

BULSCA Nottingham
WET SERC 2019

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SERC Overview

Background.

The SERC is set on a regular public open water swim session at the cowlick park lake on a Sunday morning at 7am. With ambient temperature as 25 degree Celsius as shown in the car.

Pool Conditions.

- Pool set to about 1 m at the shallow end and increase depth towards the far end.
- Both sides taped off to allow for competitors to be seated.
- Only entry point is the width of the Pool at the change room end.

SERC information. (Captains Briefing)

- Communication devices are simulated.
- Out of bounds is marked with either yellow/black and/or white and red hazard tape.
- Any out of bounds edges are considered as nothing.
- Judges wear white T-Shirts and Navy/Blue Shorts.
- Notts staff Lifeguards are in ??? T-Shirts and ??? shorts, these are people to be ignored.
- Any equipment that is taped by either yellow/black and/or white and red hazard tape are off limit.
- If the competitors leave the SERC area, they will not be allowed to return.

Equipment list.

1x Torpedo Buoy

1x Inhaler.

6x Full 500ml bottle of water (1 for bag 5 spare to refill) just get a multi pack of some sort.

1x Orange Manikin (Bob).

1x CPR Manikin (Adult).

1x Hazard tape.

1x tub of clean wipes

1x standard lifesaving rope

1x oars / or anything that similar

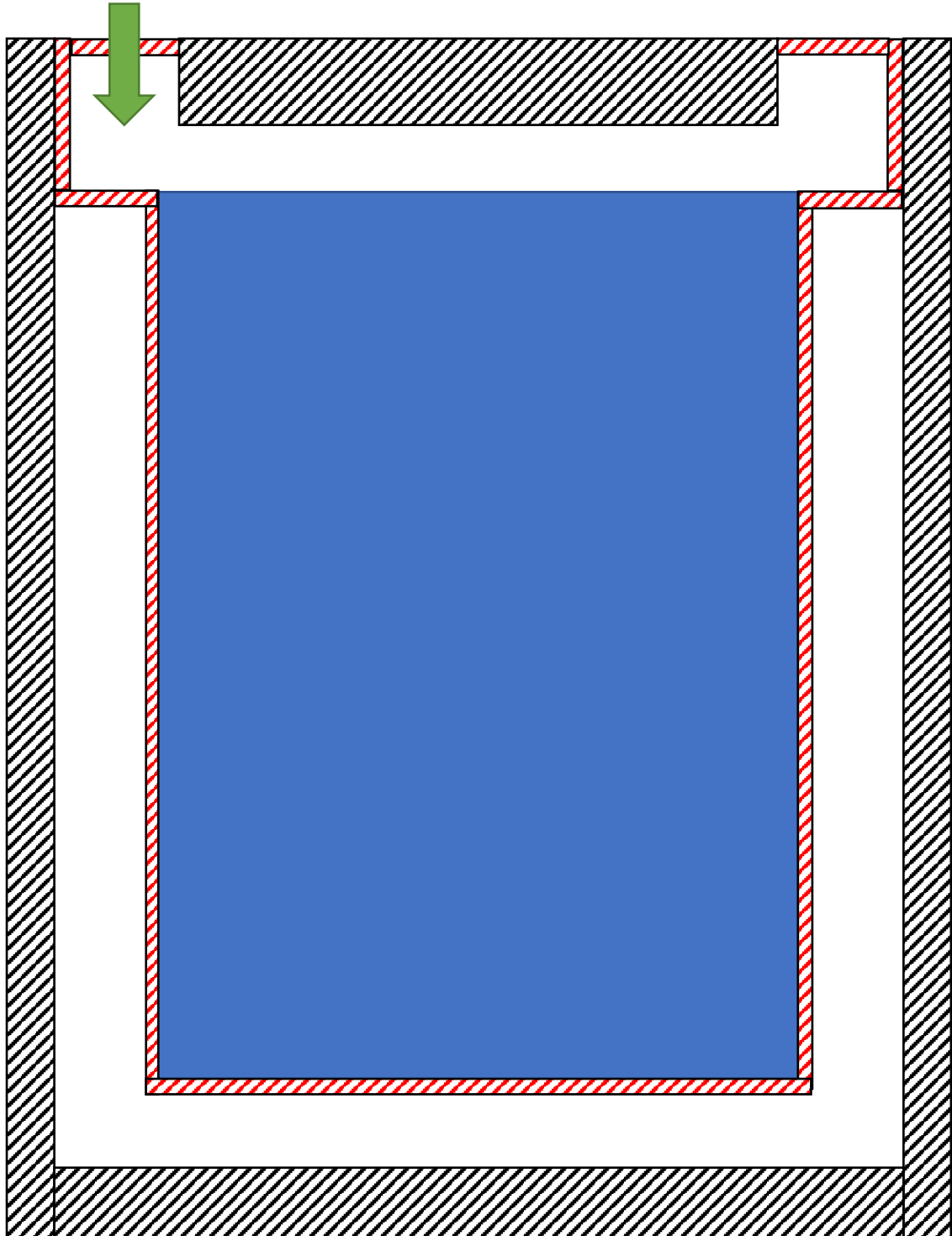
SERC Details.

