

# UKRO

## Extrication Challenge and Conference 2008

21-23 August 2008  
University of Stirling Scotland

UNITED KINGDOM RESCUE ORGANISATION



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THE CHIEF FIRE OFFICERS ASSOCIATION



President: Steve McGuirk

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Team Registration Form

Authorisation to Compete and Insurance Indemnity

# 1. Introduction

- 1.1 Road Traffic Collisions (RTC's) are still the biggest killer of people in the UK. The Fire Service Act now places a duty on Fire & Rescue Services not only to train and respond to such incidents, but also to work in partnership with others to reduce death on our roads.
- 1.2 The aim of the UKRO 'Extrication Challenge' is to bring together teams of rescue personnel who are committed, not only to displaying their ability, but also to expanding their practical skills by learning from and teaching others involved in the same field.
- 1.3 The UK Extrication Challenge is open to all UK, local authority Fire and Rescue Services.
- 1.4 Teams from Fire and Rescue Services throughout the United Kingdom are brought together to a single venue where their skills are put to the test in tackling different RTC scenarios over two days.
- 1.5 The skills that the teams have developed in training for the event and pick up during these days will go back with them. This experience, skill and knowledge WILL be used to great effect when they attend their next RTC. The casualty will receive a far better service from firefighters who have attended a UKRO Extrication Challenge.
- 1.6 The emphasis at a UKRO Challenge is on developing and promoting 'Best Safe Practice'. The ethos of the 'Challenge' is not merely to win the event. It is more about improving the skills of the UK Fire and Rescue Services in order that they better able to deliver a professional service to the public.
- 1.7 The 'Challenge' might appear to be a competition, 'boys with toys'. This couldn't be further from the truth. The Challenge is a learning platform, testing skills through strict assessment where participants are encouraged to make hard and critical examination of their own rescue practices and techniques. Successful teams will need to study current extrication philosophy and search for new and innovate ideas.
- 1.8 Although one team will be adjudged the best team overall, in truth the real winners of this event will be the future victims of motor vehicle accidents.

## 2. Our Objectives

- 2.1 The Challenge will provide an arena for rescue personnel from across the United Kingdom to come together, in order to stimulate and develop proficiency levels in all areas of rescue, but specifically in:
- Incident Control
  - Safety
  - Extrication
  - Pre-Hospital Care
  - Expert Use of Equipment.
- 2.2 It will identify 'best practice' through review of the training techniques implemented by participating teams and transfer that knowledge back to the Fire and Rescue Service of participating teams.

## 3. The Bench Marks

- 3.1 The UKRO believes that the Challenge is a learning environment. We also believe that the teams that take part are better able to achieve the following benchmarks.
- 3.2 Adopt a 'Safety First' approach which will be underpinned by dynamic incident command
- 3.3 Possess high and very proficient levels of pre-hospital care attained through a casualty centred approach
- 3.4 Able to demonstrate their broader knowledge across the spectrum of extrication principles, techniques and scene safety
- 3.5 Able to demonstrate ingenuity and innovation in terms of technical / practical skill, through deployment of resources.
- 3.6 Teams attain a thorough understanding of the 'safe person' concept.
- 3.7 Through co-operation, teams disseminate an agreed code of best practice.

## 4. The Challenge

4.1 The challenge will be run in two parts over two days. All teams will take part in the first part and are designated a 'Run Off' time.

4.2 Each team will be assessed, using common criteria, by a team of three assessors who will score the following areas:

- Incident Command and Control
- Physical Rescue and tool operation
- Pre-Hospital care

4.3 The first evolution consist of one of the following 'standard' evolutions

- A single vehicle on its wheels
- A single vehicle on its side
- A single vehicle on its roof

There may be other vehicles or 'props' in the vicinity in order that the scenario is more realistic.

4.4 Teams are allocated twenty minutes to complete as much of the 'standard' evolution as is safely possible for them to do so.

4.5 Teams who have progressed through to the second part of the Challenge will take part in the 'Complex' evolution. You will need to use your substitute for this part of the challenge – yes all six members of your team. This scenario consists of a car containing

- A live casualty with time critical trauma
- A mannequin trapped by part of the vehicle structure

4.6 Teams will have thirty minutes to complete as much of the 'complex' evolution as is safely possible for them to do so.

