)
License No. _____
PTR No. _____
_____, 20__