



REGULATION
of the contests "Military Medical Relay Race"

1. General provisions

1.1. These Regulations define the procedure for the organization and the holding of international military medical all-round Contests "Military Medical Relay Race" (hereinafter referred to as "international Contests") within the framework of the International Army Games, as well as the composition of teams, the conditions of the conduct, the content of the stages, and the procedure for performing exercises.

1.2. Compliance with the requirements of this Regulation is the basis for an objective evaluation of the results of each team and the safety requirements of the participants of international competitions.

1.3. General management of the preparation and conduct of international Contests is the responsibility of the Main Military Medical Department of the Ministry of Defence of the Russian Federation (organizer of the international contests) and corresponding structure of the Armed Forces of the host country.

The host country of an international Contest is the country in which the international Contest takes place directly.

1.4. International Contests "Military Medical Relay" is a complex of military sports and professionally oriented Contests among military servicemen performing military service under contract in military posts of medical staff, middle level and junior medical personnel of the military (navy) unit of the medical service of the armed forces of the states - participants of the Army International Games.

1.5. International Contests are held at a specially equipped training ground (training center) of the organizer of the international Contests or at the training ground of the host country.

1.6. The objectives of the international competition are:

- stimulating the interest of medical and paramedical personnel, junior medical specialists of the military (naval) unit of the medical service of the armed forces of the countries participating in the International Army Games (hereinafter referred to as medical specialists) in deepening their military theoretical level and in improving practical and professional skills in the organization and providing medical support in combat operations of units;

- improvement of the field training of medical specialists in the search, collection and evacuation of the wounded from the battlefield, to provide medical assistance;

- development of military and applied sports, increasing physical, moral and psychological readiness and motivation towards military professional activities of medical specialists;

- promotion of sport as an important means of military education and training of medical personnel.

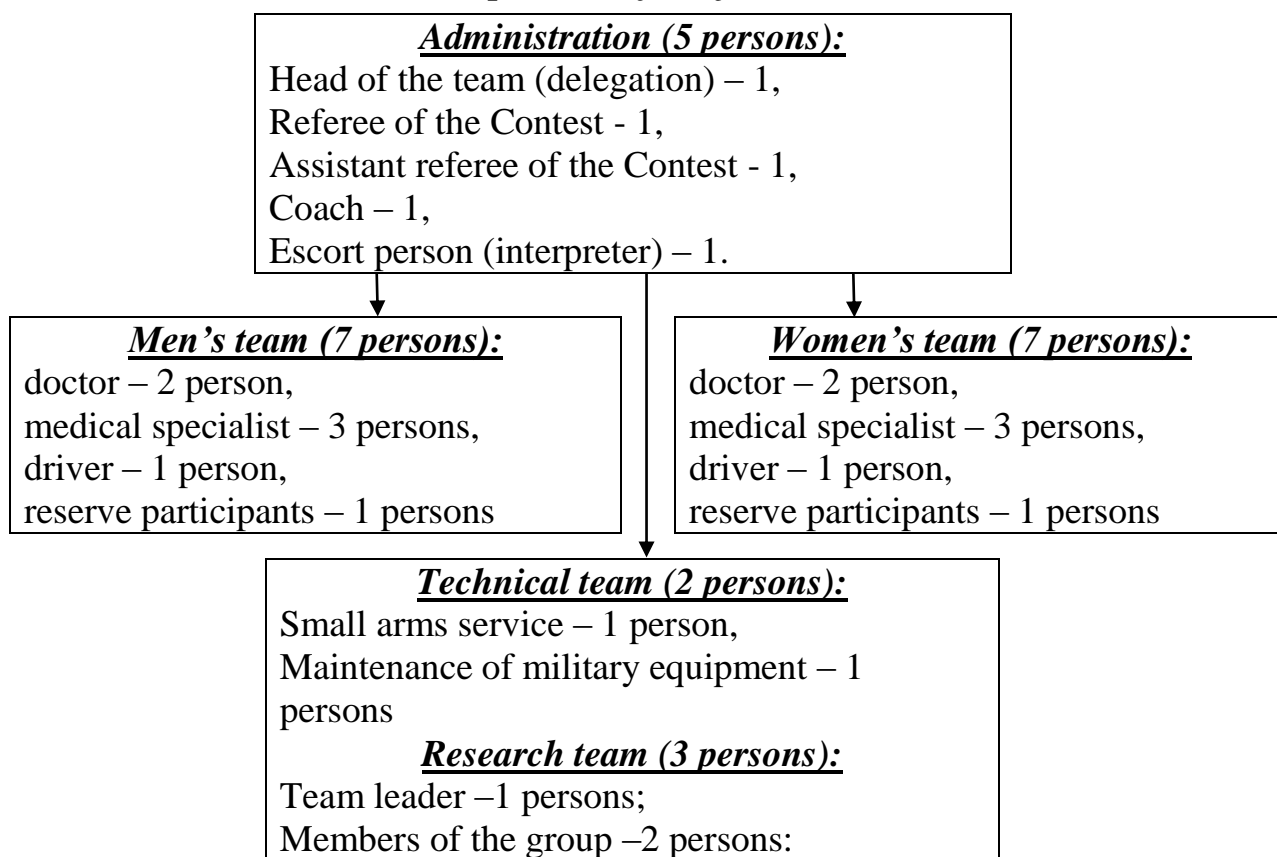
1.7. Teams of the states - participants in the International Army Games are allowed to participate in international competitions.

The necessary conditions for the admission of the team are: The readiness and arrival of the team in the time limit; compliance of the team members with the criteria established by these Regulations; awareness of safety requirements when using firing range, sports facilities and during firing exercises and driving combat vehicles.

Military personnel participate in the international Contests under 40 years of age, performing military service under contract on military posts of doctors, secondary and junior medical personnel of a military (naval) unit of an armed forces (up to the commander of the medical division of a unit, the chief of medical service of a unit inclusive or similar structures of armies of states-participants), being on medical posts not less than 6 months, as well as cadets and students of military medical education institutions, providing compliance of these Regulations and **Regulations of organization of refereeing of the of international Contests "Military Medical Relay Race"**.

1.8. For international Contests, each country represents a joint team consisting of the administration, men's team, women's team, technical team and research teams.

Composition of the joint team



¹It is allowed to participate in the military service of drivers performing military service by conscription.

²Members of the armed forces who hold nursing and nursing positions are allowed to participate.

1.8.1. The total number of members of the joint team of each states - participants in International Contests shall not exceed 24 (twenty four) persons. Inclusion the joint technical and research team is not a prerequisite and this decision is within the competence of the head of the team (delegation) of the states - participants of the Army International Games.

1.8.2. The mid- and junior-level medical specialists are included in a reserve of the team (1 person per man's team and the women's team). A male driver is allowed to participate in the women's team.

1.8.3. In case the composition of the team exceeds 24 people, accommodation, meals, transport and other services to the team members in excess of the amount established by this regulation is made at the expense of the states - participants of the international Contests.

1.8.4. If one of the teams is not complete, then this team is allowed to participate in certain stages of international Contests.

1.9. In the stage "Individual skill" participates 3 persons from mid- and junior-level medical personnel, 2 medical staff members and 2 drivers (1 person per man's team and the women's team). The overall set-off for the "Individual Skill" stage includes 2 best results for mid- and junior-level medical personnel and 1 best result for medical staff.

In the "Team championship" stage there are 3 participants from among mid- and junior-level medical personnel, 1 driver and 1 military doctor (men's and women's teams).

1.10. In order to preserve the principles of competitiveness and fair play in men's and women's teams are prohibited to include professional athletes, members of national teams, participating in the international sports Contests in Olympic sport, on posts of medical, mid- or junior medical personnel, regardless of the time of placement in duty position. If these facts are revealed, the participant is disqualified from participation in the international "Military Medical Relay Race" Contest with the annulment of all the results previously shown.

1.11. The day of completion of the international "Military Medical Relay Race" Contest heads of research groups of states-participants should present propositions to the head of team (delegation) of host country in order to improve organization and conduct of stages of the international "Military Medical Relay Race" Contest.

1.12. In order to objectify the refereeing at the stages (Contests, exercises) of international Contests, an international refereeing system is formed, including organizational work of the main judge, deputy of the main judge, international judge's corps (including judge's commission and international field judges (referees), secretariat office, senior field judges of contests and regulars field referees.

1.12.1. The chief judge of the international contests head the international judge's corps.

1.12.2. From each , 2 persons (The international judge's corps shall form the judicial commission (from among judges of Contests, on 1 person from

structure of administration of a team of the participating country) which members have the right to vote at the decision of disputable questions and the right to sign minutes of Contests. The International Judge's Corps includes 2 persons from each states - participates (the Contest referee and the assistant referee of the Contest) from among the administration of the team, who are later appointed by the field referees.

1.12.3. From the international judicial corps form the judicial commission (from among judges of Contests, on 1 person from the administration of a team states-participant) and a group of field referees of international judicial corps (from among the judge's assistants, on 1 person from the administration of team states-participants).

1.12.4. The chief judge of the intentional contests is obliged to hold a 3-day meeting with the members of the international judging corps according to the rules of the Contest and criteria of evaluation, before the start of the Contest

1.12.5. After the meeting, the certificates of the judges of the international contests are given exclusively to the chief judge and to the members of the judicial commission and have the right to vote at the decision of disputable questions and the right to sign minutes of Contests.

1.12.6. Chief judge, members of the judicial commission, senior judges (field referees), organic field referees and field referees of international judicial corps accomplish functions and referring according to the Regulation on organization of referring of international military medical all-round Contests "Military Medical Relay Race".

1.12.7. In order to improve neutrality, objectivity and transparency of referring, field referees are designated from the International judicial corps for estimation of action of participates on the most difficult elements of exercises (standard weapons shooting, weapons assembly and disassembly, grenade throwing, crate transfer, crawling under the APC (BTR) caution crossing and river crossing), including exercise (contest on special preparation and contest on professional skills on simulation equipment among mid- or junior medical personnel and officers of medical service). Besides, additional places for the work of the judiciary may be determined by decision of the international judicial corps.

1.12.8. Distribution of field referees from the International judicial corps on contests (exercises) are held on the first session of judicial commission. In case of participation of 6 or more teams in the international contests, on each contest (exercise), no less than three field referees from the International judging corps are designated. In case of participation in the international contests less than 6 teams, on each contest (exercise) two field referees from the International judging corps are designated.

1.13. Lists of teams to participate in international Contests (with indication of surname, name, patronymic (if any), military rank, military post, sports categories and titles, with copies of passports and photographs attached) shall be submitted to the headquarters of the International Army Games and the organizer of the international contest no later than one month before the beginning of international Contests in accordance with the established procedure.

1.14. The uniform for participation in international Contests and trainings - summer field uniform with high tibia boots (at least two sets: training and Contest). The uniform should be the same as those used to support the armed forces of the states-participants. Photos of the uniform of the team members and its description are submitted to the headquarters of the International Army Games with the lists of the teams.

1.15. At all stages of international Contests (including for exercises - putting on a blood-stop harness, dragging, putting on a primary bandage, putting on a gas mask, putting on a gas mask, taking out, pulling out of the technique, etc.) are used mass and dimensional dummies, which should be resistant to damage (impact, fall, dragging), imitate the human body in an unconscious state, with an anatomically correctly distributed weight, with flexible joints (including the ability to move in the neck and back, and allow you to reproduce the real movement of the person and give the mannequin different positions). Weight of the dummy is 60 kg and height 160 (type Rescue Randy 9000 or its analogues). The dummy should be dressed in summer field uniform, wearing high tibia boots and outfitting: a flak jacket of the 3rd level of protection, a protective all-service helmet, as well as the AK-74 training assault rifle (or analogue). The dummy is additionally provided with a gas mask in the hiking position for the middle and junior staff during special skills exercises.

1.16. The head of the delegation is responsible for the safety of small arms and ammunition, the state of military discipline, the reliability of documents and information submitted to the headquarters of the Army International Games, the compliance of team members with the rules of international Contests (in accordance with these Regulations), the established form of clothing, safety requirements and the implementation of the daily routine.

1.17. In case of detection, by the Judicial Commission during the admission to the Contest or in the course of the Contest invalid data or documents for the participants, presented by the head of delegation, or in case of unauthorized (established procedure) replacement of the participant of the team, this participant will be disqualified from the participation in international Contests.

1.18. Duties and rights of participants. Obligations and rights of the international Contests are specified in the Annex № 1.

2. Conditions of the Contest

2.1. The conditions for holding international Contests in military-medical all-round Contest "Military-medical relay" are defined by the present Regulations.

2.2. Teams must arrive at the venue 7-8 days before the opening ceremony of the international Contests. For this preparatory period, the organizer country shall prepare a training schedule taking into account the requirements of this Regulation.

2.3. On arrival of teams and before the beginning of each stage, a medical examination of the participants is carried out. Participants of competitions should not have any contraindications to participation in military sports Contests for health reasons the head of the delegation is personally responsible for hiding

reliable information about the health of team members. The administration of international Contests is responsible for providing comprehensive medical care.

2.4. During the preparation and holding of international Contests, the host party is obliged to provide morning physical exercises and daily training on general physical training upon the preliminary request of the head of the delegation using the sports base of the training ground and/or nearby area (stadium, obstacle course, treadmills, horizontal bars, etc.), outside the main training schedule. In addition, for qualitative preparation, for all teams should be given the right to practical training at each training site of the international contest in the amount of no less than 5 hours and in this regard provide firing practice of regular weapons no less than 60 round for Kalashnikov assault rifle (AK-74) and 32 rounds for the Makarov Gun (PM);

2.5. All stages (exercises, dashes, heats) of the Contest are held only during daylight hours, except for shooting in a closed illuminated range.

2.6. During the period of preparation and holding of international Contests the control (technical) inspection of weapons and military (special) equipment is carried out, at the end of each day - their maintenance and preparation for the next day's events. Preparation of equipment is carried out in accordance with the requirements for the operation of this type of weapon.

2.7. Prior to the start of each stage (exercise, dash, heat) of the Contest, the head of the team (delegation) and coach have the right to check the weapons and equipment used, medical (including simulation) and other equipment. In case of detection of any damage or mismatch of equipment (weapons), the head of the team (delegation) has the right to demand its replacement.

2.8. The organizers of the International contests (representatives of host countries) are obliged to notify in advance the participating countries about the models and technical characteristics of the simulation equipment used at the Contest stages, during the 2 planning conferences.

2.9. Bringing of the safety requirements to the team members is documented in the protocol after the practical safety training.

The personnel who have violated the requirements of safety, is punished by a penalty: at the first stages "Individual skills" the participant is given a fine in the form of a reduction of 15 points in the result of the exercise; at the second stage "Team championship" for 30 points.

Safety requirements are given in Annex 2.

2.10. In case of appearance of preconditions to violation of safety requirements, occurrence of irresistible (force majeure) circumstances capable to influence final results of participants (team) the chief referee is obliged to suspend Contests until normal conditions are created for its further implementation. After elimination of the reasons of stoppage (normalization of the conditions) at the command of the chief referee the Contest can be continued.

2.11. Issues related to the comprehensive support of the teams, as well as their liability in terms of causing harm or injury to the health of participators, as well as property, are resolved in agreement with the heads of international Contest teams (delegation).

2.12. It is forbidden for teams to use radio networks of the judging committee and administration of international Contests during the stages of the Contests.

2.13. The necessary small arms, ammunition, equipment, military equipment, medical and other property required for international Contests are provided by the organizer of the International Contest. In case of carrying out of the International Contest at the territory of the foreign Government, all necessary equipment, armament and material are provided by the host-country.

2.14. Contradictions between the parties shall be resolved through negotiations between the head of the team (delegation) and the administration of international Contests.

3. Program of the international contests

3.1. International Contests are held in accordance with the present Regulations and the Program of holding of the international Contests in military medical all-round Contest "Military Medical Relay Race" (hereinafter referred to as the Program).

3.2. Mandatory events of the international Contests are solemn ceremonies of opening and closing, procedure of admission to Contests (mandate commission), medical examinations, drawing lots, classes on safety requirements, acquaintance of participants of teams with places (distances, objects) of carrying out Contests, practicing, and also all complex of military sports and professionally oriented Contests, as defined by the Regulations and the Program.

3.3. No changes to the International Contests Program are allowed. In exceptional cases, by the decision of the Judicial commission it is allowed to postpone certain Contests due to weather conditions or other irresistible (force majeure) circumstances.

4. The procedure for conducting the Mandate Commission.

4.1. After the arrival and placement of the teams, the head of the team (delegation) or the coach (by order of the head of the team) presents the participants of the Contests to the Mandate Commission and papers for admissions to the Contest.

4.2. The Mandate Commission is carried out by the judicial commission of the International Contests and a technical team formed by the organizer (host country) to ensure the collection and analyze of collected documents.

4.3. The Mandate Commission verifies the compliance of the identity and documents submitted to the requirements of these Regulations (age and position held, documents on education, etc.). The head of the team (delegation) or a coach (by order of the head of the team) submit in the Mandate Commission the request (annex №3) in which specify, number on an order, a military rank, a surname, a name, a patronymic of the military man; the status (post) in a team; age (full years); doctor's report on admission to the Contest (with stamp). Besides, each participant shall be provided with an identity document, an education document and a document confirming the post held and the time of service on it. In addition,

if any, the head of the team must inform the Mandate Commission in writing form about the participants who are athletes, their sports title (category), won sports titles, sports book of the athlete (if any). Members of the Mandate Commission have the right to ask a question, to each team member, related to their professional activities. For medical staff, the year of graduation from a military medical education organization, specialty (qualification) is additionally indicated, and a copy of the diploma (or other document) of its graduation is attached.

4.4. The results of the Mandate Commission are confirmed by the minutes at a meeting of the Judicial Commission.

4.5. In order for drivers to be allowed to drive independently, a driving license shall be submitted. . Driving training is the responsibility of the head of the team (delegation). Copies of documents signed by the team leader and translated into Russian, submitted to the administration of international Contests.

5. Procedure for drawing lots

5.1. The draw is held on the eve of the Contest on the day defined by the Program of the international contests. All representatives of the delegation of the participating country must be present at the draw. Honored Athletes and notable medical personalities of the participating countries may also be invited. Before the drawing of lots, the chief referee of the Contest shall inform the results of the Mandate Commission and bring the drawing procedure to the attention of all those present.

5.2. The drawing of lots shall be carried out manually on the drums, and the number of balls (numbers) in the draw shall be twice as many as the number of countries participating in the Contest.

5.3. The order of the draw by the teams of the participating countries shall be determined by drawing lots by an independent representative of the host country.

5.4. The draw of lots for the teams is held separately for the participants of the middle and junior medical personnel (separately for men's and women's teams), for medical staff (separately for men's and women's teams) in the Individual Skill stage, as well as separately for the Team Championship stage (separately for men's teams and women's teams). The performance of the order of drivers of participating teams is determined in accordance with the draw for men's teams of the stage "Individual skills

5.5. After the drawing of lots, the secretariat shall draw up start lists (Annex No. 4), in which each competitor shall be given a bib number. The starting protocol is drawn up according to the drawing of lots for this type of Contest with indication of each shift (race, heat) of the Contest sequentially, according to the submitted applications from the head of the team (delegation).

6. Order of the Contest

6.1. The International Military Medical all-round Contest "Military Medical Relay Race" is held in two stages:

the first stage - "Individual skills";
the second stage - "Team Championship".

Also, there is a Contest among drivers called "Best Driver".
(out of the general Contest count)

6.2. The first stage of "Individual Skill" of the International Military Medical All-Around Contest "Military Medical Relay Race" includes the following Contests:

Shooting from regular weapons (for middle and junior medical personnel - Kalashnikov assault rifle (AK-74); for medical personnel - from the Makarov Gun (PM);

Complex exercises to overcome the obstacle course;
Contests to test professional skills using simulation equipment;
Special training skills.

6.3. The second stage of the Team Championship includes Contests for: medical staff, middle and junior medical personnel and drivers.

