

Nottingham Competition Wet SERC.

SERC document.

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## SERC Overview.

### Setting.

This SERC is set during a water polo taster session at the University of Nottingham swimming pool. There are a mixture of experienced water polo players and newbies in the water, and both find themselves getting into trouble. The competitors are four friends going to attend the taster session.

### Prior Events.

Prior to the beginning of the SERC, one of the new players got cramp in the water and pulled a more experienced water polo player under. Seeing this happen, the lifeguard has climbed down from his chair and slipped, falling unconscious after hitting his head. Next to him lie his torp and first aid kit. Clipped to his belt is a radio. Another water polo player has had an asthma attack, swimming to one corner of the pool to attempt to reach their inhaler. The goalkeeper, complaining of chest pains has fallen unconscious and dropped under the water in the changing rooms end of the pool a few minutes before the start of the SERC. A novice water polo player is diabetic, and began to suffer from hypoglycaemia in the water having not eaten all day.

### Events as the SERC Begins.

As the SERC begins, the person running the taster session runs toward changing room end of the pool to get help. Additionally, a member of the water polo team watching from the side dives in to help a few seconds after the start, hitting his arm and injuring his shoulder.

### Pool Conditions.

- Pool set to be 2.0m deep throughout.
- One water polo goal in each end.
- Both raised sides taped off to allow for competitors to be seated.
- Right hand entryway (into changing rooms) taped off to prevent competitors entering that area.

### SERC information. (Captains Briefing)

- Communication devices are simulated.
- Out of bounds is marked with \_\_\_\_ and \_\_\_\_ hazard tape.
- Judges are wearing white T-Shirts and Navy/Blue Shorts holding a clip board.
- Lifeguards are in \_\_\_\_\_ T-Shirts and \_\_\_\_\_ shorts.
- Do not touch the lifeguarding equipment.
- If the competitors leave the SERC area, they will not be allowed to return.

## Judges/Setters Overview.

### Casualties (Brief Overview).

1) Felix/Felicity. Lifeguard Wearing Yellow t-shirt and red shorts. Slipped on their way to rescue locked swimmers (3 and 4). Unconscious, breathing and face up on the floor. Visible bleeding head wound which is located on the forehead and is a severe oozing but not yet covering the ground (make up will be used to give the wound a wet fresh bleeding appearance). On their person, to the off side they have a radio (9) clipped to their belt, and a first aid kit (10) lying next to them.

2) Max/Maxine. Asthmatic Water Polo player. Swam to the edge of the pool to get their inhaler contained within the bag (F). Once they got to the side, they found exiting the pool too difficult, and will require treatment to exit the pool alone. Alternately, they could be assisted out of the water by the steps if directed. Knows that there is a phone at reception (located back the way the team entered). On their way to get their inhaler they noticed the Elliot (8) wasn't looking well with a pained look on his face and clutching his chest.

3) Karl/Kerry. Locked, Panicking. Water polo player. Became tired and latched onto by Hugo/Harriet (4). Will take a floating aid.

4) Hugo/Harriet. Locked, Non-Panicking. Strong swimmer, but pulled under water by the larger Karl/Kerry (3). Swallowed water, and so will recover and be able to swim once able to breathe for a while. Will take a floating aid. Knows that Elliot (8) is missing but will only realise if asked.

5) Brad/Brianna. Observing the session from the other side of the pool. Just after the SERC start whistle Sees Karl/Kerry (3) and Hugo/Harriet (4) locked, and dives in to help. When they surface they are panicking and in pain as they have hit the bottom of the pool injuring their right shoulder. They can only be rescued by a suitable floating aid, E). They will need help getting out either with a lift or use of the steps.

6) Alec/Alexa. Swimming to the far goal to retrieve a ball. Is diabetic and hasn't eaten all day. Currently suffering from Hypoglycaemia. Swimming very slowly, non-panicked. Can swim in with considerable encouragement, or will take an aid. Needs help getting out unless taken to steps.

