

First Aid & Toboggan

Competition Manual



INTRODUCTION

This Manual and guide is prepared in order to assist in the general planning and preparation of a first aid and toboggan competition, and involves two main areas of responsibility:

- 1) First Aid and Toboggan competition;
And
- 2) Administration and operation of the overall competition.

The responsibility of the competition presentation is the Competition Coordinator, Mountain Division under the direction of the Vice President of Operations, Mountain Division. Reporting to this position are the coordinators of the first aid problem, the toboggan race, as well as the competition coordinators of the zone or ski area hosting the competition.

The following sections will outline in detail the responsibilities and duties of each coordinator as well as the administrative and operational aspects of a competition which need to be completed in order to ensure a successful first aid and toboggan competition.

AIMS AND OBJECTIVES

The chief objective of the annual competition is to encourage all of the zones of Mountain Division to continue upgrading and enhancing their first aid and toboggan

The terrain of these areas ranges from very moderate to extremely difficult with snow

handling skills and to demonstrate these skills at the competition.

Mountain Division should try to establish a serious atmosphere for holding the completion and encourage all zones to participate. Even if a zone feels that it does not have the experience required to place first, it should participate because the competition is an ideal forum for zones to exchange techniques and ideas which can assist in future training activities for all zones.

The following is a list of objectives that should be included when planning each section of the competition event:

- fair competition of competitors;
- involvement of all zones in the competition;
- maintain the fun and enjoyment for competitors, organizers, etc.;
- promote higher standards of first aid and toboggan handling;
- create public exposure;
- develop good rapport with area management;
- improvement of future competitions.

HISTORY

In 1969, the Calgary Zone organized a First Aid and Toboggan Competition at Sunshine Village. This was the first competition of this type to be staged in Mountain Division and since then the competition has been held a various ski areas throughout the Division.

conditions having varied from boiler plated blue ice to thirty inches of fresh powder.

Unlike downhill racing, the competition is run regardless of what weather or snow conditions exist, because these are the conditions we are expected to patrol in.

Over the years many well known members of the patrol in this Division have competed in these competitions. In fact, many of them credit the competition in getting them more enthused and interested in the patrol and involved in On-Hill/On-Trail Training, First Aid Instructing/Examining, Zone Executive, Division Executives, National Board and Management Committee Directors.

The competition started as a fun day and social event but has become one of the most important events of the year. It has still maintained the fun and social aspect but has also generated interest to the every day patroller, who when associated with a team tends to upgrade their first aid and toboggan handling skills.

The value of this competition has contributed to the success of this Division and the National System and should continue to do so in the future.

FIRST AID COMPETITION AND TOBOGGAN TEAM SLALOM FORMAT

Section One – First Aid Competition Format

1. The First Aid and Toboggan Handling Problem

When setting the first aid problem there are numerous points which should be

(d) The examiners marking sheet should be as

considered. The following section lists some of the more important points and should be used as a guideline to help set your problem.

- a) The problem should be of equal difficulty to all the following groups:
 - (i) Mountain Patrollers;
 - (ii) Low Land Patrollers;
 - (iii) Rookie Patrollers;
 - (iv) Nordic Patrollers;

- b) Setting the Problem is the responsibility of the Vice President Education, Mountain Division, who may delegate this responsibility to a patroller experienced in developing first aid problems. A very limited number of persons should be involved in helping to design the problem in order to ensure that the problem is kept in strict confidence until competition day. When choosing people to set the problem, consideration should be given to the following:

- (i) The patroller has had some experience in First Aid Competitions.

- (ii) The patroller will be available on competition day to help organize and work as an advisor to the examiners.

- (iii) The patroller is willing to refrain from all other competition activities in their zone. This should include the training sessions for teams in their own zone.

- (c) The problem itself should be designed to require all three team members to be equally active, and therefore produce a demonstration of good team work which would result in higher marks.

short and simple as possible. Where

possible it should contain a “yes” or “no” marking system.

- (e) Once the problem is completed it should be reviewed and enacted by a committee prior to competition to ensure that it can be feasibly handled during the set time limit, that the problem is fair and will minimize any concerns or questions that could arise from the examiners or competition teams.
- (f) See typical first aid problem attached as Addendum #1

2. The Examiners

A minimum of two first aid examiners are required at each first aid station. In addition, on-hill examiners are required to be positioned such that they will be able to mark the unloaded descent into the accident site and the loaded descent of the hill from the accident site. It is a good idea for the hosting zone to request a specific number of examiners from each zone when sending out the participants’ registration form. This helps ensure that the required number of examiners are present, and that there is a good representation from the across the Division.

