



ONTARIO MEDICAL FIRST RESPONSE COMPETITION



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DID YOU KNOW?

AN INFORMATION SHEET FOR THE ONTARIO MEDICAL FIRST RESPONSE COMPETITION.

Preparing for Zone Competitions!

Communication with the Unit Chiefs in your Zone:

The time is now! It is time to contact your Unit Chiefs in your zone and talk about competition! Get them excited about their volunteers competing in the Zone competition! Even better, recruit them to help! Communication is the key to having a successful Zone competition. Keep this competition alive and at the top of everyone's thoughts!

Finding a Venue:

Find a venue that is suitable to your needs. You will have to make this decision based on the number of teams that will be competing in your Zone. We always look at acquiring venues for the best price. If you can secure space at one of the branches within the Zone, that would be great. If this is not a fit please look at place that offers a not-for-profit rate. A community centre or school perhaps. You will need space to have your casualty simulators work and have a hold area for teams. You will also need to consider the size required for the actual scenarios. Spectators should always be welcomed; so we need to accommodate them as well!

Food:

This will all depend on the number of teams that you have entered in the Zone Competition. If your competition is just a couple of hours, you might just provide light snacks, juice and water. If the completion is running for a whole day, you will need to consider lunch. The timing of your event may also eliminate the need of a lunch based again, on the number of teams in your Zone.

Budget:

We have a very limited budget. Please keep this in mind when securing any of your venues or food requirements. Please send all estimated expenses (in advance of your event) to our OMFRC Zone Lead, Marsha Seens at zonelead@omfrc.ca, for approval. Otherwise, your expenses may be yours to incur yourself.

Volunteers required:

A successful competition requires many volunteers. This is the time to get volunteers excited. If they are not interested in competing, get our members excited about volunteering at the competition. If we can get volunteers excited about volunteering at the Zone Competition, we may be able to secure those volunteers for our Provincial OMFRC in May.

Listed below, are a variety of volunteers you will need. The numbers will depend on the size of your competition. While communicating with your Unit Chiefs, ask them to help get the required volunteers to help run your competition! You will need the following people to assist you!

Casualties- Community service members, high school drama students looking for volunteer hours, service clubs are great sources. Consider family members and significant others; no experience or qualification is required to help! Ask early so you won't be disappointed!

Judges- Instructors or previous judges work best

Simulators- do they have a course or workshop?

Runners- they can help with the day of activities; to get things done!

Tabulators-required to keep track of scores, why not bring in family members! No experience required! Perhaps being able to count would help! ;-)

Hostess- what is your Fellowship up to! Invite them out!

Special thanks for their assistance with this month's article!

Marsha Seens & Nancy Hutchinson