7) James/Jane. Leader of the session. Casualty is on the side heading back towards the entrance to seek help. Panicked. Can be calmed down with reassurance. Knows there is a phone in reception, knows how many people are at the session and knows that the lifeguard had a first aid kit. The casualty is a strong swimmer and once calmed down can go for the phone, assist with lift outs and reassure other casualties on the side

8) Elliot. Unconscious non-breathing Adult. Experienced chest pains in the water about a minute before the start of the SERC and sank.

## Equipment list.

1x Handheld radio

1x Torpedo Buoy

2x Water polo ball

1x Pool noodle

1x Makeup for bleed (fake blood easy to reapply but gives effect of oozing wound).

1x Lifeguard Uniform (yellow T-shirt, Red shorts).

1x Water polo coach uniform (plain T-shirt and shorts).

1x Bag (rucksack or drawstring).

1x Inhaler.

1x Towel for bag.

6x Full 500ml bottle of Coke (1 for bag 5 spare to refill). Labels taped around the edges to keep them in place.

6x Full 500ml bottle of Diet Coke (1 for bag 5 spare to refill). Labels taped around the edges to keep them in place.

1x Orange Manikin (Bob).

1x CPR Manikin (Adult).

2x Water polo Nets (Fixed in place).

1x Hazard tape.

5x Stop Watches for judges

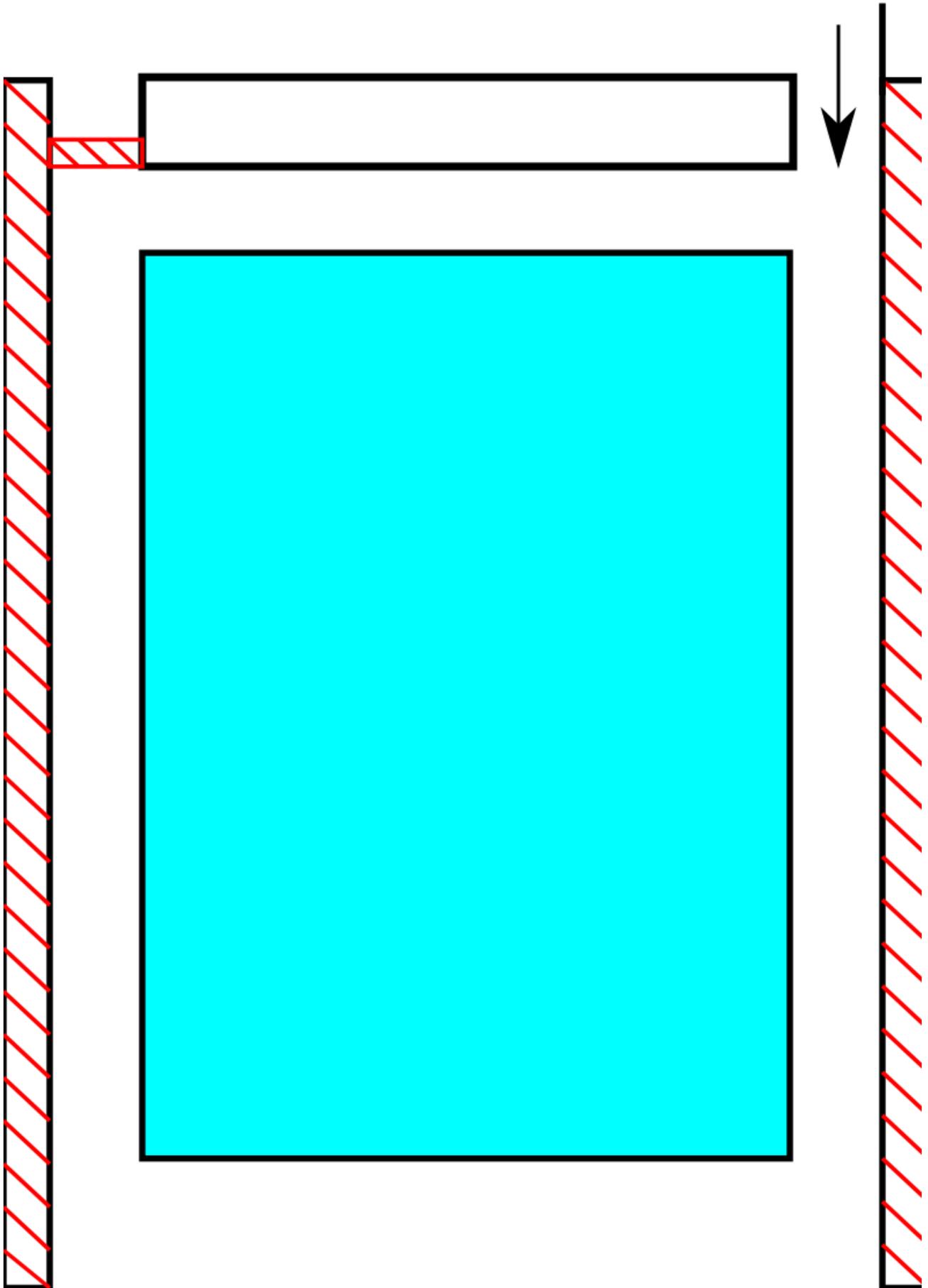
## SERC Details.