The examiners must be a patroller who qualifies as a first aid examiner according to the first aid manual and who has had previous examining experience at his/her zone. Experience examiners should be teamed with ones of less experience.

Consistence in marking is extremely difficult when a large number of examiners are involved. Some hints for consistency are:

- (a) pre-competition meeting to go over the marking procedure of the specific

problem;

- (b) rationalize the problem as much as possible to the examiners. A video of the accident scenario would be very useful at this stage;
- (c) try not to have examiners examining a team from his/her area (though this may be unavoidable);
- (d) the two examiners, examining the team should mark individually during the competition problem, then resolve one common mark sheet;
- (e) discrepancies should be solved by the two judges at the site. If this fails the Mountain Division Competition Liason in consultation with the Vice President Education should be able to solve the problem.

3. The Victims

Friends, spouses, or course workers who have come to the competition with competitors should be used as victims. Usually however, there are too many jobs for the above people to handle, and the host zone should be prepared to supply victims from its own zone. Various organizations can be approached. i.e. boy scouts, drama clubs, rookie patrollers, etc.

Since the way a victim acts during the assessment stages of the problem is critical, it is very important that they fully understand their role and how to simulate the injuries. Experience victims should be matched up with rookies and prior to the competition, a practice or demonstration of how to act would be useful. A video of the simulated problem prepared prior to the competition would be an

asset to the victims.

N.B. Examiners may have to take into account some bad acting on part of the victims.

4. The Accident Simulation

In order to make the accident problem as realistic as possible, the victims need to be “made-up” by accident simulators. This is a tremendous asset not only to the victims in their attempt to role play their injuries but also for the competition team in its attempt to treat the injuries.

In order to obtain simulators, the hosting zone competition coordinator should contact the Mountain Division Competition Liaison for any assistance.

5. The Accident Site

The hosting zone’s competition committee first aid coordinator together with the local hill area representative should arrange for an appropriate accident site. Given that each competition problem is different, this will necessitate that the Mountain Division Competition coordinator be involved in choosing a site, which would be fair to all teams (i.e. all sites are on a similar angle of slope).

As in the case of victim simulation, the accident sites should be fully prepared with all the props, and equipment necessary for the victim, examiners and where necessary the competition team. The exit route from the accident site is also important so that each team having completed the problem does not interact with a team which has yet to attempt the accident situation. It is recommended that a level central holding area be established above and below the accident sites where the

first aid teams could wait, sort out their equipment, etc., and therefore prevent mingling with teams who have yet to be examined on the first aid problem. A suitable slope above and below the accident site is necessary for the unloaded approach and then the loaded departure controlled by the two remaining team members. Both of these toboggan handling exercises are marked by the On-Hill examiners as the “Toboggan handling Problem” and along with the “First Aid Problem: become part of the “Overall Accident Management Problem”.

6. Correlation of Problem Marks

It is the responsibility of the Division V.P. Education, Competition Committee First Aid Coordinator and Chief of Calculation to assemble and record all the accident problem marks. Essentially this begins with preparation of the problem. The marks given by the examiners should be easily compiled on the accident problem sheets, should be passed on only to the Competition committee First Aid Coordinator, Chief of Calculations or Division V.P. Education and the addition of marks double checked by them or their designates. A common base factor should be established for the ranking of all teams and this is to be completed by the Division V.P. Training.

7. First Aid Team Training

It is well advised that patrollers who enter this competition have completed extensive training as a team. The following are a few general points which a team will have to demonstrate.

- a) good accident approach. Be prepared to demonstrate a safe approach and the

ability to prevent further danger at the accident site.

- b) good display of triage and “A-B-Cs” of first aid. Be prepared to evaluate all victims involved in an accident and demonstrate your ability to handle life threatening situations.
- c) team leadership. To demonstrate that there is obviously only one patroller in charge of the accident site.
- d) team work. To demonstrate that the patrollers are able to work smoothly and effectively as a team.
- e) full and complete examination of the victim.
- f) proper first aid treatment. Each victim shall receive treatment for all of the injuries in the way that is specified in the CSPS manual or in a way that would be equal or better than stipulated by the National standard. Any procedures or equipment not presently specified in the CSPS First Aid Manual must be approved prior to the competition by the Division V.P. Education.
- g) Victim monitoring. To provide all victims with continuous monitoring. This would include complete documentation of the injuries and treatment pinned to victim prior to transporting.
- h) the entire accident situation must be handled within the time constraints placed on the team.
- i) appropriate loading and positioning of the victim in the toboggan and descent of the hill below the accident site.