6.4. The Contest of the medical staff is held in the training building (simulation center). The Contest consists of elements of the theoretical orientation - the consequent solution of situational tasks (cases), required of emergency care and tasks of military and professional orientation. Each participant - states prepares tasks (questions and answers) according to the type model, for the following fifteen clinical situations: 10 questions - figured out in international classification of illnesses and required of emergency care, as well as five situation of military and professional orientation. Tasks should be translated on official languages of the Contests (Russian and English). Questions and answers are made within the framework of the contemporary scientific medicine, without using folk and other alternative methods. In tasks, diagnosis is made in accordance with classification of illnesses and pharmaceuticals in accordance with international designation.

If participant-state has no tasks, on the Contest are solved the tasks given by the organizer committee of the International Amy Games.

6.5. The middle and junior medical staff Contest (with the participation of drivers) is held at the training and tactical field, where the skills of approaching the wounded, removing them from the damaged equipment, pulling them out (taking them out) from the battlefield, providing first aid, crossing the water barrier, loading them into ambulances are demonstrated.

6.6. "Best Driver of International Contests The "Military Medical Relay Race" military medical all-round Contest is conducted among drivers and includes exercises:

shooting from the regular weapon (assault rifle AK-74);
complex exercises to overcome the obstacle course;
driving a special vehicle.

Results are counted only among drivers and are not summed up with the results of the team, the winners and prize-winners are awarded in a separate category.

6.7. Replacement of participants at the stage "Individual skills" is not allowed. As an exception, it is possible to make a replacement on a reserve

participant at the stage of "Individual skills", in the case when the number of participants, going into offset, less than the regulatory requirements.

In case of injury to a participant of international Contests, participation of a reserve participant at the stage "Team Championship" is allowed (after making a medical diagnosis).

7. Procedure and conditions of the first stage of the Contest "Individual Skill" in international Contests on the Military Medical all-round "Military Medical Relay Race "Individual mastery" of international competitions

7.1. General provisions

7.1.1. The order of the Contests of the stage "Individual skills":

- Exercise "Shooting with standard weapons";
- Complex exercises to overcome the obstacle course;
- Professional skills Contest using simulation equipment;
- Special training Contest.

7.1.2. Based on the results of the first stage "Individual Skill", each participant's individual place in the overall rating is determined:

- for middle and junior medical staff (separately for males and females);
- among medical staff (separately for men and women and female);
- among drivers of special vehicles (male persons), outside the official team offset.

7.1.3. Winners and prize-winners in each stage of "Individual Skill" can be also rewarded by medals and diplomas.

7.1.4. Score system and criteria of estimation (with fines) are given in the Regulations on the organization of refereeing of international Contests in military medical all-round Contest "Military Medical Relay".

7.2. Exercise procedures "Shooting with regular guns" of the first stage "Individual Skill" in international Contests

7.2.1. General provisions

7.2.1.1. Shooting with standard weapons for middle and junior medical personnel and drivers includes firing exercises with the Kalashnikov assault rifle (AK-74).

Shooting with standard weapons for medical personnel includes the performance of Makarov pistol (PM) firing exercises.

The organizer of the Contest is obliged to provide each team with the necessary amount of weapons in the calculation: Kalashnikov rifle (AK-74) not less than 5 pieces, Makarov pistol not less than 3 pieces.

7.2.1.2. Shooting exercises are performed in a closed type shooting gallery or in a specially equipped area of the range (open shooting gallery).

The shooter's uniform is military (field) (summer field suit, summer field headdress, summer field shoes), (hereinafter - military (field)).

7.2.1.3. Weapons requirements:

5.45 mm Kalashnikov (AK-74) assault rifle is used for automatic gun exercises;

9 mm Makarov Gun (PM) is used to perform an exercise from a pistol.

7.2.1.4. Ammunition is delivered to the Contest venue in a closed state in sealed metal boxes (zinc). Opening of ammunition boxes (zinc) for Makarov pistol and Kalashnikov assault rifle firing for training and Contests is held in the presence of judges and coaches. Delivery of ammunition is carried out to the participant in the presence of the coach of the team. It is strictly prohibited to distribute ammunition to participants in placers. Ammunition for firing from these weapons must be of the same nomenclature (series) and year of manufacture.

7.2.1.5. At the firing line during the preparation for firing and during firing, the use of telescopic sights (on the gun itself) and the use of other devices (wireless communication and/or radio signal reception devices, technical means), and devices is prohibited to participants. It is also prohibited for the competitor to use any linings or making any changes to the design of the weapon, including: changing the shape and size of the sights, trigger impact mechanism parts and handle. When firing an automatic rifle, the firing line must be equipped with firing mats made of dense material. Use of additional pads, rollers, elbow-pads, additional devices for fastening the automatic rifle belt, etc. is not allowed.

At the firing line, for the participant it is allowed to hold a comfortable position for his body, lie position, independently of ground dimension of firing line (on its direction). When the participant is ready for firing (a comfortable lie position of the body for the exercise (firing) is taken), for referees (field referees) at the firing line it is prohibited to interfere in ready position for firing (to make any remarks, etc).

The use of special goggles for firing and special firing headphones is permitted, which are checked by the international judiciary corps and fields referees before firing.

7.2.1.6. The pull of the trigger shall be at least 2 kg. Tightening of the gun trigger will be checked by the judges before it reaches the firing line. Members of the same team are allowed to use the same weapon.

7.2.1.7. The organizers of the Contest are obliged to install optical devices (telescopes with magnification not less than 25-60x80x100) at the firing line, with the help of which the competitors should be able to correct the results of their shooting in the test and slow series (punctures holes). When performing scoring series of fast shooting, participants are not allowed to use optical devices and be destructed (to talk to correct shooting with members of the team).

7.2.1.8. Targets for each competitor must be of the same type (i.e. one shade of color and size), individual (for each participant). Before shooting starts of each scoring series, targets are signed by the representatives of international judicial corps, assigned for the work in the firing results estimation commission. Shooting in each series, including a test series, is done in a separate target. Each competitor, after the end of the shooting, shall be given the right to familiarize himself with the

result of his shooting (with the target). After each accomplished shooting series, organizers of the Contests should make photo fixation of each target, using high - resolution camera. International contest judges could use shooting photo-results during the control of calculation of shooting results.

7.2.1.9. In both gunfire and gunfire from the automatic rifle, the competitors performs all the actions with the weapon by himself.

If a gun malfunction is detected in the course of a test series, a competitor, with the permission of the referee, may use the help of a gunsmith or other person from the team (for correction of the weapon with special devices such as a fly drive, a pencil case); this competitor, after the change of weapon or removing the malfunctioning of the weapon, has the right to repeat the test series.

7.2.1.10. After firing, the referee on the line of fire must announce the number of shots he has fired.

Shooting breaks due to a competitor's fault do not count and there's no extra time to shoot

7.2.1.11. In case of termination of the shooting for reasons beyond the control of the participants, they are granted the right to repeat the shooting series, which was delayed or otherwise disrupted, including due to the fault of the organizers of the Contest.

A Weapon that have been damaged or defective during firing or that have broken down for technical reasons to such an extent that it can no longer be used, with the permission of the chief judge at the firing line can be replaced by reserved one or on other member of the same team.

In the event of damage, malfunction, or breakage of the weapon (including in the event of a double shot with a single fire from the weapon), the contestant must raise his hand up, indicating the problem. The referee is obliged to cut off the time from the moment the athlete raises his hand. The chief judge at the firing line together with the head of the team considers the problematic issue: if there is no consensus, the solution to this issue is presented to the judge's commission, which is held immediately. After that, a commission decision is made to provide (continue) the opportunity to participate in this type of Contest (depending on the circumstances) by the athlete.

If the decision is not in a favor of the competitor, the competitor shall continue shooting from the same time when the shooting was stopped (time cut-off) and the result of the knocked out points shall be included in the overall result. If the decision is made in a favor of the competitor, the competitor may, at his discretion, continue the exercise with a temporary cut-off of the judges (with the removal of the worst result from the double shot) into the same target or start the exercise again from the beginning, with the target to be replaced by a new one. If the decision is made to replace the weapon, the competitor is assigned to repeat the incomplete series, including the trial series. If the competitor made 10 shots, but in the target turned out 11 punctures holes, so the worth results are scored.

7.2.1.12. Instructions on safety measures are given to all competitors once before the start of shooting.

7.2.1.13. It is prohibited to take photo and video footage of competitors during in-goal firing series in order to avoid artificial interference or psychological

impact. The means of video recording the correctness of the exercise should be stationary with the possibility of automatic recording. In order to create a film about international Contests with the permission of the chief judge and the head of the team (delegation) it is possible to conduct additional filming outside the Contest program.

7.2.1.14. On the eve of the Contest with the participants of the Contest the weapon is brought to a normal fight. At the time of bringing the weapon to normal fight, participants in each team will be given at least 5 hours of time, at least 4 targets and 60 rounds for each Kalashnikov assault rifle, and 32 rounds for each Makarov pistol for each score series (provided that the average point of hit is determined in the target; otherwise, the number of rounds of ammunition increases before it is determined). The organizer of the Contest is obliged to provide each team with weapons correction equipment (fly drive, pencil case).

The organizer country (host country) is obliged to ensure the inviolability of the weapons of each team after it has been brought to a normal fight (closed boxes, sealed with the stamp of the participants-states; a separate weapons room, etc.).

7.2.1.15. The judging team is obliged to announce the preliminary results of the scoring shooting after its processing on the loud speaker. Also, the preliminary results of the judging team must be posted on information boards, established in the immediate vicinity of the Contest venue. It is prohibited to announce the result to the competitors during the exercise.

7.2.1.16. Targets are immediately delivered to the Commission for Determining Shooting Results (CDF) after the completion of scoring series. The composition of the CDF is formed from the international judicial corps.

7.2.1.17. After completion "Shooting with regular guns" and before starting of the session of the International judicial corps (signing of the minutes by judicial commission), head of the teams (delegations) and team's coaches are the right to familiarize with the targets (of scoring shooting series) of any competitors of the contest and the organizers of the international contests are obliged to provide it.

7.2.2. Exercise conditions

"Makarov Gun Shooting (PM)"

Participants: Medical staff

Target: thoracic figure with circles (target no. 4), set at eye height, stationary (Annex no. 5).

Range: to the target in all series - 25 meters.

Shooting position: standing with one hand (without support).

Shooting series: one test and two scoring series are performed; all series are performed in different targets.

Test series:

The amount of ammunition is 5 pieces;

Time to shoot is three minutes.

First scoring series:

The amount of ammunition is 10 pcs. (2 series of 5 shots each)

Time to shoot is four minutes

Second scoring series:

The amount of ammunition is 10 pcs. (2 series of 5 shots each).

Time to shoot is one minute.

7.2.3. Exercise procedure
"Makarov Gun Shooting (PM)"

The next section, led by a judge on the line of fire, is brought to the starting line (pistols and ammunition are received in advance; the ammunition received is on hand). Loading of received ammunition in magazine is realizing at the firing line. Before test shots, the senior judge of the line of fire gives the command: "CHANGE, ON FIRE LINE FORWARD, MARCH, TIME 2 MINUTES, PREPARE". During this time, the participant is allowed to prepare weapons, to aim and exercise without loading the magazine, to equip the stores.

At the end of the second minute, the senior judge at the firing line gives the command: "FIVE TEST SHOTS, LOAD!" And after 2-3 seconds - "FIRE!"

At the end of shooting or before 3 minutes have passed, the commands are given to all participants: "UNLOAD!", "WEAPONS TO BE INSPECTED Pistols are inspected, put on the bolt stop and on the command "LAY WEAPONS!" are put on the table (block) with the fuse up.

Replacement of targets in the test series is made by the judges after inspection by the participants. Participants are given the right to familiarize themselves with the results of test series, using optical instruments, not going to the target's line.

To complete the score series, the pistol magazines are loaded with five rounds. To complete each score series, the following commands are given: "FIRST (SECOND) SCORING SERIES, TIME 4 (1) MINUTES, LOAD!" And after 2-3 seconds - "FIRE!". Reloading the gun with the second magazine is performed by its own.

After completing series or expiration of 4 minutes (1 minute) the following commands are given: "STOP", "UNLOAD", "WEAPONS FOR INSPECTION", "INSPECTED", "REMOVE WEAPONS". Pistols are removed in a holster; the shift is carrying off from the firing line.

If there is a need for a ceasefire, the command "STOP, STOP FIRE" is given. By this command, participants are obliged to stop firing and lock the gun. To continue shooting, the command "FIRE" is given, according to which the participants remove the weapon from the lock and continue shooting.

After each scoring series, the judges set a change of targets.

7.3.1. Exercise conditions
"Kalashnikov assault rifle (AK-74)"

Participants: nursing and junior medical staff, drivers.

Target: thoracic figure with circles (target no. 4), stationary

Range to target is 100 meters.

Shooting position - lying on the arm, single fire.

Shooting series: one test series and two scoring series are performed; all scoring series are performed in different targets.

Test series:

The amount of ammunition - 5 pcs;

Time to shoot is three minutes.

First scoring series:

The amount of ammunition is 10 pieces;

Time to shoot is four minutes

Second scoring series:

The amount of ammunition is 10 pieces;

Time to shoot is one minute

7.3.2. Exercise procedure "Kalashnikov assault rifle (AK-74)"

The next section, led by a judge on the line of fire, is brought to the starting line (assault rifles and ammunition are received in advance; the ammunition received is on hand). Loading of received ammunition in three magazines (for a test series of 5 rounds, for two test series of 10 rounds in each magazine) is carried out at the firing range. It is given 3 minutes to prepare for shooting. When shooting, it is allowed to use the belt without unfastening it from the weapon. By the command "CHANGE, ON THE FIRE LINE FORWARD- MARCH", the competitors are moving to the firing line and stop behind the indicated firing positions.

At the command "PREPARE" shooters begin to prepare to shooting from a position lying on his hands. It is not allowed to touch the surface of the firing position, as well as foreign objects, during firing. During preparation, the shooter joins the store and assumes a lying position. The participant is forbidden to remove the machine from the lock with a fastened magazine and carry out various manipulations with the weapon (the weapon is directed towards the firing line).

After the preparation time has elapsed, the judge on the fire line announces: "Attention, the exercise is being carried out, a test run, 5 shots, a time of 3 minutes", gives the commands: "LOAD" and after 2 - 3 seconds. - "FIRE".

After the test series is completed, the following commands are given: "RETURN", "UNLOAD", and "WEAPONS FOR INSPECTION".

Change inspects trial targets, judges change targets to complete the score series.

After examining the targets, the judge on the fire line announces: ATTENTION, THE FIRST (SECOND) SCORE SERIES, 10 SHOTS, TIME 4 (1) MINUTES () IS COMPLETED, the command is given: "LOAD" and after 2 - 3 seconds. - "FIRE". At the end of the time for firing, the commands "STOP", "UNLOAD", "WEAPON TO BE INSPECTED" are given.

For shots fired before the "FIRE", the competitor is removed from the Contest. For shots fired after the "STOP", the results of the best puncture holes are removed from the participant.

At the end of the shooting, the judge gives the commands "STOP", "UNLOAD", "WEAPONS FOR INSPECTION".

If there is a need for a ceasefire, the command "STOP, STOP FIRE" is given. On this command, participants are required to stop shooting and put the weapon on the lock. To continue firing, the "FIRE" command is given, according to which the firing participants remove the weapon from the lock and continue firing.

After completing the test and score series, the change is brought to the targets for their inspection, the targets after the test and each score series are changed.

7.4. The procedure of the Contest

Performing a complex exercise to overcome the obstacle course of the first stage of the "Individual Skill" international Contests.

7.4.1. General requirements

7.4.1.1. For the objective assessment by the judges from among the judging committee, as well as the spectacular conduct of the Contest zones are being set up in the immediate vicinity of the obstacle course for spectators with a maximum distance up to 10 meters (seated and standing places, for athletes in the immediate vicinity of the Contest venue (not more than 25 meters) equipped with awnings (tents) for dressing up and resting with seating places.

During the exercise in the obstacle course only the participants performing the exercise and the judging team of this type of Contest have the right to be present, if necessary - the interpreter. Video and photo can be taken from fixed locations or outside the obstacle course

7.4.1.2. At the overcoming the obstacle contest, the system of electronic timekeeping with an informational panel should be used, which is installed at the visible place for all participants and judges. The system of electronic timekeeping should automatically carry out measurement of results of Contests. The results should be shown at the panel. For the double control, in case of unforeseen situation (shut down of the system of electronic timekeeping during the exercise, power cuts, etc.), in addition to the electronic timekeeping, the organizers of the contest perform judging in manual mod (with chronoscopes). Manual mod judging (using chronoscopes) is not a foreground, and the results of such control may be used only in case of force majeure circumstances. Carrying out of the contests without the electronic timekeeping is forbidden.

7.4.1.3. Before the race the referee with the competitors examines the athletes for the suitability of clothing and identity documents.

Dress code - military (field suit - summer field suit, summer field headdress, and summer field shoes), the exercise is performed without a gun.

Before the contest, the judge is obliged to allow to the exercise of assembling (disassembling) of the assault rifle (pistole) equal hardness gun's parts in assembling (disassembling).

7.4.1.4. The course length:

An obstacle course for middle and junior medical personnel and drivers - 400 meters, the length of the distance when crawling under the APC-80 - 15-20 meters;

An obstacle course for medical personnel - 350-355 meters (obstacle course, distance at crawling under the APC-80 and the running distance depends on the place of installation of the APC).

7.4.1.5. Equipping the obstacle course and stadium (distance):

- for nurses and drivers: a moat, a maze, a fence with a slanting board, a destroyed bridge consisting of three sections with bends, tears and vertical stairs (at the beginning and at the end of the destroyed bridge), a destroyed four-stage staircase with an inclined staircase, a wall with breaks and an adjacent platform, a trench and a passage;

For medical staff: moat, labyrinth, fence with inclined board, destroyed staircase with four steps with inclined staircase, wall with breaks and an adjacent platform, a trench, a well and a passage of communication, a sports track of the stadium.

In addition to obstacles on the course, there are places for: crawling under the APC-80 (clearance, all projections on the bottom of the APC, the base under and around the APC must be the same and flat), incomplete disassembly and assembly of the AK-74 assault rifle (PM-9 pistol) and carrying gun boxes.

On the track to the start line on the table are:

- For nursing and junior medical personnel and drivers - Kalashnikov assault rifle (AK-74) is meant for incomplete assembly and disassembly of the gun;

For medical personnel Makarov's pistol (PM-9) is meant for incomplete assembly and disassembly of the gun.

An exercise in the obstacle course is performed by two participants simultaneously. A competitor is allowed to run only along his track (lane section, direction) of the obstacle course. If a competitor runs any part of the contestant's track (lane section, direction) and interferes with another competitor, the other competitor will be given a restart the same day. The best run of two shown by the competitor counts and the participant who broke this rule is removed from this type of Contest with the zero result.

Obstacle techniques, grenade throwing, and special techniques and actions may be carried out in any ways if their execution is not specified in the description of the exercise. When a grenade is thrown, a direct hit, including the markup line, is counted.

7.4.1.6. The competitor is obliged to overcome all obstacles in the track as described. For a competitor to run past an obstacle intentionally (i.e. not to overcome it) is prohibited.

To overcome each obstacle, the participant is given three attempts, before the first successful overcoming. If a competitor runs past an obstacle (i.e., not overcome it), he shall be awarded the worst result of the Contest with the addition of 30 seconds of penalty time.

7.4.1.7. If a competitor fails to overcome an obstacle after three attempts, he shall be awarded a penalty time:

For violation in overcoming the obstacle APC-80 (crawling under the bottom of armored vehicles (APC-80) low crawl) - 15 seconds;

For not overcoming the tilted fence - 10 seconds;

For not crossing the destroyed bridge of three sections with bends, tears and vertical stairs (in two directions) - 25 seconds;

For not overcoming the ruined four-stage staircase with an inclined ladder (in each direction) - 10 seconds;

For not crossing the trench, the well and the connecting trench - 15 seconds.

