

VAVRS COMPETITION RULES AND ENTRY FORM

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RULES FOR COMPETING IN VAVRS SPONSORED COMPETITIONS AT THE FIRST RESPONDER VIRGINIA

1. All participants must be registered with FIRST RESPONDER VIRGINIA
2. All Competition Entries are due in the state office no later than August 30, 2023
3. All competitors will require the following to be shown to compete:
 - a. FIRST RESPONDER VIRGINIA registration badge.
 - b. Picture identification. Example: Driver's license or identification badge with picture
 - c. Current card for the contest in which they are competing unless otherwise noted in the specific contest rules
4. An individual may compete only one time in each event.
5. Abusive and obscene language and gestures will not be tolerated, and the entire team will be disqualified.
6. If it is determined that an individual gave information to another individual/team that will help them in competition, the team receiving the information, and the individual who provided it will be disqualified.
7. Score sheets will be reviewed by the team Captain on what was missed following completion of the problem. No numeric score value will be on the sheet at the time.

Registering to Compete

There are several changes to registering to compete this year.

- You may register online or in person up to 4:00 PM Thursday at the VAVRS Booth located in the Vendor's area. You are encouraged to sign up in advance if you know you will be competing to ensure the minimum number of teams is met to hold the competition.
- Multi-person teams may be made of any qualified persons who is a member of a VAVRS or VSFA Agency, however you must compete under the name of an agency
- Agencies may field up to 3 teams or participants for each competition unless
- EVOC Instructor and Non-Instructor are now a combined competition.
- Competition times are awarded on a first come-first choice basis.
 - Online sign-up will take priority over in-person sign up.

IF THE MIIMUM NUMBER OF TEAMS NECESSARY TO FACALITATE A COMPETITION ISN'T SIGNED UP BY
AUGUST 30th THE COMPETITION WILL BE CANCELLED

Please fill out an entry sheet for each team or competitor in each competition. And email that sheet to:

brianbilheimer@vavrs.com

Competition Registration Form

Fill out one for each team in each competition.

Ensure the information for the contact person is correct.

Participants will be notified should a competition be cancelled by September 1st.

Email form to brianbilheimer@vavrs.com

Competition (check the appropriate box) - EVOC BLS ALS

Agency Name:

Contact person

Email address:

Phone number:

EVOC Competitors only:

Drivers Name:

ALS, BLS only

Team Members Names:

1.

2.

3.

4.

Competitors must be at the competition site 15 minutes prior to their times or may be disqualified

Please make a 1st, 2nd, and 3rd choice for competition times

ALS, BLS Competition Times

	1 st	2 nd	3 rd
8:00 AM			
8:30 AM			
9:00 AM			
9:30 AM			
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:30 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			

EVOC Competition Times

3 Competitors will be scheduled
per time slot

	1 st	2 nd	3 rd
8:00 AM			
8:30 AM			
9:00 AM			
9:30 AM			
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:30 PM			
1:00 PM			

Competition: ADVANCED LIFE SUPPORT CONTEST

Coordinator: Frank Smith
Sara Midkiff

Date: Friday, September 22, 2023

The Advanced Life Support Contest is designed for the Paramedic, EMT-Intermediate, Advanced EMT, and EMT covering both Advanced Life Support (ALS) and Basic Life Support (BLS) skills and knowledge.

