

WAFF BACKBOARD OBSTACLE COURSE

Event Overview: This EMS event is designed to allow the team to use teamwork to overcome challenges and use some basic EMS equipment and adapt it to the situation presented. The scenario simulates the rescue and removal of an unconscious patient from an earthquake-damaged building. The team must negotiate the obstacle course going over, under, and through the obstacles bringing the necessary equipment in, packaging the patient, and then bringing the packaged patient out through the obstacles. There is a 15 minute time limit for the evolution.



Equipment Overview: The team will be wearing bunking gear with baseline EMS PPE (gloves, mask, and glasses). They will be provided 1 Backboard, 1 C-spine Bag (containing head immobilizer blocks and straps, c-collar). A lightweight hose dummy will be used to simulate an unconscious patient.

Understanding the Course:

Window Prop:

The team will start with their medical equipment outside the window prop. Members and medical equipment must go through the window opening. When bringing the patient out, it is permissible to set the backboard on the window sill.



Wall Prop:

Team members and medical equipment may go through either of the stud spaces. The prop is set up to show the clearance that can be gained if one stud is knocked over at its base.



Floor Prop:

The floor prop consists of three 2 X 6 boards set in 2 X 6 brackets to simulate open floor joists. The team must cross over the joists without touching the ground between the brackets. If a member touches the ground between the brackets, that member must redo the floor prop from the beginning.



Collapse Prop:

Six traffic cones separate two pieces of lightweight plywood to simulate the tight spaces of a partially collapse building. Team members must go through the prop without collapsing the pieces of plywood. The team must pass through the collapse prop with the patient on the backboard after packaging the patient.

Patient Packaging:

One member needs to stabilize the head until the patient's head is secured to the backboard. The team must apply a c-collar to the patient, get the patient on the backboard, secure the Spider strap to the backboard, and immobilize the patients head (head is secured last).



Internet Resources:

The following websites/videos are resources for teams preparing for this event.

Spider Strap: <http://www.epandr.com/instruction/onlinetrspiderstrap.htm>

Application: <http://www.youtube.com/watch?v=-zQfW3jo3I4>

Removal: <http://www.youtube.com/watch?v=9NCyRiCvqJA>

Head Immobilizer: <http://www.youtube.com/watch?v=0hnQ0QnguG4>

Backboarding a Patient: <http://www.youtube.com/watch?v=MhrfzsNmopc>

EMS Online Videos: Logroll and Transverse Oblique in Video Library

