



THROUGH HUMANITY TO PEACE



# Indian Red Cross Society

(CONSTITUTED UNDER ACT XV OF 1920)

Telefax : 91-11-23717454

Phones : (PBX Lines) 23716441, 42, 43

Website: [www.indianredcross.org](http://www.indianredcross.org)

Email : [ircs@indianredcross.org](mailto:ircs@indianredcross.org)

No. M/11016/01/2019(J/YRCS)

Headquarters :

1, RED CROSS ROAD  
NEW DELHI - 110 001

30<sup>th</sup> December, 2019

To

All States/UTs Branches

**Sub: First Aid and Painting Competitions across all IRCS branches as part of Centenary Celebrations – reg.**

Dear Sir/Madam

Reference is invited to discussions regarding Centenary Celebrations during States/UTs Secretaries meeting held on 18-19 December, 2019 at IRCS, NHQ. Following decisions were taken regarding competitions to be held across all IRCS branches:

1. National first-aid competition (1 team from each State) for YRC/college level grades. List of teams should be sent to NHQ by 25th March, 2020.
  - a. Team of 5 people- 4 active participants and 1 coach. Master Trainer/Lay Lecturer can be a coach but not an active participant.
  - b. 3 days event excluding arrival and departure.
  - c. Content-3 work stations + Relay +Viva.
  - d. Prize: Rs 50,000 (first), Rs 30,000 (second) and Rs 20,000 (third).
2. National painting competition for JRC/school level grades. States to send the list by 31st March, 2020.
  - a. On-the-spot competition (2 from each State and 1 person accompanying the team) to be held in Delhi may be either on 7th or 8th of May Prize: Rs25,000 (first), Rs15,000 (second) and Rs10,000 (third)
  - b. Calendar of 2021 of best 12 paintings.

Details regarding the concept of above mentioned competitions are enclosed for your reference. Therefore, all States/UTs branches are requested to take necessary action in their respective States/UTs and send us the final list of participants by the specified last dates.

It may kindly be noted that no direct entries from District/Sub district branches shall be entertained for participation. Only the list approved by States/UTs secretaries will be considered for participation. Approval of any team will be the sole discretion of IRCS, NHQ. A concept note on First Aid competition as well as painting competition at National Headquarters along with details, including rules and regulations for First Aid competitions are enclosed.

In case of any queries, you may kindly write to us at [directorbloodbank@indianredcross.org](mailto:directorbloodbank@indianredcross.org) and copy to [shikhachopra@indianredcross.org](mailto:shikhachopra@indianredcross.org).

Thanking you

Encls. as above

  
(Dr. Vanshree Singh)

Director, Blood Bank IRCS

Tel: 011-23711551

[directorbloodbank@indianredcross.org](mailto:directorbloodbank@indianredcross.org)

**Concept note for First Aid Competitions (YRC/College level)**  
**and Painting Competitions (JRC/School level)**

**Aims and Objective**

The aim to hold such competition is to make the School/College students aware of the need for Humanitarian values, First Aid awareness and at the same time involve their parents and their community in this movement.

**1. Painting Competition Details:**

1. The Painting Competition is open to all JRC/Schools students. Class from 8<sup>th</sup> to 12<sup>th</sup> standard.
2. The painting competition will be held at school level and all the participating schools may submit the best two entries to District Branch. The District Branch may select and send best two entries to State Branch.
3. Each painting should be on A3 Sheet and style of painting is free, can be done by any means as crayons, coloured pencils, water- colours, etc
4. Theme of painting should be decided by respective State/district but restricted to IRCS functioning/activities/values.
5. The theme of the painting will be announced at the venue. Stationery and colours will be provided at the venue by the IRCS State/District Branch.
6. Each State/UT may nominate the two best entries for participation at National level. The theme of the painting at National level will be announced on the spot.
7. The decision of the Jury for selection of winners would be final and binding.
8. IRCS NHQ will have full rights to accept or reject all entries and preserve the paintings by participants for further use.
9. All the winning participants at National level will be rewarded cash prizes and a certificate of recognition at the National level. Cash prizes will be as below:-

Prize distribution	Amount
First Prize	25,000/-
Second Prize	15,000/-
Third Prize	10,000/-
10. All the participants will be given a certificate of participation.

