



International Rescue & Emergency Care Association

PO Box 431000, Minneapolis, MN 55443

First Response Rescue Challenge Rules

Updated March 21, 2022

Section I – Definitions

- The term **challenge** is considered synonymous (the same as) with the terms *competition*, *event*, or *contest*, and refer to the overall event comprised of a number of scenarios and potentially written evaluations.
- The term **scenario** is considered synonymous (the same as) with the term *problem*, and refers to one individual component of the overall challenge event.
- The term **Basic Life Support**, or **BLS** refers to those individuals trained at the Emergency Medical Responder (EMR) or Emergency Medical Technician (EMT) levels.

Section II – Challenge Rules

Rule 1 – Registration

All team members' registration applications must be completed and submitted via CVENT event management system. Complete registration includes full payment for the conference, and failure to complete registration may disqualify teams from participation in the challenge event. Teams may not enter the challenge under similar names. Substitute names may be assigned to those with similar names to eliminate potential scoring issues.

The participating teams and the members shall agree to protect IRECA and its Officers, Challenge Officials, and Judges and the city and/or state of the owner or owners of and property including land and/or structures thereon where the First Response Rescue Challenge is conducted (held) from any liability, claim or expense in the event of any accidents during or in connection with the First Response Rescue Challenge in which any or all members of this team and our organization might be involved.

A copy of each team's proof of liability must be provided with the challenge application.

Rule 2 – Team Composition & Qualifications

Each team must consist of a maximum of four (4) members. Teams will have one member designated as their team captain, who will maintain an accurate log of activities during each scenario. No team will be able to 'borrow' a team member from another team without the consent of the First Response Rescue Challenge Chair, or designee. Each individual of a competing team must be a member of the association and be individually registered for the conference and First Response Rescue Challenge event.

One (1) alternate team member may be listed on the application, but only four (4) members will be allowed to compete in an individual scenario. Alternates will be required to remain with their team for the duration of the challenge event. Any wandering of team members may disqualify them from participation. Use of the alternate member will be at the discretion of the First Response Rescue Chair, or designee. If granted, substitutions must be made prior to the start of the scenario. No substitutions will be allowed in a scenario once time has begun.

All team captains, or their appointees, will meet with the challenge officials prior to the challenge, at times & locations announced at the annual conference. Team captains, or their representative, are required to attend this meeting. All comments to judges will be made through captains or assigned appointees.

Rule 3 - Equipment

Each team must provide its own equipment, unless noted, and is expected to utilize said equipment in a manner consistent with its designed use, and in accordance with the requisite textbooks. Certain scenarios may call for equipment that may not be carried by all responders, and if it is expected of teams to utilize such equipment – it will be provided for all competitors to use during that individual scenario. Some equipment may be difficult to transport or produce, and can be provided upon request. Such request must be made at least 30 days prior to Monday of the annual conference. A list of recommended equipment can be found in Section III of this document.



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The Emergency Care Kits should be assembled with equipment that an Emergency Medical Responder, or first responder would normally carry. Additionally, medical cares are to be in accordance with the requisite medical text (see Rule 4) and will be judged accordingly.

Gloves must be worn for each scenario, and need to be verbally “changed” between each simulated patient contact. This also holds true if gloves become torn during a scenario.

Simulated items may be utilized, given that they follow and abide by the following criteria/conditions:

- An item, not reasonably expected of the competitor to carry with them at all times, may be substituted by a similar looking item and be used properly, in accordance with the requisite textbooks.
- The item must be physically present, as verbalization of use is not sufficient to earn specific points for that particular skill.
- The Chief Judge, First Response Rescue Challenge Chair, or designee will have final say as to whether points are awarded for the use of a simulated item.

Any invasive skills, such as airway adjunct or management device insertion, may be verbalized without penalty to the competing team so long as the skill is verbalized in accordance with the requisite textbook(s).

Rescue techniques can be accomplished by more than one method. If the team will be judged in only one method, the team captain will be told the method to be used.

Rule 4 – Required Textbook(s)

All score sheets and scenarios will be based on the following texts:

- International Manual of Basic Rescue Methods by Dawson Nethercutt
- High Angle Rescue by Tom Vines
- IFSTA Manual 6th Edition
- Brady’s EMR Complete 2nd Edition

Any requested addition of a publication will be discussed and approved at the annual winter board meeting, and published to the IRECA website, via this document, within a week following the completion of the annual winter board meeting.

Rule 5 – Challenge Format

Each team will be judged on six separate scenarios. Scenarios will be designed to cover a variety of different situations that providers might encounter in their day-to-day activities as a first out engine company or emergency response team at a facility.