### Competitor Brief.

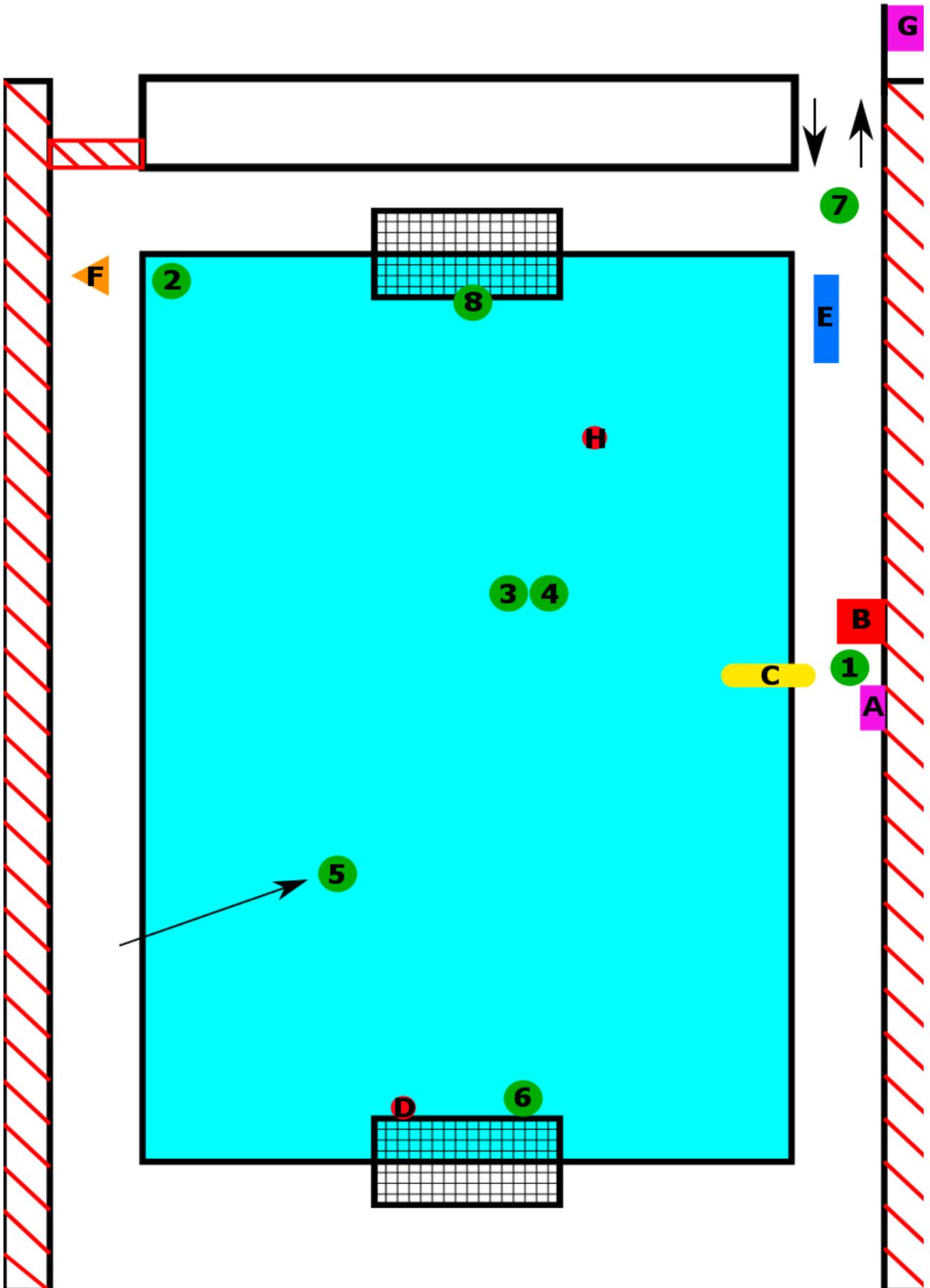
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You've decided to attend a water polo taster session at the University of Nottingham swimming pool. You're a few minutes late to the state of practice and as you approach the pool, you hear a commotion from inside. When arriving, you took note that Reception was 2 minutes back the way you came.

