



Great Western Air Ambulance Charity

Challenge Badge Pack

Leader's pack



Welcome to the Great Western Air Ambulance Charity Challenge Pack!

Thank you for making the incredible decision to support your local air ambulance.

Your group will learn some important skills that will help them, should they ever be faced with someone going through what could be the worst day of their life. It's this knowledge that we want to share with as many people as possible in the hope that we can all help to make really ill people better.

As they work through the tasks, they will learn about our life saving service and, as a charity, what they can do to ensure their local air ambulance can stay in the air.

We would LOVE to invite your group up to our airbase in Almondsbury for a tour of our facilities, but as we are an operational airbase with limited space, this might not always be possible. However, do let us know how well you get on with the challenge badge through social media (or snail-mail) and we'll welcome those groups who've gone the 'extra-air-mile' to our airbase!

So, what do you need to do now? Start by reading the introduction and then follow through the different activities in each section of the pack.

Remember, if you have any problems or questions get in touch with us!
Contact info@gwaac.com.



Introduction

The GWAAC Challenge Badge is divided into four sections:



Helicopter



Our Crew



Medical



Fundraising Challenge

The Challenge Badge has been designed to be delivered over a 4 to 6 week period of time, based on completing one section every week, and leaving a little more time for fundraising activities that may require further time to plan and then do.

You may use the activities in each section however you think is best for your group. Although we would encourage your group to try to complete every activity in each section, we understand that for various reasons, this may not be possible so not every single activity needs to be completed for your group members to receive their badge.

Each section has been designed so that there is an activity that can be done independently when they arrive, before coming together as a group to find out more about an aspect of the charity. We have then suggested a main activity for each section that can be done in pairs or groups, whichever you think is best. Answers have been provided in this pack.

Our Critical Care Team bring hospital level skills and equipment to the patient, therefore, as your group learns more about our wonderful service, they will be exposed to medical terminology and stories involving people who have been injured or found not breathing. You know the group members in front of you best, but please be mindful that some may find some of the content or activities difficult if they have had lived experiences that they may be reminded of whilst completing this challenge badge.

GWAAC is a charity and we couldn't do what we do without our generous fundraisers. Every penny and pound that is raised makes sure that together, we can continue saving lives in our communities. We are looking forward to hearing all about the creative ways that your group has helped raised vital funds as part of their challenge badge. Once completed, donations can be paid by one of the following methods:

Website

<https://www.committedgiving.uk.net/GWAA/donate/>



Cheques

Cheques payable to "Great Western Air Ambulance Charity" can be posted to: GWAAC, 3rd Floor, County Gates, Ashton Road, Bristol BS3 2JH

Bank Transfer

Great Western Air Ambulance Charity
Sort Code - 401424
Account Number - 31562711
Reference: Please ask us for your reference number before making a BACS payment

Phone

Call us on 0303 4444 999

Remember, if you have any problems or questions get in touch with us! Contact info@gwaac.com.
Good luck!

Should you wish, there will be lots of opportunities for you to share the great work that your group is doing with us on socials. Use the following tags so we can celebrate with you!

 @greatwesternairambulancecharity

 @gwaac

 @gwaac

Section 1 – Helicopter

How much can you remember about what we do? Test yourself with these questions.

1. What do the letters GWAAC stand for?
Great Western Air Ambulance Charity
2. How many operational crews do we have on duty each day ready to respond?
Two
3. Where is our airbase?
Almondsbury, South Gloucestershire
4. How many critical care cars do we have?
Three
5. What time does our day crew start?
7am
6. Our helicopter is a Eurocopter 135, but what do we call it?
Helimed 65
7. How many of our call-outs are responded to by car?
Over two thirds of our call-outs are responded to by car
8. How many people can we sit in the helicopter and who are they?
Five; a Pilot, a Specialist Paramedic in Critical Care, a Critical Care Doctor, and a patient, if transporting them to hospital. The fifth seat is often used by a trainee paramedic or doctor, but it can also be used to take a patient's parent or guardian as well.
9. What time does our late crew finish?
1am
10. Our team aim to take off or hit the road within how many minutes of receiving a call?
Within five minutes



You can show your group more about what we do by showing them the following video:

<https://youtu.be/usGn83ULcg4>

Section 1 – Helicopter

Learn more about the important parts of our helicopter by matching the descriptions to the correct picture.