1. The contest shall consist of a two (2) person ALS/BLS response team concept and made up of two (2) members, one (1) ALS (I or P) Provider and one (1) BLS (EMT or AEMT) Provider, one of whom shall act as Team Captain. Each team will have the option to list one (1) alternate member to be utilized in case of emergency or as allowed. The alternate can be certified at any level in Commonwealth of Virginia.
2. As previously stated, one (1) member of the team must be certified at either the EMT-Intermediate or the Paramedic level. The remainder of the team may be composed of Virginia Advanced EMT or Emergency Medical Technicians. **Certification in AHA Advanced Cardiac Life Support is recommended but not required.**
3. All members of the team shall show proof of certification prior to the team being allowed to compete. This includes current EMS and CPR cards. **All participants must show a picture I.D. (e.g.: driver's license) before being allowed to compete.**
4. The team shall be registered through the convention contest entry form/process. All team members will be required to confirm this registration by showing their convention name badge.
5. All members of the team shall be active members in good standing with the agency they are representing.
6. Teams should arrive at the contest site thirty (30) minutes prior to their scheduled competition time. **LATE TEAMS WILL NOT BE PERMITTED TO COMPETE.**
7. Comments during competition are NOT required to come from the Captain. There will be judges assigned to oversee particular events and they will listen to the participant performing that particular skill. Team members are free to talk among themselves during the problem. **NEVER ASSUME A JUDGE HEARD OR SAW A PARTICULAR SKILL. CAPTAINS, HAVE EACH TEAM MEMBER COVER EACH ITEM CLEARLY WHEN PERFORMING A PARTICULAR SKILL.**
8. The contest will be timed. Teams will be notified of the specific amount of time upon check-in. Timing begins when the team approaches the staged area and countdown provided to the team. Time will end when all team members have completed all tasks in the course. All team members must start and stop together.
9. The contest area will consist of various psychomotor competency skills which must be completed per National Registry standards. Any failure criteria evaluated against a team with result in a fifteen (15) minute penalty to the total time.
10. In the event of a tie in time involving more than one team, individual points will be used to differentiate the winner.

11. Individuals may enter the contest area to take pictures. No video will be allowed and will result in disqualification.
12. Oral questions may be asked, but they must pertain specifically to the problem.
13. At the end of the contest, the team Captain will review the judge's sheet and sign it. The judges will answer any questions but will not argue a point. A judge will never say that he/she will take care of something. All further questions will be taken up with the contest Chair.
14. The team is responsible for cleaning the contest area. Five (5) points will be deducted from any team's score that does not clean the contest area.
15. If there are any questions concerning make-up on a particular patient, the chair will explain what the make-up represents.
16. The patient will not require movement onto a stretcher for transportation.
17. Local protocols are **NOT** used. State standards of practice for procedures that may be performed by each EMS certification level will be in effect. Procedures allowed for District competition may not necessarily be allowed for state competition.
18. Only judges, victims, and those authorized by the contest chair will have access to the contest area. Team members or representatives from their particular squad will not be permitted in the contest area at any time other than their competing time.
19. The problem will be based on:
 - a. American Heart Association's Advanced Cardiac Life Support 2020 Guidelines
 - b. Essentials of Paramedic Care – by: Brady
 - c. Emergency Care and Transportation of the Sick and Injured 11th Edition
 - d. American Heart Association's Pediatric Advanced Life Support 2020 Guidelines
 - e. National Registry of EMT's psychomotor skill checklist
20. All CPR, Advanced Cardiac Life Support, and Pediatric Advanced Life Support procedures will be based on the 2020 American Heart Association guidelines.
21. The competing team shall provide any equipment they choose, other than the equipment listed in rules as not being allowed. For teams needing equipment, some or all needed equipment will be provided for them. Drug box and IV set-up will be provided for all teams as in the past. We will have a completely stocked ALS unit on scene with all required VA OEMS equipment that teams may choose to use. PLEASE ADVISE THE VAVRS UPON REGISTRATION IF EQUIPMENT WILL BE NEEDED, AS TO MAKE SCHEDULING EASIER.
22. Teams will not be allowed to use any type of automated CPR device during the competition.
24. All skills will be performed unless instructed differently by officials running the scenarios. Performance of skills above certification level will result in disqualification of team.
25. There will be a limit of thirty (30) teams; the first 30 teams to register will be allowed to compete.

Competition: BASIC LIFE SUPPORT CONTEST

Coordinator: Todd Southard
Robert Low

Date: Friday, September 22, 2023

The annual VAVRS Conference EMT (BLS) contest will be held on Friday, September 22nd, 2023. Please read through these rules carefully. If a question or problem should come up at Conference, feel free to discuss it with the EMT Contest Chair or Co-Chair. We want this to not only be a good contest but also an educational and fun event for all involved.