Competitor Brief.

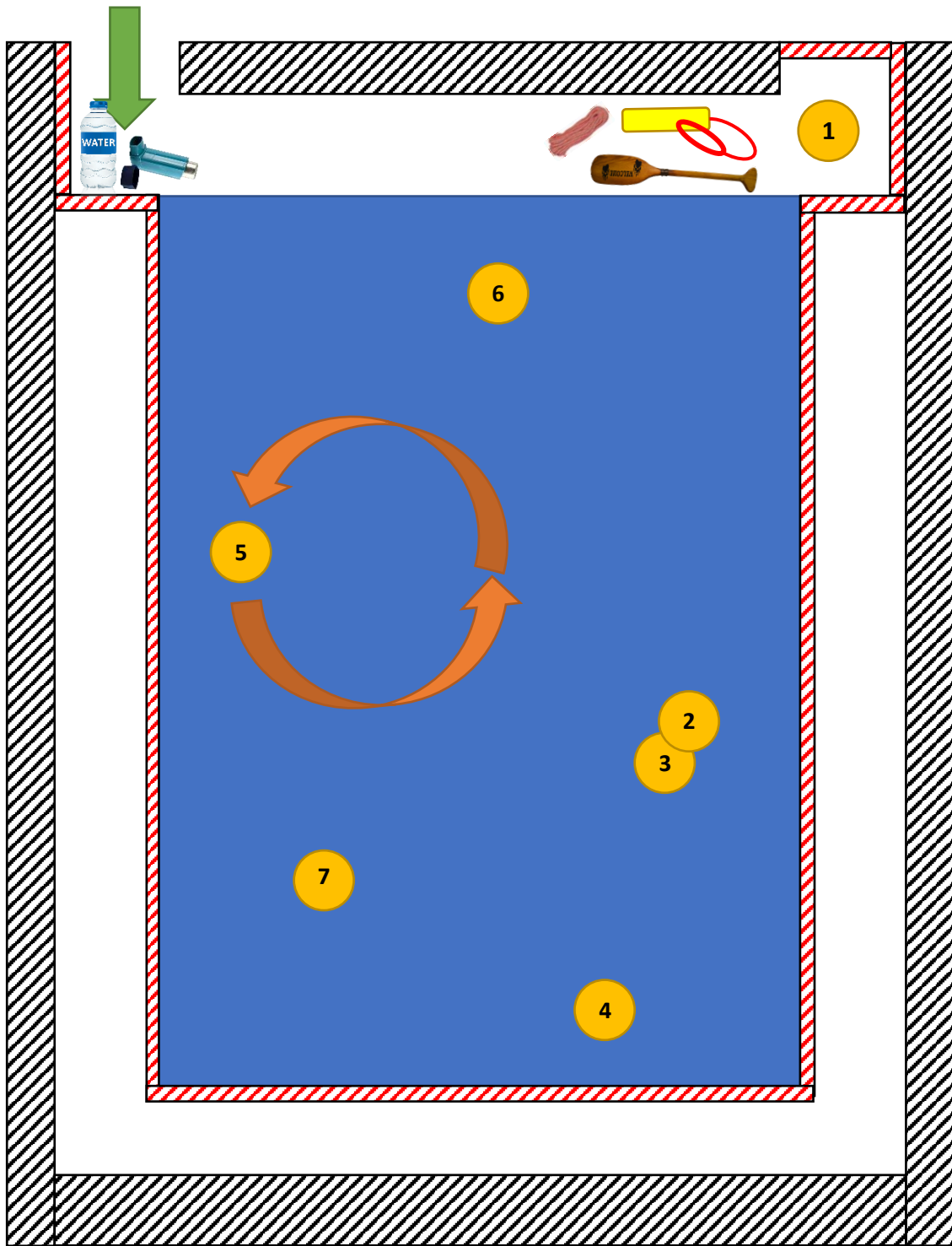
45 seconds

As a group of friends, you have decided to come to Colwick Park for open water swim at a manmade lake. You believe the current ambient temperature is 25 degree Celsius as stated in your car. You just registered and paid at the gatehouse which is 5 minutes' walk away. It now 7am in the morning.

Competitor Map.



Map for Officials



Casualties

Casualty 1 (Luke/Lucy) – Asthmatic

You are a friend of casualty 4, you have not seen him/her for a long time 4 mins ago. Hence you started to panic. You cannot swim hence have been scream for casualty's 4 name. On the sound of the whistle you will shout, "Jack/Jasmine! Where are you?" Immediately you will experience breathing difficulties and breathlessness. You shall exhibit anxiety and difficult in speaking. You will be on your knees. Your capability in answering any questions shall be broken and short.

If ask if you have an inhaler, you will just point and say "There!" repeatedly if question of the whereabouts of the inhaler continues. Once given the inhaler, you can administrate the medicine by yourself and will refuse any help if offered.

You will remain in a weak state throughout, but do not experience breathing difficulties and breathlessness, or exhibit anxiety and difficult in speaking after administrated the inhaler. However, your speech will still be slow.

You have no medical history, not a first aider, do not have a phone, you are with your friend (casualty 4), You know that there is a phone at the registration office.

Casualty 2 (John / Joanne) – Locked Swimmers (panicking Swimmer)

