

## ABOUT ST JOHN AMBULANCE IN CANADA

**First Aid and CPR save lives.** As Canada's standard for excellence in First Aid and CPR services, St. John Ambulance plays an integral role in our society. Building on a 900 year tradition, St. John Ambulance offers innovative programs and products ensuring Canadians receive the best quality training and expertise. People across the country benefit from the care and safety provided by St. John Ambulance Community Service teams.

### Quick Facts:

- Established in 1882 in Canada
- Member of one of the world's oldest humanitarian organizations - The Order of St. John
- More than 100 branches serving over 300 communities across Canada
- 25,000 volunteers provide two million volunteer hours annually
- 7,000 nationally certified instructors
- Provides First Aid and CPR training programs that contain the latest protocols and meet provincial and federal regulations
- Trains more than 600,000 Canadians in First Aid and CPR each year
- Markets a complete range of high quality First Aid kits and supplies for use at work, home and play
- Supports humanitarian relief efforts across Canada and around the world



**St. John Ambulance**

**SAVING LIVES**  
at work, home and play

For further information about St. John Ambulance in your community, please visit [www.sja.ca/ab](http://www.sja.ca/ab) or call toll free: 1.800.665.7114.

Provincial Office	(780) 452-6565
Edmonton	(780) 452-6161
Calgary	(403) 250-2922
Red Deer	(403) 342-7744
Fort McMurray	(780) 743-0991
Grande Prairie	(780) 532-1012
Lethbridge	(403) 327-2847
Medicine Hat	(403) 528-3292

## PROVINCIAL COMPETITIONS



### Why Compete?

- Your First Aid skills are kept sharp
- See how good your First Aid team really is
- Recognition as the best First Aid team or captain in your division and a trophy
- Meet other competitors; learn how their response teams handle the scenario
- It's a challenge AND it's fun!

### Enter a team today!

For information on entry fees, location, rules and regulations, etc. please contact:

- [Maureen.Grey@stjohn.ab.ca](mailto:Maureen.Grey@stjohn.ab.ca)
  - your local St. John Ambulance Centre for a copy
- or visit our website at [www.sja.ca/ab](http://www.sja.ca/ab) to download a registration package.

## ALBERTA COUNCIL

### PROVINCIAL FIRST AID COMPETITIONS



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## What is a First Aid competition?

First Aid competitions have been a St. John Ambulance tradition since they were first introduced in England in 1880. The primary purpose of the competition is to provide teams an opportunity to test their First Aid knowledge and skills in a realistic simulated incident.

Teams of up to four members from across the Province compete for the honour of being the top First Aid Team in one of five divisions: Emergency First Aid, Standard First Aid, Medical First Responder, Advanced First Aid, and Emergency Responder.

Teams perform in a timed scenario to provide First Aid treatment to casualties in a mock situation. The scenarios are created using real props and volunteer casualties with simulated injuries. Teams need to:

- clear the area of any hazards
- determine the number of casualties and their injuries
- treat their injuries
- prepare the casualties for transport by EMS

A judge is assigned to each casualty and records the First Aider's responses and treatment. Because scenarios remain unknown to the First Aiders until their turn to compete, teamwork, critical thinking, and First Aid skills are all tested. The team with the highest score wins their division.



## Who can enter?

All companies and organizations with First Aiders or Emergency Responders are encouraged to enter a team. Teams from office-based businesses, industry, schools, retail, community organizations, First Aid volunteers and instructors, mine rescue, and Emergency Medical Responders compete with each other.

The Emergency First Aid and Standard First Aid divisions are open to trained individuals 12 years and older who hold a valid St. John Ambulance First Aid certificate.

The Medical First Responder (MFR) division is open to those 16 years of age and older with MFR training.

The Advanced First Aid division is open to those with Advanced First Aid certification.

The Emergency Responder division is open to those with EMR, EMT, Paramedic, or higher levels of training.



## What level of First Aid do I need?

Teams of up to four people enter one division based on their level of training:

- Emergency First Aid: EFA & Level A CPR training.
- Standard First Aid: SFA & Level C CPR training.
- Medical First Responder: 40 hour MFR course
- Advanced First Aid: AFA & HCP CPR training.
- Emergency Responder: EMR, EMT, Paramedic, or higher levels of training.

## Trophies

- Best Team Overall (Highest Aggregate Team Score )
- Best Novice Team
- Best Team in each division
- Best Team Captain in each division

## Banquet

Relax with co-workers, family / friends, and other teams, enjoy a great meal, and learn if your team won a trophy and / or if you won a draw prize. And, most importantly, make plans for next year's Competitions!