



HOSA STRATEGIES FOR EMERGENCY PREPAREDNESS: COMPETITIVE EVENTS

MODULE 3: COMMUNITY EMERGENCY RESPONSE TEAM COMPETITIVE EVENT

PURPOSE

The purpose of this module is to familiarize HOSA advisors with the Community Emergency Response Team (CERT) Competitive Event. This event is designed to provide health science students with an opportunity to develop and demonstrate the knowledge and skills they will need to respond to their community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available. There are two rounds of competition for a two-person team. Round One is a written test. Top-scoring teams advancing to Round Two will perform selected skill procedure(s) identified in a written scenario.

OBJECTIVES

1. Explain the purpose of the Community Emergency Response Team (CERT) Competitive Event.
2. Identify official references that support the knowledge and skills needed to help HOSA chapter members prepare for the event.
3. Describe the Community Emergency Response Team Competitive Event process.
4. Analyze opportunities for integrating the CERT Event knowledge and skills into the health science classroom.

RESOURCES

Community Emergency Response Team (CERT) Competitive Event Guidelines from the HOSA Handbook, Section B, available at <http://www.hosa.org/natorg/sectb/cat-ii/ep.pdf>.

HOSA 105: Emergency Preparedness, staff development course for HOSA advisors available at: <http://www.hosa.org/hosa105/index.htm>.

This event is designed to align with the CERT Program designed by the US Citizen Corps and supported by FEMA. The official resources are described below:

NIMS Curriculum IS 700a: National Incident Management System, An Introduction is an interactive web-based course which introduces the National Incident Management System (NIMS). NIMS provides a consistent nationwide template to enable all government, private-sector, and non-governmental organizations to work together during domestic incidents. Completion of the course takes about three hours. The training is comprised of the following units:

- Unit 1: Course Overview
- Unit 2: Understanding NIMS
- Unit 3: NIMS Preparedness
- Unit 4: NIMS Communications and Information Management
- Unit 5: NIMS Resource Management
- Unit 6: NIMS Command and Management
- Unit 7: Additional Resources and Course Summary

The classroom materials include an instructor guide and PowerPoint files, which are available for free download. The website to access this resource is <http://training.fema.gov/emiweb/is/is700a.asp>.

CERT Curriculum IS 317: Community Emergency Response Training provides private citizens with the basic skills they will need to respond to their community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available. By working together, CERTs can assist in saving lives and protecting property using the basic techniques in this course. The materials are available for free download and include an instructor's guide, participant's guide, PowerPoint slides, photos, and more. The curriculum is also available in Spanish. Content includes:

- Unit 1: Disaster Preparedness
- Unit 2: Fire Safety
- Unit 3: Disaster Medical Operations Part 1

- Unit 4: Disaster Medical Operations Part 2
- Unit 5: Light Search and Rescue
- Unit 6: CERT Organization
- Unit 7: Disaster Psychology
- Unit 8: Terrorism and CERT
- Unit 9: Course Review and Disaster Simulation

CONTENT

You are familiar with first responders who provide fire and medical services following emergencies. In major disasters, it can be difficult for emergency services to meet the needs of citizens immediately. In these situations, neighbors and family members will help each other with life-saving and life-sustaining needs.

In order to better meet the needs of its citizens following disasters, the government developed a plan to help prepare citizens to help each other in these cases through training. The plan consists of:

- Providing facts about what services are immediately available after a disaster,
- Informing citizens of their responsibility,
- Training interested citizens in specialized life-saving skills, and
- Organizing trained citizens in teams to provide immediate assistance.

Users who have completed HOSA 105, are probably very familiar with CERT. For those needing a refresher or for users who have not completed HOSA 105, begin this module by reviewing pages 1-4 of Module 4 from HOSA 105. The information may be accessed by following the link:

http://www.hosa.org/hosa105/hosa_105_module_4.pdf, **OR**

- Go to the HOSA website (www.hosa.org)
- Click on the “Advisor Services” link on the left side of the page
- Scroll down to “Online Staff Development for HOSA Advisors”
- Click on “HOSA 105 - Emergency Preparedness”

Students may wish to complete CERT training and become a volunteer in an organized community-based team, or they may wish to pursue the information and training only. HOSA 105 contains valuable suggestions for partnering with local CERT organizations. Either way, students are extending their learning beyond classroom walls and will become more responsible citizens by learning how to get involved in their own communities.

As an instructor, the websites for this event contain many resources, which can be downloaded for free and used in the classroom to supplement curricula, or for students as they prepare for the competitive event.