You and your friend (casualty 3) decided to go for a swim. You were trying to show off by going to the deep end even though you are not good swimming. You went into panic mode and decided to grab onto casualty 3. Your hands will be on casualty 3' shoulders pushing him/her down into the water, as if you are trying to climb over casualty 3. Casualty 3 will occasionally re-surface (to take a breath, give him/her a chance then sink him/her again.) If anyone, including other casualties get into your contact zone (within arm's length), you shall release casualty 3 and immediately grab them and do exactly the same on them as you were doing casualty 3. (i.e. push them under water, please beware not to actually drown them).

HOWEVER, if you were approached into your contact zone with a buoyant aid in between you and the other human, you will only grab onto the buoyant aid. Should it not a buoyant aid, please go for the human.

Once you are rescued by a buoyant aid, you will calm down, and response to any questions normally. You are do whatever you are instructed to.

You will be shouting very loudly and continuously for help until rescued.

You have no medical history, got lifesupport 3 assessed in May, do not have a phone, you are with your friend (casualty 3), You know that there is a phone at the registration office.

Casualty 3 (Harry / Harriet) – Locked Swimmer (non-panicking Swimmer)

You and your friend (Casualty 2) decided to go for a swim. You swam out together and suddenly casualty 2 decided to grab onto you. You were continuously being pushed into the water vertically in and out. You are a strong swimmer so you were able to fight back every now and then to resurface to catch a breath. If a lifesaver comes into your contact zone, you WILL NOT grab them. Once you are separated from casualty 2, you will remain face up in the water catching your breath. Unless you are instructed otherwise you will stay there for the rest of the SERC. You will comply to any instruction given to you.