4.7 Each team will be given a 'hot' debrief immediately following their 'run off'. It must be noted that the assessors' decision is final and all participants are asked to respect that decision.

4.8 A written critique regarding a team's performance in the first part of the challenge is normally available at the closing ceremony. A critique of the team's that went through to the second part of the challenge will be available on the UKRO website soon after the event.

4.9 The UKRO uses live casualties. They are all medically trained and will have an input into the medical rescue assessment.

**N.B.** A copy of the scoring sheets which are used by the UKRO assessors will be available to every team via the web.

## 5. Rules

- 5.1 No team will participate without the written authorisation from a Senior Manager of their Fire & Rescue Service.
  - 5.2 Each team will consist of a crew of five plus a reserve (this includes the nominated medic).
  - 5.3 Only PPE which is approved by the crew's FARS is permitted to be worn by team members including the medic. In the event of a Paramedic acting as medic, they must also wear full protective clothing with no exposed skin on arms or neck and a suitable helmet with face shield.
  - 5.4 All participants must wear head, eye, hand, and foot protection at all times. Respiratory protection in the form of dust masks will also be worn at the appropriate times. i.e. cutting windshields or glass.
  - 5.5 Each team will be assessed in three primary areas during their evolution
    - Incident command and control,
    - Technical rescue and tool operation,
    - Pre-hospital care of the patient.

Plus, the urgency in which the whole evolution is undertaken will also be considered as part of the assessment.
  - 5.6 Live casualties will be used in the Challenge, within the vehicle, and will award marks on 'Casualty Handling'. There will also be listening devices fitted inside the vehicle or attached to the casualty.
  - 5.7 Basic packaging of the patient will be evaluated using the ABC and S protocols, with care and safety being of prime importance.
- N.B.** A = Airway Management  
B = Breathing & Resuscitation  
C = Circulation  
S = Spinal Care.
- 5.8 Each 'pit area' will have allocated to it three assessors who will be working under the direction of the Head Assessor. All scoring information will remain the property of the UKRO and shall remain confidential.
  - 5.9 The decision of the Head Assessor concerning any assessment or conduct will be deemed to be final.
  - 5.10 A nominated assessor will be appointed as a Safety Officer who will supervise each evolution with authority to halt any action deemed to be in breach of safe working practice. Such a breach shall not on the first occasion incur time penalties, however subsequent breaches will incur penalties.

- 5.11 Teams may use radio communications - in the form of either hand-held radio or helmet attachment, as long as they do not interfere with the host Service's radio frequencies. It will be the team leader's responsibility to supply an assessor with a radio, on the same frequency, in order that instructions to the team can be monitored.
- 5.12 The UKRO and the Host Service will supply a comprehensive selection of equipment (see tool section). Teams may only bring a very limited selection of their own personal equipment with them and this must be able to fit within two provided holdalls, e.g. hand tools and oxygen therapy equipment.
- 5.13 Home made equipment may be used in the following circumstances:
- The item must first be inspected and approved by the UKRO, prior to any use in this event.
  - Any home-made equipment to be used in conjunction with power rescue tools must carry a 'Notice of Certification' by an approved body or person.
- 5.14 Teams may loan equipment to other teams ensuring any safety features are fully understood by the recipient.
- 5.15 Teams will present themselves to the 'Team Registration' area sixty minutes prior to their designated run off time.
- N.B. Failure to do so may result in elimination of the Team.**
- 5.16 There will be a briefing of all participants immediately following the Opening Ceremony on the Thursday evening prior to the event.
- NB. It is mandatory that all team leaders or their designated deputies attend this briefing**
- 5.17 The Organisers and the host Fire & Rescue Service will not be responsible for any damage or loss of any equipment as a result of participating in this event.
- 5.18 Staff compensation, Insurance etc. for the protection of the team members shall be sole responsibility of the participants in the event. The host organisation shall supply 3rd party liability insurance.