3. Access the website, <http://training.fema.gov/emiweb/is/is700a.asp>. You may wish to download both the student guide and the instructor guide for this web-based course. Review the downloaded guides, and then access the interactive course by clicking on the link on the opening page. As you review the materials, think about the HOSA members or students who will be interested in completing this course or studying the content for event preparation. What tips can you provide which will help them master the content? How will you suggest they approach the course? Complete the NIMS Curriculum Student Tips for Students (Attachment 3-2).
4. On the CERT training website, click on or download the *Table of Contents*. Compare the contents with the test plan topics. In the Test Plan Resource Chart, write in the location of the required content and any pertinent notes about the resources (Attachment 3-3).
5. Review the CERT curriculum for information that supports skill development for each of the four procedures in the competitive event. In the CERT Competitive Event Resource Chart, list the location of this information. (Attachment 3-4)
6. Review the skills-related curriculum information from the above assignment and complete the following:
 - Develop at least one scenario for each of the procedures I-III (Scenarios are not necessary for procedure IV). Use these scenarios after students have learned the procedures using the HOSA rating sheets. Assist students as they practice for the HOSA competitive event. Include your scenarios in your course notebook.
 - Gather the necessary equipment and supplies for the Disaster Kit. Complete the check off sheet as you obtain the necessary items. (Attachment 3-5)

ATTACHMENT 3-1A

CERT ONLINE LESSON SUMMARY

Date completed _____

Lesson # and Title

Why did you choose this particular lesson?

Give a brief summary of the lesson.

What did you learn in this lesson that you could integrate into your health science classroom?

ATTACHMENT 3-1B

ASSIGNMENT SUMMARY

Date HOSA 105 was completed _____ (attach documentation)

1. As a result of completing HOSA 105, have you made any changes in what you are teaching in relation to Community Emergency Response Team (CERT)? Explain the changes you have made. If you have not made changes, explain why.

2. Has completing HOSA 105 had any impact on HOSA activities for your chapter or individual HOSA members? Please explain.

3. Develop at least two goals for students/HOSA chapter activities which incorporate the knowledge you gained from completing HOSA 105, Module 4 – Community Emergency Response Team (CERT).

1 _____

2 _____

4. Think about what you learned in HOSA 105 and how you incorporated that information in your classroom. What additional information do you need to further develop the knowledge and skill of your students, yourself, or your classroom resources? Include your thoughts in the KWL chart below. Finish the chart as you complete this module.

ATTACHMENT 3-1B (CONTINUED)

ASSIGNMENT SUMMARY
KWL CHART

Community Emergency Response Team

<p>K</p> <p>What I <i>Know</i> (from HOSA 105)</p>	<p>W</p> <p>What I <i>Want</i> To Learn to further develop the knowledge and skills</p>	<p>L</p> <p>What I Have <i>Learned</i> by completing this module</p>

ATTACHMENT 3-2

NIMS CURRICULUM TIPS FOR STUDENTS

Document your suggestions for students as they study the curriculum and materials for the NIMS Curriculum (IS700a).

1. What materials will the student need to have readily available PRIOR to beginning this course?

2. What are some helpful hints students might need to know in order to effectively organize their materials and notes?

3. What guidance can you give students about the time involved in completing the course or studying the content? For example, should they complete the curriculum in one sitting? What are some ideas for planning their time with the course? Should they allow for review time?

4. How does the curriculum fit into the HOSA Round One test plan? What are your ideas about how HOSA members can practice or review for this test?

ATTACHMENT 3-3

**CERT COMPETITIVE EVENT TEST PLAN
RESOURCE CHART**

Topic	% Weight	Official Resource	Unit #	Notes
National Incident Management System (NIMS)	10	NIMS IS 700a http://training.fema.gov/emiweb/is/is700a.asp		
Disaster Preparedness	16	CERT Curriculum http://www.citizencorps.gov/cert/training_downloads.shtm#CERTVis		
Treating Life Threatening Conditions	14	CERT Curriculum http://www.citizencorps.gov/cert/training_downloads.shtm#CERTVis		
Triage	10	CERT Curriculum http://www.citizencorps.gov/cert/training_downloads.shtm#CERTVis		
Disaster Medical Operations	28	CERT Curriculum http://www.citizencorps.gov/cert/training_downloads.shtm#CERTVis		
Light Search & Rescue	12	CERT Curriculum http://www.citizencorps.gov/cert/training_downloads.shtm#CERTVis		
Disaster Psychology	10	CERT Curriculum http://www.citizencorps.gov/cert/training_downloads.shtm#CERTVis		

ATTACHMENT 3-4

**CERT COMPETITIVE EVENT
SKILLS RESOURCE CHART**

Procedure	Location of information	Notes
I. Treating Life Threatening Conditions		
II. Triage		
III. Head to Toe Assessment		
IV. Lifts and Carries		

ATTACHMENT 3-5

DISASTER KIT CHECK SHEET

(Enough barrier supplies for each competitor should be included)

- _____ Box of latex gloves
- _____ Goggles or safety glasses
- _____ 2 dust masks
- _____ Helmet
- _____ Boots
- _____ 4x4 dressings (2 per team member)
- _____ Pressure bandages
- _____ Scissors
- _____ Flashlights
- _____ Watch with a second hand
- _____ Blankets (one per team member)
- _____ Victim tags (14) (note cards) and pen or marker
- _____ Plain paper (or note cards) for writing triage documentation and labeling treatment areas if needed
- _____ Masking tape

Teams have the option of bringing one kit per person or one kit per team.