For violation of the grenade throwing requirement (not from behind the head) - seconds.

Overcoming of all obstacles, including those not mentioned above, is mandatory.

7.4.1.8. A competitor who drops any item of clothing (headgear, belt, etc.) is obliged to go back and lift the lost item, after that continue the exercise.

7.4.1.9. During the Contest it is prohibited to lead a competitor and provide him with any outside help. In the event that a participant is found to be leading or to be assisted in any way in the first instance once a warning is given to the team of the participants - states, in case of a repeated remark - 10 seconds are added to the overall result of the participant in this Contest.

If an obstacle is broken not by the competitor, he's allowed to restart the same day.

The time of each participant is recorded, besides an electronic timekeeping system, by a separate stopwatch to an accuracy of 0.1 seconds.

7.4.1.10. The judging team is obliged not later than the next race to announce the preliminary results of the previous race on speakerphone, taking into account their penalties. The preliminary results of the judging team must be posted on the information boards installed in the immediate vicinity of the Contest venue.

7.4.2. The procedure of the Contest among middle and junior staff (among men)

Initial position - standing in the trench (Annex 6).

At the command of the referee (with the voice of "by grenade - FIRE" and the wave of the flag of red color (the judge at the start on the preliminary command of "BY GRENADE" slowly raises the red flag upwards, the arm is straight, stretched out upwards, making sure that the athletes are standing in their places) in a stationary position, hands along the body, gives the command "Fire", (in the case of an electronic timekeeping system, presses the start control, the electronic timekeeping system is activated) and, with a sudden movement, lowers the arm with the flag to the side to a horizontal position.

If one of the competitors, before the command "FIRE" begin to move his hands or other parts of the body, the judge stops the race, makes the athlete the first remark, for the same remark for the second time the athlete is removed from the Contest. In case, the judge has not responded to the competitors' violations, he is

given a warning from the chief referee, in the second case - removal from the judging of the Contests).

At the command "Fire" participant must:

- to throw successively a 600 gram grenade out of the trench 20 meters from behind the head along the wall (breaks) or 1x2.6 meters in front of the wall (a direct hit is counted);

If the first grenade doesn't hit the target, continue throwing, but no more than three grenades before the target is hit (if a grenade doesn't hit a target, penalty time of 5 seconds is added to the competitor's result);

- jump out of the trench, run to the place of performance of incomplete disassembly (assembly) of an assault rifle and carry out its incomplete disassembly;

- continue running along the track towards the lane of start line;
- run round the flag;
- overcome a ditch 2.5 meters wide with a jump or depth;
- run through the aisles of the maze;
- climb over a fence, climb a vertical ladder on the second (curved) section of the destroyed bridge;

- run over the girders by jumping over the gap and jump to the ground from the end of the last girder section;

- overcome three steps of the destroyed staircase with obligatory touch of the ground with two legs between steps, to run under the fourth step;

- climb into a breach of the wall;
- jump into the trench, go through the communications;
- jump out of the well;
- jump over the wall;

- run down the inclined stairs to the fourth step and run away on the steps of the ruined stairs;

- climb up the vertical stairs to the girder of the destroyed bridge, to run over the girders, jumping over the gaps, and to run away on a slanting board;

- run to the moat and jump into it;
- transfer to the opposite edge of the ditch, one by one 3.0 meters, two boxes of 20 kg each;

- jump out of the ditch;
- climb under the bottom of the installed armored vehicles (APC-80);
- run around the flag, run in the opposite direction to the place of incomplete disassembly (assembly) of the assault rifle and perform its assembly (the correctness of the assembly of the assault rifle is assessed by the judges after the finish of the participant);

- to run down the finish line.

7.4.3. The procedure of the Contest Among middle and junior personal (among women)

Initial position - standing in a trench on a 50 cm high stand.

By the command of the judge ("Grenade - FIRE!").

At the command of the referee (with the voice of "by grenade - FIRE" and the wave of the flag of red color (the judge at the start on the preliminary command of "BY GRENADE" slowly raises the red flag upwards, the arm is straight, stretched out upwards, making sure that the athletes are standing in their places) in a stationary position, hands along the body, gives the command "Fire", (in the case of an electronic timekeeping system, presses the start control, the electronic timekeeping system is activated) and, with a sudden movement, lowers the arm with the flag to the side to a horizontal position.

If one of the competitors, before the command "FIRE" begin to move his hands or other parts of the body, the judge stops the race, makes the athlete the first remark, for the same remark for the second time the athlete is removed from the Contest.

In case, the judge has not responded to the competitors' violations, he is given a warning from the chief referee, in the second case - removal from the judging of the Contests).

At the command "Fire" participant must:

- to throw successively a 600 gram grenade out of the trench 10 meters from behind the head at the circle (2 meters diameter);
 - if the first grenade doesn't hit the target, continue throwing, but no more than three grenades before the target is hit (if a grenade doesn't hit a target, penalty time of 5 seconds is added to the competitor's result);
 - jump out of the trench, run to the place of performance of incomplete disassembly (assembly) of an assault rifle and carry out its incomplete disassembly; (judges estimate the correctness of the disassembly in the immediate vicinity of the participant, but do not block the viewers);
 - continue running along the track towards the lane of start line;
 - run round the flag;
 - overcome a ditch 2.5 meters wide with a jump or depth;
 - run through the aisles of the maze;
 - climb over a fence 2 meters high with a 50 cm high stand;
 - run past the destroyed bridge;
 - overcome two steps of the ruined staircase in any way with obligatory touching of the ground with two legs between the steps and running on the third and fourth steps;
 - overcome the wall with a break in the top;
 - run to the trench, jump into it and run to the well and jump out of it as the communications progresses;
 - run to the wall, jump over it;
 - run up to the ruined stairs, run under the fourth and third steps, overcome the second and first steps from above;
 - run past a destroyed bridge and fence;
 - run to the moat and jump into it;
 - transfer to the opposite edge of the ditch 3.0 meters, one by one.
- ,two boxes of 10 kg each;
- jump out of the ditch;

- climb under the bottom of the installed armored vehicles (APC);
- run around the flag, run in the opposite direction to the place of incomplete disassembly (assembly) of the assault rifle and perform its assembly (judges estimate the correctness of the disassembly in the immediate vicinity of the participant, but do not block the viewers);
- run down the lane to the finish line.

7.4.4. The order of the Contest among officers of medical service (medical staff) (among male participants)

The time for overcoming obstacles is calculated separately (start of the countdown, end of the countdown before the special training Contest (Annex No. 7)).

Initial position - standing in a common obstacle course trench.

At the command of the referee (with the voice of "by grenade - FIRE" and the wave of the flag of red color (the judge at the start on the preliminary command of "BY GRENADE" slowly raises the red flag upwards, the arm is straight, stretched out upwards, making sure that the athletes are standing in their places) in a stationary position, hands along the body, gives the command "Fire", (the referee of electronic timekeeping system presses the start control (the electronic timekeeping system is activated) and, with a sudden movement, lowers the arm with the flag to the side to a horizontal position.

If one of the competitors, before the command "FIRE" begin to move his hands or other parts of the body, the judge stops the race, makes the athlete the first remark, for the same remark for the second time the athlete is removed from the Contest. In case, the judge has not respond to the competitors' violations, he is given a warning from the chief referee, in the second case - removal from the judging of the Contests).

At the command "Fire" participant must:

- to throw successively a 600 gram grenade out of the trench 20 meters from behind the head along the wall (breaks) or 1x2.6 meters in front of the wall (a direct hit is counted);

if the first grenade doesn't hit the target, continue throwing, but no more than three grenades before the target is hit (if a grenade doesn't hit a target, penalty time of 5 seconds is added to the competitor's result);

- to pass through the communications;
- jump out of the well;
- jump over the wall;
- run down the inclined stairs to the fourth step and run away on the steps of the ruined stairs;
- climb over a 2-meters high fence with a height stand 50 centimeters;
- run through the aisles of the maze;
- do an incomplete disassembly of the gun;
- run to a 2.5-meter-wide moat and jump into it;

- transfer two boxes of 20 kg each to the opposite edge of the ditch with the width of 3.0 m;
- jump out of the ditch;
- climb under the bottom of the installed armored vehicles (APC-80);
- run to the flag and bypass it;
- run to the place of incomplete disassembly (assembly) of the gun, assemble it and place it on the table (the correctness of the assembly of the gun is assessed by the judges, who should be in the immediate vicinity of the competitor, but not blocking the viewers);
- run through the aisles of the maze and jump out of it, continue running down the corridor, use a snake to overcome the stands before the start of the stage of special skills with their subsequent execution.

7.4.5. The order of the Contest among officers of medical service (medical staff) (among female participants)

The time for overcoming obstacles is calculated separately (start of the countdown from the start, end of the countdown before the performance of the special preparation Contest).

Starting position - standing in a common obstacle course trench on a 50 cm high stand.

At the command of the referee (with the voice of "by grenade - FIRE" and the wave of the flag of red color (the judge at the start on the preliminary command of "BY GRENADE" slowly raises the red flag upwards, the arm is straight, stretched out upwards, making sure that the athletes are standing in their places) in a stationary position, hands along the body, gives the command "Fire", (the referee of electronic timekeeping system presses the start control (the electronic timekeeping system is activated) and, with a sudden movement, lowers the arm with the flag to the side to a horizontal position.

If one of the competitors, before the command "FIRE" began to move his hands or other parts of the body, the start judge stops the race, makes the athlete the first remark, for the same remark for the second time the athlete is removed from the Contest. In case the judge has not reacted to the competitors' violations, he is given a warning from the Chief Referee, and in the second case - suspension from judging Contests).

At the command "Fire" participant must:

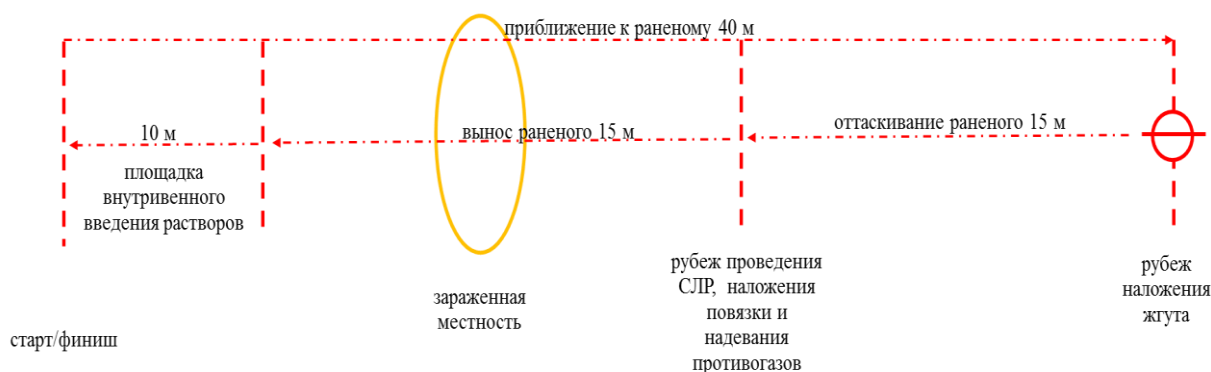
- to throw successively a 600 gram grenade out of the trench 10 meters from behind the head at the circle (2 meters diameter) (direct it is counted);
- if the first grenade doesn't hit the target, continue throwing, but no more than three grenades before the target is hit (if a grenade doesn't hit a target, penalty time of 5 seconds is added to the competitor's result);
- to pass through the communications;
- jump out the well;
- hump over the wall;

- run up to the ruined stairs, run under the fourth and third steps, overcome the second and first steps from above;
- run past a destroyed bridge; run through the aisles of the maze;
- do an incomplete disassembly of the gun (the correctness of the assembly of the gun is assessed by the judges, who should be in the immediate vicinity of the competitor, but not blocking the viewers);
- run to a 2.5-meter-wide moat and jump into it;
- transfer two boxes of 10 kg each to the opposite edge of the ditch, 3.0 m wide, one by one;
- jump out of the moat;
- climb under the bottom of the installed armored vehicles (BTR-80);
- run to the flag and bypass it;
- run to the place of incomplete disassembly (assembly) of the gun, assemble it and place it on the table (the correctness of the assembly of the gun is assessed by the judges, who should be in the immediate vicinity of the competitor, but not blocking the viewers);
- run through the aisles of the maze and jump out of it, continue running down the corridor, use a snake to overcome the stands before the start of the stage of special skills with their subsequent execution.

7.5. Procedure for holding special training Contests for the first stage of "Individual Skill"

7.5.1. The procedure for holding a special training Contest for junior and senior medical staff

Participants demonstrate special training skills during the course, which includes: approaching the dummy, temporary stop of external bleeding, dragging the dummy, cardiopulmonary resuscitation, applying the primary bandage, putting the gas mask on itself and the dummy, taking the dummy out, intravenous injection of solutions (see figure).



Test scheme for special training among middle and junior medical staff of the first stage of the Contest "Individual skills".

7.5.2. Conditions of performance

The total length of the distance is 80 meters.

The start line is the finish line.

The edge of a tourniquet at a distance of 40 meters from the start, the boundary of bandage - at a distance of 25 meters from the start.

Competitors' outfit: uniform - summer field in shoes with a high tibia, without weapons and personal protective equipment; first aid bag; sanitary strap, gas mask (PMC-4 or corresponding analogues) in a stowed position. The means in the first aid bag are used in the course of the contests (blood stop tourniquet, pencil (2 pc.) and paper to indicate the time of the application of the tourniquet, individual dressing bag) and on the intravenous injection site (intravenous solutions (5 ml ampoules), 5 ml syringe). The weight of the first aid bag is 3.5 kg. Equipment and dummy characteristics are given in the paragraph 1.15.

Conditional injury - blind gunshot wound, localization - external surface of the middle third of the right shoulder.

Characteristics of the cardiopulmonary resuscitation dummy is a self-powered dummy with the possibility of visual (light and sound indicators) or computer record of the results (correctness) of compliance of the stage.

A characteristic of the intravenous dummy is the hand phantom for intravenous injection of solutions with the possibility of filling it with an artificial blood.

Before each start, the representatives of international judicial corps, assigned to judge given exercise, verify personal papers and first aid bag of each participant.

Starting position: participants are at the start, dummies are at the start of the tourniquet in the position of lying on the back, head directed to the start position, a cardiopulmonary resuscitation dummy is at the headband application start line directed to the start position, and the hand phantom for intravenous administration of solutions is at the intravenous administration site.

Medical equipment are packed in the first aid bag, all bag's sections are closed, arms are free.

7.5.3. Procedure for implementation

After the command of the referee "MARCH", the participant can open sections of the first aid bag and take needed medical equipment.

Approaching to the dummy is carried out by running to the bandage line (25 meters), after which the participant takes the position lying on the belly and from the CPR line crawls to the dummy. Bandage and use of the gas mask is carried out in compliance with camouflage rules (it is prohibited to be at all four, lean on the elbows or knees)

Approached to the dummy, the participant takes a comfortable position to twist a tourniquet in compliance with camouflage rules (it is allowed to lean on the elbow), the participant makes a temporary external bleeding control using blood-stop tourniquet and indicates time of its application (at the starting line, referee indicates the exact of twisting a tourniquet) . Time of twist of a tourniquet is

indicated by a pencil, received at the start line. If pencil is broken, a reserved pencil is used. The result (correctness) of the tourniquet twist and the time of its application is checked by the field judge at the bandage line during the execution of cardiopulmonary resuscitation exercise on the dummy.

In compliance with the rules of camouflage (it is prohibited to get up higher, then the elbow height) the dummy is dragged to the bandage boundary, and the dummy must be completely beyond the designated boundary (cross the line), which is fixed by the field referee (after 5 meters of dragging, the field referee may take off the tourniquet to control its quality and correctness of indicated time, without interfering the participant).

At first, at CPR and bandage line, on the dummy is performed cardiopulmonary resuscitation, during which the contestant should assure in the absence of consciousness (shake the dummy behind shoulders and ask "what's wrong with you" or "you're okay"). Then, bending to the mannequin's mouth, make sure of asphyxia, in this regard, distinctly, out loud count to ten, free the dummy's chest from the uniform and perform two cycles consisting of 30 compressions and 2 breaths. Then the participant enters upon a bandage element.

The effectiveness of performed resuscitation is assessed by field referee. Depending on characteristics of the dummy, a count of a wrong action in each cycle (computer or light detectors) or common computer evaluation of 2 cycles, showed in percentages) may be used for the assessment.

When cardiopulmonary resuscitation is ineffective ("non-performance of the elements of resuscitation, 6(six) or more insufficient or excess compression for one cycle, insufficient or excess volume of the air in 2 breathes for 1 cycle, not observing of recommended frequency of compressions (100-120 per minute), not observing the recommended ratio of chest compressions to artificial breaths (30:2), the competitor is punished by the penalty time.

If according to the technical reasons, it is not possible to perform a cardiopulmonary resuscitation on dummy (breakdown of equipment or unplanned power outage), the competitor is given the opportunity to run the course again after the end of the last race, with time for rest and preparation of at least 40 minutes.

Then the first-aid bandage is applied to the wound site without removing the clothes from the dummy. In this case, individual first-aid pack bandage is completely used. After the opening of the package, the fall of the bandage is not allowed. The band should be compressive (not drop in movement), the ends of the bandage fixed on pin or one knot, wrapping the free ends of the roller band under the bandage is not allowed, after fixation, the length of each free end of the bandage, should be less than one turn. The correctness of the bandage, field referee checks at the finish line.

After applying the bandage, the participant puts on a gas mask, for which the participant closes the eyes, removes the headress, holds the breath, opens a gas mask carrier, take out the gas mask, stretches the side straps to the sides, fixes the chin in the lower recess of the mask and by the up and back hands movements puts on the head a mask, making sure that the mask fits tightly to the face, eliminates distortions and folds, if they are formed and makes a hard loud exhalation, and then puts on a headress or takes it and in the same order begins to put a gas mask

on the dummy, preliminarily giving it a sitting position with a support on itself, removing or tilting the helmet back without unbuttoning the strap.

If filter box is detached in the moment of putting a gas mask on, the competitor is obliged to attach a filter box to a gas mask, and only after it, to continue the exercise.

From the bandage line, the competitor drags out the dummy, using litter ambulance strap, in the shape of circle or eight curves (on a competitor choice). For female competitors, it is allowed, from the standing position using a ground sheet and an ambulance strap, to pull the dummy out instead of dragging it out. At the same time, the ground sheet is lied folded at the bandage line. If the dummy is dragged out using the ground sheet, 1 minute of penalty time is added.

After taking the dummy out to a distance of 15 m, the competitor puts it down on the intravenous injection site (throw of the dummy is not allowed), removes the gas masks, puts them in the carrier, closes finger-holes the way that the gas mask is completely covered and then begins to demonstrate the skills of intravenous injections of the drug.

After twisting a tourniquet, the participant takes the solution from the ampule into the syringe volume of 5 ml, punctures a vein, checks the needle in the veins, takes of the tourniquet, injects a solution no faster than 1 ml per second, removes the needle from the phantom. For the competitor, to puncture the veins (volume of injected solution should be more than 3 ml) three attempts are provided. Compliance of aseptic is not required during the manipulations.

Accomplished intravenous injection, fixed by field referee, the competitor crosses the finish line with the first aid bag.

Penalty time for all mistakes at all lines is defined by the Regulation on the organization of refereeing of international Contests in military medical all-round Contest "Military Medical Relay".

7.5.4. The procedure for holding a special training Contest for the first stage of the "Individual Skill" among Medical service officers (medical staff)

The present contest is held in conjunction with the Contest to overcome the obstacle course and provides for medical manipulation in a number of emergency situations.

The special training Contest among the medical staff is held at the distance, which includes: approaching to the dummy, consistent conduct of conicotomy, thoracocentesis (pleural drainage), cardiopulmonary resuscitation, intravenous injection of solutions (see figure).



Test scheme for special preparation of the first stage of "Individual Skills" Contests among medical service officers.