**Phase-1- District level**

IRCS district may consider to reward the selected students at the District Branch and will send best two entries to State Branch( with complete information- Name, age, Gender, Residential Address, phone number, scanned Copy of school/College ID Card, introduction letter from the School/college authority. along with letter approved by the District Chairman/ Secretary to State Branch.

**Phase-2- State level**

This phase of the competition would be organised by IRCS State Branch. All first two entrants of district winner would be invited to participate in the State level competition. IRCS State Branches may consider to reward the selected students at the Branch level and will send best two winning entries to National headquarters (with complete information- Name, age, Gender, Residential Address, phone number, scanned Copy of school/College ID Card, introduction letter from the School/college along with letter approved by the State Chairman/General Secretary to National Head quarters. The expenditure for district and State level will be met by the State/UT branches.

### **Phase 3- National level**

This phase of the competition would be organised by the IRCS, National Head quarters. Two participants from each State /UT along with one accompanying the team would be invited to participate in the National level on – the –spot competition to be held at New Delhi. Best 12 entries selected by the Jury may form part of IRCS Calendar- 2021.

### **2. First Aid Competition Details:**

1. First Aid Competition is open to all YRC/Colleges students.
2. All the participating colleges will identify a team of 4-playing members with one coach/guide from the colleges/Lay Lecturer/Master trainer.
3. Scenarios will be prepared by the Indian Red Cross Society District/ State/National headquarters.
4. The decision of the Jury for selection of winners would be final and binding.
5. All the winning participants at National level will be rewarded cash prizes and a certificate of recognition at the National level. Cash prizes will be as below:-

Prize	Amount
First Prize	50,000/-
Second Prize	30,000/-
Third Prize	20,000/-

6. For Further Details kindly refer the **Annexure 1**

### **Phase-1- District level**

IRCS district may consider to reward the selected team at the District Branch and will send the best team to State Branch( with complete information- Name, age, Gender , Residential Address, phone number, scanned Copy of College ID Card, introduction letter from the college authority for each member of the team along with letter approved by the District Chairman/ Secretary to State Branch.

### **Phase-2- State level**

The best team of the districts winner would be invited to participate in the State level Competition. IRCS State Branches may consider to reward the selected team at the Branch level and will send best winning team to National headquarters (with complete information- Name, age, Gender, Residential Address, phone number, scanned Copy of College ID Card, introduction letter from the college for each member of the team along with letter approved by the State Chairman/General Secretary to National Head quarters.

### **Phase 3- National level**

Best team from each State /UT would be invited to participate in the National level FA Competition to be held in the end of April 2020 at New Delhi.

### **Program Expenditure and Travel Arrangements:**

1. Expenditure incurred for the first two Phases, i.e at District & State level will be met by IRCS State Branch.
2. All the participants including one accompanying (one for the entire team) parent/ guardian/coach will be provided travel fare in 3 tier AC/local travel to Delhi (to and fro) will be met by IRCS NHQ.
3. Arrangements for accommodation and other expenditure in Delhi will also be borne by IRCS NHQ.
4. All the participants, including the accompanying person to submit original copy of tickets and proof of journey undertaken in the entitled Class, and are requested to bring their Bank details/ copy cancelled cheque.

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### **COACHES AND PARTICIPATING TEAMS**

This document provides complete details on the rules and regulations for the 2020 First Aid Competition at National Headquarter. It is a must that Team Coaches have a full understanding of these and relay the same to their respective teams. For clarifications, please contact Indian Red Cross Society National Headquarters.

