



ONTARIO MEDICAL FIRST RESPONSE COMPETITION



FEBRUARY 2017

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DID YOU KNOW?

AN INFORMATION SHEET FOR THE ONTARIO MEDICAL FIRST RESPONSE COMPETITION.

Building an Award-Winning Team Tips and Tricks

With the OMFRC Zone Competition fast approaching, it is important that your team is going into the day feeling confident and supported. An effective team is made up of a variety of people who complement each other's strengths and weaknesses. Remember that the winning teams (the original members, substitutions will only be granted by the OMFRC Chairperson and Chief Judge in written submission prior to the registration deadline) from each Zone will be invited to compete at the Provincial OMFRC in May 2017.

Tips for Picking your Team Members

- Get to know your team! Learn who they are, their personality type, their skill set and their ambitions/dreams. This will only benefit the team when choosing the right people for the right roles.
- Identify a capable team leader whose ability to take charge and manage people is at least as strong as their skills and knowledge. This should be the main "team captain"; but a team is best with many able to assume this role if the need arises.
- Ensure a good balance of communication and conflict styles among the team members. Not everyone should be an A type (aggressive) or B type (passive) person. There needs to be a healthy balance. In past years, it was quickly noticed which teams will not complete the scenario as well as others – this is usually teams who have a majority A-type personalities; who walk-in yelling over-top of each other and demonstrate a power struggle, or a majority B-type personalities where no one takes charge/ determines what tasks need to be performed or who to assign tasks to.
- Select team members with the appropriate knowledge and expertise for their assigned tasks. For example: If you are a "captain," your first aid skills need to be top notch. "Recorders" should know to start their tasks (collecting history, vital signs and documentation) immediately and not wait for direction but also have legible handwriting – many points are lost because the judge cannot read the documentation! But all team members need to understand each role to be able to appreciate their team members and back themselves up in case of illness or multiple patients or scenario surprises.
- Choose individuals who are mature enough to lay aside personal desires in favor of what is best for the team. Do the Captains listen to the ideas of others? Do the recorders take direction well?
- Everyone must be an equal participant. It's a TEAM EFFORT; A win or loss is not caused by 1 single team member.

Preparation Before the Event:

Be Mentally prepared:

- ◆ *Goal Setting* (complete the scene survey and primary within the first 3 minutes),
- ◆ *Imagery* (imagine the site, injuries and mentally go through the "script" of a scenario),
- ◆ *Scene/ Injury Management*, and *Emotional control* (work as a team to avoid feeling overwhelmed) can be learned through practical exercises.
- ◆ *Anticipate potential distractions/impediments*. These scenarios test problem solving skills as well as patient care. Having anticipated an issue before it happens allows the energy/ impact of the issue to be lessened and overcome the stress of a surprise.



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"Less is more"

In the final stages of preparation for competition, it is important to adhere to the "less is more" attitude. The tendency is to want to over-prepare for the event by squeezing in lots of intense practices as the "big event" approaches. Teams need to be well rested and mentally relaxed to perform optimally. This does not mean to STOP practicing... but instead, the week before – have a "fun night" or outing to calm nerves and remind everyone that this is a fun learning event – not life altering. Have fun at the competition!

Get familiar with the surroundings

When arriving at the competition, familiarize your team with the surroundings. Find the registration desk, ID the zone lead, find a quiet space for your team to "bunk-down" and relax, find the washrooms, find the food/drinks. The idea is to have as little stress the day of the event.

Expect the unexpected

Things never go exactly as planned. It is inevitable that something unexpected will happen. Teams need to maintain a sense of humour and perspective when things out of the ordinary occur. At these times, it will be important to problem solve and find alternate ways to push through the issue. Open communication will be important to deal with the unexpected.

Don't Punish Failure!

Scenarios are written with the aspect of achieving points in a variety of ways; including how creative a team is. Absolutely NO team, will get a perfect score. It is that simple. No matter how much preparation there is, the skill set of the teams, and how well everyone works together – If a team achieves a perfect score; it raises concerns for a judging error or teams having prior knowledge of the marking scheme. Points will be missed; actions will be incomplete and that's OK! Again, this is a fun learning experience; we want teams to leave the zone having had a fun day where they learned a new trick, met other people, experienced a little stress but overall are leaving with a sense a pride and excitement for the next level or next year.

Encourage happiness.

Team members are ultimately your local volunteers. We DO NOT want feelings of inadequacy or regret coming from the competition. OMFRC Committee wants to encourage participation, knowledge and to bring the sense of accomplishment and pride back to team's local unit where they foster more passion in all volunteers.

Wishing all teams, coaches and volunteers a FANTASTIC DAY at the Zone competition. Regardless of the standing at the end of the Zone, everyone is encouraged to attend the OMFRC on May 27th (in Hamilton.) To run a successful OMFRC, there is a need for volunteers in all capacities; Casualties, Casualty Simulators, Hospitality, Judges, Logistics, Security, etc. Please watch the OMFRC.ca website for registration information for teams and volunteers!!

Special thanks to Sandra Chamieh for her assistance with this month's article!