

ROLL THE DICE

Instructions: Split candidates into teams of three (a victim, a bystander and a rescuer). Candidates determine scenarios by rolling one die, or two dice. Rescuers inform the bystander and the victim of the “Scene” before the scenario begins. Victims choose an injury or illness from the list provided.

Example: The rescuer rolls a “9” and tells his/her group they are at a beach. The victim rolls a “3” then chooses the bone or joint injury most likely to occur in the setting selected by the rescuer (the beach). For instance, they could pretend to sprain their ankle walking in the sand. The bystander rolls a “4” and acts someone trained in first aid.

Equipment: three sets of dice and “Roll the Dice” activity charts (below).

#	SCENE – RESCUER ROLLS	BYSTANDER – BYSTANDER ROLLS	EMERGENCY – VICTIM ROLLS
1	Friend’s home	Cooperative	Unconscious, non-breathing
2	YMCA or community centre	Shock	Circulatory emergency (shock, heart attack, stroke, angina)
3	Car accident	Language barrier	Bone and joint injury (sprain, strain, closed fracture, open fracture, dislocation)
4	Campground	Trained	Respiratory emergency (hyperventilation, asthma)
5	Busy Street	Overly excited	Medical emergency (seizure, diabetes, anaphylaxis)
6	Workplace	Non-life threatening injury	Burns (thermal, chemical, radiation or electrical) (1 st , 2 nd or 3 rd degree)
7	Restaurant	Anxious	Choking (conscious to unconscious)
8	Subway	Leaves and doesn’t come back	Poisoning (injected, ingested, inhaled, absorbed)
9	Beach	Forgets to call 911	Wounds and bleeding
10	Mall	Tries to holistically heal the victim	Environmental emergency (heat exhaustion, heat stroke, heat cramps, hypothermia)
11	Fitness class	Parent	Spinal injury
12	School	Sibling	Chest/Abdominal injury (sucking chest wound, broken ribs, flail chest, extruded organs etc.)