

The First Responder event places competitors in a simulated emergency scene. Participants will assess the situation, administer first aid, and demonstrate CPR/AED skills in a scenario designed to test their medical response acumen.

Entry Requirements

- Teams must be composed of 2 members.
- Chapters can only register 3 teams to compete.
- **Basic First Aid and CPR Training:** Current Basic First Aid and CPR Training certifications submitted online before the competition.

Materials

Competitors can/should provide the following materials. Competitors are only permitted to bring in the below materials to the competition. TPSA does not provide the below materials.

Competitor Provided Materials

- **CPR and First Aid training certification cards**
- **Gloves**
- **First Responder medical bag with appropriate industry supplies**
- **BVM (Bag Valve Mask)**
- **Bandages and dressings**
- **Training Tourniquet**
- **Training or non functional portable radio:** optional
- **Photo Identification:** Reference the rulebook (<https://tpsa.info/rulebook>) for details.

Procedures and Timeline

- **Check In (10 min Time Limit):** Competitors must check in to their event at their designated **check-in time**. Competitors that arrive **ten (10) minutes** after their designated check-in time will be marked as no-shows and not be allowed to compete out of respect for the time commitment made by our Judges and Volunteers.
- **Basic First Aid and CPR Certificates (1 min Time Limit):** The Competitor will show their unexpired Basic First Aid and CPR certification cards to the Moderator. Competitors will not be allowed to continue to the event if they are unable to show their certification cards at this time.
- **Pre-Event Briefing (5 min Time Limit):** After check-in, Competitors will be guided to the designated event area. Once there, the Moderator will provide a comprehensive briefing, detailing the event's instructions, rules, and procedures. This briefing ensures that each Competitor is well-informed and prepared for the subsequent stages of the competition.
- **Roleplay (10 min Time Limit)**
 1. The Judge will be inside the event area when the Competitor enters.
 2. A ten (10) minute timer starts when the Competitor enters the event area.
 3. Competitor will evaluate the scene and respond appropriately.
 4. Competitor must wear gloves prior to contact with the victim.
 5. When finished, the Competitor verbally advises the Judge he/she has completed all necessary tasks.
 6. The Moderator will call time when the ten (10) minute timer sounds. If the Competitor has not finished when the Moderator calls time, they will place their hands in the air and back away.
 7. Competitors will receive zero points for any necessary tasks not completed.
- **Evaluation and Scoring (5 min Time Limit):** After the completion of the event, the judges will convene to assess each competitor's/team's performance based on a standardized rubric. This stage is conducted without the presence of the competitors. Judges will evaluate the criteria outlined in the rubric to ensure a fair and objective scoring process. Once all assessments are finalized, scores will be recorded for each competitor/team.

Professional Dress Guidelines

To secure professionalism points, Competitors should dress in attire that accurately reflects what professionals in the respective public safety careers would wear while performing the tasks associated with the event. Competitors are also expected to consult and follow the Professional Dress Guidelines in the Rulebook to qualify for points. Additionally, participation is contingent upon meeting all prescribed

Safety Protocols. The Judge will inspect the Competitors for safety control prior to the start of the event.