Competitor Map.



SERC Map.



# Key

## Casualties

- 1 Lifeguard - Unconscious breathing + head wound
- 2 Asthmatic
- 3 Locked Swimmer - Panicking
- 4 Locked Swimmer - Non-Panicking
- 5 Dive to panicking and Dislocated shoulder
- 6 Diabetic - Hypoglycaemia
- 7 Session leader - Panicking on the side
- 8 Unconscious non-breathing body on the bottom

## Equipment

- A Radio
- B First aid Kit
- C Torp
- D Water polo ball
- E Pool Nudel
- F Bag
- G External phone Reception (in store cupboard)
- H Water polo ball

Refer to Casualty breif for more details

## Casualty Details.

### **Casualty 1 – Felix/Felicity.**

#### **Unconscious, breathing and head bleed.**

#### **Relation to other people in the scenario:**

Lifeguard overseeing a water polo taster session.

#### **What has happened to them:**

Slipped and fell whilst rushing to help locked swimmers KERRY/KARL (3) and HUGO/HARRIET (4).

#### **Injuries:**

Oozing Bleeding head wound located on the forehead bleeding is quite severe but not yet covering the ground (Make up will be used to make the appearance wet. Casualty is now unconscious, but breathing).

#### **Effect of probable treatments:**

An attempt to wake the casualty will result in no response.

#### **Developments to the casualty's status:**

None.

#### **Reactions to probable occurrences:**

None

#### **What the casualty is able to do to help competitors:**

N/A

#### **Relevant skills:**

N/A

#### **Items the casualty possesses:**

The casualty has a RADIO (A) clipped to their belt on the side facing away from the pool. They also have a FIRST AID KIT (B) lying next to them and a TORPEDO BUOY (C) around one arm.

#### **Information the casualty will volunteer without provocation:**

N/A

#### **Information the casualty will release in the right circumstances:**

N/A

#### **Additional Information:**

The casualty will have makeup applied at the start of the SERC to simulate bleeding, and fake blood put on top to give the appearance of an oozing head wound. The casualty will be inspected between each SERC by their judge to ensure the level of blood remains consistent throughout.

## **Casualty 2 – Max/Maxine**

### **Asthmatic.**

#### **Relation to other people in the scenario:**

Member of the water polo club taking part in the session.

#### **What has happened to them:**

The casualty is asthmatic. When training, they began having an asthma attack and swam over to the side of the pool to get their inhaler from their BAG (F). Upon reaching the side, the casualty found themselves unable to get out as their asthma was too severe.

#### **Injuries:**

Ongoing asthma attack.

#### **Effect of probable treatments:**

Giving the casualty their inhaler will result in their symptoms lessening and after around 5 seconds of use, the casualty will no longer be suffering from the attack.

