



# Florida Association of Fire Rescue Cadets



## EMS Relay

2024 Gator Games

### Objective:

This event allows teams to demonstrate their knowledge of medical conditions. The judging table will have a designated area to set the definition card and the Medical Condition card face down, on top of each other. Upon the "GO" command, the first member will leave the staging area, go around barrier, and flip over a definition card, after reading the definition, the member will retrieve a Medical Condition card and will then place both cards face down on the judging table and the team member will go back around the barrier and physically tag the next member in line. As soon as the next member is tagged, they will repeat the above procedure, looking at any unanswered definition card, and then get back in line in the staging area. Each team member must go two times. Time will stop when the last team member completes their task and crosses the finish line. There will be multiple definition cards as well as multiple medical condition cards in the storage area.

### Requirements:

- Each Post can enter a maximum of three teams consisting of four Cadets/Explorers
- No Cadet/Explorer can participate in this event twice.

### Rules and Penalties:

- The team members must only flip over 1 definition card upon arrival at the table (no picking up another one) (10 seconds each infraction)
- The team member must place both cards face down on the judging table before crossing the barrier line. (10 seconds)
- The team members can walk or run during this event, it is a relay competition.
- Each team member must be physically tagged before they can leave the staging area. (10 seconds)
- Once both cards are face down on the judging table, neither can be changed. (If changed, that response will not be accepted)

### Scoring:

- 1 point for each correct response (8 points max.)
- All ties in points will be decided by the fastest times plus any penalties.