7.5.5. Exercise conditions

Total length of the distance is 80 meters. The start line is the finish line. Conicotomy boundary is at a distance of 40 meters from the start, the boundary of pleural cavity drainage with intense pneumothorax is at a distance of 25 meters from the start, the boundary of cardiopulmonary resuscitation is at a distance of 10 meters from the finish line.

Participants' outfit: uniform - summer field in shoes with a high tibia without weapons and individual protective equipment, a military medical bag with sets for coniotomy, pleural cavity drainage. The weight of the military doctor's bag is 10 kg.

Characteristics of conicotomy dummy (phantom) are a neck phantom for a conicotomy with a possibility of control of trachea cannula. Bag type "Amboo" is at the line to perform a control.

Characteristics of the thoracocentesis dummy (phantom) and pleural cavity drainage are a breast phantom for pleural cavity drainage.

Characteristics of the cardiopulmonary resuscitation dummy is a self-powered dummy with the possibility of visual (light and sound indicators) or computer record of the results (correctness) of compliance of the stage.

A characteristic of the intravenous dummy is the hand phantom for intravenous injection of solutions with the possibility of filling it with an artificial blood.

Before each run, the representatives of international judicial corps, assigned to judge given exercise, verify neck, chest phantom, CRS dummy, personal papers and first aid bag of each participant.

Start position Right after overcoming the obstacle course, the participants approach (by running) the start line, take first aid bag, dummy (phantoms) to perform conicotomy, thoracocentesis (drainage of the pleural cavity), intravenous injections of medicine are placed on the field dressing tables, and cardiopulmonary resuscitation dummy is on the ground at the established headlines in the direction of the start line.

First aid bag is at the start line.

7.5.6. Exercise procedure

To provide conicotomy, participant runs to the dummy and lies down from the left, without observing camouflage security (the dummy is located 40 m. from the start line).

The conicotomy is performing using first aid bag's kits. During the manipulations, compliance of aseptics is not required. A participant defines a contesis point (middle line cricoid interseptum), makes a scalpel cut, enters and fixes a tube, using self-inflating bag controls a tube position in trachea.

After the correct performance of the conicotomy, which is fixed by the field judge, the participant moves to the boundary of thoracocentesis (drainage of the pleural cavity) in case of tense pneumothorax, occupies the position to the left of the dummy (phantom) and performs manipulations using a first aid bag's kit.

After proper thoracocentesis (drainage of the pleural cavity) which is fixed by a field judge, the participant moves to the boundary of cardiopulmonary resuscitation, occupies a position to the left of the dummy and performs it.

In the course of cardiopulmonary resuscitation, the participant should make sure that he or she is unconscious (shake the dummy on it shoulders and ask "what's wrong with you" or "everything's all right"), Then bending to the mannequin's mouth, make sure of asphyxia, in this regard, distinctly, out loud count to ten, free the dummy's chest from the uniform and perform two cycles consisting of 30 compressions and 2 breaths.

The effectiveness of performed resuscitation is assessed by field referee. Depending on characteristics of the dummy, a count of a wrong action in each cycle (computer or light detectors) or common computer evaluation of 2 cycles, showed in percentages) may be used for the assessment.

In case of wrong actions during cardiopulmonary resuscitation, specifically: Non-performance of the elements of resuscitation, 6(six) or more insufficient or excess compression for one cycle, insufficient or excess volume of the air in 2 breathes for 1 cycle, not observing of recommended frequency of compressions (100-120 per minute), not observing the recommended ratio of chest compressions to artificial breaths (30:2), the competitor is punished by the penalty time.

After the correct cardiopulmonary resuscitation, which is recorded by a field judge, the participant runs to the intravenous injection of solution line, where after twisting a tourniquet, takes a solution onto the 5 ml syringe, puncture a vein, checks the needle in the vein, removes a tourniquet, injects a solution (no less then 3 ml) in the vein (no faster than 1 ml in second), draws out a syringe from the dummy. For the competitors, to puncture a vein, maximum three attempts may be given. During the manipulations, compliance of aseptic is not required.

Performed an intravenous injection, fixed by field referee, the competitor crosses the finish line with the first aid bag.

Penalty time for all mistakes at all lines is defined by the Regulation on the organization of refereeing of international Contests in military medical all-round Contest "Military Medical Relay".

In case of impossibility to perform manipulations on dummies for technical reasons (equipment failure, unplanned power outage), the competitor is given the opportunity to run the course again after the end of the Contest, and it is possible to provide time for rest and preparation, not exceeding 60 minutes.

7.6. Procedure for conducting a skills contest with the use of simulation equipment of the first stage "Individual Skills" among the senior and junior medical staff

The venue is a simulation center.

Uniform is field, with high tibia boots and no headdress

At the conditional stage of medical evacuation in the training building (simulation center) the participant performs manipulations at four practical stations.

The Contest consists in demonstration of skills in pre-medical care at the conditional stage of medical evacuation.

7.6.1. Conditions of conduct

The Contest is held in a specially equipped individual installation (tents) according to the number of practical stations. Tents should be equipped with stationary audio and video systems to provide purposive supervision for the professional skills that are being demonstrated.

Each station is equipped according to the practical skills to be tested: simulation and medical equipment. Each practice station has a field referee (judge) from the international judicial corps to assess the skills of the participant and an assistant from the host country. The assistant referee shall not interfere with the assessment of the skills of the field referee.

The Contest should be held at the same simulation equipment that was used in the training process.

In order to provide linguistic support for participants of foreign teams, one interpreter may be present in the classroom during the exercise at the practical station.

To pass one station 10 minutes are provided. At the station “Desmurgy”, 10 minutes are provided for applying of each bandage. In case of time delay, at each station 10 penalty points are given.

For incorrectly executed practical manipulations, violations of the order of actions and other violations a fine in the form of points is awarded. A penalty shall be imposed on the participant immediately after the end of the practical station.

7.6.2. Procedure of the Contest

According to the drawing of lots the participant consistently passes all practical stations to demonstrate his professional skills. Station passing can start from any station, and then the participant passes through all stations one by one.

Practical station #1

Cardiopulmonary resuscitation

Situation (scenery briefing) during the march, a soldier had stopped blood circulation (no signs of life). The time from the moment of unconsciousness is 30 seconds. It is necessary to start cardiopulmonary resuscitation.

Station equipment: a robot-dummy for cardiopulmonary resuscitation with a computer registration of results (type Umnik), antiseptic, napkins, other medical equipment. The phantom is a full-length dummy with special sensors to determine the correctness of cardiopulmonary resuscitation.

Cardiopulmonary resuscitation rules (recommendations):

at first, the participant should verify the presence of consciousness (reaction) and breath. For this, he shall shake the dummy for the shoulders and ask: "What's wrong with you?" or "Are you okay?". Then tilt the head, take patient's jaw with 2 fingers, press with other hand at the front, bend to the dummy's mouths and nose trying to see, to hear or to feel the breath within 10 seconds. In case of absence of the consciousness or breath it is necessary to free a dummy's chest from the clothes and to start cardiopulmonary resuscitation interleaving with 30 compressions and 2 breaths. Needless actions (to measure width of the eye apple, to check the foreign bodies in air passage, to put a mirror to the mouth etc.) shouldn't be done.

During chest compression, the chest should be pushed to a depth of at least 5 cm but no more than 6 cm (for adults). The chest compression rate should be at least 100 and no more 120 movements in 1 minute. Compressions should be done alongside of the injured, knees at shoulder width. The hands must be folded into the lock, at the center of the chest, fingers flipped to avoid pressure at the ribs. To compress the chest, it is necessary to use the strength of the shoulder belt (and pelvis) and do not fold the arms in elbow joint. It is important that chest should wide in full after compression stop and palm surface is not torn off from the chest surface.

In the most simple variant, breathes are made by "mouth to mouth" method. It is necessary to tilt the head, hold the nose, cover the mouth of injured with lips and during 1 second makes a breath into the injured lungs, straight after exhale make a second breath. Criteria for an effective breath are a visible lift of the chest. Usually the volume of the breath is about 500-600 ml.

Further, the compression should be started, 30 compression interleaves with 2 breathes

Should be demonstrated 3 full cycles.

Evaluation procedure:

1) adequate compression depth, 2) adequate hand position during compression, 3) complete release of hands between compression, 4) adequate compression frequency, 5) adequate ventilator volume, 6) adequate ventilator speed, 7) violation of CPR rules.

Factors 1 – 6 evaluates computer in percent from all 3 cycles. If there is no possibility in computer evaluation, these factors are not assessed.

7 - judge.

Penalty (for each factor) - 5 points.

Practical station number #2

Urinary catheterization

Situation (scenery briefing) after operative treatment it is needed to carry out a male and female urinary catheterization.



Male urinary catheterization.



Female urinary catheterization.

Rules of urinary catheterization:

Preparatory stage: put on gloves, prepare a bowl (for water), select a catheter, cotton balls, glycerin, and antiseptic.

For females- antiseptis of urethra, sterilization of catheter by aseptic glycerin (gel); spread a vulvar lips using left thumb and index to uncover urethra; catheter (4 cm) is put in urethra and then in urinary bladder; water will start to run from the catheter in case of correctness of actions.

For males - antiseptics of urethra and balanus, sterilization of catheter by aseptic glycerin (gel); glycerin is injected in urethra; sterilized catheter is put in urethra, using a contactless method to avoid infection and slowly moved in urethra; the most tight zones in urethra are in balanus and in constrictor of urinary bladder, which is situated 12 cm from urethra.

Then draw out a catheter, carry out an antiseptic preparation

Evaluation procedure: violation of antiseptic rules, fast and sharp actions during putting in a catheter, absence of issuance of water from a catheter. Penalty (for each factor) - 5 points.

Practical station #3

Intravenous injection of medication

Situation (scenery briefing) it is necessary to inject medication intravenously to a serviceman with a pneumonia

Station equipment: arm phantom for intravenous injection, napkins (cotton balls), medical gloves, antiseptic, 5 ml syringes, 5 ml ampules with medication, tourniquet and other necessary medical supplies.

Rules of conduct (recommendations): the participant enters a practical station and introduces to judges. After that, the participant demonstrates intravenous injection of medication skill.



All manipulations are carried out in gloves. The ampule of 5 ml is treated before being opened with an antiseptic. Using a cotton ball (napkin) to prevent cuts, the ampule should be opened cautiously. The ampule is carefully opened and medicine (water) is taken by a syringe. The syringe needle must not contact the walls (bottom) of the ampoule. Next, remove the air from the syringe and inject it. Before the injection, it is necessary to treat the place of injection with an antiseptic napkin, moving from center to periphery. For intravenous injection, the venous tourniquet should be applied on clothing, at that it is necessary to make sure that the pulsation is maintained to let the blood run in the artery (indicate the action). With intravenous injection, bevel needle should face upwards and the syringe positioned at 15-20 degrees angle to the patient's forearm surface. Then align the syringe needle parallel to the patient's forearm and push the needle in 10-15 mm in the vein by. After that, carry out the traction with the syringe piston on yourself and make sure that there is blood in the syringe cavity with the medicine. Then inject the drug into a vein (slowly 0.5 ml per second, no less than 3 ml), loosen the tourniquet and apply a bandage.

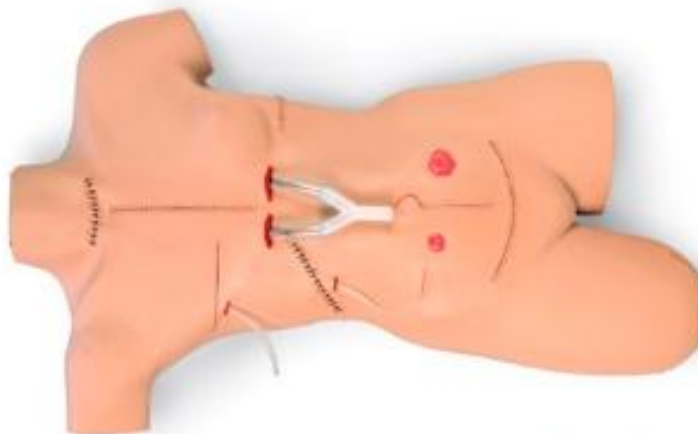
Evaluation procedure: violation of injection rules. Following takes into account: violation of antiseptics, violation of the ampoule opening, violation of taking medicine in the syringe, improper injection of the medicine, puncture of the vein, improper use of the tourniquet. Penalty (for each factor) - 5 points.

Practical station #4

Desmurgy

Situation (scenery briefing) after operative treatment it is necessary to put the bandages on the stump of the leg, on the torso after the wound of the abdomen with a T-tube and sternotomy with a drainage tube.

Station equipment: dummy for desmurgy

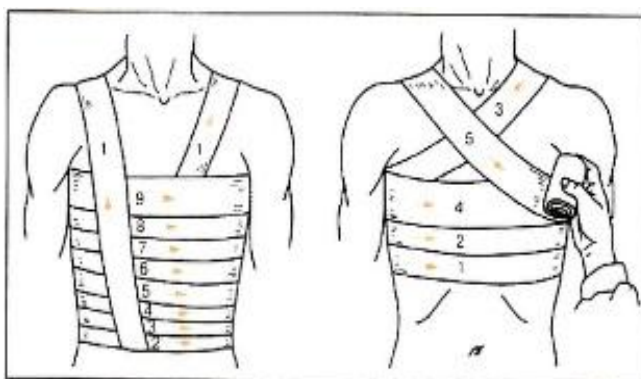


Rules of conduct (recommendations):

On the stump of a leg (returning bandage). Bandaging begins with circular fixing tours in the upper third of the affected limb segment. Then the bandage is hold by the first left finger and bend is made on the front surface of the stump. The turn of a bandage is longitudinally through the front of the stump to the rear surface. Each longitudinal turn of the bandage is fixed by round turn. The bandage is banded on the back surface of the stump closer to the front part and then the bandage is returning to the front surface. Each return tour is fixed with spiral bandage moves from the end of the front of the stump. If the stump has a significant cone-shaped shape, the bandage is stronger when the second bandage stroke is perpendicular to the first and crossed at the end of the stump with the first round coming back at right angles. The third return stroke should be carried out between the first and the second. Returning bandage moves are repeated until the stump is securely bandaged.



T-tube torso and sternotomy with a drain tube. The following types of bandages are proposed: spiral or cruciform A cotton napkin cut on one side ("pants") is placed on the drain beforehand.



Then a band is applied, between the bandage turns which released drainage.

Evaluation procedure: Bandage turns are applied incorrectly - the order is violated; the bandage slides off; there are pockets on the bandage, drainage is pulled over by bandage turns. Penalty (for each factor) - 5 points.

7.6.3. Procedure for conducting a skills contest with the use of simulation equipment of the first stage "Individual Skill Among medical staff

The venue is a simulation center.

Uniform is field, with high tibia boots and no headdress. Participants are the team's medical staff.

At the conditional stage of medical evacuation in the training building (simulation center) medics consistently show practical skills in medical treatment at four stations.

7.6.3.1. Conditions of conduct

The Contest is held in specially equipped individual installations (tents) according to the number of practical stations. Tents should be equipped with stationary audio and video systems to provide purposive supervision. For the professional skills that are being demonstrated.

Each station is equipped according to the practical skills to be tested: simulation and medical equipment. Each practice station has a field referee (judge) from the international judicial corps to assess the skills of the participant and an assistant from the host country. The assistant referee shall not interfere with the assessment of the skills of the field referee.

The Contest should be held at the same simulation equipment that was used in the training process.

In order to provide linguistic support for participants of foreign teams, one interpreter may be present in the classroom during the exercise at the practical station.

To pass one station 10 minutes are provided. In case of time delay, at each station 10 penalty points are given.

For incorrectly executed practical manipulations, violations of the order of actions and other violations a fine in the form of points is awarded. A penalty shall be imposed on the participant immediately after the end of the practical station.

If desired, a personal microstethophone may be used to stethoscope heart or lungs pathology.

7.6.3.2. Procedure of the Contest

According to the drawing of lots the participant consistently passes all practical stations to demonstrate his medical (verified) skills. Station passing can start from any station, and then the participant passes through all stations one by one.

Practical station #1

Situation (scenery briefing) during the foot march, a soldier had stagnation of blood circulation (no signs of life). The time from the moment of unconsciousness is 30 seconds. A cardiopulmonary resuscitation has to be conducted.

Station equipment: a robot-dummy for cardiopulmonary resuscitation with a computer registration of results (type Umnik), antiseptic, napkins, other medical equipment. The phantom is a full-length dummy with special sensors to determine the correctness of cardiopulmonary resuscitation.

Cardiopulmonary resuscitation rules (recommendations):

at first, the participant should verify the presence of consciousness (reaction) and breath. For this, he shall shake the dummy for the shoulders and ask: “What’s wrong with you?” or “Are you okay?”. Then tilt the head, take patient’s jaw with 2 fingers, press with other hand at the front, bend to the dummy’s mouth and nose trying to see, to hear or to feel the breath within 10 seconds. In case of absence of the consciousness or breath it is necessary to free a dummy’s chest from the clothes and to start cardiopulmonary resuscitation interleaving with 30 compressions and 2 breaths. Needless actions (to measure width of the eye apple, to check the foreign bodies in air passage, to put a mirror to the mouth etc.) shouldn’t be done.

During chest compression, the chest should be pushed to a depth of at least 5 cm but no more than 6 cm (for adults). The chest compression rate should be at

least 100 and no more 120 movements in 1 minute. Compressions should be done alongside of the injured, knees at shoulder width. The hands must be folded into the lock, at the center of the chest, fingers flipped to avoid pressure at the ribs To compress the chest, it is necessary to use the strength of the shoulder belt (and pelvis) and do not fold the arms in elbow joint. It is important that chest should wide in full after compression stop and palm surface is not torn off from the chest surface.

In the most simple variant, breathes are made by “mouth to mouth” method. It is necessary to tilt the head, hold the nose, cover the mouth of injured with lips and during 1 second makes a breath into the injured lungs, straight after exhale make a second breath. Criteria for an effective breath are a visible lift of the chest. Usually the volume of the breath is about 500-600 ml.

Further, the compression should be started, 30 compression interleaves with 2 breathes.

Three full cycles should be demonstrated.

Evaluation procedure:

1) adequate compression depth, 2) adequate hand position during compression, 3) complete release of hands between compression, 4) adequate compression frequency, 5) adequate ventilator volume, 6) adequate ventilator speed, 7) violation of CPR rules.

Factors 1 – 6 evaluates computer in percent from all 3 cycles. If there is no possibility in computer evaluation, these factors are not assessed.

7 - judge

Penalty (for each factor) - 5 points.

Practical station number 2

Situation (scenery briefing) 2 military personnel were admitted to the medical facility. After taking of history and physical examination, one of them was found to be suspected of having a respiratory (digestive, urogenital) system disease, the other one's for a bone fracture. X-rays were taken to verify the diagnosis of the military personnel and need to be interpreted.

Station equipment: computer with monitor or laptop, interactive board (if necessary), negatoscope (if necessary), X-rays of pathological conditions (respiratory, digestive, urogenital, fractures).

Rules of conduct: the participant enters the station, is presented to the judge of the station. The participant chooses a ticket at the suggestion of the judge. According to the ticket, the participant is presented with 2 radiographs for interpretation and diagnosis (including localization of pathology).

The judge presents alternately the X-ray to the participant on the monitor screen (laptop or interactive whiteboard), with an average of 3-4 minutes each for a diagnosis (name of the pathology) with the pathology shown in the image.

Organizers are prohibited from using computed tomography (nuclear magnetic resonance imaging) images for interpretation by participants.

Practical station number 3

Situation (scenery briefing) a soldier with incised wounds on his arm (leg) was admitted to the medical facility. Stitches should be applied to the wounds; intravenous medication should be injected from 5 ml ampoules.

Station equipment: arm (leg) suture phantom, intravenous injection phantom, suture material, napkins, medical gloves, antiseptic, 5 ml syringes, and ampoules with a 5 ml solution, a medical instrument, a tourniquet and other necessary medical equipment.