#### **Developments to the casualty's status:**

If the casualty is left without treatment, they will continue to struggle to breathe throughout the full 2 minutes of the SERC.

#### **Reactions to probable occurrences:**

If left in place and untreated, the casualty will remain at the wall breathless. The casualty will remain quiet and out of breath, occasionally attempting to exit the water without success.

If the casualty is treated and left alone whilst the competitor leaves, they will stay in place.

#### **What the casualty can do to help competitors:**

If the casualty is still suffering from asthma: The casualty can get out of the water with assistance or slowly using the steps. The casualty can move slowly but attempts to move will result in further breathlessness.

If the casualty has been treated: The casualty can climb out of the water unaided and move to wherever the rescuer tells them to but will not do anything too strenuous (running, swimming, helping with a lift) for fear of triggering their asthma again. They can go for a phone.

#### **Relevant skills:**

None.

#### **Items the casualty possesses:**

The BAG (F) belongs to this casualty. In the bag is an INHALER, a bottle of COKE and DIET COKE and a TOWEL.

#### **Information the casualty will volunteer without provocation:**

On their way to get their inhaler they noticed the Elliot (8) wasn't looking well with a pained look on his face and clutching his chest.

#### **Information the casualty will release in the right circumstances:**

The casualty knows that there is a PHONE (G) at reception.

The casualty knows that JAMES/JANE (7) is leading the session and would know if anyone was missing.

### **Casualty 3 – Karl/Kerry**

#### **Panicking, Locked Swimmer.**

#### **Relation to other people in the scenario:**

New water polo player. Attending the taster session to try a new sport. Does not know anyone else there.

#### **What has happened to them:**

The casualty is training with HUGO/HARRIET (4) They aren't a confident swimmer, and so just before the beginning of the SERC, they latch onto HUGO/HARRIET (4) in order to stay afloat, dragging them under and causing the pair to become locked.

#### **Injuries:**

Cramp in one leg. Panicking swimmer.

#### **Effect of probable treatments:**

Providing the casualty with a floating aid would cause them to grab onto it and use it to stay afloat. Once afloat and no longer drowning, the casualty will complain about the pain they are in.

#### **Developments to the casualty's status:**

If the casualty is given a floating aid, they will no longer be drowning.

#### **Reactions to probable occurrences:**

If given a floating aid, the casualty will grab hold of it.

If a rescuer comes too close, the casualty will grab at them as an attempt to gain further support in the water.

If asked to get out, the casualty will attempt to but be unable without help.

#### **What the casualty is able to do to help competitors:**

The casualty will be able to talk to other casualties to calm them down once they have been treated.

#### **Relevant skills:**

None.

#### **Items the casualty possesses:**

The casualty has no items.

#### **Information the casualty will volunteer without provocation:**

The casualty is experiencing pain in their leg which feels like cramp. They are not a confident swimmer.

#### **Information the casualty will release in the right circumstances:**

If asked, the casualty knows that JAMES/JANE (7) is leading the session.

#### **Casualty 4 – Hugo/Harriet**

##### **Non Panicking, Locked Swimmer.**

##### **Relation to other people in the scenario:**

Member of the water polo club, assisting in the taster session.

##### **What has happened to them:**

The casualty has become locked with KARL/KERRY (3) after they (3) dragged HUGO/HARRIET (4) under the water unexpectedly.

##### **Injuries:**

Casualty is a Non-Panicking swimmer and had no injuries after the being a locked swimmer.

##### **Effect of probable treatments:**

Providing the casualty with a floating aid will cause them to stop panicking, grab on and use it to float above the water until their get their breath back. After a few seconds, the casualty will be able to swim weakly toward the side of the pool if asked.

##### **Developments to the casualty's status:**

Once at the side, the casualty will feel weak but be able to stand up and move around if needed. The casualty can get themselves out of the water.

##### **Reactions to probable occurrences:**

If asked to go for a phone, the casualty will go for one.

If asked to swim to the side, the casualty will do so slowly.

