

PATROL NAME: _____ TROOP # _____
 SCORE: _____ of out 45



NORTH VALLEY DISTRICT 2011 FIRST AID MEET

Choking Scenario

Scenario: While the patrol is eating lunch on the trail, one Scout begins choking on a piece of meat from his meal.

Without actually performing the Heimlich Maneuver, have one Scout demonstrate how it is done.

NOTE: Victim should be coughing until the Judge tells them to stop.

ACTION TAKEN	POSSIBLE POINTS	POINTS EARNED
VICTIM	5 Max pts	
1. The victim properly demonstrates the international sign for choking, which is two hands clutching the throat. (Victim should be coughing.)	5	
RESCUER	40 Max pts	
1. Rescuer asks if he can help. (Rescuer does not need to identify himself because of knowing each other.)	5	
2. Rescuer sends someone for help or has someone call.	5	
3. The Rescuer encourages the victim to cough. (Judge: Tell the victim they can not cough.)	5	
4. The Rescuer stands behind the victim and places one foot between the victim's legs to have proper balance in case the victim becomes unconscious.	5	
5. The Rescuer makes a flat area on the hand to go against the victim (a fist with the thumb inside or outside is ok, as long as the Rescuer creates a flat surface).	5	
6. The Rescuer places his hand (with the flat surface) in the area of the belly button with his other hand wrapped around the hand against the victim.	5	
7. The Rescuer administers 5 abdominal thrusts (Rescuer must only simulate, not actually perform it.)	5	
8. JUDGE: Ask how long you continue abdominal thrusts? RESCUER: Should state (a) until the object comes out and they start breathing (b) until they go unconscious (pass out) (c) until medical help arrives.	5 (2 pts each, maximum of 5 pts)	
NOTE: American Red Cross teaches 5 abdominal thrusts and 5 back blows; American Heart Association teaches abdominal thrusts only.		
TOTAL POINTS	45	

JUDGE'S NAME (PRINT): _____

JUDGE'S SIGNATURE: _____

JUDGE'S AFFILIATION: _____