



ONTARIO MEDICAL FIRST RESPONSE COMPETITION



www.OMFRC.ca

DID YOU KNOW?

AN INFORMATION SHEET FOR THE ONTARIO MEDICAL FIRST RESPONSE COMPETITION.

Thinking about Patient Care Competitions?

It's that time of year again – time to look for that perfect four person team to compete in the upcoming Ontario Medical First Response Competition.

Where do you start?

What do you look for?

How do you know if your competitors have the right stuff?

Here are several things for you to consider:

The Real Picture – members might not know what a first aid competition looks like, let alone sign up to compete in one! Consider inviting a seasoned judge, casualty simulator, an OMFRC committee member to one of your meetings as a guest speaker to chat about their experiences and positive learnings. Many new competitors were surprised by the time commitment and extra training hours they needed to put in. So be honest about that the amount of time and commitment you expect.

Aim for the Stars – do you have a few superstars that always seem to “get it” during your training sessions? If they haven't expressed interest to compete, maybe it's time you approached them and have a few words of encouragement. Or if you already have a team in mind; try having the members train and work on scenarios together so that you can see their synergy (or lack of) before approaching each member.

Follow the Leader – how do you select the team lead? There isn't an easy way to do it, but most coaches say that the leader usually “naturally emerges” once the team is formed. Some coaches select the team lead first and work together to select the rest of the team.

It takes a Team to work – honestly, no team is perfect from the start. It will take training and commitment for a team to work well together. Your team will need to learn how to communicate while working to complete a scenario on time. Hands-on practice will allow members to understand the team's overall strengths and weaknesses and how they can work to complement each other. Teamwork!

It takes a Village to Train a Team – you don't have to do it alone! It's hard work to train a team, so ask for help from other leaders and members of your unit or neighbouring ones who can lend a hand to be judges or casualties during your extra training nights. A few coaches in the past have hosted a mock competition between a few units to simulate the “real stress” of competition and invited guest judges. With Hallowe'en around the corner, props can help with casualty simulation too!

Resources, Resources, Resources - did you know that you can access all former years' competition scenarios? Visit www.OMFRC.ca. We're confident there will be a scenario to fit your training needs. If you are a first time coach, you may also find “Competition Team Training Guide – A Personal Perspective” a helpful resource as well, it was presented by Don Smith at a Youth Train the Coach Day. This resource is also available online!

This is the time to start preparing for competitions if you have not thought about them already. The earlier you start, the more time you allow your teams to learn how to compliment each other, ease into practices and plan for resources. Competitions can be stressful and exciting at the same time. Just remember to have fun during the process! An excellent learning opportunity for everyone! First Aiders, Simulators, Casualties, Judges and Coaches; excellent skills development, leadership and interpersonal skills development; a great 'add-on' to your unit's training program!

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