##### **What the casualty is able to do to help competitors:**

Talk to others and calm them down.

##### **Relevant skills:**

None.

##### **Items the casualty possesses:**

None.

##### **Information the casualty will volunteer without provocation:**

None.

##### **Information the casualty will release in the right circumstances:**

If asked, the casualty will say that JAMES/JANE (7) is leading the session.

If asked if anyone is missing, the casualty will notice that ELLIOT (8) is missing.

If asked, knows there is a PHONE (G) at reception.

## **Casualty 5 – Brad/Brianna**

### **Panicking with injured shoulder.**

#### **Relation to other people in the scenario:**

A member of the water polo squad helping out at the taster session.

#### **What has happened to them:**

The casualty was observing the session from the other side of the pool. They saw KARL/KERRY(3) and HUGO/HARRIET (4) locked, and dove in to help (Just at the SERC start whistle). When diving, they hit the bottom of the pool injuring their right shoulder and surfaced in pain.

#### **Injuries:**

Injured shoulder (Right)

#### **Effect of probable treatments:**

Providing some support for the shoulder will lessen the pain.

#### **Developments to the casualty's status:**

When brought to the side, the casualty will stop panicking.

#### **Reactions to probable occurrences:**

When brought to the side, the casualty will not be able to get out without some assistance but will be able to climb out using the steps.

Touching the right shoulder or causing excessive movement of the right arm will cause the casualty to scream in pain and will become uncooperative for a few seconds, shouting at the competitor that they have hurt them.

If slight movement is required to apply the sling this will cause the casualty to wince in pain but nothing more.

#### **What the casualty is able to do to help competitors:**

N/A

#### **Relevant skills:**

N/A

#### **Items the casualty possesses:**

None.

#### **Information the casualty will volunteer without provocation:**

N/A

#### **Information the casualty will release in the right circumstances:**

When asked what happened will respond with *"I saw KARL/KERRY(3) and HUGO/HARRIET (4) drowning and dived into help them but I hit the bottom and my shoulder is now in pain."*

## **Casualty 6 – Alec/Alexa**

### **Hypoglycaemic.**

#### **Relation to other people in the scenario:**

A member of the university who has come to attend the taster session. They have been training with KERRY/KARL (3) and HUGO/HARRIET (4) but swam away to retrieve a ball which was shot at the deep end goal.

#### **What has happened to them:**

The casualty is diabetic and hasn't eaten all day. Currently suffering from Hypoglycaemia. Swimming very slowly and in a non panicked manner towards the goal at the deep end. Their swimming slows the further they travel towards that end until they are treading water. About 3 meters from the end. The casualty will be sluggish, slow and disoriented.

#### **Injuries:**

None.

#### **Effect of probable treatments:**

If the casualty is given sugary drink contained within the BAG (F) they will begin to feel better slowly but not fully recover within the duration of the SERC.

#### **Developments to the casualty's status:**

If given a sugary drink, the casualty will become more awake and report feeling better. If not given a sugary drink, the casualty will remain in their current state.

#### **Reactions to probable occurrences:**

If questioned too intensely, the casualty will react with confusion.

If given a sugary drink, the casualty will become more awake and report feeling better.

#### **What the casualty is able to do to help competitors:**

Nothing.

#### **Relevant skills:**

None.

#### **Items the casualty possesses:**

None.

#### **Information the casualty will volunteer without provocation:**

The casualty feels dizzy and confused.

The casualty has not eaten so far that day.

#### **Information the casualty will release in the right circumstances:**

If asked, the casualty will say that they are diabetic.

## **Casualty 7 – James/Jane**

### **Bystander, panicked.**

#### **Relation to other people in the scenario:**

President of the Water Polo Club, overseeing the taster session running that day.

#### **What has happened to them:**

The casualty has been teaching the session from the side. Upon seeing the incident unfold in the session they begin to panic. Before the start of the SERC, they ran to the lifeguard and saw them slip and fall. As the team enters, the casualty will run up to the first person they see enter the SERC area in a panic and attempt to get them to go into the pool and rescue those in danger, mainly KARL/KERRY (3) and HUGO/HARRIET (4).