The following are some hints which may help you to achieve a higher mark:

- be and look organized from start to finish;
- advise your examiner of any injuries you find. Don’t let him/her guess whether you found all the injuries;
- don’t ask the examiner questions concerning signs and symptoms. If you demonstrate the correct way to check for these, the examiner will advise you on what you see or feel.
- make arrangements for transportation and supplies;
- communicate with your victim and other teammates;
- question bystanders for history of accident. The examiner will assist in the situation where no physical bystander exists but the problem calls for bystanders.
- check for medical alert tags or cards
- do not use splints or equipment you know the examiners have never seen. They may be good, but a good demonstration of a conventional splint will most likely provide you with higher marks. Use equipment as stipulated in the CSPS first aid manual, unless it has received PRIOR approval by the Division V.P. Education;
- ensure all of your splints and bandages are neat and tidy;
- clean up the accident before leaving the area.

8. First Aid Competition Rules

- a) Teams can use any approved equipment, however as a minimum, they will be marked on what equipment is required for the first aid problem. Toboggan packs should include normal equipment (i.e. blankets, weather covers, splints,

backboards, etc.).

- b) team members must be current updated
- c) when the allotted time is up, the team must stop immediately.
- d) specific rules for each competition vary, team members should be familiar with the rules and are to contact the Division Competition Coordinator for any information required.
- e) a zone training officer may not be a team member.
- f) a senior examiner may not be a team member.

SECTION TWO - TOBOGGAN COMPETITION FORMAT

The toboggan competition course will be the responsibility of the Division Toboggan Team Slalom Coordinator and the Division Competition Coordinator.

In the toboggan competition, all three team members will be involved in handling a weighted toboggan (approx. 60 kg) through a giant slalom type course. The object is to ski through each and every gate without knocking over a pole themselves or with the loaded toboggan. Penalties are assessed for each pole knocked over or gate missed.

The winning time will be the team with the fastest time after penalties are added.

The course will be set over a variety of terrain with the gates arranged to control the speed as well as test the technical skills of toboggan handling by the patroller. See "Sample Toboggan Course Setup" (Addendum #2). The chain must be down,

first aiders, with an approved organization.

handles locked, and the handle safety rope done up while the patroller is on course with the toboggan.

Depending on the hill, side-slip sections may be included on the course to further control the speed of the toboggan. Similarly, some hosting ski areas may not be capable of designing a single gate slalom course, in this case a dual or triple slalom course can be established with each toboggan team member running the course in "head to head" competition with 1 or 2 teams simultaneously.

1. Toboggan Handling

Try to find a person who has been a competition team member to advise you, and to possibly be a team coach. It is very important for patrollers to practice handling a weighted toboggan through a set course. The patroller must get a real feel for the toboggan. What will it do? How will it hold? How does it track?

A good exercise is to set ten to fifteen poles in snow approximately twenty feet apart on a moderately steep hill. Then practice going through these poles with a loaded toboggan.

You should also experiment with locating the weight (3 x 20 kg double wrapped sandbags) in different location inside the toboggan. Which is the best; over the chain brake, over the fins, etc.?

Practice the change over, by having one patroller take the toboggan from another patroller.

All team members should be fully aware

of their capabilities and discipline themselves accordingly.

- b) Each member shall have a number (bib) on the outside of their jacket.
- c) Each member will handle the toboggan through a specific section of the course, and no other section or part of a section. Penalty: Disqualification.
- d) The toboggan handler or toboggan knocks over a pole and the top end of the pole is in contact with the snow. Penalty: 5 seconds per pole.
- e) The toboggan handler and the toboggan miss a gate. Penalty: 5 seconds per gate.
- f) The toboggan handler does not make the change over within the marked areas. Penalty: 5 seconds.
- g) The chain is not attached and working as a brake. Penalty: Disqualification.

