

First Aid Frenzy: Challenge Bank

Objective: First Aid Frenzy is a fast-paced, energetic game designed to reinforce lifeguards' first aid skills in a fun and competitive setting. The game can be played as individual races or team relays, with participants facing a series of quick, low-cost first aid challenges. Some challenges are realistic and true to rescue scenarios, while others add a playful twist to keep participants engaged.

1. Bandage the Arm

Participants must quickly and correctly apply a bandage to an injured arm

Materials: Roller bandages, gauze

2. Create a Sling

Participants must fashion a sling for an arm injury using a triangular bandage

Materials: Triangular bandages

3. Ice Pack Relay

Participants must apply a cold compress to a simulated sprained ankle and "ice" the injury for 2 minutes

Materials: Instant cold packs or makeshift ice packs

4. Stop the Bleed

Participants must apply direct pressure and bandage a simulated wound on the leg

Materials: Gauze pads, roller bandages, fake blood

5. Quick Splint

Participants must immobilize a simulated broken finger using a small splint or popsicle sticks

Materials: Splints or popsicle sticks, tape

6. Burn Care

Participants must treat a simulated minor burn by running it under cold water and applying a clean bandage

Materials: Cold water source, gauze

7. Treating Shock

Participants must recognize signs of shock and elevate the legs of a "victim"

Materials: None required, but a blanket or mat can be used

8. Ankle Wrap Race

Participants must wrap an ankle with an elastic bandage to simulate a sprain

Materials: Elastic bandages

9. Choking Rescue

Participants must perform abdominal thrusts on a manikin to dislodge a simulated obstruction

Materials: Choking rescue manikin (if available), or simulate with an instruction card

10. Nosebleed Care

Participants must treat a simulated nosebleed by pinching the nose and tilting the head forward

Materials: Tissues or gauze

11. Two-Handed Pressure

Participants must apply pressure to a simulated heavy bleed on the forearm using both hands

Materials: Fake blood, gauze, or towels

12. Quick AED Setup

Participants must correctly set up an AED on a manikin

Materials: AED trainer, manikin

13. Tie the Knot

Participants must tie a secure knot in a bandage or triangular bandage for a head injury

Materials: Bandages, triangular bandages

14. Finger Bandage Challenge

Participants must correctly bandage a cut on a finger, ensuring it is secure and clean

Materials: Bandages, gauze

15. Head Wound Wrap

Participants must quickly and effectively wrap a head wound to control bleeding

Materials: Roller bandages, gauze

16. Simulated Blister Care

Participants must protect a simulated blister on the heel using gauze and tape

Materials: Gauze, adhesive tape

17. Eye Injury Shield

Participants must create and apply an eye shield to protect a simulated eye injury

Materials: Gauze, tape, or a small cup

18. CPR Race

Participants must correctly perform 2 minutes of CPR on a manikin

Materials: CPR manikin

19. Insect Sting Treatment

Participants must treat a simulated insect sting by applying a cold compress and monitoring for reactions

Materials: Cold packs, gauze

20. Find the First Aid Item

Participants must quickly locate and correctly use an item from a first aid kit based on a given scenario

Materials: First aid kits with various supplies

These challenges in the First Aid Frenzy bank are designed to be both fun and educational, providing participants with a mix of real-world first aid skills and lighthearted competition. The challenges are cost-effective and require minimal supplies, making them easy to set up and run in various settings.