Rule 6 – Judges

Each team is required to furnish one (1) judge for the First Response Rescue Challenge who have rescue technique experience. Any team who does not furnish a judge will be penalized at least 10% of their overall score, at the discretion of the Challenge Chair, or designee. All judges are required to attend a 4-hour clinic held the Monday morning of the conference. Additionally, all judges are required to attend the Pre-Challenge meeting the evening prior to challenge. Meeting times will be announced at the beginning of the Annual IRECA Conference. Judges will be assigned to a scenario at the discretion of the First Response Rescue Challenge Chair, or designee.

Judges will judge only on what they can observe. Approved IRECA scoring standards and procedures will be discussed at the judges meeting. The judges and the First Response Rescue Chair reserve the right to halt any challenge due to extensive delay, lack of safety precautions, or impractical rescue methods. If the team is allowed to resume, they will not be penalized for the time taken to make a decision. At least one judge must possess Basic Life Support certification & credentials prior to being allowed to judge. Basic Life Support credentials include, but are not limited to EMR or EMT level certification. The First Response Rescue Challenge Committee reserves the right to request presentation of a prospective judge’s credentials, prior to that individual serving as a Challenge judge or official.



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Rule 7 – Start of challenge

The challenge will start at the time designated and ALL teams shall be in their allocated positions, with their equipment, at the designated time. No equipment or emergency care kits are to be opened prior to the start of the challenge. All equipment must be put away after the completion of each scenario and before the start of the next scenario. Teams will stay in their assigned positions, move, or have other assignments as deemed necessary by the challenge officials. The Chief Judge will hand the scenario to the team Captain signaling the start of each scenario. Time starts when the Judge gives the scenario to the team Captain.

Textbooks, pocket guides or cards, forms, or other materials that provide triage or treatment priorities and/or treatment sequences, including triage tags, will not be allowed in the competition space. Use of such items during the challenge may result in a penalty up to, or including, disqualification from the remainder of the challenge event.

Rule 8 – Time limit & Scenario completion

A maximum time limit will be set for each scenario. Certain scenarios may require a patient hand-off report, which might also serve as forewarning to teams that the scenario time limit is near. At the end of the allotted time, a verbal command such as “Time’s Up” will be announced – teams are to cease their scenario-related activities, pack up their equipment, and move to the rehab area. Points will be assessed based on completed actions, and any skills not completed may result in further penalty, based on the individual scenario and at the discretion of the First Response Rescue Challenge Committee.

After the end of the allotted time, judges will confer with each other to review and tally points on the scoring sheets. All judges’ scoring sheets will be given to the Chief Judge, who is responsible for delivering the completed score sheets to the challenge headquarters.

Rule 9 – Disputes, Appeals, & Tie-Break Procedures

Questions regarding rescue techniques or patient care will be referred to the Chief Judge for decision during the challenge event. If their decision is appealed, the First Response Rescue Challenge Committee will hear the appeal – and the committee will render a final decision on the matter within 24 hours of filing the appeal.

In the event of a tie, the Challenge Chair, in conjunction with the First Response Rescue Challenge Committee, will meet and consider a number of factors (all being equal) including, but not limited to, whether or not a team had successfully completed the scenario prior to the end of the allotted time or not.

Rule 10 – Victims

The host committee will provide victims. They will meet with the challenge officials and judges at a designated time prior to the starting time for the challenge. Every attempt to arrange extra victims will be made. Victims may or may not have casualty simulation. At a minimum, injuries will be indicated by colored dots.

Rule 11 – Scoring reports

Scoring reports (usually containing the scoring sheets) will be forwarded to the team captain within thirty (30) days following the challenge.

Rule 12 – Spectators

While the First Response Rescue Challenge welcomes spectators to the challenge event, spectators must remain clear of the working areas, unless giving explicit permission by the First Response Rescue Challenge Chair, or designee. Spectators are forbidden from communicating with competing teams for the duration of the challenge event, including between stations. Failure to abide by this rule may result in a penalty to the competing team and/or dismissal of the spectator from the challenge event, at the discretion of the First Response Rescue Challenge Chair, or designee. Filming will be allowed with the permission from the First Response Rescue Challenge Chair.

The First Response Rescue Challenge Chair, or designee, reserve the right to refuse any spectator access to the challenge event for any reason.



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Rule 13 – Team Conduct

Competing teams will not be allowed to communicate with other competing teams for the duration of the challenge event. At no point during the challenge event will any competing individual be allowed to use cellular or electronic devices such as cellular phones, tablets, or watches, unless approved by the Challenge Chair, or designee. Conferring with other teams outside of the challenge area will be subject to investigation.