SECTION THREE - TEAM SELECTION

The selection is entirely up to the zone and the ski areas, but it would be a good idea to choose individuals who would best represent the zone or ski area. In order to do this they should be willing to practice as a team. It is through this practice that they become better toboggan handlers.

It is important that as many patrollers as possible be involved in trying out for your competition team. This will allow you to select the strongest teams possible to represent your zone or ski area as well as have personnel available in case a substitute is required.

2. Toboggan Competition Rules

- a) Each team will consist of three members.

1. The Participating Patrollers

- a) Any patroller who is currently registered with the Canadian Ski Patrol System or any other recognized first aid and toboggan handling organization may enter the competition.
- b) The team slalom team may or may not consist of the same three members as the first aid and toboggan handling team.
- c) If at all possible, each team should bring its own toboggan. If not, please advise the competition committee as soon as possible so that other arrangements can be made.
- d) If more than one team is entered by a zone, then each team should bring a toboggan.

ADMINISTRATION AND OPERATION OF THE COMPETITION

SECTION ONE - HOSTING THE COMPETITION

The success of this event is mainly due to the involvement of many of the zones and ski areas actually hosting the competition. By staging it at various areas throughout the Division the patrollers involved actually see the operation of other patrols.

If your area is interested in hosting future competitions, the Division executive would be interested in hearing from you. (Please refer to the Competition Criteria, addendum #3)

The following sections are the procedures and general guidelines for the organization of

Prior to planning the competition, it is recommended that the host area form an organizing committee which will be responsible to the Division Competition Coordinator and charged with the planning, organization and administration of the competition.

The host area will also be expected to provide additional personnel to act as victime, on hill workers, etc. but should request assistance from all participating zones.

Financially the competition should be budgeted to produce a profit for the hosting zone, with a negotiated percentage to Mountain Division. This can only be achieved by designing and marketing a fund-raising project. In the event of an over-all financial loss to the Hosting Zone, Mountain Division will reimburse the Zone. Successful competitions require considerable advance planning and advance funding, usually in the region of \$3,000 to \$5,000 to finance the fund raising projects. This is the responsibility of the hosting zone. The major part of the competition is self funding (competitor dollars etc.) and is off-set by commercial sponsorship and fund raising.

SECTION TWO - COMPETITION ORGANIZING COMMITTEE

Depending on the location of the competition (small hill or large hill) the number of personnel will vary. The competition committee will be comprised of personel from the host zone/ski area as well as the division executive. This will be accomplished in consultation with the Division Competition Coordinator and will

the competition if it is staged at your area.

containing the following:

Competition Chair (hosting zone)
Chief of Course
Chief of Gate Keepers
Chief of Timing
Chief of Calculations
Chief of Equipment
First Aid Co-ordinator
Start Referee
Registration Co-ordinator

Form this committee a jury will be formed to settle any protests and their decisions will be final. This jury will consist of the following:

Division Competition Coordinator
Division VP Operations
Competition Chair
Chief of Course
First Aid Co-ordinator

Help at all times is available by phoning the Mountain Division Competition Coordinator or Mountain Division Vice-President Operations (see addendum #4)

SECTION THREE - JOB DESCRIPTIONS AND RESPONSIBILITIES

1. Competition Chair

- confirms date and location of competition and establishes budget with Division Competition Coordinator;
- select competition committee with Division Competition Coordinator;
- obtains letter of agreement from ski area management re: lift tickets, vouchers, lunches etc.;

- assists registration coordinator in developing registration packages;
- sets schedule with Division Competition
- arranges for accomodation, banquet facilities and arranges hospitality suite prior to commencement of the competition;
- finalizes competition preparations and constantly liases with Division Competition Coordinator;
- liaises with ski ara;
- liaises with media;
- liaises with liquor control board etc.;
- member of jury;
- arranges for competition day refreshments (hot and cold) and lunches for workers and competitors;
- arranges for competition day meeting rooms (three required);
- arranges for art work for mugs and liaises with mug supplier;
- arranges for annual competition ribbons through Division President;
- prepares final report

2. Chief of Course (Division Appointed)

- arranges for course setter;
- arranges maintenance of course during race;
- arranges for and coordinates radios (10 required);
- arranges for slalom poles and flags. Provides barrier ropes or fences as required;
- arranges for numbered tags and flags gates;
- member of the jury;
- prepares final report;

3. Chief of Gate Keepers

- arranges for number of gate keepers required;

Coordinator and oversees all operational aspects;

