FIRST AID SCENARIOS – SCAVENGER HUNT

Objectives: Recognize the emergency, review primary survey, conduct a secondary survey based on responses from the “role playing” victim.

Set up: Using reality scenarios from your pool or personal stories of victim’s reactions to an emergency, design first aid emergencies that happened to your or others in the past. Provide the victim with “role play” actions (see samples) so that the “drama” continues and the rescuers must continue to think on their feet.

Description:
- Divide into groups of 3-4 guards
- Pre-select a person to role play each scenario
  - Send them to the location of the emergency and then send the teams out to find a victim.
- The team members determine the condition of the victim and provide proper first aid.
- Answer the questions on the Task Assignment form and return the form to Terri

  - Primary survey
    - Is the victim breathing? __________
    - If no, is the airway open? ________
    - If yes, is there a pulse? ________

  - Secondary survey
    - How does the victim look?
      - How does the victim feel?
        - Any other symptoms?

  - What first aid will you provide?

  - Did you call 9-911? – Why or why not
Description con’t:

- Write an emergency action plan for your scenario. In the process, try to answer the following questions.

  - Who would respond to the victim?
  - How will the Emergency Action Plan be activated?
  - Who is responsible for calling 9-1-1.
  - Who will retrieve the AED if needed?

  - What First aid supplies are available – if not on the scene, where is the closest location to retrieve them?

  - Where will EMS arrive and who will escort them?

If the emergency is in the pool area – complete the following

Which guard(s) do back up and what changes in their zone?

Do you think it would be necessary to close the pool to provide care for this scenario?

Could you move the victim in order to provide first aid and continue to keep all or parts of the pool open?

What other support personnel do you need to successfully complete your care of the victim?

SCENARIO 1

Emergency: Diabetic Emergency which turns into a diabetic coma

Location: Pool Deck, near the spa

Your Role: Position yourself in a plastic chair near the spa. You are dizzy and a little confused. You feel and look ill.

As the guards begin to do the secondary survey, you will tell them that you have diabetes and that you don’t feel well. They should get some form of sugar and offer it to you. You can take it but it will not solve the problem.

Begin to breathe rapidly and pretend to be unresponsive. Wait briefly and slump out of the chair and become unconscious.

SCENARIO 2

Emergency: Broken forearm

Location: The gym, in the South West corner

Your role: Position yourself on the floor near the bleachers. You have slipped and fallen after running the length of the court chasing a ball (you are 10 years old). You are holding you left arm and whimpering.
Answer all of the questions the guards ask. If they ask, tell them your mother is in the exercise room upstairs. See what they do next. They should contact the FSC who brings the mother to you.

Some one needs to ask your mother if she wants to call an ambulance. She will refuse and they should stabilize the arm with a sling and binder.

SCENARIO 3
Emergency: Non-aquatic related Seizure
Location: pool deck near the emergency door – South West deck
Your role: Position yourself on the floor near the aquatic fitness equipment. As the guards approach, begin having a seizure on deck. It should last for about 30 secs. Then you calm down and start to become more coherent. Ask the guards what happened. When they tell you that you had a seizure, you tell them that you forgot to take your medicine this morning. Tell them that you have a little headache and you are very tired.

They should help you into the first aid office and offer to call someone to help you. If they escort you to the office – along the way, you will have a second seizure lasting about 30 seconds

If they call 9-1-1 right away, stop the scenario and tell them that 9-1-1 will be called if the seizure lasts more than 10 minutes or if there are multiple seizures. Continue with the scenario.

SCENARIO 4
Emergency: Non aquatic related Spinal injury
Location: bottom of the steps to the fitness area near the pool door
Your role: Position yourself at the bottom of the steps to the fitness floor (on your back) as if you have fallen head first from the steps. Position one or both legs still on the steps.

Tell the guards that you slipped on the step and fell and hit your head. If they ask where you hurt, tell them that your neck is a little sore and that you feel a little embarrassed but you think you can get up.

If they do not provide inline stabilization and treat as a spinal, STOP the scenario and asked why?

If they provide inline and call 9-1-1, argue with them that you are okay and try to get up. Let them coach you into staying still. See if they bring you a towel to keep you warm until EMS arrives to take over.
SCENARIO 5
Emergency: Infant with no breathing (airway obstruction)
Location: family changing room number 1 near the main hall
Your Role: You are a mother with a baby. You were changing the child’s diapers when she stopped breathing. You act hysterical and resist when the guard wants to do a primary survey.

Give in slowly and then stay in the guards space and continue asking, “What are you doing”……

Cue the guard that the baby seems to be choking . . . . . . then, after the rescue procedures begin, cue the guard that the child starts to cough and cry.

Did they call 9-1-1 before they started to work on the child?

SCENARIO 6
Heat Exhaustion
Position yourself on the floor leaning up against the spa. Hang your head and act as if you cannot get up.

Your story is that you have been alternating positions from the spa to the steam room for the last 30 minutes. You act and feel dizzy and a little nauseated.

See if they offer to get you to a cooler spot and or get you some cool water and a cool wet towel or cloth.

If they offer to call 9-1-1, you will refuse. Try to get up and slump back down. After a few minutes, say that you are feeling better and will go change to go home. See if they send someone into the locker room with you or call FC so that you will be monitored until you leave the building.