



# SURF LIFE SAVING AUSTRALIA FIRST AID COMPETITION

CARNIVAL:	Australian Surf Life Saving Championships 2018
VENUE:	TRIGG SLSC
AGE CATEGORY:	To be used for U15 only
CLUB/TEAM NAME:	
ADJUDICATOR:	

SCORING VALUES FOR MARKING SHEETS			
0 = Failed to act / Incorrect action	1 – 2 = Partial Treatment	3 – 4 = Competent Treatment	5 – 6 = Excellent Treatment

**Patient No. 1 Injuries: Heat Exhaustion and Soft Tissue Injury Right Ankle**

SCORING FOR PRIMARY SURVEY - SURF SPORTS MANUAL (35 <sup>th</sup> Ed) 3.6.7(c)(i)	
<b>ONLY MARK</b>	0 = Failed to check or act in the primary/initial survey    1 - 2 = Checked or acted in the primary/initial survey

Patient No. 1 Injuries: Heat Exhaustion and Soft Tissue Injury Right Ankle	Initial Assessment Primary Survey	Judge A	Judge B	Judge C	Score Wx1
Universal Infection Control	Minimum-gloves and changing with Patients				
Approach to the Patient	Identify self as First Aider				
Response	Yes > Conscious				
Airway	Clear				
Breathing	Present				
Circulation	Present				
Obtain consent	Requested				
Obtain Initial History of incident	Have been competing for club in 2k run				
Life Threatening Injury/Condition	As you find it				
<b>Subtotal</b>					

### Treatment – 3.6.7(c)(iii)

All treatments for U15's will reflect the current SLSA "PUBLIC SAFETY and AQUATIC RESCUE MANUAL", along with any updates.

Patient No.1 Injuries: Heat Exhaustion and Soft Tissue Injury Right Ankle	Treatment - 3.6.7(c)(iii)	Judge A	Judge B	Judge C	Score Wx3
<i>Heat exhaustion</i>	Lie the patient down and keep the patient in the shade				
	Loosen and remove excess clothing				
	Moisten the skin with a damp cloth or gently spray the patient with water				
	Cool the patient by fanning them				
<i>Soft Tissue Injury</i>	If the patient is fully conscious get them to sit up and sip water or a commercial sports drink slowly.				
	<b>Rest</b> Have the injured person sit or lie down with the injured part supported carefully. Minimise movement of the injured area.				
	<b>Ice</b> Apply ice packs covered by a towel or clothing or cold compresses for 5 – 15 minutes. Reapply for 5-15 minutes when the area becomes hot or pain recurs.				
	<b>Compression</b> Wrap a compression bandage around the injured area.				
	Check that the circulation is present beyond the bandage to ensure it is not too tight. Also check the colour, warmth, movement and sensation in the area above and below the compression bandage.				
	<b>Elevation</b> Raise the injured area above the level of the patient’s heart if possible.				
	<b>Referral</b> Refer to an appropriate health care professional				
	<b>Do No Harm</b> for the next 48-72 hours – no heat, no alcohol, no running and no massage				
<b>Subtotal</b>					

Patient No.1 Injuries: Heat Exhaustion and Soft Tissue Injury Right Ankle	Patient Assessment Body Check - 3.6.7(c)(ii)	Judge A	Judge B	Judge C	Score Wx1
<b>Patient Assessment or Body Check.</b> The rescuer uses their senses to look, listen, feel and smell as the patient is being examined. The rescuer: - <b>LOOKS</b> for bleeding, skin colour and condition and deformity. <b>FEELS</b> for deformity, texture, swelling and temperature. <b>SMELLS</b> the patient's breath and other odours to form an impression of other problems the patient may have.		<b>DO NOT WRITE ACROSS GREY BOXED AREA</b>			
<b>1. Neck up over head and down across face</b> - <b>Spine</b> - check for abnormalities, swelling of the soft tissues of the neck. <b>Scalp</b> - lacerations, swelling, indentations - fractures. <b>Ears</b> - discharge blood or fluid. <b>Eyes</b> - redness, irritation, and foreign bodies, pupils for size fix and follow. <b>Nose</b> - damage and bleeding. <b>Mouth</b> - loose teeth, bleeding. <b>Skin</b> - bruising.	Pale face				
<b>2. Shoulders and front of Chest, Abdomen and Pelvis including ribs</b> - <b>Skin</b> for lacerations, penetrating wounds and colour. <b>Chest</b> check for equal movement of chest wall during breathing. <b>Pelvis</b> check for abnormal movement and fractures and pain on movement or handling <b>Erection</b> in males may indicate spinal injury.	Nil				
<b>3. Front and Back of Upper limbs - Shoulder Blades</b> check for deformity, discolouration, unusual or lack of movement. Check the <b>skin</b> for needle marks. Check the movement of <b>joints</b> and <b>fingers</b> for injury, pain on movement and handling.	Nil				
<b>4. Front and Back of Lower limbs.</b> - Check the <b>ankle</b> and <b>knee</b> joints for injuries or deformities. Check the <b>skin</b> for cuts, abrasions and bruising. Determine if there is pain on movement and handling. Check for deformity of the lower limbs.	Swelling, pain, tenderness and discolouration to the right ankle.				
<b>5. Back</b> - Abnormal spinal appearance may indicate a <b>spinal injury</b> . Check the <b>skin</b> for lacerations. DO NOT move the patient if you suspect a spinal injury.	Nil				
<b>Subtotal</b>					

<b>Patient No. 1 Injuries: Heat Exhaustion and Soft Tissue Injury Right Ankle</b>	<b>Secondary Assessment - SAMPLE Previous Medical History - 3.6.7(c)(ii)</b>	<b>Judge A</b>	<b>Judge B</b>	<b>Judge C</b>	<b>Score Wx1</b>
Signs and Symptoms	As per injury				
Allergies	Bees				
Medications	Epipen				
Previous Medical History	Anaphylaxis				
Last Meal	0600hrs				
Events Preceding	Competing for club in 2k run				
<b>Subtotal</b>					

<b>Patient No. 1</b>	<b>Checks and Vital signs 1st Check/Set - 3.6.7(c)(ii)</b>	<b>Judge A</b>	<b>Judge B</b>	<b>Judge C</b>	<b>Score Wx1</b>
Pulse / Circulation rate	Pulse - 90				
Breathing/ Respiratory rate	Breathing - 24				
Skin colour	Pale				
Skin Temperature	Cool and Clammy				
Consciousness State	Conscious				
<b>Subtotal</b>					

<b>Patient No. 1</b>	<b>Checks and Vital signs 2nd Check/Set - 3.6.7(c)(ii)</b>	<b>Judge A</b>	<b>Judge B</b>	<b>Judge C</b>	<b>Score Wx1</b>
Pulse / Circulation rate	Pulse - 80				
Breathing/ Respiratory rate	Breathing - 20				
Skin colour	Pale				
Skin Temperature	Cool and Clammy				
Consciousness State	Conscious				
<b>Subtotal</b>					

<b>Patient No. 1</b>	<b>Patient Management</b>	<b>Judge A</b>	<b>Judge B</b>	<b>Judge C</b>	<b>Score Wx1</b>
Confidence in managing Patient - 3.6.7(c)(v)	First Aider's confidence				
Glove removal & waste disposal - 3.6.7(c)(v)	Correct procedures followed				
Documentation - 3.6.7(c)(iv)	Legible, clear and concise				
Judge's discretionary comments:					
<b>Subtotal</b>					

<b>Patient No. 1 TOTAL</b>					
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