#### **Injuries:**

None

#### **Effect of probable treatments:**

If calmed by a team member, the casualty will relax and become easier to talk to. Things to calm the casualty may include turning them to face away from the pool, sitting them down, reassuring them and telling them that the team consist of trained lifesavers.

Ignoring the casualty will cause them to follow a member of the team around in a panicked state until they do pay attention. Whilst not being obstructionist in their approach, they will hover near the team member and constantly ask how the casualty being treated is.

#### **Developments to the casualty's status:**

The casualty will slowly calm over time if any action to reassure them is taken.

#### **Reactions to probable occurrences:**

If the team members ignore the casualty, he will follow them around (as described above)

If the team members send the casualty for a phone, he will relay most of the information told to him.

#### **What the casualty is able to do to help competitors:**

The casualty can be sent for a phone if they have been calmed down.

The casualty can assist with lift outs if they have been calmed down.

The casualty can help reassure other members of the group if calmed down.

#### **Relevant skills:**

The casualty is a strong swimmer.

#### **Items the casualty possesses:**

None.

#### **Information the casualty will volunteer without provocation:**

People are in trouble in the water.

The lifeguard fell and hit his head.

#### **Information the casualty will release in the right circumstances:**

If asked, the casualty will know there is a PHONE (G) in reception.

If asked, the casualty knows that there are 8 people at the session including them. If asked if any are missing, the casualty will realise that ELLIOT (8) is missing.

If asked, the casualty knows that the lifeguard has a FIRST AID KIT (B).

**Casualty 8 – Elliot.**

**Unconscious non breathing adult.**

**Relation to other people in the scenario:**

Member of the water polo club helping with the taster session.

**What has happened to them:**

Unconscious non-breathing Adult. Experienced chest pains in the water about a minute before the start of the SERC and sank.

**Injuries:**

Unconscious, non-breathing.

**Effect of probable treatments:**

Attempts to wake the casualty will have no effect.

CPR will have no effect.

**Developments to the casualty's status:**

None.

**Reactions to probable occurrences:**

None

**What the casualty is able to do to help competitors:**

N/A

**Relevant skills:**

N/A

**Items the casualty possesses:**

None.

**Information the casualty will volunteer without provocation:**

N/A

**Information the casualty will release in the right circumstances:**

N/A

## Casualty Weightings.

### Judge 1 – Overall.

### Weighting

- |                                  |     |
|----------------------------------|-----|
| 1. Effective captaincy           | (1) |
| 2. Effective communication       | (1) |
| 3. Effective prioritisation      | (1) |
| 4. Effective control of scenario | (1) |

### Judge 2 – Phone.

- |   |     |
|---|-----|
| • Ambulance Requested.                                    | (1) |
| • Location.   | (1) |
| • Unconscious non-breathing.                              | (1) |
| ○ AED   | (1) |
| • Unconscious breathing (Head injury)                     | (1) |
| • Unconscious breathing (In water)                        | (1) |
| • Asthmatic.  | (1) |
| • Extra information.                                      | (1) |
| ○ Remaining casualties, team of 4 trained lifesavers etc. |     |

### Judge 3 – Radio.

- |   |     |
|---|-----|
| • Ambulance Requested.                                    | (1) |
| • Location.   | (1) |
| • Unconscious non-breathing.                              | (1) |
| ○ AED   | (1) |
| • Unconscious breathing (Head injury)                     | (1) |
| • Unconscious breathing (In water)                        | (1) |
| • Asthmatic.  | (1) |
| • Extra information.                                      | (1) |
| ○ Remaining casualties, team of 4 trained lifesavers etc. |     |

## **Judge 4 – Casualties 1 (Unconscious breathing, head wound) & 8 (Unconscious non-breathing)**

### **Casualty 1 (Unconscious breathing, head wound)**

### **Weighting**

1. Identification and assessment. (1)
2. Use of gloves. (1)
3. Effective treatment.
  - a. Head injury. (2)
  - b. Recovery position. (2)
4. Aftercare. (0.5)