Rules of conduct (recommendations): the participant enters a practical station and introduces to judges. At first, the participant demonstrates the skill of intravenous administration of the drug.

Intravenous injection of the drug. All manipulations are carried out in gloves. The ampoule of 5 ml is treated before being opened with an antiseptic. It is necessary to open the ampoule carefully, using a gauze ball (napkin) to prevent cuts. The ampoule is carefully opened and medicine (water) is taken by a syringe. The syringe needle must not contact the walls (bottom) of the ampoule. Next, remove the air from the syringe and inject it. Before the injection, it is necessary to treat the place of injection with an antiseptic napkin, moving from center to periphery. For intravenous injection, the venous tourniquet should be applied on clothing, at that it is necessary to make sure that the pulsation is maintained to let the blood runs in the artery (indicate the action). With intravenous injection, bevel needle should face upwards and the syringe positioned at 15-20 degrees angle to the patient's forearm surface. Then align the syringe needle parallel to the patient's forearm and push the needle in 10-15 mm in the vein by. After that, carry out the traction with the syringe piston on yourself and make sure that there is blood in the syringe cavity with the medicine. Then inject the drug into a vein (slowly 0.5 ml per second, no less than 3 ml), loosen the tourniquet and apply a bandage.

Stitching rules: the stitches are applied to the 10 cm long section of the arm and leg phantom. Suturing is done with a needle holder, tweezers and a surgical needle. Sutures are applied using surgical sutures. All manipulations are carried out in gloves. The spacing between the seams should correspond to the width of the fabric in the seam (i.e. the distance between the seams and the width of the seam should form a square). Single seams should be used. The thread is led sequentially through the wound edges held by tweezers. For this purpose, the needle is carried out perpendicularly through the skin and obliquely through the subcutaneous tissue. The injection distance to the edge of the wound and the stitch depth must be the same on both sides. The threads should be tied with a little tension to avoid ischemia of the fabric. The stitches are applied one at a distance of 0.5-1.0 cm from the edge of the wound and 1.5 cm between the stitches. The thread is tied with a surgical knot and then tied with a simple knot. Make sure that the knots are not located on the cutting line, but on the side of it, and that the edges do not turn and no pockets were formed.

Practical station number 4

Situation (scenery briefing): during the maneuvers, a soldier felt weakness and a sharp pain in the chest. Was hospitalized to a medical facility unit. Heart and lungs auscultation should be performed and an electrocardiogram (ECG) should be

interpreted.

Station equipment: physical examination patient's robot-dummy simulator (with computer), stethophonendoscope, antiseptic, napkins and other necessary medical equipment.

Rules of conduct: the participant enters a practical station and introduces to judges. The participant chooses a ticket at the suggestion of the judge. According to the ticket, the participant is presented with a hearing on a dummy type "Physico" 1 pulmonary and 1 cardiac pathology, as well as decrypting the electrocardiogram. Auscultation can be carried out on dummy or other sound equipment. The ECG is presented on a special form on paper or an electronic version. The formation of the ECG database and the selection of the ECG for the practical station is carried out by the Judicial Commission.

The medical terminology used is in accordance with the International Classification of Disease Current Revision.

8. The order of performance of the second stage "Team championship" of the international Contests on military medical all-round Contest "Military medical relay".

8.1. Contests of senior and junior medical staff. Conditions of the stage.

The stage is held at an equipped distance (length 100 meters) of the training and tactical field (Annexes 8-9).

Equipment of the participants: a flak jacket of the 3rd level of protection differentiated, weight not less than 7,5 kg (7,5-7,8 kg), a protective helmet (weight - 0,95 - 1,10 kg), first aid bag (weight - 3,5 kg), a model of the Kalashnikov assault rifle (AK-74M), a stretcher strap, a strap Sh-4 Mass and dimensional dummies must be used at this stage.

Equipment to overcome the water obstacle is placed in a bag, preparation of knots on the ropes, fastening of carbines, etc. before the start is prohibited.

Sanitary stretchers are unfolded in the sanitary transport, fastening of straps, ropes, carabiners to stretchers before the start is prohibited.

Characteristics of the dummy for the imposition of a blood-stop tourniquet, pulling, and primary dressing and removal are defined above.

Starting position::

The ambulance is on the start line, the participants are in the landing compartment, the driver's in his usual position. Transport doors are closed, engine's not running.

8.2. The order of the second stage of the "Team Championship".

Contests of senior and junior medical staff.

The driver leaves the ambulance and opens the doors of the landing compartment at the signal of the field judge (waving the flag to start the

stopwatch). Competitors 1, 2, 3 leave the landing compartment and begin to performing the exercises.

Crawling in any order, following the rules of disguise (it is forbidden to climb on all fours, lean on their elbows, knees), overcome natural and artificial obstacles: ditch width of 2 meters, depth of 0.5 meters, log thickness of 0.3 meters, three funnels 2 meters in diameter, depth of 0.3 meters (it is necessary to touch any part of the body of the bottom of each funnel), blockage (overcome perpendicular to the obstacle), the passage in the engineering fences of barbed wire length of 5 meters, width of 2 meters, height of 0.5 meters.

Competitor 1, after overcoming obstacles, approaches the dummy (dummy lying on the back, head in the direction of movement, at a distance of 3 meters from the edge of the last obstacle).

Approaching the dummy, participant 1, observing the rules of disguise (allowed to lean on the elbow), takes out of the first aid bag by himself a blood-stop tourniquet and applies it to the middle third of the left thigh, indicates the time of overlap (a note to indicate the time of overlap can be attached to the harness before the start) and drags the dummy on its side or back in accordance with the rules of disguise (allowed to lean on the elbow) into the shelter (nest of the wounded), while the dummy must be completely beyond the designated boundary (cross the line) of first aid, as determined by the field judge.

For female participants it is possible to pull with observance of the rules of disguise on the cape tent with the help of a sanitary strap. In doing so, the tent cape, folded up in a running order and the strap in the reel lies next to the mannequin.

After dragging the dummy into the shelter, the contestant gives him first aid (applies a pressure bandage on the place of injury).

First aid is provided in lying position; following the rules of disguise (elbow support is allowed). During the application of the bandage, the field judge checks the correctness of the bandage and the time stamp.

Tourniquet and bandage are applied without removing clothing, bandage is applied using FD (field dressing) bandage package bandage, and is used in full, the length of the free ends of the bandage after mounting on one knot should be less than one round around the bandage, wrapping the free ends of the bandage genus bandage is not allowed.

Competitors 2 and 3, in any order, after overcoming obstacles, head for the damaged vehicle (APC-80) running, without observing the rules of disguise and removing the dummy of damaged equipment, and it is allowed to remove weapons and equipment from the participants.

Participants remove the dummy with a special SH-4 strap or with a sanitary strap (chosen by the participants) from the driver's hatch. Other removal options (no W-4 strap or sanitary strap overlaid), from other hatches) are not allowed.

After removing the dummy, competitor 2 provides him with medical care - with the use of FD, he applies a circular bandage on his head; a bandage package must be used completely. After one knot mounting, the length of the free ends of the bandage should be less than half a turn around the head of the dummy; the free ends of the bandage are not allowed to turn under the bandage.

After the first aid, participant 2 carries the dummy with the aid of a sanitary ring or eight-piece strap (team member's choice) to the crossing.

Participant 3, after dummy removal (together with participant 2) from the damaged equipment, moves to the crossing point.

The driver, after the participants leave the landing stage of the sanitary vehicle, closes the doors behind them and independently moves to the place of crossing equipment, where additional sanitary vehicle loaded, before the start, with crossing equipment is installed. It will start to equip the crossing and prepare stretchers for the transfer of wounded persons (dummies) and equipment at the command of the field referee, which is issued after the last participant passes through the barbed wire engineering obstacle.

Participant 1, after providing medical assistance to the dummy, starts to equip the crossing.

Participant 2, after carrying the mannequin to cover, starts to the crossing equipment.

During the course of the crossing equipment, the driver retrieves the equipment from the bag (big bag) tosses the free end of the rope across the crossing. A rope-block system is created to transfer all other necessary equipment for crossing equipment.

Participants 1, 2, 3 equip the crossing, after which one of the participants is transferred to the driver to receive dummies, equipment and property with a rope crossing.

Participants 1, 2, 3 and the driver carry dummies, equipment and property.

Equipment and property (flak jackets, helmets, first aid bags, weapons, etc.) should not be transported on stretchers with mannequins. It is allowed to transport equipment and property on empty stretchers, in a bag strapped to the main rope or on the participant.

The two remained participants after the transfer of dummies are successively transferred to the sanitary vehicle. Dummies and participants are transported in compliance with safety requirements.

The transported dummies are placed in sanitary vehicle: with a shrapnel wound to the head, sitting down, hip wound, lying on a stretcher head forward.

Participants 1, 2, 3 occupy places in sanitary vehicle. The driver closes the hatches, takes his seat and closes his hatch.

Closing the driver's door is fixed by the field judge (stopping the stopwatch) as the end of the course.

8.3. The order of the second stage of the "Team Championship". Contests of medical staff.

Contests are held at the simulation center hall (classroom) or other room providing a comfortable simultaneous work of all teams-participants.

Each participating country prepares tasks (questions and answers) according to a typical model for a total of fifteen clinical situations: for ten - presented in the international classification of diseases and required emergency or urgent care, as well as for five situations of a military-professional orientation. Tasks should be

translated on official languages of the Contests (Russian and English). Questions and answers are made within the framework of the contemporary scientific medicine, without using folk and other alternative methods. In tasks, diagnosis is made in accordance with classification of illnesses and pharmaceuticals in accordance with international designation.

If a participants- states has no questions, competitors will solve questions proposed by organizer committee of the International Army Games.

For each situation, for example, anaphylactic shock, bronchospasm, gastrointestinal bleeding, carbon monoxide poisoning, etc. four questions with eight to ten possible answers, which the correct must be from 1 to 6, are prepared. Questions can be any, but related the situation (clinical picture, diagnosis, treatment, prevention, choice of evacuation, etc.). Representatives of each country should be ready, after the competition, in case of disputable situations, to provide links to the source of information and the source of information in a computer or book version. The source of information should be actual international WHO recommendations. Questions and answers that allow different assessments should be avoided.

Clinical situations prepared by the participants-states are presented and announced during the mandate commission. The questions themselves with answers are not shown, but are opened and printed on the day before the start of the contest in the presence of judicial commission, which checks the correctness of the questions (number of questions, number of answers), but does not assess the clinical component. The envelope must contain a variant with the correct answers and team representatives must present a variant for printing without answers. Questions that do not correspond to the regulation are not used in the competition.

The mandate commission decides on the number of questions for each participant: from two to four for situations requiring emergency or urgent assistance and from one to two for situations of a military-professional orientation. The choice of problems used during the competition is made in proportion to their number presented by the participants- states. It is optimal for one participant to solve questions compiled by different teams. In the absence of a proper number of questions prepared by the participants - states, its representatives participate in the contest, solving the existing ones.

During the competition one representative from each participant – states entered the hall simultaneously. All contestants of the same call are provided with the same questions. (4 for emergency / urgent care, 2 for military-professional orientation). Participants should indicate the correct answers to the questions. The maximum total time is determined based on the fact that up to 15 minutes are provided for answers for each problem.

The choice of question for each call is carried out by the judicial commission.

In Appendix № 13 an example of questions is given The evaluation criteria are defined in the Regulations on Judging.

9. Procedure for the "Best Driver" Contest among the drivers of the international competitions participants.

The "Best Driver" Contest is held among drivers and includes Contests in the performance of shooting exercises, complex exercises to overcome the obstacle course (conditions described above) and Contests in special training (driving special vehicles).

As special training Contests, drivers perform the exercise "Driving in difficult terrain"

The order of conduct:

1. Lining up of participants of Contests, field judges and a team
2. Information of the participants of the Contest (hereinafter referred to as participants):
3. The sequence of carrying out of the exercises by the participants of the Contest (results of the draw);
4. The procedure for overcoming the obstacle course exercise;
5. Driving techniques and penalties;
6. Driving safety requirements.
7. Transfer of the participants to the waiting area.
8. Briefing the referees and the team to restore the obstacles.
9. Transfer the judges and a team to restore obstacles to the start, obstacles and finish.

Contest:

- on the command of the judge at the start line "To the vehicle" participant takes the starting position in one step to the left of the driver's door (driver's hatch), the driver's door (driver's hatch) is covered;
- on the command of the judge at the start line "Take posts!", the participant sits down in a special sanitary vehicle, closes the driver's door (driver's hatch on the stopper), gives a sound signal;
- on the command of the judge at the start line "Engine start" participant starts the engine and gives a sound signal;
- on the command of the judge at the start line "Forward", participant makes a sound signal, gets into gear, removes the special sanitary vehicle from the parking brake and starts moving;
- after the exercise, arriving at the finish area, the participant stops the special sanitary vehicle and stops the engine on the command "Turn off engine";
- at finish, on the command "To the vehicle" participant leaves the special sanitary vehicle through the driver's door (the mechanic-driver's hatch), covers the driver's door (the mechanic-driver's hatch), approaches to the judge by march and reports: "Sir, soldier Ivanov performed an exercise, overcame 8 obstacles, indications of measuring and control devices are normal;
- On the command of the referee at the finish line "On the waiting area (stand) step march" participant goes to the waiting area (stand).

In the course of the exercise, the field referee notes in the mistake control sheet the follows:

- lap - number

- mistakes in overcoming an obstacle, or their absence;
- in case of penalties - extra time.

When damaging elements of an obstacle or obstacles in general, together with the obstacle recovery team reconstruct the obstacles and report to the chief referee on their readiness for the next race.

At the end of the Contest, the senior field judge with the start, finish and obstacle referee fill in the protocol and submit it to the judicial committee.

10. The order of determining the winners and prize-winners

10.1. The winner and the prizewinners of the Contests shall be determined by the decision of the judging committee of the International Contests in the following order:

The winner and prize-winners of the first stage "Individual Skill" of the international Contests (in individual Contest) are defined by the greatest sum of the gained points in all Contests of the first stage "Individual Skill". If the sum of points is equal for two or more participants, the participant who has shown the best result in special training contests (in overcoming the obstacle course, in shooting, at the lowest penalty time) has the priority.

According to the results of the second stage of "Team championship" of international Contests the winners and prize-winners among women's and men's teams are defined according to the gained points. In case of the same result, the first (second, third, etc.) place is determined according to the lowest number of penalty time for teams with the same results.

Results of international Contests for national teams (in the general contest) are determined by the sum of points of the first stage "Individual Skill" and the second stage "Team Championship" of international Contests.

At the same time, the first stage of "Individual Skill" takes into account the sum of the gained points of the two best results of men's team and the sum of the gained points of the two best results of the women's team from among the senior and junior staff, and the amount of points earned by one male doctor and one female doctor. In case of the same final result, the first one (second, third, etc.) place is awarded according to the best result of the second stage of "Team Championship" of international Contests.

10.2. As a result of international Contests in military medical all-round Contest "Military Medical Relay" the winners in the categories are determined:

Participant - the winner of the stage "Individual skills" among the medical service officers (military doctors) (separately among male and female participants);

Participant - winner of the stage "Individual skills" among senior and junior medical staff (separately among male and female participants); the men's team is the winner of the team championship stage;

Man's team - the winner of the team championship stage

Women's team - the winner of the team championship

National team - the winner of the international military medical all-around Contest "Military Medical Relay" in the overall standings;

"Best Driver" - the winner of the driver Contest (out the overall of the main

Contest).

Also in the above mentioned nominations are defined the participants and teams that took the second and third places.

11. Application of video cameras.

For the objective judging, a system of video and photo fixation of the results and the adversarial process shall be organized by the host- country with "on-line" broadcasting to the monitors, open for viewing by judges, participants, as well as viewers. The video broadcast should have at least Full HD resolution. The layout of video cameras at the stages of international Contests is shown (in Annex 12).

Head of the Organizational and Planning Department –
Deputy Head of the General Military Medical Department
of the Ministry of Defense of the Russian Federation
Major General of the Medical Service

O. Kalachev

« » _____ 2020

« » _____ 2021

Note: the post, surname, name, patronymic of the authorized representative of the defense department of the state-co-organizer of the international contest in the military medical all-around "Military Medical Relay" are indicated in writing and certified by his signature.

Rights and responsibilities of the international competitions participants

Head of the team (delegation):

is responsible for:

arrival of the team to the venue of the international Contests on time and submission of the application form to the chief referee in the Contest;
ensuring the safety of team members;
compliance with the requirements of the Regulations during the stages of international Contests;
serviceability of the team's small arms and military equipment and compliance with the rules of their use;
military discipline of team members;
compliance by the team members with the established daily schedule.

He shall:

organize the arrival on time of the team to the venue of the international Contests and departure to the permanent location;
be aware of the content and requirements of the International Contests Regulations and require compliance by team members;
submit to the specified time to the head judge the established reference data for his team;
to be present constantly at the venues of international Contests;
inform the team about the decisions of the judicial commission, changes in the schedule of the day and the program of international Contests;
report to the Chief Referee about left participants for health or other reasons;
know the results shown by the team, to sum up team's results of the day and determine the tasks for the following days;
report to the Chief Judge on AMSEM malfunctions and incidents in the team;
at the end of the international Contests to organize service and delivery of equipment, armament and other material means received for the period of the Contests.

The head of team (delegation) has the right to address with the right or oral statements and protests about the revealed violations to the judicial commission not later than 2 hours after receiving the final report of the Contest (stage) from the chief judge.

The head of the team is not allowed:

to interfere with the work of the judicial committee;
make independent decisions on removal from the Contest or replacement of individual participants (units, platoons) without a written decision of the judicial committee;
provide assistance to team members during the international Contest.

Participants of the teams of international Contests are obliged:

be aware of the content and requirements of these Regulations and strictly be

guided by it;

check the technical condition of weapons, military equipment and ammunition prior to their use (combat use);

to be located in the places reserved for the participants, to follow the established schedule and rules of the Contest;

to comply unquestioningly with the instructions of the judicial commission and field judges, strictly observe the safety requirements and rules of treatment with guns and ammo;

report all incidents to the team leader and malfunctions of the fixed equipment and weapons, as well as about the deterioration of their health (illness) or team's members.

Participants in international Contests have the right to do the following:

to train in designated areas according to their training schedule under the supervision of team leaders;

contact the field judges on urgent questions concerning the conditions of execution of the exercise, in all other cases - to the judicial committee with oral or written statements through the head of the team.

Safety requirements for handling weapons during the Contest

It is strictly forbidden to handle or shoot weapons:

1. When transporting (carrying) weapons, keep them open (without cover).
2. In a shooting gallery (outside the firing line) - to prepare for shooting and to aim somewhere, to keep the weapon loaded, a pistol - with the trigger on, leave the guns unattended and take someone else's without permission.
3. at the firing line, load and shoot without command, shoot out of a defective weapon, turn the barrel to the side from the direction of fire (allowed up to 45°), touch the gun between series when there are people on the aiming line or in the firing zone, keep the gun loaded, the gun with the trigger on after the command "UNLOAD".
4. It is not allowed to hold simultaneously in one shooting gallery training and control shootings, as well as Contests in various exercises.
5. The guns are to be presented to the gun judge on the day of shooting at the appointed time to be checked by the competitors
6. Do not make any changes to the design of the weapon, including: change of shape and size, sights, trigger, trigger parts, handles, etc.
7. Trigger tension should be at least 2 kg for all weapons.

General safety requirements for driving

1. The safety of driving lessons is ensured by all participants: commanders (supervisors), class leaders, their assistants, instructors, drivers and service providers, who must comply with safety requirements, maintain order, discipline and take all measures to prevent accidents or crashes.

2. For each exercise (task) it is necessary to provide territory and a trajectory of movement to exclude collision of vehicles among themselves and with surrounding objects.

3. Personnel who serves driving (medical staff, assistants in installing equipment, etc.), should be at a safe distance and should not interfere with the maneuvers. Their tasks, location and course of action are determined by the head of the session.