- arranges meeting of gate keepers morning of competition, and explains rules to gate keepers;
- assigns gates;
- collects gate keepers' cards;
- discusses and clarifies infractions with gate keepers;
- member of calculation committee;
- prepares final report;

4. Chief of Timing

- arranges timing personnel required;
- arranges for recording secretary;
- arranges for stopwatches required (7 to 10 required);
- arranges personnel for results board;
- sets up timing;
- member of calculation committee;
- prepares final report;

5. Chief of Calculations (Division Appointed)

- collects time cards from finish line;
- collects gate keepers' cards from Chief of Gate Keepers;
- collects marks from First Aid Coordinator;
- calculates total results from all classes;
- turns over total results to Division Competition Coordinator
- prepares final report;

6. Chief of Equipment

- arranges for sandbags for toboggans;
- organizes all equipment for placement on the hill;
- arranges for transport of toboggans, sandbags, slalom poles up the hill;
- collects, checks and returns equipment

- after competition;
 - prepares final report;
7. First Aid Coordinator
- 69. Victim Coordinator
 - 70. Examiner Coordinator
 - 71. Equipment Coordinator
 - 72. Exam checkers
 - 73. First Aid Simulators
8. Starter
- arrange for assistant;
 - starts teams as per start list;
 - organizes order of teams at start;
 - is in constant communication with finish line;
 - prepares final report
9. Course Setter (Division Appointed)
- knows in advance the course location;
 - estimates number of gates required;
 - arranges for any additional equipment required: i.e. snow fencing, signs, nets, etc.;
 - sets course;
 - prepares final report;
10. Trophy Co-ordinator
- arranges for and obtains sponsors and prizes;
 - liaises with Division Competition Coordinator or Division VP Admin re: collection of previous years trophies;
 - prepares final report;
11. Registration Co-ordinator
- prepares number of registration packages required;
 - received reservations from teams,

- co-ordinate sub committees for:
- 67. Area first aid coordinator;
- 68. Competition problem setter; (Division Appointed)

competition organizers, victims, helpers, etc.;

- keeps in constant contact with the Division Competition Coordinator and Competition Chair;
- liaises with banquet and accommodation people, in conjunction with Competition Chair;
- prepares and organizes registration centre for all patrollers, for Friday evening and Saturday morning;
- prepares final report;

12. Financial Coordinator

- controls and oversees all financial transactions and book-keeping;
- prepares final statement;
- prepares final report;

SECTION FOUR - EQUIPMENT

<currently being updated>

SECTION FIVE - TEAM CATEGORIES

1. OPEN - Any team which could include patrollers from out of Mountain Division (e.g. paid patrollers or teams with more than one training personnel)
2. ROOKIE - This team must be made up of 3 CSPA patrollers who have never competed in a Divisional First Aid Competition and may not include any CSPA training personnel. Years in the system may be no longer than 3 years total. (Junior Patrol between the ages of 15 and 17 - if they compete for the first

time in a Division Competition, they are in the Rookie Category. The next time they compete they automatically go to the

3. MOUNTAIN - This team must include on CSPA Rookie (see above) and may include no more than one CSPA training personnel. Definition of training personnel: onhill, ontrail, avalanche & all forms of first aid and this includes going back for 8 years.

SECTION SIX - FINAL COMPETITION REPORT

In order to develop fair and equitable future competitions as well as minimizing administrative and operation mistakes, it is mandatory that the Competition Chair prepare and submit to the Division Competition Coordinator a final report on the competition within 30 days of completion of the competition.

The final report will contain the following elements but is not restricted to any other additions or inclusions:

- a) First aid format
 - discussion on the problem
 - discussion on the examiners/victims
 - discussion on the accident site location
 - recommendations
- b) Toboggan format
 - discussion on the race course;
 - discussion on type of race and race rules;
 - recommendations;
- c) Competition organizing committee
 - suitability of personnel
 - discussion of duties and responsibilities
 - discussion on prizes/awards

Mountain Category. A Junior Patroller cannot handle a toboggan.)

- review of budget and provision of financial report and statement
- impact of media
- liaison with ski area
- discussion of general competition rules
- recommendations;

The main intent of this report is to present the host zone or ski area the opportunity to suggest changes to the Mountain Division Competition Manual and Guidelines and in doing so also assist future hosting zones in preparing for the First Aid & Toboggan Competition.