## 6. Code of Conduct

- 6.1 All participants are reminded that they are not only representatives of their own Service, but also the firefighting profession as a whole and are requested to conduct themselves accordingly.
- 6.2 Both the Opening and Closing Ceremonies are formal functions and Teams are expected to present themselves in their Service's 'shirt sleeve order'. Caps are not to be worn,
- 6.3 Participants are expected to be smartly dressed whilst at the Challenge venue, it is preferred that working rig be worn to tour the site, however this can be relaxed to casual wear, so long as it is smart and approved by the team manager.
- 6.4 Full protective clothing will be worn in the pit and service area, this maybe relaxed during 'make up' at the discretion of the senior assessor and when weather conditions demand.
- 6.5 It is accepted that the evenings events perform an important part of the socialising aspect of the Challenge, but participants are again reminded to behave in a manner befitting their Service and have due regard to non-service persons who may share the same facilities.

## 7. Tools and Equipment

This year teams may not provide their own equipment, other than personal small gear, i.e. hand tools, medical collar etc.

Kit bags will be provided at team isolation and only that equipment that can be stored in the holdall with the zip closed will be allowed (Note - Rule 5.13 will apply)

### Equipment List

The following equipment will be standard stowage on each of the four appliances provided for the UKRO Challenge.

All teams must use this equipment.

#### 7.1 Fire fighting

DP Extinguisher [1]

#### 7.2 Small Gear

Hooligan Tool [1]  
Ratchet Strap [2]  
Glass punch [1]  
Hand axe [1]  
GP Line [1]  
Socket set + torque drivers [1]  
Duck tape [2]  
Seat belt cutter [1]  
Bolt Croppers [1]  
Airbags with regulator + cylinder [1]

#### 7.3 Tool Kit

Rubber mallet [1]  
Screw driver slotted [3]  
Screw driver posidrive [3]  
Hacksaw & blades [1]  
Set of spanners [1]  
Adjustable spanner [1]  
Pliers [1]  
Locking Knife [1]

#### 7.4 Stability Equipment

Step blocks wood [10]  
Step blocks plastic [5]  
Crib blocks [8]  
Wedges, wood [10 (small & large)]  
Wedges, plastic [5 (small & large)]  
Short extension ladder (two section) [1]  
Stabfast stability system (or similar) [1 set]

#### 7.5 Battery Power Saw

Windscreen saw [1]  
Spare batteries [12]

#### 7.6 Hydraulic Rescue Tools

[1 set chosen by teams]

#### 7.7 Protection Equipment

Tear drop - hard protection [2]  
Soft protection sheet [1 set]  
Salvage sheet [1]  
Screen sheet [1]  
Sharps covers [1 set]

#### 7.8 Medical Equipment

Long spine board [1]  
Medical collars [1]  
Resuscitator/ O2 therapy unit + O2 cylinder [1]  
Trauma bag [1]  
Blanket [1]

7.9 Please note that all of the above equipment will be stowed on the appliance in several lockers. One locker will be kept clear for teams' to stow personnel small gear in the two kit bags as detailed above.

7.10 Team's will provide their own dust mask, latex gloves, goggles and ear defenders as appropriate.

## 8. Health and Safety

- 8.1 A risk assessment will be conducted prior to each evolution by an assessor to ensure the safety of both participants and spectators. Dynamic risk assessment will occur throughout the evolution, not only by the team involved but also by the assessors.
- 8.2 Any unsafe or potentially unsafe practice will be stopped immediately and put right (see Rule 5.10).
- 8.3 All activities within the Challenge site, including, each of the 'pits', the 'service area', vehicle storage and disposal area and team and tool preparation area fall under the control of designated staff who have been tasked by the UKRO to maintain high standards of health and safety principals. Teams must play their part in upholding those standards.
- 8.4 No Team will be allowed to commence their task without direct approval of the relevant Pit Co-ordinator, subject in all cases, to the following:
- All Team members are properly attired in approved personal protective equipment.
  - All non-proprietary equipment is accompanied by the relevant documentation.
  - The Prep Team Leader has 'cleared' the scenario.
- 8.5 An official acting on behalf of the UKRO, who observes a potential or existing danger, will immediately halt the assessment by a long whistle blast. Any activity carried out after the blowing of the whistle, other than to ensure safety, will be penalised at the discretion of the Senior Assessor present.
- 8.6 A member of a participating team who notices an existing or potential danger must call a halt to any activity by shouting '**Still**'. Any activity carried out after the calling of '**Still**', except to make safe, will be penalised at the discretion of the Senior Assessor present.
- 8.7 No team member will be permitted to commence moving, cutting or breaking any vehicle component without the casualty being protected and other team members in direct proximity wearing their face goggles or having their visors in the down position.
- 8.8 If any item of the casualty's PPE is accidentally removed by a team member, it must be replaced before work can recommence. Failure to do so may result in loss of points or possible disqualification.
- 8.9 Testing of pneumatic chisels/tools will only be permitted on wooden blocks and with the 'head' facing away from any person.
- 8.10 No Hydraulic power units are to be started without the feed and return lines being connected to a tool and the control valve shut.
- 8.11 Vehicle tyres can only be deflated by valve or valve stem removal. The slashing or puncturing of tyres is prohibited.