It is forbidden to allow unauthorized persons and vehicles to access the platforms and routes while driving. For this, portable "No entry" signs are being placed on the way to the possible approach to the places of work.

Dangerous places on the routes should be fenced off and marked with clearly visible signs (lamps).

4. The exercise (task) should start at the command of the session leader.

Special attention should be paid for ensuring safety when doing exercises on the road surface with a low grip coefficient, a group of vehicles, as well as practicing braking techniques and reversing corners.

The driver (mechanic - driver) who made a forced stop must take all measures to prevent a traffic accident and immediately notify the head of the class

with a reinforced signal.

During the exercise (task) vehicles, directly not engaged in driving, and defective vehicles must be kept (to be withdrawn) in the security zone.

All participants should be aware of the safety requirements and be instructed before the training sessions, which should be recorded in a register with the signature of the instructor.

It is forbidden to:

- allow drivers (mechanic-drivers) who do not know the conditions of its performance, traffic rules and safety requirements to perform the exercise (task);
- movement without a session supervisor (assistant), instructor or regulator's signal;
- driving defective vehicles;
- repair on the routes (places) of the exercise;
- board, leave and stand in front of or behind the vehicle while the engine is running.
- to be with the personnel while driving in the cab in an amount exceeding the standard set for this vehicle, as well as in the car body or on the track body.

**General safety requirements
for equipping a rope crossing**

Crossing participants and support staff (judges, cordon and etc.) should be trained in safe working methods and techniques at height and instructed on the methods and sequence of crossing construction and safety measures (requirements).

Access of unauthorized persons (not directly involved in the equipment of the crossing) on the platform is prohibited.

Crossing with a wind speeds above 10 m/s is not allowed.

Safety equipment (restraints, safety systems and devices, ropes, carabiners, block-rollers, etc.) is provided by the host Country.

Team members should inspect their SRBs and PPE before using them.

Before being allowed to crossing, the judge must ensure that all participants are properly fastened to the security system.

PPE must be fitted according to the participant boy (constitution). A judge has the right to recheck a participant's PPE and demand to adjust (fit) it before being allowed to the crossing.

All the requirements of the judges in the course of equipment and crossing are mandatory for the team members. Not complying with the judge's requirements shall be punished by a penalty time.

For safe crossing from one bank to another (without the use of protective bridges), safety systems and PPE used an anchor line (rope stretched between the fixed supports) as an anchor device should be used, located horizontally (cable shift is not more than 7 degree to the horizon).

The use of strapless safety belts is prohibited.

Random stands (crates, barrels, etc.) are not allowed.

The weight of items and elements at the crossing for one participant at height (directly during the crossing by cable) must not exceed 25 kg.

Simultaneous crossing (cable load) of more than one person is not allowed.

In case of use (application) of non-standard knots (devices) by participants for crossing equipment, the crossing can be checked (tested) for the load, exceeding the design load (judges who are on both banks of the crossing, simultaneously load their weight on the stretched rope), and the time required for checking (testing) is included in total time for crossing.

Request

for the team's participation_____

IN INTERNATIONAL MILITARY-MEDICAL ALL-AROUND CONTESTS
"MILITARY MEDICAL RELAY" AS PART OF THE "ARMY INTERNATIONAL GAMES -201

No.	Military rank	Last name, first name, middle name	Team post, participant number	Age (full years)	Types of Contest (yes, no)						Doctor's opinion on admission to the Contest (seal)	Remark
					Firing from regular guns	Overcoming the obstacle course	Special training	Team championship ("battlefield")	Team championship ("Center")	Driving special vehicles		
sex												
1.												
2.												
3.												
4.												
5.												
6.												

Team representative

(military rank, signature, surname)

The Doctor_____
(signature, surname)

Forms of start protocols for different types of Contests

RELAY LIST

for shooting exercise with _____
(_____)

"__" _____ 20__

Direction	Country	Military rank	Last name, initials	Country	Badge number	Remark
Relay start						

Chief referee

(rank, signature, surname)

Chief secretary _____

(rank, signature, surname)

«__» _____ 20__

SCHEDULE OF RACES

(_____)

Country	Military rank	Last name, initials	Country	1	Direction	1
1						
						1
						1
1						
						1
						1

Chief referee

(rank, signature, surname)

Chief secretary _____

(rank, signature, surname)

«__» _____ 20__

()

1

No.	1
1.	
2.	
3.	
4.	

Chief referee

(rank, signature, surname)

Chief secretary_____

(rank, signature, surname)

«__» _____ 20__

1	1	Country	1
			1
			2
			3
			4
			5

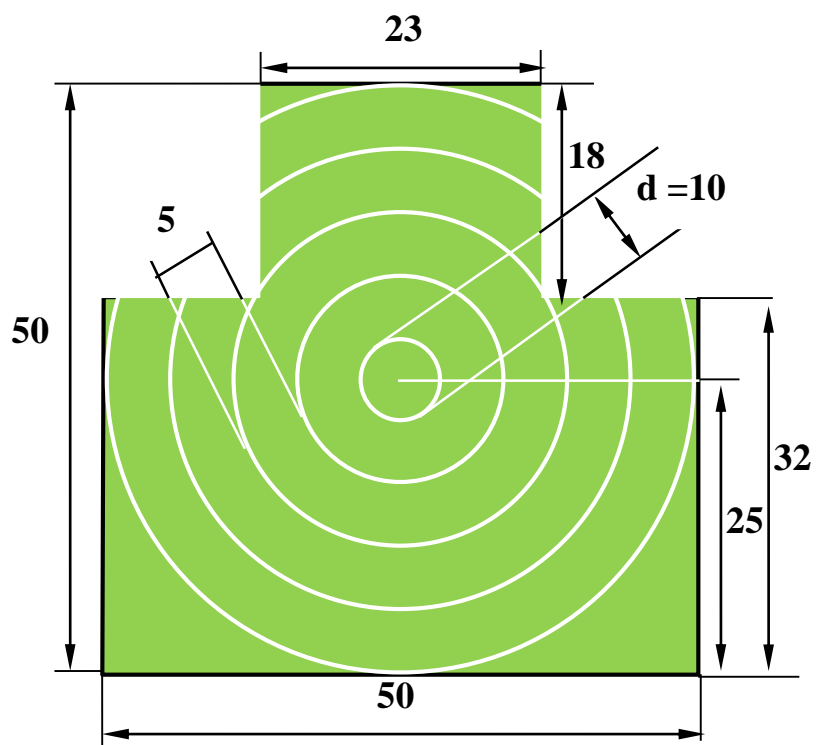
Chief referee

(rank, signature, surname)

Chief secretary_____

(rank, signature, surname)

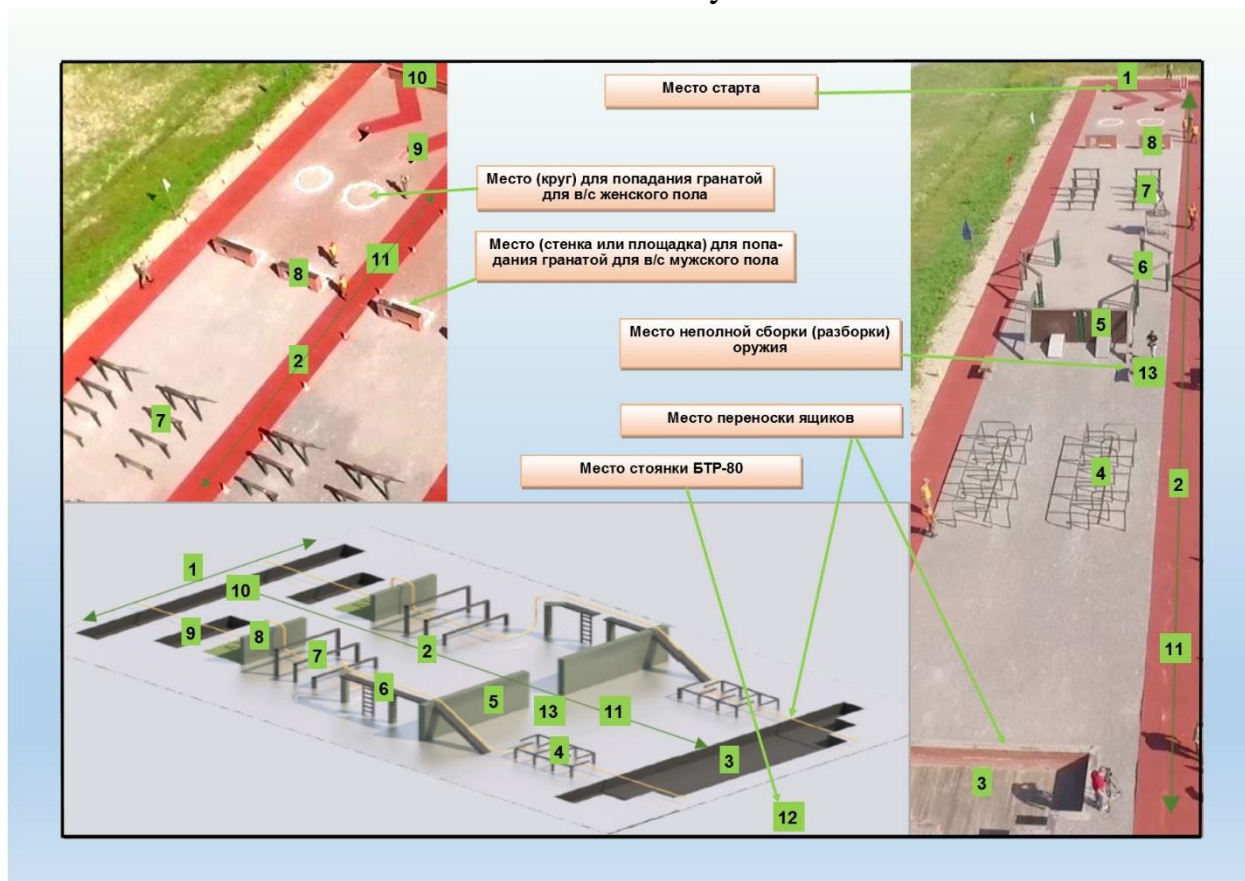
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Half-silhouette target with concentric circles

Half-silhouette target with concentric circles
(target №4)

Obstacle Course for Junior and Secondary Medical Personnel

Obstacle Course for Junior and secondary Medical Personnel includes:



1. Start and finish lines.
2. Smooth running ground
3. A ditch, 2 m (2.5 and 3) wide and 1 m deep.
4. The maze, 6 m long, 2 m wide, 1.1 m high (the number of passages is 10; the width of one passage is 0.5 m).
5. The fence, 2 m high, 0.25 m thick with an inclined board with a length of 3.2 m and a width of 0.25 - 0.3 m
6. Destroyed bridge, 2 m high consisting of three segments (rectangular beams 0,2x0,2 m): the first is 2 m long, the second is 3.8 m with a bend of 135° (length from the beginning to the bend - 1 m), the third - 3.8 m with a bend of 135° (length from the beginning to the bend ~ 2.8 m); the gaps between the segments of the beams are 1 m, at the beginning of the second and third segments of the beam and at the end of the obstacles there are vertical stairs with three steps.
7. The destroyed staircase, 2 m wide (the height of the steps is 0.8; 1.2; 1.5 and 1.8 m, the distance between them is 1.2 m, at the highest step there is an inclined staircase 2.3 m long with four steps).
8. A wall, 1.1 m high, 2.6 m wide and 0.4 m thick with two breaches (the

lower one is 1x0.4 m and is located at ground level, the upper is 0.5x0.6 m - at a height of 0.35 m from the ground) and with the adjacent 1x2.6 m ground.

9. The well and the passage (the depth of the well is 1.5 m, the sectional area along the top is 1x1 m; in the rear wall of the well there is a slot of 1x0.5 m, connecting the well with the blocked passage 1.5 m deep and 8 m long with one bend; the distance from the well to the trench in a straight line - 6 m).

10. Trench, 1.5 m deep.

11. Running track, 2 m wide

12. Place of the APC (BTR) parking.

13. Place of assault rifle disassembly (assembly).

1. Conditions of the course overcoming for male military medical (junior and secondary) personnel.

1.1. Grenade throwing

Conditions of performance: Initial position - standing in trench. On the referee signal («Grenade-fire! » rise red flag) the participant has: to throw a grenade of 600 grams in overhead from trench to the distance of 20 m. at the wall and into 1 x 2,6 m. area (full hit is counted); when missing a target by first grenade the participant has to continue to throw but not more than 3 (three) grenades to hit a target.

1.2. Jump out of the trench and sprint AK-74 assault rifle stripping spot.

Conditions of performance: after throw of grenades it is necessary to jump out of the trench and run up to AK-74 assault rifle stripping spot.

1.3. Field stripping of AK-74 assault rifle:

Conditions of performance: Disassembly of the AK-74 assault rifle is performed on a flat surface (on the table).

Field stripping of AK-74:

Remove magazine - holding assault rifle by small of stock or fore grip with left hand, grab magazine with right hand ; depress lock with your thumb, pull forward bottom part of magazine and remove it;

Make sure chamber is empty, pull running-fire lever down, pull breechblock handle back, inspect chamber, release breechblock handle and pull trigger;

Remove cleaning kit - depress cleaning kit cap with your right hand finger for the spring to release kit and lay it on the table without opening;

Detach wiping rod - pull rod end from barrel to release rod head from latch lock under muzzle sight, pull rod upward;

Remove the receiver cover - by clicking on the back of the recoil spring remove the receiver cover;

Detach recoil spring, hold assault rifle by small of stock with left hand, pull forward with right hand guiding rod of recoil spring guide assembly to make sure rod end leaves breech frame groove, lift guiding rod back end and take recoil assembly out of beltway;

Detach bolt carrier assembly with breechblock, while holding assault rifle with left hand, pull all the way back bolt carrier assembly with right hand, lift it along with breechblock and detach from receiver;

Detach breechblock from bolt carrier assembly, take bolt carrier assembly in left hand breechblock upward, pull breechblock back, rotate it till front breechblock edge slides through the shaped latch of breech frame, and pull breechblock forward;

Detach forearms with gas tube assembly P hold assault rifle in left hand, place by right hand gas tube lock inside rectangular latch of cleaning kit, turn lock into vertical position and remove gas tube from gas chamber nozzle.



AK-74 field stripping

After field stripping of AK-74 assault rifle continue to sprint towards starting line, run around flag.

1.4. Jump over the 2.5 meter wide ditch or overcome it by getting in and out
Conditions of performance: cross the 2.5 meter wide ditch

1.5. Pass through labyrinth passages.

Conditions of performance: run through labyrinth passages.

1.6. Fence climbing, climbing vertical staircase on the second (curved) segment of ruined bridge; beam walk, jump over gap, be amend dismount from standing position.

Conditions of performance: fence climbing, climb vertical staircase, jump over gap and jump down on the ground

1.7. Overcoming of three steps of ruined staircase
(with obligatory ground touch down between steps), running under the fourth step.

Conditions of performance: overcome the steps of the ruined staircase (with the obligatory touch of the ground by both feet between the steps), running under the fourth step.

1.8. Creeping through the wall; slip into the trench, pass along the connecting trench; jumping out of the well.

Conditions of performance: climb through the wall, jump into the trench, go through the connecting trench and jump out of the well.

1.9. Overcoming the jump wall; running up the inclined stairs to the fourth step and running down the steps of the ruined staircase.

Conditions of performance: Jump over the wall, run up the inclined staircase and run down the steps of the ruined staircase.

1.10. Climbing the vertical ladder to the beam of the destroyed bridge, jogging along the beams, jumping over the gaps, and running down an inclined board.

Conditions of performance: climb the vertical ladder to the beam of the destroyed bridge, run through the beams, jump over the gaps and run along the inclined board.

1.11. Running to the ditch and jumping into it. Successive transportation to the opposite edge of the ditch 3 m wide, two boxes, 24 kg each.

Conditions of performance: run to the ditch, jump into it, move successively 2 boxes weighing 24 kg to the opposite edge of the ditch 3 meters wide.

1.12. Creeping under the bottom of the armored vehicles (BTR-80).

Conditions of performance: creep under the bottom of armored vehicle (BTR-80).

1.13. Partial assembly of the AK-74M after field stripping.

Conditions of performance: perform partial assembly of the AK-74M after field stripping.

The sequence of assembly of the rifle after partial disassembly.

1. Connect the gas pipe with the barrel.
2. Attach the bolt to the bolt frame.
3. Attach the bolt frame with the bolt to the receiver.
4. Attach the return mechanism.
5. Attach the receiver cover.
6. Release the trigger from the combat platoon and put it on the fuse
7. Connect the ramrod.
8. Put the pencil case in the nest of the butt.
9. Connect the magazine to the rifle.

1.14. Running to the finish line

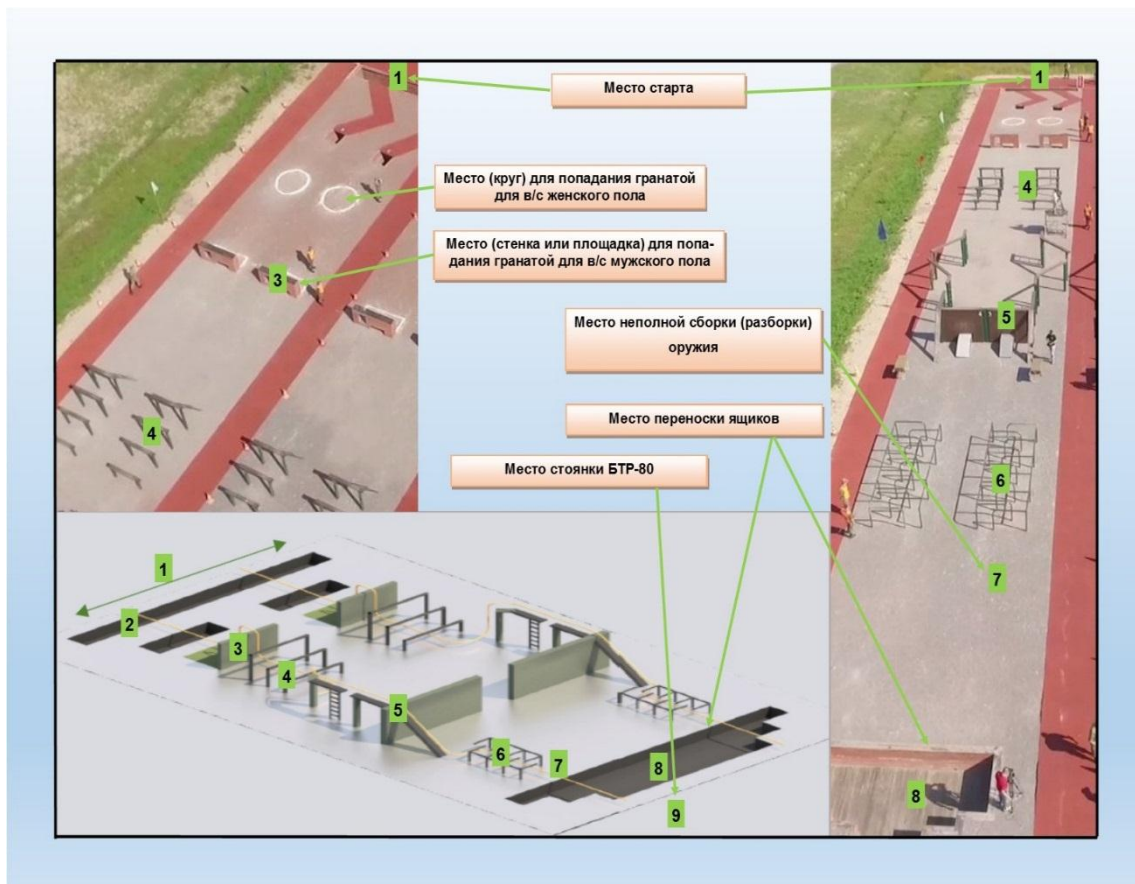
Conditions of performance: smooth running to the finish.