You have no medical history, a silver core and medallion survive and save holder who took your assessment this May. You do not have a phone, you are with your friend (casualty 2), You know that there is a phone at the registration office.

Casualty 4 (Jack / Jasmine) – Unconscious non breathing

You are at the bottom, Orange Manikin. Face up, heading pointing away from the entry point.

Casualty 5 (Frank / Francesca) – Bystander

You came with your partner (Casualty 7), you went to get change after arrived at the lakeside. You told casualty 7 to wait for you, but by the time you came back 1 min ago he/she already disappeared. You began to worry and went in swimming in circles diving in and out to look for your friend. You will remain doing the above if not approached throughout the entire duration of the SERC. If you are approached, as soon as they stated themselves as trained lifesaver, you will immediately say, "I have lost my friend, he/she is a good swimmer, but this is he/she first time!" You will start to panic and cry on the spot, saying don't want to lose your friend and it's all your fault. You can be calmed if the lifesaver said some form of reassurance lines, such as it is ok, we will help your friend, etc. You will follow any instructions, and you can swim back to the shore in your own steam. Whenever you see your friend very close (2 arms lengths) to you being rescued, you will go panic and try to hug him/her. You can be separated by the lifesaver, you will need to be reassured that your friend is being treated and ok.

You have no medical history, not a first aider, do not have a phone. You are a current survive and save TA. You are with your friend (casualty 7), You know that there is a phone at the registration office.

Casualty 6 (Paul / Paula) – Suspected Spinal injuries

This is your first time you try open-water swimming. Due to such an excitement of open-water swimming, you ran towards the water very quickly, you stepped on large pebbles and slipped into the air. You fell back into water with your bottom landed first. You shall stay afloat on the water heads up, and only complain about unusual sensations on your legs. You don't feel any other issues anywhere else on your body but ONLY the unusual sensation on your legs. You will follow any instructions given to you. If you are asked to stand up, or getting out of the water, walking around, lie down on the floor, you will require assistance in any activities. You will not be able to do anything in your own steam. You will though complain of being cold and would like to get out.

You have no medical history, not a first aider, do not have a phone. You know that there is a phone at the registration office.

Casualty 7 (Eric / Erica) – Hypothermia

This is your first open-water swim you can with a friend (Casualty 5). You are a strong swimmer however only have been swimming in a pool all your life. You went into the water, and immediately went straight out, leaving your partner behind, so that you show your partner how tough you are. However, you began to feel tired that you stop swimming, you roll onto your back and trying to catch your breath and recover. You will remain so for the rest of the SERC if you are not approached.

If you are approached, you will be shivering, confused about what is happening and slurred in speech. Your responses to any question shall be, "Where am I?", "What is going on?". You will have the strength to grab on anything that is thrown to you if within your reach. You are able to follow simple instruction, but will not be able to comply to any instruction that requires physical actions, such as swimming, exit the pool, stand up walking, etc. You will require assistance. If you are assisted out and left alone, you will just lie on the floor face up.

You have no medical history, not a first aider, do not have a phone, you are with your friend (casualty 5), You know that there is a phone at the registration office.

Judge Scoresheets

Team: _____

Judge 1 - Overall

Criteria	Mark (out of 10)										
Effective control	0	1	2	3	4	5	6	7	8	9	10
Effective communication	0	1	2	3	4	5	6	7	8	9	10
Effective prioritisation	0	1	2	3	4	5	6	7	8	9	10
Effective captaincy	0	1	2	3	4	5	6	7	8	9	10
Effective teamwork	0	1	2	3	4	5	6	7	8	9	10

Signature: _____

Team: _____

Judge 2 - Phone

Criteria	Mark (out of 10)										
Sent to reception for help	0	1	2	3	4	5	6	7	8	9	10
Speed to dial 999	0	1	2	3	4	5	6	7	8	9	10
Ask for ambulance	0	1	2	3	4	5	6	7	8	9	10
Location	0	1	2	3	4	5	6	7	8	9	10
Casualties Info: Suspected Spinal, Asthma, UNC	0	1	2	3	4	5	6	7	8	9	10
Casualties Info: Bystanders x1 / Hypothermia / Lock Swimmers x2	0	1	2	3	4	5	6	7	8	9	10
Request AED	0	1	2	3	4	5	6	7	8	9	10
Any other information (e.g. Treatment information, request AED, etc.)	0	1	2	3	4	5	6	7	8	9	10