Rule 14 – Inclement Weather

The First Response Rescue Challenge Chair reserves the right to cancel the challenge event in the event of lightning or severe weather, or when participant (judge, victim, competitor) safety is deemed to be in danger. Unless otherwise stated, the challenge event will be held.

Section III – Technical-aspect Equipment List

Each team member must have the following personal equipment:

- a) Hard hat with chin strap
- b) Leather gloves (at least the palm made of leather)
- c) Boots or work shoes (minimum of 6" height)
- d) Clothing that offers protection to the body, arms & legs. (**long sleeves are required**)
- e) Full eye protection required (Z-87 ANSI rated side shields required)
- f) Flashlight/Headlamp
- g) Body cord/Webbing (20-30 ft.) min. tinsel strength 5000# synthetic material
- h) Two triangle bandages per member
- i) Minimum 3 locking carabiners per members
- j) 1 friction device
- k) 1 Class III Harness (Required)
- l) 1 Prusik loop
- m) 1 Pick off strap (optional)
- n) 1 Triangular screw link (optional)
- o) 1 length of webbing max. -30ft. (optional)

Each Rescue Team will bring the following team equipment, which will include:

- a) 800 foot of ½" 9000 lb. Tinsel strength
 - a. **REQUIRED: 1 Rope, 300 ft. in length**
 - b. EXAMPLE:
 - i. 1 Rope 300 ft. in length
 - ii. 2 Ropes 100-150 ft. in length
 - iii. 2 Ropes 50-75 ft. in length
- b) 5 Pulleys
- c) 3 (Total of Rope Grabs) Cam Ascenders/(sets) of Tandem Prusiks or any combination thereof.
- d) 1 Friction device
- e) 1 Multi-Purpose Device (MPD)
- f) 2 Prusik Cord Slings
- g) 8 Paddings (Commercial or Handmade - any size)
- h) #1 rescue sling (6-10 ft)
- i) 2 Swivels (optional)
- j) 1 Anchor Plate
- k) Stokes basket
- l) Long spine immobilization device*

**Can be furnished by the challenge event coordinators, if requested at least 30 days prior to the Monday of the annual conference to the challenge chair.*



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Section IV – Medical-aspect Equipment List

Emergency Care Kit supplies (recommended):

- a) Oxygen/Airway Management Supplies
 - a. ***O₂ tank/cylinder is NOT required***
 - b. Adult Bag-valve Mask (other sizes are optional)
 - c. Oropharyngeal and/or Nasopharyngeal airway adjuncts (various sizes)
 - d. Adult Non-Rebreather mask (other sizes are optional)
 - e. Adult Nasal Cannula (other sizes are optional)
 - f. Portable Suction device
- b) Non-latex gloves, and related universal precautions
- c) Obstetrical kit
- d) Various sizes of splints for Upper/Lower Extremities
- e) Traction Splint with associated accessories
- f) Cervical Collars (various sizes) & head immobilizers for use with backboard
- g) Long backboard (can be provided for teams if prior notice given – see rule 3)
- h) Triangular bandages, large trauma dressings, sterile gauze pads, roller bandages
- i) Blood pressure cuff (sphygmomanometer), stethoscope, pulse oximeter device
- j) Pillows & Blankets (ideally two of each)
- k) Rolls of tape of varying lengths
- l) Sterile burn sheet
- m) Large Plastic Garbage Bag
- n) Clipboard, Paper, Writing utensil

The following items may be simulated (as in, there must be a facsimile of reasonable size & shape of the original item). Verbalizing an intervention on this list is not sufficient to earn points for the individual line-item skill.

- a) Occlusive dressing
- b) Cool & hot packs
- c) Water or saline for irrigation

The following items will be provided by the competition, if they are intended for use during a scenario:

- d) Pneumatic Anti-Shock Garment (PASG)
- e) Glucometer
- f) AED with appropriate pads



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Signed & Approved for 2022 First Response Rescue Challenge

Alex Villarreal, Jr

3/21/22

*Alex Villarreal, Jr, President
International Rescue & Emergency Care Association*

Date

Gary Leafblad

3/21/22

*Gary Leafblad, Conference Chair
International Rescue & Emergency Care Association*

Date

Obie Cambre

3/21/22

*Obie Cambre, First Response Rescue Challenge Co-Chair
International Rescue & Emergency Care Association*

Date

Byrd Reed

3/21/22

*Byrd Reed, First Response Rescue Challenge Co-Chair
International Rescue & Emergency Care Association*

Date