*\*see event diagram for more details*

# 2024 EMS Relay

## Quick Reference

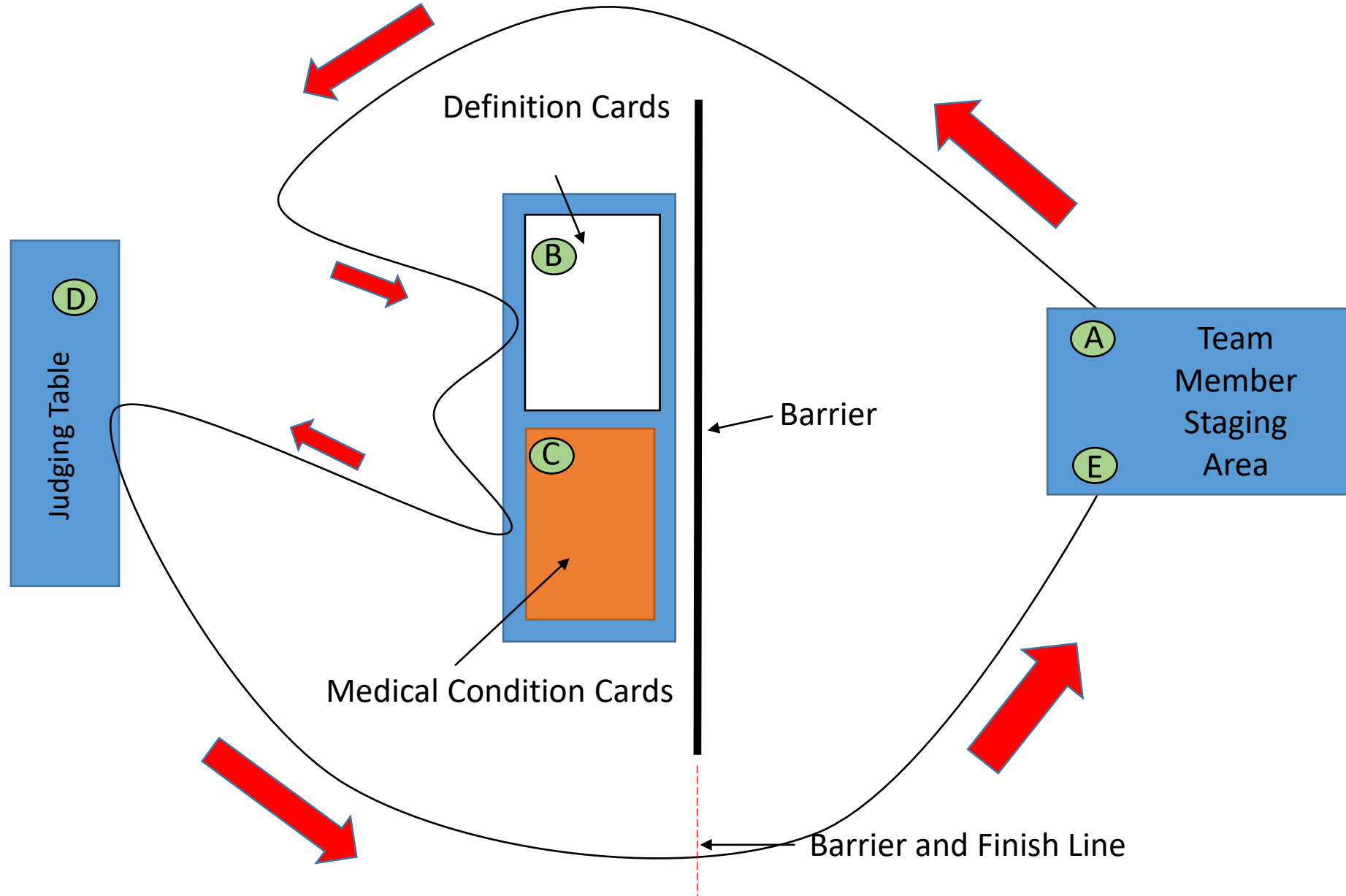
A – Member starts relay

B – Member looks at illness/injury description card.

C – Member picks up correct Treatment card

D – Member places both cards face down on the judging table.

E – Member tags next member in staging area.



## **Cephalalgia**

A common condition that causes discomfort in the head or neck, and most people have at least once a year.

## **Conjunctivitis**

Inflammation of the conjunctiva, the thin membrane that covers the front of the eye and inside your eyelids, and it's usually caused by a bacterial or viral infection and It's highly contagious.

## **Contusion**

Pooling of blood under the skin after an internal blood vessel injury, resulting in discoloration and inflammation

## **Hyperlipidemia**

A condition where there are high levels of lipids, or fats, in the blood.

## **Gastro-esophageal reflux**

A condition that affects the muscle between the food pipe or gullet and the stomach and occurs when acidic stomach contents flow backwards into the food pipe. This causes a burning sensation in the chest, which you probably know as heartburn.

## **Hyperhidrosis**

A common disorder that can occur in otherwise healthy individuals for seemingly no reason at all. If you have it, your doctor may be able to prescribe strong antiperspirants as well as oral medications to help keep the condition under control.

## **Onychocryptosis**

A problem that is found on someone's foot and occurs when a small part of your nail grows at an awkward angle.

## **Mononucleosis**

An illness caused by the Epstein-Barr virus (EBV), which is spread through saliva.

## **Hypertension**

A condition when the pressure in your blood vessels is too high.

## **Seizure**

A condition where a burst of uncontrolled electrical activity between brain cells that causes temporary abnormalities in muscle tone or movements.

## **Diabetes**

A chronic disease that occurs when the body has elevated levels of blood glucose.

## **Hyperthyroidism**

A condition when the thyroid gland produces too much thyroid hormone.

## **Hypothyroidism**

A condition where the thyroid gland doesn't produce enough thyroid hormones to meet the body's needs.

## **Fracture**

A break in a bone, which can be partial or complete.

## **Asthma**

chronic lung disease that causes the airways in the lungs to become inflamed and narrow, making it hard to breathe.

## **Anaphylaxis**

A sudden, severe, and potentially life-threatening allergic reaction that affects the entire body. It's characterized by a rapid onset, and can cause breathing, circulatory, or airway problems.

## **Myocardial Infarction**

Occurs when a blood clot blocks blood flow to the heart. Without blood, tissue loses oxygen and dies.

## **Stroke**

Damage to the brain from interruption of its blood supply.

## **Pneumothorax**

When air builds up outside the lung but inside the pleural cavity, putting pressure on the lung and causing it to collapse.

## **Hemothorax**

Occurs when blood collects in the pleural cavity, the space between the chest wall and the lungs.

## **Pericardial Tamponade**

Compression of the heart caused by fluid collecting in the sac surrounding the heart.

## **Cellulitis**

A common bacterial skin infection that affects the middle layer of the skin (dermis) and the tissues below.

## **Tinnitus**

The perception of hearing noises in the ears when there is no external source. These noises can sound like ringing, buzzing, hissing, whistling, or other sounds, and can be soft or loud.

## **Atrial fibrillation**

A type of irregular heartbeat, or arrhythmia, that occurs when the heart's upper chambers (atria) rapidly fire electrical signals at the same time.

## **Thrombus**

A gelatinous mass of fibrin and blood cells formed by the coagulation of blood.