1. VAVRS, VAJVRS and AVAVRS teams from the same squad **MUST** compete consecutively and will be scheduled accordingly.
2. All members of a team **MUST** show proof of certification at time of check-in in order to be allowed to compete. (ALL CARDS MUST BE CURRENT).
 - A. All VAVRS Senior Teams – ONLY 3 MEMBERS OF THE TEAM MUST show current Virginia EMT or higher certification. (**Changed 2011**)
 - B. VAJVRS team members are not required to show EMT certification. (**Note change 2012**)
 - C. AVAVRS teams competing in the EMT contest are not required to possess Virginia EMT certification.
3. All team members will be required to show a picture I.D.
4. All team members will be required to show their Conference registration badge.
5. In the event a team has an alternate, the alternate will also be signed in for that team at team check-in. The alternate will fall under all stated rules just as the team members. (Rules 2, 3, and 4) This does not mean that they will be allowed to compete as a fifth team member.
6. The teams shall be registered through the Conference Contest Entry Form and will receive competition times from the conference committee or register at the registration booth at the convention center Thursday, the day before the event.
7. Teams **MUST** compete when scheduled. If your squad is competing in several contests and utilizing the same equipment or personnel for these contests, be sure that you schedule enough time between contests (counting delays) to get everything in place on time. We have no control over the other contest as they have none over ours. It is your responsibility to show up on time for your contest. Another contest chair cannot alter contest times for another contest.
8. Teams are required to arrive at the contest site 15 minutes prior to your scheduled time. Late teams **WILL HAVE 50 POINTS DEDUCTED FROM THEIR FINAL SCORE IF THEY DO NOT ARRIVE 15 MINUTES BEFORE THEIR SCHEDULED CONTEST TIME.** The 15 minutes allows the team to be checked in and required information checked. During these 15 minutes if an item from #3, 4 or 5 is not available or is forgotten, it allows a few minutes for the team member to obtain the item. **IF THESE ITEMS HAVE NOT BEEN CHECKED OFF OR THE TEAM MEMBER IS LATE PRIOR TO ENTERING THE CONTEST SITE, THAT TEAM MEMBER OR MEMBERS WILL NOT BE ALLOWED TO COMPETE.**
9. The contest will be judged according to AAOS Emergency Care and Transportation of the Sick and Injured, 12th Edition, utilizing the 2020 National Standard Curriculum. (All practical aspects of the problem will be based on the skills outlined in this text.) CPR and AED will be judged according to the current American Heart Association (AHA) Standards.

10. Teams shall consist of not more than four (4) members, one of whom shall act as the team Captain. Comments to the judges are not required to come from the captain; however, the judges are obligated only to listen to the captain. Team members are free to talk among themselves during the contest. Team Captains needs to speak clearly and in a normal understandable tone of voice, also at a speed which will ensure clarity. Abusive language, disruptive behavior, and/or un-sportsmanship like conduct will be an automatic disqualification. **If any of the above mentioned items occur by a team or team member it would be cause for immediate disqualification.**
11. The contest will be timed and will start when you enter the problem. Times are only used to break ties. Time ends when teams call time, or the **judges call time at the end of 15 minutes.**
12. Oral questions may be asked but will pertain specifically to the problem.
13. When written questions are given, there will be five (5) minutes to answer them. These five minutes are not part of the 15-minute problem time or the 5-minute cleanup time.
14. A sheet with dispatch information will be **reviewed with each team prior** to entering the contest room. This sheet **MUST** be returned to one of the judges in the room who will check the team off for returning the dispatch information sheet. Teams who fail to return the dispatch information sheet will be disqualified.
15. At the end of the contest, the TEAM CAPTAIN should review the scoresheet with the judges and the Captain will be asked to sign it. Signing the scoresheet shows that it was reviewed. If no signature appears on the judge's sheet a **five (5) point deduction will occur off the final score.** The judge will answer questions, but they will not argue a point with the captain. Page references will be provided so that you may look up any items you have questions about. A judge should never tell you they will take care of something. If they do, do not accept it. All further questions and issues should be taken to the contest Chair or Co-Chair.
16. The TEAM CAPTAIN will be given 5 minutes to review the judge's sheet. The remaining team members will have 5 minutes to clean the contest area. Five (5) points will be docked from teams who do not leave the contest area clean.
17. NO bystanders will be permitted without the approval of the contest Chair. **Two** individuals may enter the contest area to take pictures. **One** of these can be your alternate if you have one.
18. If you have any questions about the moulage, ask the judges. They will tell you what the moulage represents.
19. **All equipment that you will need to complete the problem will be provided to you. You will NOT be allowed to use your own equipment, including a stethoscope. You do not need to bring any equipment! You will have 5 minutes to review and set up the equipment we provide you.**
20. Actual bandaging, techniques, etc...must be done. There will be no simulation of bandaging. Supplies such as 4X4s to bandage will be provided to be use appropriately.
21. IV therapy and advanced procedures (i.e., endotracheal intubation) are to be considered advanced life support techniques. They will not be available and are **not** to be used in the contest regardless of their mention in the textbook.
22. All vital signs must be manually taken to count.
23. Only equipment for which specific instructions for use stated in the EMT text or permitted in the skills stations for **EMT** testing, will be available for you to use.
24. Only judges, victims and the contest chairpersons have free access to the contest areas. Team members and members of squads who have teams competing should NEVER enter a contest area, except to compete and should not be loitering in the contest or around the contest area.
25. After competing, the problem should not be discussed outside of YOUR TEAM. If the problem gets out, it will only hurt your score. In other words, the less said the better off you are. We know you like to discuss your problem after it is worked; we suggest you do this in the privacy of your motel/hotel room. **DO NOT DISCUSS IT IN PUBLIC.**
26. Please review and understand all the RULES FOR COMPETING AT VAVRS STATE COMPETITION, which were recommended and approved by the Executive Committee, March 4, 1989. These rules will be strictly enforced. You will find them enclosed in this conference packet.
27. **Most importantly, have fun!**