2. Conditions for the female military personnel.

The technique and sequence of obstacle course overcoming by the female military personnel is identical to requirements for the male military personnel including all the conditions specified above.

Obstacle Course for Medical Service Officers

Obstacle Course for medical service officers includes:



1. Start line.

2. The ditch, 1.5 m deep, the well and the passage (the depth of the well is 1.5 m, the sectional area along the top is 1x1 m; in the back wall of the well there is a 1x0.5 m gap connecting the well with the blocked passage 1.5 m deep, 8 m long with one bend, the distance from the well to the ditch in a straight line - 6 m).

3. The wall, 1.1 m high, 2.6 m wide and 0.4 m thick with two breaks.

4. The ruined staircase, 2 m wide (the height of the steps is 0.8; 1.2; 1.5 and 1.8 m, the distance between them is 1.2 m, at the highest step there is an inclined staircase 2.3 m long with four steps).

5. The fence is 2 m high, 0.25 m thick with an inclined board with a length of 3.2 m and a width of 0.25 - 0.3 m

6. Maze is 6 m long, 2 m wide, 1.1 m high (the number of passages - 10, width of one passage - 0.5 m).

7. Place of pistol disassembly (assembly).

8. Ditch is 2 m (2.5 and 3) wide and 1 m deep;

9. Place of APC (BTR) parking.

1. Conditions for male officers of medical service

1.1 Grenade throwing

Conditions of performance Initial position - standing in a trench. Upon the referee signal («Grenade-fire! » rise red flag) the participant should: To throw a grenade of 600 grams in overhead from trench to the distance of 20 m. at the wall or into 1 x 2,6 m. area (full hit is counted); when missing a target by first grenade the participant has to continue to throw but not more than 3 (three) grenades to destroy a target.

1.2. Overcoming the communication, jumping out of the well.

Conditions of performance pass through the communications, jump out of the well.

1.3. Overcoming the wall with a jump.

Conditions of performance Jump over the wall, run up the inclined staircase and run down the steps of the ruined staircase.

1.4. Run up the inclined stairs to the fourth step and run down the steps of the ruined staircase

1.5. Climbing over the fence.



Climbing over the fence.

Conditions of performance climb the fence using a 50 cm height stand.

1.6. Passage through maze communications.

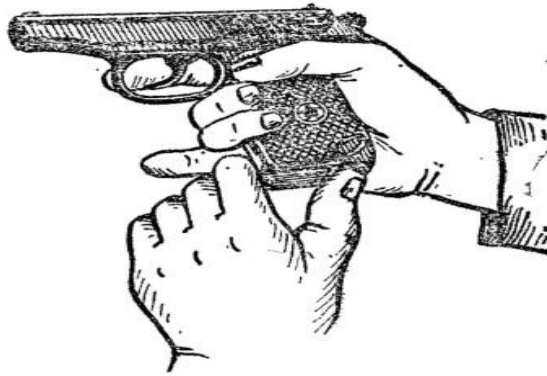
Conditions of performance Run through maze communications.

1.7. Perform partial disassembly of the Makarov pistol.

Conditions of performance Conditions of performance: disassembly of the Makarov pistol is performed on a flat surface (on the table).

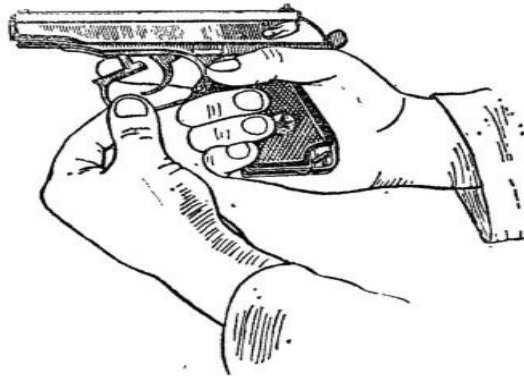
Partial disassembly of the Makarov pistol is performed in the following order:

1. Remove the magazine from the base of the handle. Holding the pistol by the handle with one hand, with the thumb of the other hand, pull the magazine latch back to full, while pulling the protruding part of the magazine cover with the index finger, remove the magazine from the base of the handle. Check a round in the chamber, for which the fuse is turned off (drop the flag down), move the breechblock to the rear position with your free hand and, after examining the chamber, release the breechblock.



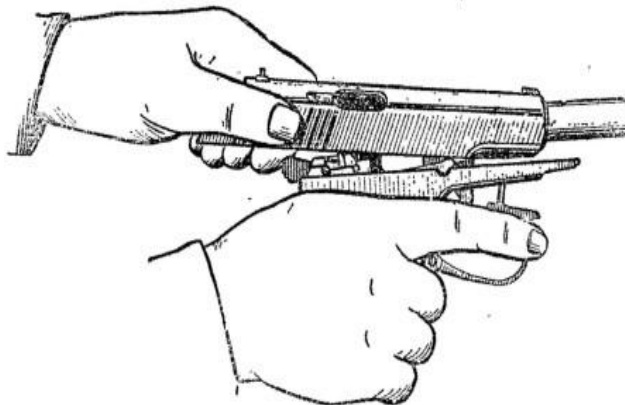
Removing the magazine from the base of the handle

2. Separate the breechblock from the frame. Taking the pistol in one hand by the handle, with the other hand pull the trigger guard down and, twisting it to the left, rest against the frame so that it is held in this position.



Pulling off the trigger guard

With your free hand, move the breechblock to the rearmost position and, raising its back part, give it the possibility to move forward under the action of a return spring. Separate the breechblock from the frame.



Separation of the breechblock from the frame

3. Remove the return spring from the barrel.

Holding the frame with one hand on the handle and rotating the return spring towards yourself with the other hand, remove it from the barrel.



Partial disassembly of PM

1.8. Running to the ditch and jumping into it. Successive transportation to the opposite edge of a ditch 3 m wide two boxes, 24 kg each.

Conditions of performance run to the ditch, jump into it, move successively 2 boxes weighing 24 kg to the opposite edge of the ditch 3 meters wide.

1.9. Jumping out of the ditch and creeping under the bottom of the armored personnel carrier (BTR-80).

Conditions of performance of a jump out of the ditch and creep under the bottom of armored personnel carrier (BTR-80) on the stomach.

After that, run around the flag, run in the opposite direction to the place of the partial assembly of the pistol.

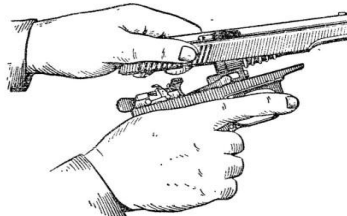
1.10. Perform Makarov pistol assembly after the partial disassembly.

Conditions of performance Assembly of the Makarov pistol is performed on a flat surface (on the table).

Assembling of the Makarov pistol after partial disassembly is performed in the reverse order

1. Put the return spring on the barrel. Taking the pistol frame by the handle in one hand, with the other hand, put the return spring on the barrel with the exact end, in which the extreme turn has a smaller diameter compared to other turns.

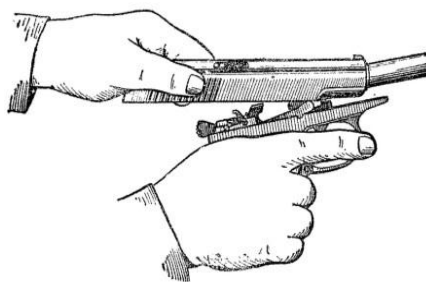
2. Attach the breechblock to the frame. Holding the frame by the handle in one hand and the breechblock in the other, insert the free end of the return spring into the bolt way and pull the bolt to the rearmost position so that the barrel muzzle passes through the bolt way and protrudes.



Putting the free end of the return spring in the bolt way on.

Lower the rear end of the breechblock on the frame so longitudinal protrusions of the breechblock fit into the grooves of the frame, and, pressing the

shutter against the frame, release it. The breechblock under the action of the return spring vigorously returns to the front position, pull the trigger. Turn on the fuse (raise the flag up).



Adjusting the breechblock to the frame.

Note To attach the breechblock to the frame, it is not necessary to pull it down and twist the trigger guard. At the same time, by retracting it to the rearmost position, it is necessary to lift its rear end up to the full so that the lower front wall of the breechblock does not stick into the crest of the trigger guard, limiting the movement of the breechblock back.

3. Put the magazine into the base of the handle.

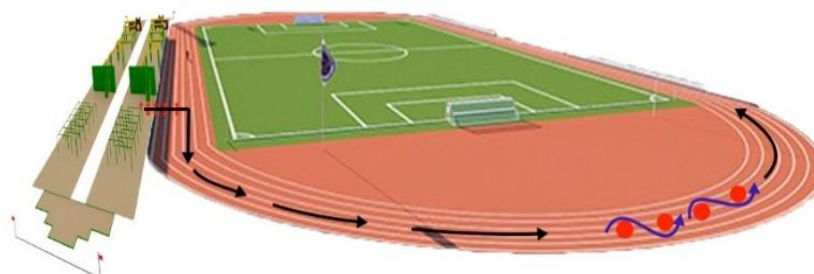
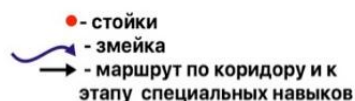
Holding the pistol in one hand put the magazine into the base of the handle through the bottom window of the handle base with the thumb and forefinger of the other hand. Push the magazine cover with a thumb so that the latch (lower end of the mainspring) jumps over the ledge on the wall of the magazine; a click should happen.

Hits of the magazine with the palm are not allowed.



Putting the magazine into the base of the handle

1.11. Overcome the maze communications and jump out of it (see conditions of performance of article 1.6), continue running along the corridor (marked with racks), run out onto the stadium running track, cross the racks and with a smooth run proceed to the beginning of the special skills stage with its subsequent implementation.



Schema of performing of article 1.11.

2 Conditions for female military personnel.

2.1. Grenade throwing

Conditions of performing: Initial position - standing in a trench on a trench on a 50 cm high stand. Upon the referee signal («Grenade-fire! » rise red flag) the participant should: to throw a grenade weighing 600 grams from the trench by 10 meters in a circle of 2 meters in diameter (a direct hit is counted); when missing a target by first grenade the participant has to continue to throw but not more than 3 (three) grenades to hit a target.

2.2. Overcoming the communication, jumping out of the well. (see article 1.2 for male personnel)

2.3. Overcoming the wall with a jump. (see article 1.3 for male personnel).

2.4. Run under the fourth and third steps; overcome the second and the first from above.

Conditions of performing: overcome the destroyed staircase steps.

2.5. Run past the destroyed bridge and fence; run through the maze communications (see 1.6 for male personnel).

2.6. Perform partial disassembly of the Makarov pistol (see 1.7 for male personnel).

2.7. Running to the ditch and jumping into it. Successive transportation to the opposite edge of a ditch 3 m wide two boxes, 24 kg each.

Conditions of performance run to the ditch, jump into it, move successively 2 boxes weighing 24 kg to the opposite edge of the ditch 3 meters wide.

2.8. Creeping under the bottom of the armored personnel carrier (BTR-80). (See article 1.9 for male personnel).

2.9. Reach the flag (stand) and run around it, run to the place of partial disassembly (assembly) of the pistol.

2.10. Perform assemble of the Makarov pistol after partial disassembly (see article 1.10 for male personnel).

2.11. Walk through the maze communications and jump out of it (see article 1.6 for male personnel), continue running along the corridor (marked with racks), run out onto the stadium running track, cross the racks and with a smooth run proceed to the beginning of the special skills stage with its subsequent implementation (see article 1.11. for male personnel).

After the completion of the synthetic exercise on a unified obstacle course, the participants, without stopping, begin the exercise at the site of special skills.



Scheme of medical skill course



Military medical bag

**Distance map
of the second stage of the "Team Championship" of the International
Competitions "Military Medical Relay"**

1 - start point (sanitary vehicle), parking place for sanitary vehicle (outside the scheme).

2- overcoming of natural and artificial obstacles (ditch width of 2 meters, depth of 0.5 meters, log thickness of 0.3 meters, three funnels with diameter of 2 meters, depth of 0.3 meters, blockage, passage in engineering fences made of barbed wire 5 meters long, 2 meters wide, height of 0.5 meters).

3 - place of aid assistance to the mannequin (applying of a tourniquet), dragging it into the shelter.

4 - nest of the wounded (assistance - applying pressure bandage).

5- removal of the dummy from the damaged equipment (BTR-80), medical aid (circular headband).

6- transfer of the dummy using a sanitary strap.

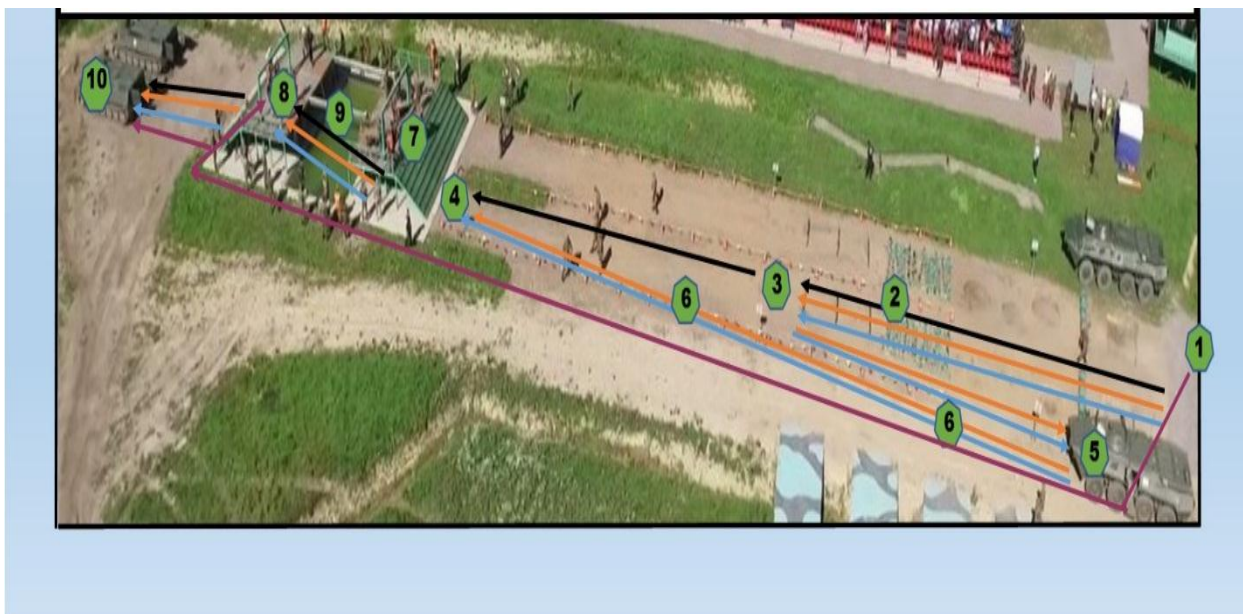
7 - crossing equipment by team members.

8 - crossing equipment by a driver - mechanic

9 - crossing mannequins and team members with uniforms.

10 - loading of dummies and team members into sanitary vehicles.

Movement of team members: first participant (black color), second participant (orange), third participant (blue), fourth participant - driver, ambulance transport (purple)

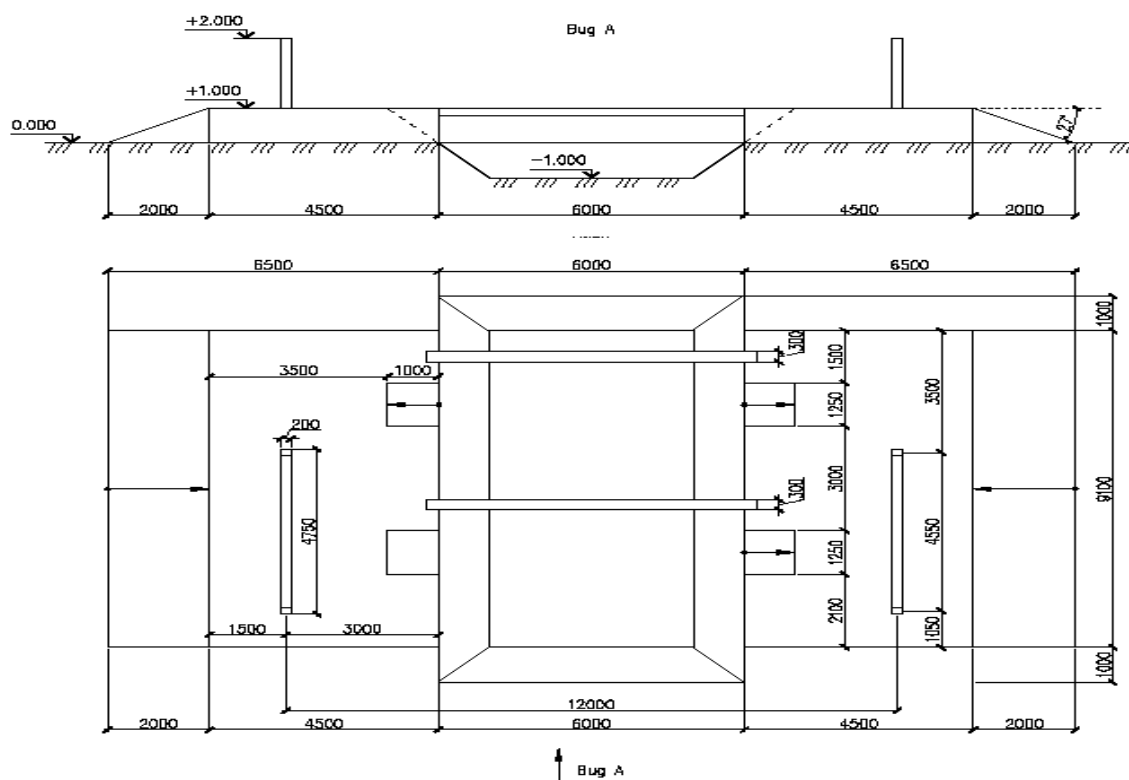


Tactical and technical requirements to the artificial obstacle "Water barrier"

Artificial barrier "Water barrier" is an element of educational and material base, designed to demonstrate to participants (trainees) the skills of overcoming narrow water obstacles or natural folds of the terrain (gorge ravines, etc.) using a rope crossing, including evacuation of the dummy.

The area of the obstacle provides overcoming the barrier in several ways: by hinged (rope) crossing, crossing the log(s) and ford crossing, with the participation of 4 people and 2 dummies. The number of directions during the exercises is two.

The height of the platform imitating the shore - 2.0 m above ground level, the depth of the bowl imitating the channel of the reservoir - 1.0 m, the width of the "channel" - 6.0 m, the height of the beam for attaching attachments - 2.0 m. The scheme of the obstacle is shown in Figure 1. General view of the obstacle "Water barrier" is shown in photos 1, 2.



Water obstacle scheme.



Photo 1



Photo 2

Sequence of rope crossing equipment

Equipment for the crossing of the team and dummies includes:

- big bag - 1 piece;
- 10-12 mm static rope (main and auxiliary) - 2 pcs;
- 10-12 mm static rope (participant's lanyard) - 4 pcs.;
- 10-12 mm static rope (the basic part of the crossing) - 1 pc.;
- 6 mm cord for tensioning of main rope - 1 pc.;
- safety system - 4 pcs.;
- carabineer with clutch - 15 pcs.;
- carabineer without clutch with a straight latch - 5 pcs.;
- haul-safe - 3 pieces;
- sanitary litters - 1 pc.;
- sanitary strap - 4 pcs. (fig.1)



Figure 1
Crossing equipment

Crossing equipment (ropes, cords, safety systems, carabiners, block-rollers) are placed in a big bag before the start, preparation of knots on the ropes, fastening of carabiners to them before the start is prohibited.

Big bag and straps are placed on the unfolded stretcher and loaded into the sanitary vehicle (Fig. 2).



Figure 2
Preparation of equipment for crossing

They are removed from there by the driver at the command of the field judge, after the last participant has overcome the engineering fences from the barbed wire.