### **Casualty 8 (Unconscious non-breathing. B.O.B)**

1. I.D., safe and effective rescue (1)
2. Landing and assessment (1)
3. Speed to first compression (1.5)
  - a. <30 seconds = 10
  - b. 30< ... <45 seconds=8
  - c. 45< ... <60 seconds=6
  - d. 60<...<80 seconds =4
  - e. 80<...<100 seconds=2
  - f. 100<...<120 seconds=1
4. Effective treatment (continuous and effective CPR) (2)
5. Use of pocket mask (1)

## **Judge 5 – Casualty 2. (Asthmatic)**

1. Identification and assessment. (1.5)
2. Speed to treatment (1)
  - a. <30 seconds = 10
  - b. 30< ... <45 seconds=8
  - c. 45< ... <60 seconds=6
  - d. 60<...<80 seconds =4
  - e. 80<...<100 seconds=2
  - f. 100<...<120 seconds=1
3. Treatment. (2)
4. Assistance from the water. (1)
5. Aftercare. (0.5)

**Judge 6 – Casualties 3 (Locked swimmer, panicking) & 4 (Locked swimmer, non-panicking)**

**Casualty 3 (Locked swimmer, Panicking swimmer)**

**Weighting**

- |                                  |       |
|----------------------------------|-------|
| 1. Identification and assessment | (1.5) |
| 2. Speed to rescue               | (1)   |
| a. <30 seconds = 10              |       |
| b. 30< ... <45 seconds=8         |       |
| c. 45< ... <60 seconds=6         |       |
| d. 60<...<80 seconds =4          |       |
| e. 80<...<100 seconds=2          |       |
| f. 100<...<120 seconds=1         |       |
| 3. Safety of approach and rescue | (1.5) |
| 4. Effective rescue              | (3)   |
| 5. Landing                       | (1)   |
| 6. Aftercare                     | (0.5) |

**Casualty 4 (Locked swimmer, non-panicking)**

- |                                  |       |
|----------------------------------|-------|
| 1. Identification and assessment | (1.5) |
| 2. Speed to rescue               | (1)   |
| a. <30 seconds = 10              |       |
| b. 30< ... <45 seconds=8         |       |
| c. 45< ... <60 seconds=6         |       |
| d. 60<...<80 seconds =4          |       |
| e. 80<...<100 seconds=2          |       |
| f. 100<...<120 seconds=1         |       |
| 3. Safety of approach and rescue | (1.5) |
| 4. Effective rescue              | (3)   |
| 5. Landing                       | (1)   |
| 6. Aftercare                     | (0.5) |

## **Judge 7 – Casualties 5 (Dive to right shoulder Dislocation) & 6 (Diabetic)**

<u>Casualty 5 (Dive→Right shoulder dislocation in water)</u>	<u>Weighting</u>
1. Identification and assessment	(1)
2. Speed to rescue	(1)
a. <30 seconds = 10	
b. 30< ... <45 seconds=8	
c. 45< ... <60 seconds=6	
d. 60<...<80 seconds =4	
e. 80<...<100 seconds=2	
f. 100<...<120 seconds=1	
3. Safety of approach and rescue	(1)
4. Effective rescue	(1.5)
5. Landing	(1)
6. Effective treatment	(1)
7. Aftercare	(0.5)

### Casualty 6 (Diabetic)

1. Identification and assessment.	(1.5)
2. Speed to rescue	(1)
a. <30 seconds = 10	
b. 30< ... <45 seconds=8	
c. 45< ... <60 seconds=6	
d. 60<...<80 seconds =4	
e. 80<...<100 seconds=2	
f. 100<...<120 seconds=1	
3. Safety of approach and rescue	(1)
4. Effective rescue	(1)
5. Landing	(1)
6. Effective treatment	(2)
7. Aftercare	(0.5)

## **Judge 8 – Casualty 7 (Panicking bystander)**

1. Identification and assessment.	(1)
2. Use of casualty.	(1)
3. Aftercare.	(0.5)