Competition Title: **Emergency Vehicle Operators Course (EVOC)**

Competition Chair: Kenny Frenier

Competition Date: Friday, September 22, 2023

1. The EVOC Competition is open to all persons registered for the 2023 First Responder Virginia who hold a valid Emergency Vehicle Operators License.
2. Each participant must have an EVOC card, a valid operator's license and a current conference registration badge. These cards are to be presented to the Chair.
3. Each participant will compete only one time in the contest.
4. No more than two people from each squad will be allowed.
5. Failure to be prompt for the driving test will be a reduction of 25 points in the appropriate contest.
6. The driving test will be Friday at the times appointed in the FRV schedule. Please choose a 1st, 2nd, and 3rd choice for the timeslot in which you would like to drive.
7. Vehicle Malfunction - If the contest ambulance should develop mechanical problems, the time clock will stop. The contest Chair will attempt to repair the ambulance. If repair is not possible, the Chair will attempt to locate an ambulance like the one originally being used at the contest. If replacement cannot be obtained, the Chair will use his or her own judgment to obtain a replacement to finish the contest.
8. Any contestant who participates in an unsafe manner or act, at the discretion of the Chair or Co-Chair, will be immediately disqualified.
9. You must display your Convention Registration Badge while competing.

A tip to help you prepare for the competition.

Judges will be evaluating you on the driving course. The course will be designed to meet some of the many conditions you face when on a call. So, to sum it up, you want to drive the **SMOOTHEST, ERROR-FREE** course.

Competition: WEBSITE OF THE YEAR
Coordinators: VAVRS State Office
Competition Date: Entries are due by August 30, 2023

The “Web Site of the Year” contest will be offered again at the 2023 First Responder Virginia Conference. It will be available to a VAVRS member squad in good standing.

GUIDELINES FOR JUDGING

To be eligible for this award a unit membership must:

1. Submit their web site address for consideration by August 30, 2023.
2. Web Site must include a link to the VAVRS web site.
3. Web Site must list who maintains the site.
4. A member(s) of the agency must maintain Web Site.
5. A total of 250 points can be awarded and are judged as follows:
 - 0 – 50 points for “Content”
 “Content” – The website should include the name of the organization, exact meeting location, meeting time, area served, up-to-date descriptive calendar of programs, events, trainings, at least one contact for more information (phone number and/or email address) and an invitation or procedure on how to become a member of the agency.
 - 0 – 50 points for “Ease of Use”
 “Ease of Use” – This means that it is easy to find any desired information with only one or two clicks. The website should not be too complicated. The home page should indicate where all the information can be found and should be visually clean and clear.
 - 0 – 50 points for “Links” page
 Links – The “navigation” links to go from page to page or within one page must be obvious and work when clicked. Second, there should be working links that take the viewer to different websites. Mentioned name of an agency or group should be hot linked to its website.
 - 0 – 50 points for “Public Safety and Health Issue” items
 “Public Safety and Health Issue” – Instructions displayed for the public regarding personal safety and health information.
 - 0 – 50 points for “Photos”
 “Photos” – The website should include photos which indicate the agency’s activities, such as some of the agency’s fund-raising activities, training, meetings, etc. Photos must be identified and should be appropriately sized.