# COMPETITION RULES AND REGULATIONS

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1. All the participating branches will identify 4-member team from colleges with one coach (optional) from the branches. The team will represent the branches.
2. Team composition
  - 2.1 Four playing members
  - 2.2 One team leader (TL) among four players to be identified by the branches
  - 2.3 One Coach to be identified by the branches. This is optional for branches to consider
3. Scenarios will be prepared by the Indian Red Cross Society national headquarter together with St. John Ambulance association.
4. Competition events with their respective weight will be as follows:

EVENT / SCENARIO	Weight	No. of Player each team
<b>Scenario</b>	<b>70%</b>	
Station 1: Situation analysis and application of FA Skills		<b>2</b>
Station 2: Situation analysis and application of FA Skills		<b>2</b>
Station 3: Basic Life Support		<b>2</b>
Station 4: Relay		<b>4</b>
<b>Oral Test</b>	<b>30%</b>	<b>4</b>
<b>GRAND TOTAL</b>	<b>100 %</b>	

5. Only participating members per team, will be allowed to play in an event / station. Remaining member/s (reserved or stand-by player/s) will have to stay at the holding area during every round.
6. Prior to the start of each event, all competing teams scheduled for the event are required to form a single line at the designated **STARTING LINE/POINT**.
7. If a member/s **got injured** during the game, the following must be applied:
  - 7.1 IRCS assigned first aiders will assess initially and provide care after the round for injuries not requiring immediate intervention.
  - 7.2 If the person is obviously injured and cannot continue the round, (i.e. unconscious, ABC compromised, obvious deformity and the person can no longer move) and/or the team leader requests for First Aid assistance through the judge, that specific station/problem of the team will be stopped. The team score for that particular problem will depend on the performance that they have done before the game was stopped.
  - 7.3 No replacement will be allowed for that specific round.

- 7.4 If ever the injured person requires further treatment, the competition safety committee will be requested to discuss the required additional management (i.e. transport to hospital etc.). The person will automatically be out of the game.
- 7.5 If the injured person does not require further management, he/she has the option to continue or not to play for the next round.
- 7.6 If the injured person wishes to continue playing for the next round, he/she must sign a waiver. In the event that the injury is aggravated during the round or it compromises his/her condition and the safety of the co-members and/or the victim, he/she will be recommended to step-out of the playing area by the First Aider through the judge during or after the round.
- 7.7 Replacement of the injured player will be allowed after the permission of the IRCS officer in charge.
8. To ensure the safety of the victim/s and bystander/s – Maximum care must always be emphasized. Mishandling of the “patient” (ABC compromised) including bystander/s will be deducted one (1) point for that particular problem / procedure. In case of serious “mishandling of patient / bystander” or valid complaint (e.g. dropped, got hurt or harmed), this particular station will be stopped, and the remaining problem will get ZERO (0) score. Under all circumstances, the “patient / bystander” must be protected from harm.
9. A maximum of ten (10) minutes will be allotted for a team to perform each event / problem.
10. The Umpire will oversee issuing the go signal to start and finish the game by using a whistle or louder signal. **There will be a maximum of 5-minute interval between rounds.** Intervals can be shortened as needed. In the event that the game needs to be stopped or suspended, he/she will make the necessary announcement. (i.e. retouching of simulated injuries to the victims, confirmation of team assigned in each station/s as well as the judges and timers.)
11. Time of finish of the event/station is recorded once the team goes back, and all team members’ raise both hands beyond the starting line and shout their team’s name.
12. Once the ten (10)-minute signal sounds off from the judge, all team members, finished or not, shall go back to their respective starting lines.
13. The team with the “best time” (shortest time of finish) will be given a **5-point bonus** for Relay event. The tabulator/s will determine the best time.
14. Non-competing members including Coaches/Trainers will be given designated area.
15. For accurate and fair judging, two (2) judges will be assigned to each station. Aside from their main role as a judge, one of the judges will be a timer to record the team’s time for that particular station and the other judge will act as a physician during endorsement. A master timer (umpire) will keep track of the 10-minute time for each round.
16. The following are **grounds for disqualification** of a team from the event where they are caught after three (3) warnings were given (umpire will issue yellow card per warning 1<sup>st</sup> and 2<sup>nd</sup> warning offense and red card for the third which means disqualification) for the entire game.