2 Side door for quick and easy boarding for patients and crew.

7 Main rotor provides all the helicopter's lift.

4 'Bear paws' stop the helicopter sinking into soft ground.

8 Headlights to see and be seen.

3 Tail rotor stops the helicopter spinning and helps with steering.

6 Two jet engines give the helicopter the power to fly.

5 Skids allow the helicopter to land on different types of terrain.

1 Horizontal and vertical stabilisers help to keep the helicopter straight.

Section 3 – Medical

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.	S	.	P	.	.	.	D	E	F	I	B	R	I	L	L	A	T	O	R
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B	D	E	O	X	Y	G	E	N	A	T	E	D	U
.	U	N	C	O	N	S	C	I	O	U	S

Word directions and start points are formatted: (Direction, X, Y)

- ABNORMAL (E,9,1)
- AIRWAY (SE,10,6)
- AMBULANCE (E,5,2)
- ARREST (W,22,13)
- BEATING (S,18,6)
- BRAIN (N,1,15)
- BREATHING (SE,11,4)
- CONSCIOUS (SE,7,4)

- CPR (N,4,4)
- DANGER (N,23,11)
- DEFIBRILLATOR (E,8,3)
- DEOXYGENATED (E,8,15)
- GWAAC (N,4,14)
- HEART (S,11,10)
- NORMAL (S,5,5)
- OXYGEN (N,10,14)

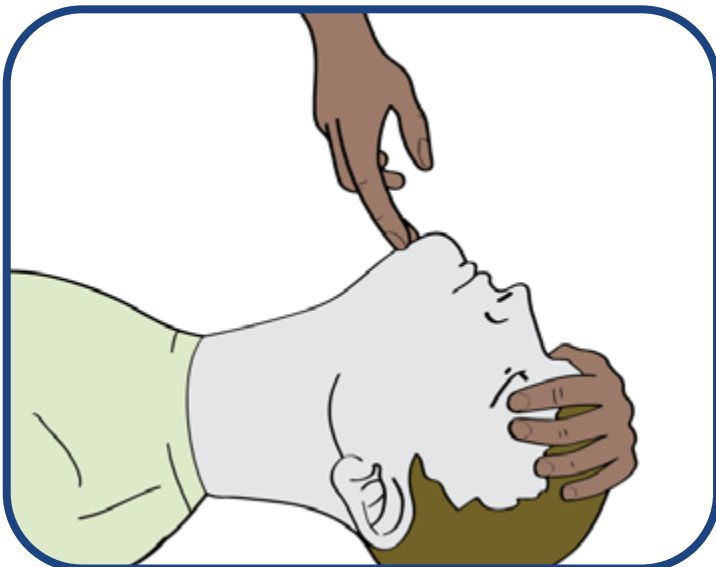
- RECOVERY (N,8,14)
- RESPONSE (S,2,1)
- SHOCK (S,6,5)
- SHOUT (N,3,13)
- UNCONSCIOUS (E,7,16)
- UNRESPONSIVE (N,20,15)

Section 3 – Medical

**How much can you remember?
Test yourself with these questions.**

1. Why does Henry not immediately run over to the boy?
He checked there was nothing dangerous around first
2. How did Henry check to see if the boy was responsive?
He shook the boy gently and shouted in both ears
3. What special movement did he do to open the boy's airway before checking to see if he was breathing?
He tilted the boy's head back and lifted his chin
4. What three senses did he use to check if he was breathing?
Sight, hearing, and feeling
5. Why do you think Henry moved the boy into the recovery position and didn't leave him on his back?
He wanted to keep his airway open and make sure he didn't choke if he was sick

How to check if someone is breathing:



Section 4 – Fundraising

Match up the cost of equipment with the picture and description.



£55

A ventilator to keep our patients breathing



£6,000

A pair of boots to keep our crew warm and dry



£2,200

Fuel for our helicopter for one month



£11,000

A traction splint, helping to stabilise a fractured limb



£27

One lifesaving mission



£200

A warming mattress, providing a pre-term baby with heat



Please follow our social media accounts
@greatwesternairambulance/
@GWAAC and share your pictures of
your progress.

www.gwaac.com