## 9. Assessing and Scoring

9.1 Each team will be evaluated in the following areas by a panel of three assessors.

- Incident Command and Control.
- Physical Rescue and Tool Control.
- Pre-Hospital Care.

9.2 Copies of all the scoring sheets which are used by the UKRO Assessors are available on the UKRO website.

9.3 Points awarded per sub-section will be totalled and each sub-section added together to give an overall score for that particular criteria.

9.4 The total points awarded in each of the above three categories will be calculated as a placing. That is, the person who is awarded the highest score is awarded one. The person who comes second is awarded two and so on. The team's 'positional score' for each of the three categories are then added together and the team with the lowest score comes first

## 10. Awards

At each National UKRO Challenge, recognition is given for the performances of the team and team's members in the form of awards. The effort and dedication that has been put in by participants for this Challenge over many months culminates in a formal award ceremony at a prestigious venue, where the following achievements are acknowledged.

### **Best Team**

2nd Best Team

3rd Best Team

### **Best Incident Manager**

2nd Best Incident Manager

3rd Best Incident Manager

### **Best Medic**

2nd Best Medic

3rd Best Medic

### **Best Technical Operator**

2nd Best Technical Operator

3rd Best Technical Operator

Awards will also be presented at the same ceremony for teams competing in the Technical Rescue scenarios and in the Trauma Competition.

## 11. Documentation

11.1 Enclosed you will find the following forms:

- Team Registration Form
- Authorisation To Compete
- Insurance Indemnity

These must be completed and returned, together with the full entrance fee, to the following address:

UKRO  
Hollie Tell  
CFOA HQ  
9-11 Pebble Close  
Tamworth  
B77 4RD

11.2 The entrance fee must be received before your team can be accepted as a participant in the National Extrication Challenge.



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# Team Registration Form

I have attached the full Entry Fee of **£600** (six hundred pound)  
(All cheques are payable to 'UKRO')

Cheque No: \_\_\_\_\_ Date: \_\_\_\_\_

Name of F&R Service \_\_\_\_\_

Liaison Officer \_\_\_\_\_

Tel No \_\_\_\_\_ Fax No \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Team Name \_\_\_\_\_

Team Address \_\_\_\_\_

Names of **FIVE** team members \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of Reserve \_\_\_\_\_

### To be completed by the Team Manager

*On behalf the above team from \_\_\_\_\_ Fire & Rescue Service,  
I confirm that we have read and understand the rules governing this Challenge (including recent amendments with regard to equipment/provision of PPE under Rules 5.3, 5.4 and 5.13) and undertake to abide by the requirements laid out above.*

Signed: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



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# Authorisation to Compete

I hereby confirm that this team from \_\_\_\_\_  
Fire and Rescue Service is authorised to take part in this year's UKRO Extrication Challenge.

Signed \_\_\_\_\_

Name \_\_\_\_\_

Position\* \_\_\_\_\_

Fire & Rescue Service \_\_\_\_\_

Date: \_\_\_\_\_

*\*The UKRO requires that this person must have the authority to approve the above, preferably the Chief Fire Officer/Firemaster, Chief Executive officer or their Deputy.*

# Insurance Indemnity

I hereby confirm that for the purposes of insurance, the above team is deemed to be on official duties whilst attending the UKRO Extrication Challenge.

Signed \_\_\_\_\_

Name \_\_\_\_\_

Position\* \_\_\_\_\_

Fire & Rescue Service \_\_\_\_\_

Date: \_\_\_\_\_

*\*The UKRO requires that this person must have the authority to approve the above, preferably the Chief Fire Officer/Firemaster, Chief Executive officer or their Deputy.*