Agency Name:		Website URL:	
Agency Address			
Contact Person:		Email:	
		Phone:	

EMAIL entry to Bbish@vavrs.com

SPECIAL AWARDS

SPECIAL AWARDS ENTRIES MUST:

- Have a coversheet that includes the agency's name, contact person, phone number, email (if applicable) and state the category it is competing in.
- Be limited to one per agency per category.
- Be typewritten in standard 12-point block style font, double spaced on single sided white paper.
- Be a maximum of 10 pages per entry except for the Harlan Senger award (25 pages maximum).
- Contain no more than five (5) photos may be included in any entry.
- Include content that is concise, relevant, and limited to the context of the award.
- Not contain video or be faxed.
- Be in the VAVRS State Office no later than August 30, 2023.
- Reference events that occurred in the period of August 1st of the prior year and July 31st of the current year.
- The number of trophies awarded will be dependent on the number of entries.
- Entries should be directed to Bbish@VAVRS.com unless otherwise noted.

Competition Title: **PROMOTION OF SAFETY**

Squads which during the year, have contributed to and promoted safety within their respective area by means of printed and/or electronic media and /or civic organization.

Competition Title: **ADVANCE LIFE SUPPORT (ALS) CALL OF THE YEAR**

The ALS calls will be judged on the current edition of the ALS text book and Virginia Office of Emergency Medical Services guidelines that govern EMT Enhanced and higher. The entry will be judged on Basic Life Support (BLS) skills with the addition of Advance Life Support (ALS) skills. A copy of the call sheet(s) with the patient(s) name, (s) address (s), social security number (s) redacted, shall be submitted with the entry. Provider's names should not be included in the submission.

Competition Title: **BASIC LIFE SUPPORT (BLS) CALL OF THE YEAR**

All EMT-Basic Life Support calls will be judged by the current edition of the current EMT text book and the Virginia Office of Emergency Medical Services guidelines that govern EMT-B. A copy of the call sheet(s) with the patient(s) name(s), address (es), social security number (s) redacted, shall be submitted with the entry. Provider's names should not be included in the submission. If **ANY** Advance Life Support (ALS) procedures are included in the submission the call will be disqualified from contention.

Competition Title: **RESCUE CALL OF THE YEAR**

Given for an outstanding Rescue Call where life, entrap due to structure, environment, water or vehicle is saved. Rescue procedures and techniques only will be considered. BLS and/or ALS treatment should not be included in the submission and will not be considered. Provider's names should not be included in the submission.

Competition Title: HARLAN SENGER MEMORIAL AWARD

The Harlan Senger Memorial Award is presented by the Virginia Association of Volunteer Rescue Squads, Inc. in recognition of an individual who has distinguished himself or herself in an action which involves extraordinary heroism, clearly above and beyond the call of duty in the protection of life and/or property. The act, or acts of heroism was also so notable and involved risk of life to the provider so extraordinary and of such magnitude, as to set them apart from their peers. Clear and convincing proof of the performance of the service was documented. The award will be a rotating trophy to be displayed at the VAVRS Headquarters and an individual trophy or plaque will become the permanent property of the recipient.

Competition Title: THE PRESIDENT'S TROPHY

The President's Trophy is presented by the Virginia Association of Volunteer Rescue Squads, Inc. in recognition of an agency/agencies who has distinguished itself/themselves in an action which involves extraordinary heroism, clearly above and beyond the call of duty in the protection of life and/or property during a mass casualty incident or natural disaster. The act or acts of heroism were so notable, so extraordinary and of such magnitude to have set the agency/agencies apart from its/their peers. Clear and convincing proof of the performance of the service was documented and involved not only an exemplary display of EMS Skills, but excellence in incident command protocol. The award will be a rotating trophy to be displayed at the VAVRS Headquarters and an individual trophy or plaque will become the permanent property of the recipient/recipients.