Safety Protocols

- **Jewelry:** Rings must feature a continuous, even, and unadorned exterior surface. Necklaces must not be visible from the outside of the uniform. Bracelets may not be worn. If competitors have piercings beyond a single stud in each ear, they must cover these additional piercings with band-aids or wear clear studs to maintain a professional appearance.
- **Hair:** All hair must be secured out of the eyes for the duration of the event. Competitors with hair extending past the top of the shoulder shall wear their hair secured neatly in a bun or ponytail ensuring that no hair extends below the collar of the uniform. It is not an exception to the rule that a Competitor's chosen hair style is too thick to be secured above the collar.
- **Fingernail Length:** Competitors' fingernails shall not extend past the tip of the finger and shall be free of any/all adornments. Color is not a factor.
- **Shirt Sleeves:** If Long sleeve shirts are worn, they shall fit closely at the wrist and not extend past the wrist.
- **Long Pants:** Long pants must be worn secured at the waist and shall not extend past the sole of the shoe. No portion of the leg shall be visible.
- **Pant Length:** Pants shall not extend past the sole of the shoe.
- **Pants:** Competitors must wear pants that cover the entire leg, with no portion of the leg visible. Pants shall be secured at the waist with a hem length not to extend past the sole of the shoe.
- **Shoes:** Competitors must wear low-heeled, closed-toed footwear for this event.
- **Emergency Stop Command: 'Index':** If the 'Index' command is issued by a Judge, Staff Member, Actor, or other designated authority, all Competitors must immediately cease all activities and actions. This includes stopping any ongoing tasks, disengaging from any current simulations, and discontinuing any interactions with other participants. If an Actor issues the 'Index' command while handcuffed, they must be immediately released from the handcuffs by the nearest Competitor or event staff member. All Competitors must promptly secure and holster any weapons they may be handling. After holstering, Competitors should adopt a neutral, attentive posture and await further instructions from event officials. Failure to promptly and accurately comply with the 'Index' command may result in immediate disqualification and/or other appropriate actions as determined by event officials.

Judge Qualifications

- Judge(s) should be a first responder/EMT.

Criteria	Unattempted	Unsatisfactory	Satisfactory	Proficient	Exemplary	Points
Professionalism						
Professional Dress Presents a neat, professional appearance in attire consistent with any recognized industry standard for the career and event tasks. Team members reasonably match in color and style.	0 Attire does not reasonably reflect a recognized industry standard for the career and tasks, or team members do not reasonably match.		3 Attire reflects a recognized industry standard, but noticeable issues with neatness or how clothing is worn detract from professional appearance.		5 Appearance is neat and professional. Attire reflects a recognized industry standard, is worn properly, and reasonably matches among team members.	
Professional Behavior Maintains a professional demeanor, stays attentive and engaged, and communicates appropriately for the role and situation throughout the event.	0 Professional demeanor and role-appropriate engagement are not demonstrated.	1 2 Shows limited professional demeanor. Communication or engagement remains too casual or disconnected from the role.	3 Generally presents professionally, but communication, attentiveness, or engagement is inconsistent.	4 Maintains a professional demeanor, stays engaged, and communicates appropriately for the role.	5 Sustains a professional demeanor and attentive engagement throughout. Communicates with tact and adapts appropriately to the people and situation.	
Scene Size Up						
Verbalize and Take Standard Precautions The competitor will verbalize and then take standard precautions necessary for the scenario. At a minimum, the competitor will don gloves and eye protection prior to any contact with the patient.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Simulates advising dispatch of arrival The competitor advises dispatch in a clear relaxed tone that they are on scene. The competitor speaks in plain English and does not use code words or 10 codes.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	

Criteria	Unattempted	Unsatisfactory	Satisfactory	Proficient	Exemplary	Points
Ensure Scene Safety The competitor will evaluate scene safety and communicate size-up information to the judge using a clear relaxed tone. The competitor verbalizes the number of patients on scene. The competitor will request additional resources via dispatch if necessary for the scenario.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Primary Assessment						
Scan for signs of uncontrolled bleeding and takes action to control bleeding The competitor scans the patient for uncontrolled bleeding and takes action to control bleeding prior to completing other assessments. This item denotes the appropriate order of actions and does not represent the competitors ability to stop the bleed.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Assess the airway The competitor will assess the airway and take appropriate actions based on findings. The competitor will verbalize opening the airway and inspection of the oral cavity.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Assess level of consciousness (LOC) The competitor evaluates the patient's level of consciousness (LOC) based on the AVPU scale. The competitor will verbalize the level of consciousness to the judge.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Introduction The competitor introduces themselves to the patient using their name, title, and department name. The competitor receives permission to treat (for conscious patients). Assume full points for unconscious patients if the competitor verbalizes that unconsciousness is equivalent to providing consent.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	