- 16.1 Any deliberate action or misbehavior of the members (i.e. arguing with each other) which causes delay to the game;
  - 16.2 Any deliberate action that causes confusion or may affect other teams' performance;
  - 16.3 Coaching through any means of communication (signal/s of the hand or any other body part, radio, mobile phones, etc.)
  - 16.4 Obvious coaching from the victim/ bystanders.
17. All teams must bring with them their first aid kit, blanket, documentation paper, ball pens etc. If the game has already started, nobody can get out of the playing area for whatever reason including getting additional supplies and equipment.
18. Application or use of any of the following will have no weight or point/s:
- 18.1 fancy instructions, movement or command;
  - 18.2 advanced first aid approach/es or procedure such as use of BP Apparatus, etc.;
  - 18.3 Sophisticated cordons' as part of the crowd control.
- 19.No protests will be entertained. However, comments and/or suggestions are welcome for future competitions, if necessary or possible through the secretariat/organizer.
- 20.The team which garner the highest score / points will be declared Champion, 2<sup>nd</sup> highest – 1<sup>st</sup> runner-up., etc.
- 21.Members of the First Aid Competition Committee has nothing to do with the decision of the Board of Judges of the Competition.
- 22.The decision of the Board of Judges (Jury) is final and irrevocable.

## EVENT MECHANICS

### A. SITUATIONAL ANALYSIS AND APPLICATION

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- A.1 Prior to the start of each event, all competing teams scheduled for the event / station are required to form a single line at the designated STARTING LINE / POINT.
- A.2 At a given signal, a team member will get the problem from the judge and go back to the starting point, to read and analyze the situation and immediately carries out the necessary actions/care. All portrayal signs and symptoms shall be acted by the victims.
- A.3 After providing the necessary actions/care to the victim, the team must carry the patient to the designated area and make the endorsement to the judge acting as physician together with the endorsement paper indicating the basic information.

- A.4 The team will be graded starting from the time a given signal was started up to the complete endorsement of the patient. The **ENDORSEMENT** will be done at the designated point (between starting line and working area).
- A.5 Time of finish of the event/station is recorded once the team goes back, and all team member's raise both hands beyond the starting line and shout their team's name.
- A.6 Shouting the team's name signifies the end of the team's performance. Materials and Equipment's left by the team within the working area either intentionally or unintentionally will be given a **5-point penalty**.
- A.7 Once the ten (10)-minute signal sounds off from the umpire, all team members, finished or not, shall go back to their respective starting lines.

## B. BASIC LIFE SUPPORT

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- B.1 Prior to the start of each event, all competing teams scheduled for the event are required to form a single line at the designated STARTING LINE/POINT.
- B.2 At a given signal, a team member will get the problem from the judge and go back to the starting point, to read and analyze the situation and immediately carries out the necessary actions/care. All portrayal signs and symptoms shall be acted by the victims.
- B.3 Initial assessments up to checking of responsiveness shall be done on the "victim" (person). Other procedures shall be done on the mannequin. (Golden Rule: No actual mouth to mouth and chest compressions shall be done to the "victim" [person]).
- B.4 "Responsiveness" or "unresponsiveness" condition and other portrayal signs and symptoms shall be done by the "victim" (person) and shall not be verbalized by the judge/s. While the judge shall announce/declare the following condition, i.e., "No breathing", "No signs of life or No signs of circulation", "Transfer to mannequins or Transfer to the person" and "Patient is revived".
- B.5 For CPR with "two-person rescue" technique, the second team member will take over to the first responder who initiated the CPR to the victim after completing the 1<sup>st</sup> cycle a total of three cycle is expected.
- B.6 Time of finish of the event/station is recorded once the team goes back, and all team members raise both hands beyond the starting line and shout their team's name.
- B.7 Shouting the team's name signifies the end of the team's performance. Materials and Equipment's left by the team within the working area either intentionally or unintentionally will be given a **5-point penalty**.
- B.8 Once the ten (10) minute signal sounds off from the umpire, all team members, finished or not, shall go back to their respective starting lines