Signature: _____

Team: _____

Judge 3 - Casualty 5 - Bystander

Criteria	Mark (out of 10)										
Identification and Assessment	0	1	2	3	4	5	6	7	8	9	10
Use of casualty	0	1	2	3	4	5	6	7	8	9	10
Aftercare and questioning	0	1	2	3	4	5	6	7	8	9	10

Judge 3 - Casualty 6 - Suspected Spinal injuries

Criteria	Mark (out of 10)										
Identification and Assessment	0	1	2	3	4	5	6	7	8	9	10
Safe and Effective Rescue	0	1	2	3	4	5	6	7	8	9	10
Landing of casualty	0	1	2	3	4	5	6	7	8	9	10
Aftercare and questioning	0	1	2	3	4	5	6	7	8	9	10

Signature: _____

Team: _____

Judge 4 - Casualty 2 - Locked Swimmers (panicking Swimmer)

Criteria	Mark (out of 10)										
Identification and Assessment	0	1	2	3	4	5	6	7	8	9	10
Safe and Effective Rescue/Landing	0	1	2	3	4	5	6	7	8	9	10
Treatment	0	1	2	3	4	5	6	7	8	9	10
Use of casualty	0	1	2	3	4	5	6	7	8	9	10
Aftercare and questioning	0	1	2	3	4	5	6	7	8	9	10

Judge 4 - Casualty 3- Locked Swimmer (non-panicking Swimmer)

Criteria	Mark (out of 10)										
Identification and Assessment	0	1	2	3	4	5	6	7	8	9	10
Safe and effective rescue/landing	0	1	2	3	4	5	6	7	8	9	10
Use of casualty	0	1	2	3	4	5	6	7	8	9	10
Aftercare and questioning	0	1	2	3	4	5	6	7	8	9	10

Signature: _____

Team: _____

Judge 3 - Casualty 1 - Asthmatic

Criteria	Mark (out of 10)										
Identification and Assessment	0	1	2	3	4	5	6	7	8	9	10
Treatment	0	1	2	3	4	5	6	7	8	9	10
Aftercare and questioning	0	1	2	3	4	5	6	7	8	9	10

Judge 5 - Casualty 4 - Unconscious non breathing

Criteria	Mark (out of 10)										
Identification and Assessment	0	1	2	3	4	5	6	7	8	9	10
Speed to first compression	0	1	2	3	4	5	6	7	8	9	10
Safe rescue and landing of casualty	0	1	2	3	4	5	6	7	8	9	10
Quality of CPR	0	1	2	3	4	5	6	7	8	9	10
use of pocket mask	0	1	2	3	4	5	6	7	8	9	10
use of Gloves	0	1	2	3	4	5	6	7	8	9	10

Judge 5 - Casualty 7 - Hypothermia

Criteria	Mark (out of 10)										
Identification and Assessment	0	1	2	3	4	5	6	7	8	9	10
Safe and effective rescue and landing	0	1	2	3	4	5	6	7	8	9	10
Treatment	0	1	2	3	4	5	6	7	8	9	10
Aftercare and questioning	0	1	2	3	4	5	6	7	8	9	10

Signature: _____

Script for phone

One judge will be completely outside the SERC area and post as the reception.

When approached, the judge will say:

“Hey, Are you ok?”

If ask if you have a phone with no indication what it is for, you will ask:

“What is it for?”

From this point onwards, the judge will only response OK to receive the information. Likewise, if the approach simply just “machine gun” you with information. If you can’t catch what has been said, please say “pardon?”

The idea here is not to have a barrier against the approach to relay the information to you, even if the fundamental request for a call is missing, i.e. Please call 999 for an ambulance etc.