



FIRST AID AND SPORTS RELAY RACE



Activity Sheet

Objective: The objective of this activity is to engage participants in a fun and interactive relay race that combines sports with first aid knowledge.

Materials Needed:

- First aid supplies/kits (e.g., antiseptic wipes, sterile gauze pads, piece of cloth or bandage and adhesive bandages and CPR manikins)
- 2 Stopwatches or timers
- First aid scenario cards or questions
- Sports equipment (e.g., cones, ropes, finish line)
- Sacks (if needed for sack variation of the game)

Setup:

- Have 2 first aid trainers prepare for this activity
- Set up a race track that is composed of a start line, 5 mid lines, finish lines.
- Place first aid stations along the 5 mid lines.
- Ensure each first aid station is equipped with necessary supplies and first aid scenario cards/questions.
- Divide participants into 2 teams of equal size.
- Each first aid trainer will be in charge of one team





Activity Instructions

- 1) Start by explaining what does a relay race mean to all participants:

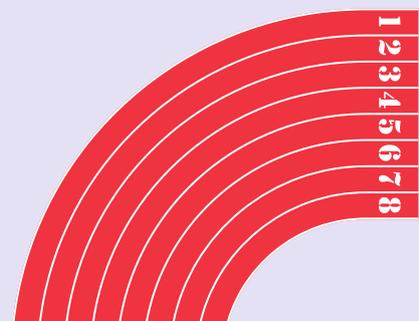
A relay race is a type of racing competition where members of a team take turns completing a designated parts of the race track before passing a baton or some other item to the next teammate. The race is typically divided into segments, and each team member is responsible for completing one segment before handing off to the next member.

In a relay race, speed is important, but so is coordination and teamwork. The smooth transition of the baton between teammates, often referred to as "hand-offs," is crucial for maintaining momentum and maximizing the team's overall speed.

- 2) Explain the game format to all participants.

- The race is composed of 5 first aid stations.
- When the race begins, the first member of each team runs to the first station.
- At each station, the participant must complete a first aid task before proceeding to the next station. The First aid trainer responsible of each team must confirm that the task is well done.
- Once the first participant completes the tasks at the station and gets the confirmation of its completion from the first aid trainer, they high-five the next teammate, who then continue the race and repeats the process.
- The race continues in this relay format until all team members have completed the course and crossed the finish line.
- The team that arrives first to the finish line/ in the shortest time wins the relay race.

- 3) Start the game by instructing the first participant of each team to line up behind the starting line and other participants beside each first aid station.
- 4) Each First aid trainer should have their stopwatch in their hand and start exactly when they say (Ready, Set, Respond)
- 5) Once the team is announced as a winner, give awards/certificates to all participants for their good spirit.





Examples of first aid tasks for the race stations:

Station 1: Ask the participant about the local Emergency Services Numbers then ask them to simulate a call by giving the essential information

Station 2: Ask the participant to demonstrate how to clean and dress minor cuts and scrapes using antiseptic wipes and bandages.

Station 3: Ask the participant to answer a first aid scenario question correctly:

In case of a cardiac arrest,

·what is the ratio of chest compression to rescue breath for adults? A: 30:2

·What is the rate of Chest compressions? A: 100 to 120 compressions per minute

Station 4: Ask the participant to demonstrate how to apply a bandage to a simulated bleeding wound.

Station 5: Ask the participant to demonstrate how to practice cardiopulmonary resuscitation (CPR) techniques on a first aid manikin, focusing on chest compressions and rescue breaths.

Optional: You can also ask the participant to continue CPR with using automated external defibrillator (AED) if a simulator is available.

Safety Tips:

- ▶▶ Supervise the activity to ensure proper execution and adherence to safety guidelines.
- ▶▶ Remind participants to communicate effectively and work together as a team.
- ▶▶ As first aid trainers make sure to be available to provide guidance and assistance if needed.
- ▶▶ Encourage sportsmanship and positive reinforcement throughout the activity.

Activity variations:

- ▶▶ Adjust the difficulty of the first aid tasks based on the age and skill level of the participants.
- ▶▶ Introduce additional obstacles or elements to the race course to make it more challenging. (e.g. : putting jumping blocks in the middle of the race, or asking the participants to wear a sack while running...etc.).