## C. RELAY

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- C.1 All players will be numbered before the start of the relay. Numbering will be done by the team themselves.
- C.2 The standard rule of any relay game shall be observed in this event. That is, the first player in line runs first and performs the problem given by the judge then goes back and touches the next player in line who will perform next. He/she then positions at the end of the line, and so on. The team throughout the event shall maintain a straight line.
- C.3 At the sound of the starting signal, the time of the event starts, and the team member in front of the line runs towards the judge, gets the problem and performs the necessary procedures.
- C.4 If the required procedure is a “**CARRY**”, the player/s carry/ies the patient toward the “**TURNING POINT**” (between the starting line and the working area) then goes back to the judges (working area) to unload the patient.
- C.5 If the procedure requires two or more team members, the player signals the needed additional manpower. The teammate/s next in line must be the one to respond to the call (help). The one who gets the problem will be the **team leader** for that transfer technique.
- C.6 After performing the required procedure, the player/s runs back to the starting line and taps the hand of the next teammate who in turn would go and perform the next required procedure. If there are two or more team members who have performed, the last member running towards the starting line should tap the hands of the next teammate who will perform the next procedure. The player/s who has just completed will position at the end of the line. Every violation of this procedure will be deducted one (1) point.
- C.7 The process goes on until all the problems are performed or the **10-minutes** allotted time for the event expires. Numbers of team members must maintain in sequence at all times at the starting line. Every violation will be deducted one (1) point.
- C.8 If a player cannot perform the given task, he/she then runs back and taps the hand of the next player in line who in turn will perform the procedure. If the problem cannot be solved by the 2<sup>nd</sup> player/s, this can still be passed on to the next player until they decide not to perform the problem and proceed to the next given task by getting the

piece of paper (problem) from the judge. Problem/s which was/were not performed will be given **zero point**.

- C.9 In the execution of the given task for **TRANSFER**, the responder/s is/are no longer allowed to change the technique once he/she started lifting the victim (specifically the victim feet's are already off the ground) or they started to walk with the victim. This will be therefore given **zero point**.
- C.10 A player may rest or pause anytime while performing a "Transfer" problem while the time will continue running.
- C.11 Time of finish of the event/station is recorded once the team goes back, and all team members raise both hands beyond the starting line and shout their team's name.
- C.12 Once the ten (10)-minutes signal sounds off from the umpire, all team members, finished or not, shall go back to their respective starting lines.

## D. FIRST AID VIVA VOCE

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1. Four Viva Voce station will be established, and each participating member will be evaluated separately.
2. All the participating member will go through similar questions.
3. The questions and scenario will be designed by the Indian Red Cross Society NHQ.
4. Any competitor having problem in English language will be given option of Hindi language.
5. All the participants will go through 6 snap questions and 1 reasoned question. One minute will be given for each snap questions and 2 minutes for reasoned question.
6. The judge shall note on the competitors' card marks awarded to each question
7. The total marks shall be sent to the officer in charge after the signature of the judge.

## PRIZES

Top three team will be awarded with token money and a trophy. Below is the allocation of prize money:

- First Prize: Trophy + Rs. 50,000
- Second Prize: Trophy + 30,000
- Third Prize: Trophy + 20,000

## DATE and VENUE

End of April- 2020(final date will decided by IRCS (NHQ)

Venue- Delhi, IRCS (NHQ)

## DURATION of the First Aid COMPETITION

Three days will be dedicated to national First Aid Competition.

- Day One participants are familiarized with the scenario and rules and regulation. It will be followed up by Oral test.
- Day two of the competition where each team will go through three scenarios.
- Day three will focus on the relay competition in the first half and second half will be dedicated to reflection of the event.

## STATES RESPONSIBILITIES

- Identify four participants from different colleges across the state. It is expected that state does FA competition at state/district level to identify best four participants.
- Extra player is optional and is the responsibility of the state support that cost.
- Submit the name of the participants along with college name by **25 March 2020**.
- Appointment of Team coach is optional for state to decide. Coach can be a master trainer who will support and refresh FA knowledge of the team. He/she will not directly be part of the competition.

### Criteria for Participants selection:

- Participant must be enrolled in one of the colleges of the state
- No master trainer or instructor will be allowed to be the participant
- Age range of the participant must be from 18– 25 years