

# COMPETITION REGULATIONS

## 1. Eligibility

Participants may be anyone from any organisation or association who believes they can handle a variety of genuine emergency situations by utilising current international emergency medical standards.

Teams consisting of 3-4 people are allowed. Another person may like to accompany the participant's team (photographer, supervisor, etc.), but is not allowed to participate in the scenarios.

## 2. Composition of the event

The competition consists of 12 stations (scenarios, fun stations,...). The stations are located along a predetermined route that must be travelled by bicycle. Of course, the safety of all participants always has priority over the competition or the predetermined route. It is the participants responsibility to select a more appropriate route if the conditions call for a deviation from the suggested path. Other forms of transportation (car, etc.) are not permitted.

## 3. Appearance

A team should have a unified appearance. Use of personal safety equipment, such as a driving helmet, is required. Additionally, good visibility should also be taken into account, particularly in the event of unfavourable weather. As the event will usually take place in all types of weather, it is essential to bring appropriate clothing. Bicycles must be used in accordance with the current regulations.

## 4. Evaluation and announcement of Points

The judges make their decisions based on current international guidelines. Assessments will be carried out regarding patient examination, emergency interventions, treatment, patient positioning, transportability, handover to other staff, documentation, and observing safety at the area of operation. Work should be done in accordance with international guidelines, regardless of the level of training involved (during the competition, all invasive measures approved by international guidelines (e.g., intubation, i.v. access, medicines,...) may be used).

Player Points: Each player contributes up to 100 points to the team's total. The crew's demeanour (kindness, empathy, etc.) rather than any medical parameters are assessed here.

At each station, the time required by the team to complete the scenario is assessed. Successful completion of a scenario before the designated target time will add additional points to the score. Time between the stations is not evaluated.

The achieved points are announced only at the end of the competition, not at the station itself. Following the scenario, there is a short feedback from the judges to the team.

## 5. Material

Each team must have at least one emergency backpack with necessary supplies (bandages, oxygen masks, blood sugar metre, RR, SpO2, ventilation bag, etc.) to compete! Supplemental equipment (such as a set, an intubation device, or an O2 unit) may be brought along and used if necessary, although it is also available at the stations if necessary. Additional equipment (relevant to the scenario) is accessible at the stations (Defibrillator, ECG Monitor, scoop und Spineboard, strecher, chair etc.). All devices and equipment conceivable in the emergency medical care are allowed within the competition. Replicas made of paper or other material is also accepted. (SPO2, blood sugar measurement device, Monitor, etc.)

Application of oxygen: an oxygen tank (or a replica of one) and a mask must be placed next to the patient. The judge must be informed of the amount of oxygen provided.

Splints, Stiffnecks or spineboard/scoop/vacuum mattresses must be used as usual.

If transportation is necessary, the patient must be secured and prepared to go on the provided stretcher or chair.

## 6. Vitals

Vitals must be determined by measurement on the patient. It is insufficient to merely request the values. Asking for vital signs without adequately performing the necessary steps alongside the patient is not permitted.

- RR: Put the cuff on and have the stethoscope ready! Value is announced.
- SPO2: Install a pulse oximeter! Value is announced.
- Breathing frequency: Count for at least 10 seconds. Value is announced.
- Pulse frequency: palpation of the heartbeat for at least 10 seconds. Value is announced.
- Blood sugar: Blood sugar metre with all the necessary utensils is prepared! Value is announced.
- Temperature: Display thermometer and name the measurement location! Value is announced.
- Monitor/ECG: The monitor must be located next to the patient, with the cables placed on the patient.

## 7. Medication and invasive measures

At some stations, it may be necessary to apply appropriate drugs and i.v. access directly to the patient. (training dummy).

Otherwise, appropriate dosages (with units) and forms of application must be specified to the judge.

Training dummies: The dummies must be utilised for performing intubation, defibrillation, i.v. access, and other procedures as usual.

## 8. DSGVO and safety

All rights to image material within the framework of the event are transferred to the association. An agreement must be signed by all participants before the start of the event. Otherwise, participation in the event is not possible.

The participant is responsible for compliance with the applicable safety regulations (StVO, Fahrrad-VO). Following the organizer's guidelines is required. (For example, cancelling the tournament because of bad weather).

The use of equipment that could potentially pose a risk of injury (needles, scalpel, etc.) is in the participant's own responsibility. Participants are not allowed to utilise such equipment if they are unfamiliar with how to operate it. Absolutely no responsibility is taken by the organiser.

The actors' clothing may only be cut after approval by the actor or the judge!

### 8.1. CODEWORD "STOP NO PLAY"

If a real incident or situation occurs during the course of the scenario that could cause injury, the scenario is immediately terminated with the code word "STOP NO PLAY"!

## 9. Categories

The assignment to a category is not dependent on the qualification of the participants, but is at their own discretion. The following description of the categories is intended to serve as a decision aid.

### Standard

The "Standard" category is for groups that provide emergency care to patients in accordance with current guidelines and can use common medication. Basic care (patient evaluation/care) and the implementation of life-saving measures are the main foci of the assessment within the category. Any further measures (advanced drug administration, invasive measures) may be applied, although their impact on the evaluation will be limited.

### Advanced

The "Advanced" category is for groups that provide comprehensive care to emergency patients in accordance with current guidelines and can use a wide range of medicines. Basic care (patient assessment/care), the implementation of life-saving measures, and further measures (extended drug administration, invasive measures like i.o. access, endotracheal intubation, rapid sequence induction and other measures) are all included in this category.