

First Aid Race – Instructor Guide

Goal

Enhance staff readiness in identifying and treating emergencies swiftly.

Roles

Role	Description
Training Leader	Facilitates game, briefs P.I.P.s
Team Judge	Times response, tracks penalties
Teams	3+ groups, 4–6 staff each
P.I.P.	“Patron in Peril” actor
First Aid Responder	Identifies & treats scenario

Setup Steps

1. Prepare first aid scenario cards (stroke, bleeding, asthma, etc.)
2. Form 3+ teams with 4–6 people each
3. Assign 1 judge per team
4. Each round, one member per team is a P.I.P.

Gameplay

1. P.I.P.s walk to Training Leader to get assigned scenario
2. Training Leader briefs each P.I.P. privately
3. Upon “Go!”, P.I.P.s race back and act out symptoms
4. Responder treats P.I.P. following proper protocol
5. Judge times and records infractions

Timing

- Timer starts at “Go!”
- Stops when correct treatment is completed
- Team with lowest total time after 4+ rounds wins

🚫 Penalty System (+10 seconds each)

Responder Mistakes

- No introduction or permission
- Missed SAMPLE steps
- No 911 simulation
- Incorrect diagnosis or treatment

P.I.P. Mistakes

- Poor symptom acting
- Giving clues to responder
- Uncooperative or inaccurate portrayal

✅ Instructor Tips

- **Use Simple Cue Cards** for role-play guidance
- **Train Judges Briefly** with a checklist
- **Keep Pacing Tight** between rounds
- **Encourage Learning Moments** via quick debriefs
- **Celebrate Growth** as much as speed
- **Use Visible Scoreboard** for engagement

⚠️ Common Challenges & Solutions

Challenge	Solution
Weak role-play	Give actors symptom prompts
Scoring confusion	Standardize infractions checklist
Facility noise	Use clear zones or cues
Uneven engagement	Rotate roles & mix skill levels