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Form a general impression The competitor will verbalize their general impression to the judge. This impression shall include the patient's age, sex, level of distress, and overall appearance. The competitor will gather relevant medical information from the patient (check for medical I.D. bracelet) and communicate it to the judge.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Assess breathing and circulation The competitor will assess the patient's breathing and circulation for rate and quality. This assessment may be performed simultaneously and should take no longer than 10 seconds. The judge will provide information as the competitor verbalizes their actions.	0 The competitor did not demonstrate required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Basic Life Support (BLS) (CPR)						
Call for AED The competitor will verbalize retrieving the AED (from the judge or from their supplies).	0 The competitor did not demonstrate the required elements.		3 The competitor demonstrated some of the required elements. incorrect name of equipment, etc.		4 The competitor demonstrated 100% of the required elements. Correct name of equipment etc.	
CPR Cycle The competitor will complete 2 cycles of compressions and ventilation prior to using the Automated External Defibrillator (AED).	0 The competitor did not demonstrate required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Compressions The competitor will depress the sternum to a depth of 2"-2.4" inches, using direct downward movement and then rising gently upward. The ratio of time devoted to compression versus relaxation should be 1:1 and allow the chest to return to normal position. The competitor does not lean on the patient's chest between compressions. 30 chest compressions are delivered in a smooth, rhythmic, and uninterrupted fashion at a rate of 100-120 bpm.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated at least 100% of the required elements.	

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Hand Position The competitor will place the heel of one hand on the center of the chest over the lower half of the sternum. Place the heel of the other hand over the first hand. With arms straight the competitor shall lock their elbows and position their shoulders directly over their hands. Fingers should be kept off the patient's ribs. The heel of the hand is not removed from the patient's chest during relaxation.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Ventilations The competitor will open the airway according to their suspicion of spinal injury (head-tilt/jaw-thrust). The competitor will give two ventilations by BVM of 1 second each and observe for visible chest rise.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Basic Life Support (BLS) (AED)						
Compressions After Shock, the competitor will immediately resume chest compressions for 5 cycles, pause CPR and allow the AED to analyze the rhythm. If shock is advised, clear the patient verbally and physically, and push the Shock button. The competitor will not resume compressions after the second shock is delivered.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
AED Operation The competitor will turn on the AED, remove clothing from the patient's chest area, remove medicine patches and apply the pads to the chest. One pad just to the right of the breastbone and just below the collarbone. The second pad shall be placed on the left lower chest with the top of the pad 2-3 inches below the armpit. Plug in pad connector. Verbally and physically clear the patient for analysis by AED. If a shock is advised, the competitor will state aloud "Clear the patient", and ensure that no one is touching the patient. After reconfirming that no one is touching the patient, the competitor will push the Shock button.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	3 The competitor demonstrated at least 50% of the required elements.		4 The competitor demonstrated 100% of the required elements.	
Controlling External Bleeding						

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Tourniquet If direct pressure with a pressure dressing does not control bleeding, apply a tourniquet above the level of the bleeding. The tourniquet shall be tightened one turn. The tourniquet is not applied over a joint and is not covered with a bandage.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Direct Pressure The competitor will first apply direct pressure over the wound with a dry, sterile dressing. Next the competitor will apply a pressure dressing.	0 The competitor did not demonstrate required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Tourniquet Communication The competitor will verbalize the following information regarding the tourniquet: the time of application, the site of application, and the rational for application clearly and specifically to the judge.	0 The competitor did not demonstrate the required elements.	1 The competitor demonstrated less than 50% of the required elements.	2 The competitor demonstrated at least 50% of the required elements.	3 The competitor demonstrated at least 75% of the required elements.	4 The competitor demonstrated 100% of the required elements.	
Overall Response						
Overall Reponse The competitor remains calm, acts quickly, knows how to respond appropriately, and efficiently.	0 The competitor did not demonstrate the required elements.	4 The competitor demonstrated less than 50% of the required elements.	8 The competitor demonstrated at least 50% of the required elements.	9 The competitor demonstrated at least 75% of the required elements.	10 The competitor demonstrated 100% of the required elements.	
Communication The team members communicated professionally and effectively throughout the event.	0 The team members did demonstrate all required elements.	1 The team members demonstrated the required elements less than 50% of the time.	2 The team members demonstrated the required elements at least 50% of the time.	3 The team members demonstrated the required elements at least 75% of the time.	4 The team members demonstrated the required elements 100% of the time.	
Total Score: _____ / 100 pts						