



ONTARIO MEDICAL FIRST RESPONSE COMPETITION



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Congratulations to York Region, Toronto, Kitchener/Waterloo and London for their efforts this past May 2016 at UOIT in Oshawa for their 1st Place team finishes for 2016!

The history of St. John Ambulance competitions dates back to the 1890's in England, to 1914 in Canada and to 1918 in Ontario! That's over 100 years; coming up on 99 years in Ontario next year!

On **Saturday March 4th, 2017**, community service teams will come together in each of our established 'Zones' to compete at our OMFRC Regional Competition. On **Saturday, May 27th, 2017**, selected teams will be invited to compete at our OMFRC Provincial Competition.

The objectives of these Competitions are to improve the efficiency and quality of care provided by first aiders, to accustom first aiders to work in all types of surroundings, to build confidence in first aiders, to stimulate a healthy rivalry between competing teams, to provide the opportunity for competitors to meet and interact with their colleagues from across the province, to provide the opportunity for the numerous support volunteers to hone their acting, judging, simulation, hospitality, logistic and operational skills and to allow members of the public to view the excellent care St. John Ambulance trained first aiders provide.

One of the most exciting times of the training year for a Unit should be the preparation and participation in our annual Medical First Response Competitions. This is an excellent opportunity to work as a team, to put your skills to the test, to prepare yourselves and to have fun meeting others from around your District and Province. Some members' fondest memories have been centered around patient care training and competition. Many have been fortunate enough to experience competing as a team member, a team captain or a team coach for years. Many others have supported their teams through their participation as Casualties, Judges and Simulators. These annual events allow people to meet and develop their skills and make friendships.

There are many online resources to assist with your training. A large selection of local and regional scenarios should be useful to support your preparations. Numerous guidelines on competition training are available online at our OMFRC.ca and StJohnOnline.ca websites.

Units are encouraged to enhance their unit training with scenario based training which in turn will help develop their own teams. Encourage those interested in team training to meet for a couple hours each week. Initially, review everyone's skills. Once the skills are known, concentrate on diagnostic skills. Accurate Assessment is an important skill that your team should work on! One must learn to analyze and treat the situation you face; not just treat the injuries or the patients!

During the final weeks of your training, add the elements of realism to your training and begin to use your local casualty simulation talents and take the time to setup mock problems. While many of your competitions will be imaginary; held in a square in a gymnasium or training room; expose your team to fully simulated problems as well.

If you have the desire, but don't possess the knowledge to start your first competition team; call upon those who do! Check out StJohnOnline.ca, CadetsOnline.ca or OMFRC.ca or make direct contact with our OMFRC committee by email to help get you started!

A publication of St. John Ambulance, Council for Ontario, Competition Committee

DID YOU KNOW?

AN INFORMATION SHEET FOR THE ONTARIO MEDICAL FIRST RESPONSE COMPETITION.