For crossing equipment, the driver fixes the main one on the support in any sequence (it is obligatory to make two turns around the support; knots are permitted: the "simple bayonet" knots plus the control knots or knot through the snap hook) (Fig. 3, 4) and, below, the auxiliary knots (the "bowline" knots plus the control knots) (Fig. 5) of the rope. Then it throws the free ends of the main and auxiliary ropes over to the opposite side of the water barrier.

Throwing over the rope, not fixed to the support and equipment is not allowed.



Figure 3
Fastening of the main rope by the driver:
bend clinch knot plus control knot



Figure 4
Fastening of the main rope by the driver:
slipknot through carabineer



Figure 5
Fastening of the auxiliary rope by the driver:
bowline knot plus control knot

The participant (s) of the team takes the ends of the ropes and fastens them on their side of the obstacle.

The auxiliary rope is fastened to the pole by "bowline" knot plus a simple knot or by "slip" knot through carabineer.

For fastening and tension of the main rope is assembled the "z-pulley" system. For this around the pole is fixed the base part of crossing from the part of main rope (length 2-4 meters) by use of "self-slipped" knot (fig. 6). Into the loop of the safety carabineer is inserted "self-slipped" knot (it is allowed to use a carabineer without a clutch with a straight latch, in the absence of a sufficient number of carbines it is allowed to insert a wooden stick with a diameter of not less than 1 centimeter into the loop of the self-slipped knot).

The main rope is attached to the base part by the "Garda" knot (two identical carbines with a clutches must be used in the "Garda" knot) (fig.7)



Figure 6
Fastening of the base part of the crossing



Figure 7
Fastening of the main rope to the base part of the crossing

Then, to the main rope an Austrian knot is knitted a cord (6 mm long, 1 m) for tensioning of the main rope. . A carabineer is attached to the other end of the cord, through which the free end of the main rope is threaded.) This carabineer (which has the maximum load at tension), in order to avoid injury in case of rupture, is fastened with an additional carabineer to the main rope (Fig. 8



Figure 8
Austrian knot

Using the assembled "z-pulley" system, participants pull the main rope. During the tension, it is allowed to use the haul-safe and move, if necessary, the Austrian knot along the main rope. Use clamping devices for rope tension is prohibited (fig. 9).



Figure 9
"z-pulley" system for the tension of the main rope

After necessary tension for the main rope , the Garda knot is blocked.
(fig.10)



Figure 10
Garda knot is blocked

The main rope is fastened with carabiners (carabiners with block-rollers) on which stretchers are suspended with the help of sanitary straps, while the sanitary straps should be inserted into the "eyelets" of the metal legs of stretchers, to the carabiners with the help of "eight" knots an auxiliary rope is attached (a shuttle is made to facilitate the crossing of mannequins and pulling of property) (Fig. 11).



Figure 11
Fastening of sanitary straps

Participants put on safety systems. The safety system is locked by self-insurance system using a double simple knot. A (central) carabiner is fastened to the safety system, and a (safety) carabiner is attached to one end of the self-insurance mustache by the "eight" knot.

One of the participants is fastened to the main rope by the central carabiner of the insurance system and the carabiner of the self-insurance mustache and is ferried to the opposite bank by pulling up the rope with his hands and kicking off (Fig. 12). The driver can help the person crossing the river by pulling him/her over the auxiliary rope or equipment and uniforms



Figure 12
The crossing of serviceman.

The shuttle can be used to transfer equipment (Fig. 13).



Figure 13
Crossing of equipment

Dummies may only be crossed after one from the participants crosses to the driver.

A dummy with a head shrapnel wound can be transported using a safety system (in which case, the same safety system is fitted to the dummy as on the participants) or lying on a stretcher (at the team's decision), and the mannequin with a hip wound just lying on a stretcher. Stretchers are attached to two "shuttle" carabines with the help of two sanitary straps, folded with a ring and threaded through the legs of stretchers. Dummy, equipment and the property transported on stretchers is securely fixed to the stretcher by two other straps, which prevent it from falling in case of a stretcher overturn (Fig. 14).



Figure 14
Dummy crossing

After the crossing of the dummies, the remaining two participants are crossed with the use of climbing harnesses. At the same time, the last participant removes the safety carabineer from the lanyard, unfastens the auxiliary rope from the pole, ties it to the free end of the base part of the crossing (Figure 15), and crosses.

After crossing the last participant, the rope crossing is removed.

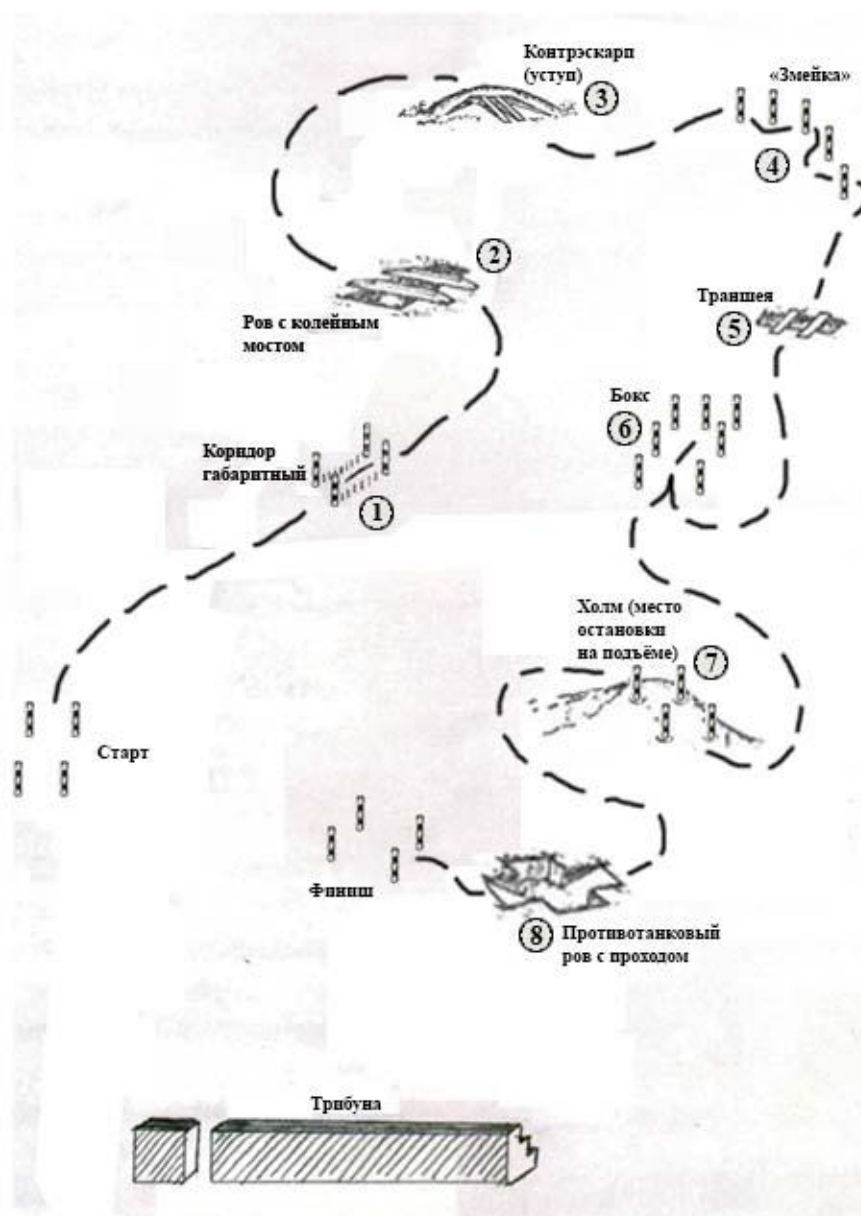


Figure 15
Preparing for removal (pulling) of the crossing

General requirements.

1. Couplings for all carabines, except for the safety in a "self-unleashing" knot, spinning up.
2. The distance from the end of the rope to the knot must be at least 10 cm.
3. Leaving equipment and property behind or losing it is punishable by a fine.
4. The fall of a competitor and (or) a dummy from the crossing shall be punished by disqualification of the team.

**Scheme for
the mini-autodrom for the international Contest
in military medical all-round competition
"Military Medical Relay - 2020"**



The length of the section is 1200 m.

Obstacles:

Obstacle No. 1 (overall corridor);

Obstacle No. 2 (ditch with a track bridge);

Obstacle No. 3 (counter-escarpment (scarp));

Obstacle No. 4 (snake);

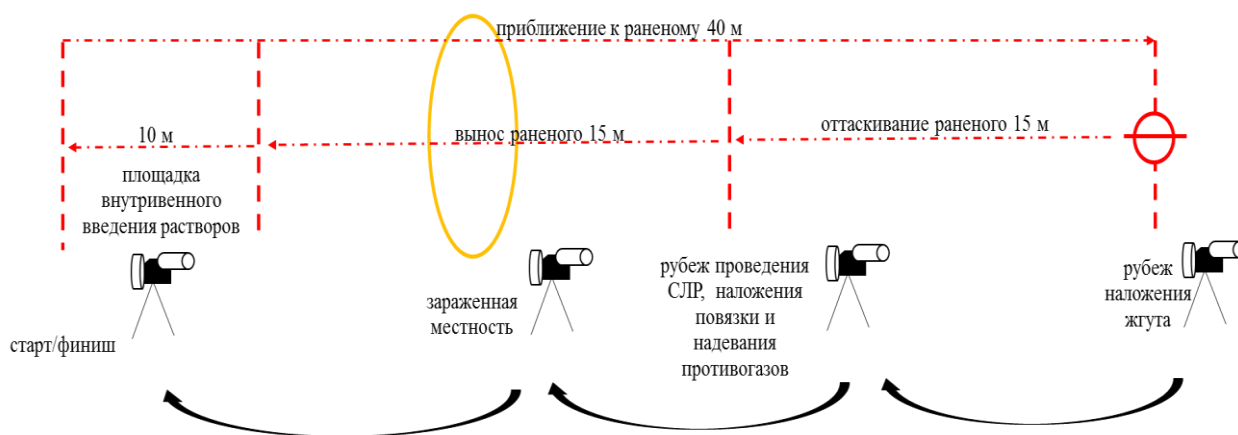
Obstacle No. 5 (trench);

Obstacle No. 6 (boxing);

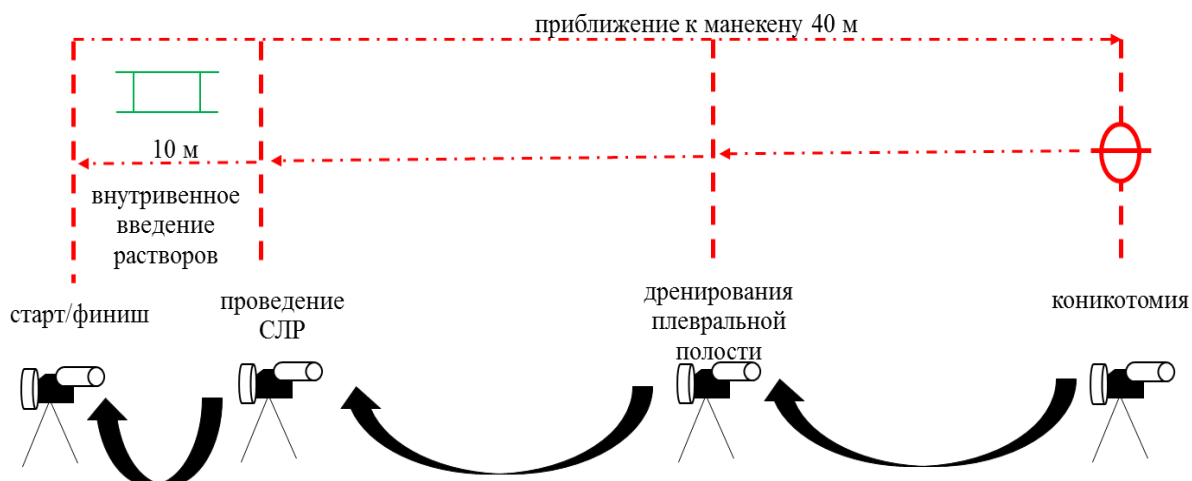
Obstacle No. 7 (hill (stopover point));

Obstacle No. 8 (anti-tank ditch with passage).

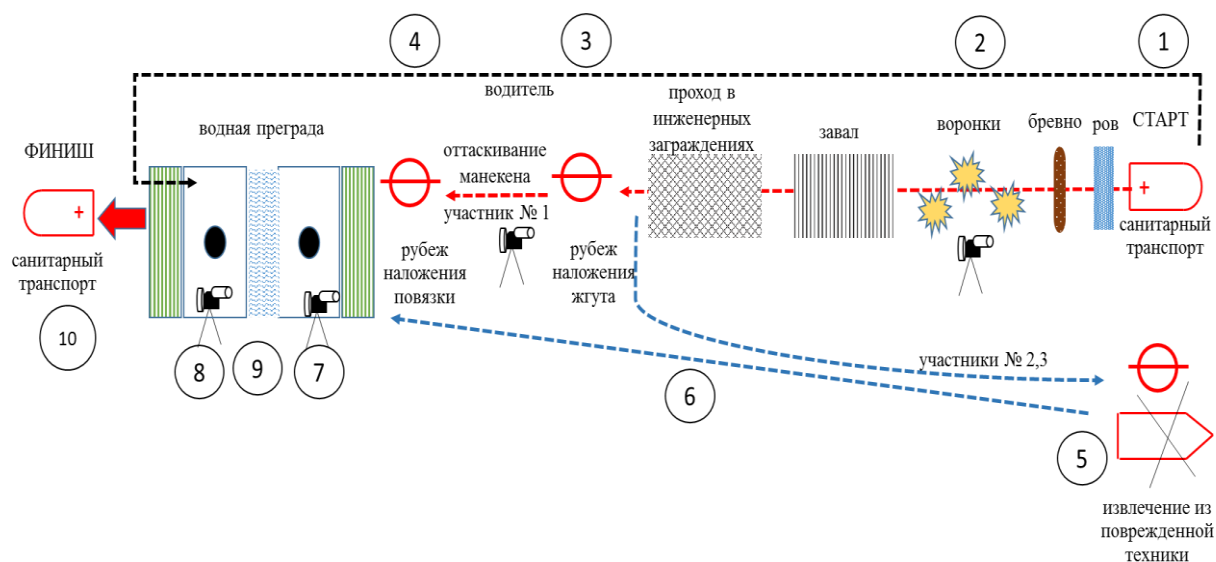
Video control schemes (camera placement) at the stages of the international Contest "Military Medical Relay"



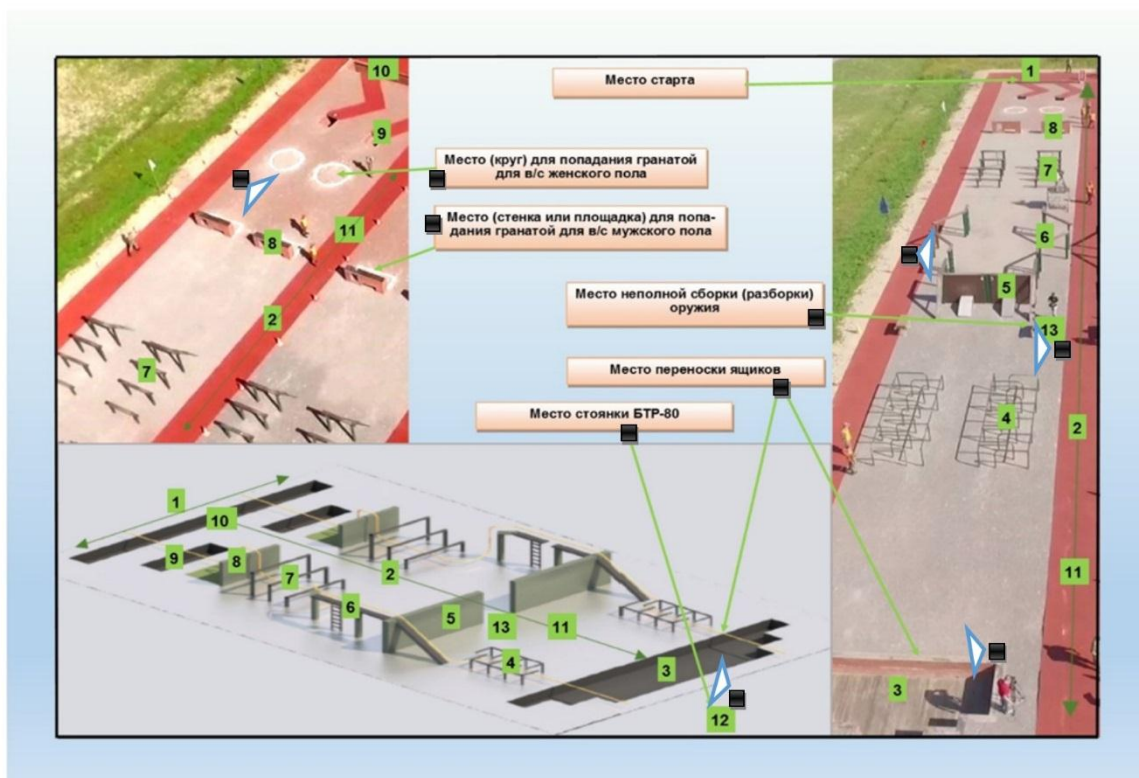
Placement scheme of video cameras for special training among senior and junior medical staff of the first stage of the Contest "Individual Skill".



Placement scheme of video cameras for the special preparation of the first stage of "Individual Skills" Contests among medical service officers.



Placement scheme of video cameras for the second stage
of the "Team Championship" Contest among junior and senior staff



Placement scheme of the video cameras in the Contest is a complex exercise to overcome the
obstacle course

EXAMPLE OF SITUATIONAL TASK FOR URGENT/EMERGENCY AID**CARDIAC STANDSTILL (code I-46)**

It is not shown, but here should be translation on English language

Note sharply a correct statement against answer on the question.

Question 1

Procedure of basic resuscitation actions includes:

1	Diagnostic of consciousness (reaction)	
2	Diagnostic of pupillary reflex	
3	Diagnostic of laryngeal reflex	
4	Presence of breathing	
5	Presence of documents	
6	Placing a patient on the stomach	
7	Closed-chest cardiac massage	
8	Artificial pulmonary ventilation	
9	Snowing-up a patient's head	

Correct answers: 1, 4, 7, 8.

Question 2

Procedure for closed-chest cardiac massage

1	Compression frequencies 60-80 per minute	
2	Compression depths 5-6 cm	
3	Compression frequencies 100-120 per minute	
4	Conducted when patient is on side	
5	Palms are placed on a chest, including fingers	
6	Conducted by flexing and straighten arms	
7	It is recommended to conduct by one hand	
8	It is obligatory to place right hand underneath	
9	Chest should fully expand after compression	
10	Hands should be placed at the top part of the chest	

Correct answers: 2, 3, 9.

Question 3

Procedure for artificial pulmonary ventilation during the reanimation.

1	Volume of inhale should provide visual ascent of the chest	
2	Expired air should contain 43% of oxygen	
3	Before inhale, patency of respiratory passage should be provided	
4	Conducted when patient is on side	
5	Usual volume of inhale 1-1,5 l	
6	During the reanimation, a maximum concentration of oxygen in inspired mixture should be provided	
7	During the reanimation, after 30 compressions it is recommended to make from 3 to 5 inhales	
8	In case of death, due to hypoxia, pulmonary ventilation is obligatory during the reanimation	
9	Surgical mask surely protects from infections during “mouth to mouth” ventilation	
10	A good variant for emergency ventilation is use of a face mask and Ambo bag	

Correct answers: 1, 3, 6, 8, 10.

Question 4

Medications recommended for injection in asystole variant circulatory arrest in all variations.

1	Adrenaline	
2	Amiodaron	
3	Magnesium sulphate	
4	Lidocain	
5	Prednisolone	
6	Calciumchloride	
7	Meropenem	
8	Remdicivir	
9	Sodium bicarbonate	
10	Naloxone	

Correct answers: 1.