

READY,

SET,

GO!

INSTRUCTIONS for Game Masters

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This game was developed with thanks to Lucas Toh, Marcus Tan and Shermaine Wong from Victoria Junior College's (VJC) 2008 Integrated Programme (IP) (Year 2).

The objectives of this game are to:

1. Enable campers to better understand the emergency procedures as indicated in the Singapore Civil Defence Force (SCDF) Emergency Handbook.
2. Familiarise campers with the Community Engagement Programme (CEP), the concept of Ready Bag and the items within a Ready Bag.

Game Outline for both Secondary and Tertiary student campers:

1. Students are split into teams of equal size, and must stay together throughout the game.
2. Teams must be given time to read the SCDF Emergency Handbook before the commencement of this game.
3. Teams are to answer questions and perform tasks to earn Ready Dollars and to use those Dollars to buy items which they think should be included in the Ready Bag.
4. Ready Dollars (Annex E) in denominations of ~~R~~1, ~~R~~5, ~~R~~10 will be earned during the quiz (Annex A) and tasks assigned by the Game Masters (GM). There would not be any currency given to campers during the start of the game. Tasks assigned must be related to the CEP. For more information on CEP and the Ready Bag, please visit www.SingaporeUnited.sg . Information on the Ready Bag can be found at the 'Ready Singapore' banner on the right of the homepage.
5. Items (Annex D) are "sold" on a first come first serve basis (only for Secondary campers). For tertiary level campers, GMs are to print the number of copies of items at Annex D equivalent to the number of teams, i.e. if there are 3 teams, 3 copies of each item should be printed. Students are to use Ready Dollars to purchase items for their Ready Bags.
6. GM or Organisers are to print and laminate the items (Annex D) and Ready Dollars (Annex E). Four "stores" located around the campsite (namely a mini mart, bookstore, pharmacy and electronics store) will be manned by the GM. Teams will have to visit these stores to purchase items for their Ready Bags. Please refer to Annex C for the items put up on sale.
7. For Secondary campers, their Ready Bags will be evaluated right after the conclusion of the game (refer to Annex B for the point system). For Tertiary

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campers, they will go through scenarios (Annex C) that test the effectiveness of their Ready Bags.

8. GMs or Organisers may decide on the prizes to be given to either all of the participants or the winning teams.
9. Please email singaporeunited@mha.gov.sg for any enquires.

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How to Play?

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Stage 1 – Ready, Set, Go! Quiz

A. The Quiz (Annex A) will be held as a competition between the teams. GM must have a copy of the Quiz and SCDF Emergency Handbook.

B. GMs will allow teams to choose the level of difficulty of the questions they intend to answer (**Easy**, **Normal** or **Difficult**). When ready, whichever team shouts “I love Ready Bear!” first gets to answer the questions. In the event of a tie, teams will have to send representatives to decide by playing one round of ‘Rock, Paper, Scissors.’ Opposing team/s will be given a chance to answer if the team is unable to answer the questions within a certain period of time (GM to decide on the time needed). In the event that the team is unable to answer, opposing team/s will be given a chance to answer and ~~₹~~2 will be forfeited from the reward.

C. Rewards for Secondary and Tertiary campers for questions rated:

- **Easy** = ~~₹~~ 3.00;
- **Normal** = ~~₹~~ 6.00; and
- **Difficult** = ~~₹~~ 12.00

D. Teams will only be given 15 minutes to earn as much Ready Dollars as possible.

Stage 2 – Ready, Set, Go! Game

A. GM will then explain what a Ready Bag is to students. These key learning points must be put across:

- The main function is to store essential and important items that will help a person/s during an emergency;
- It must be easy to carry;
- If there is an emergency, family members can just grab the Ready Bag easily and evacuate (if needed); and
- A Ready Bag can come in any form that a person or family finds useful and can be customised for their own unique needs.

B. GM will then distribute the Ready Bags (any carrier will do as long as it is able to contain the cards at Annex D) to the respective teams. Teams will then put together their version of the Ready Bags by shopping for items put up on sale upon visiting the 4 stores manned by the GM around the campsite. Teams will have to roam the campsite manned by the GM. Teams will be assigned points depending on the items they buy. Points will be awarded for ‘correct’ items while points will be deducted for ‘incorrect’ ones. Please refer to the points system at Annex B.

C. In the event that campers want to earn more Ready Dollars, they may approach the GM manning the stores who will assign the campers with tasks in exchange for the Ready Dollars. Each task is worth ~~₹~~2. Tasks are to be decided by the GM. However, tasks must be related to the CEP. Please visit www.singaporeunited.sg for more information.

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D. Four “stores” located around the campsite (i.e. mini mart, bookstore, pharmacy and electronics store) will be manned by the GM. Teams will have to visit these stores to purchase items for their Ready Bags. Please refer to Annex C for the items put up for sale.

E. Secondary campers will be given 45 minutes to fill their Ready Bags. Tertiary campers will be given 60 minutes to fill their Ready Bags.

Stage 3 – Ready, Set, Go! Game

A. At the end of the time allocated, secondary campers will be assessed on the number of points they have accumulated. The team with the most points wins. GMs should use this opportunity to explain to the teams why certain items they bought are not suitable. Please see Annex B for the point system and explanations.

B. Tertiary Students will be put through scenarios using their packed Ready Bags. The team which has the most number of survivors and ‘redeemed’ team mates wins the game. Please refer to Annex C for details.

Note: Please read the SCDF Emergency Handbook 2008 edition to have a better understanding of the answers.

Level of Difficulty - EASY

1. When there is a fire, you should (Pg 20)
 - a. Call 995
 - b. Evacuate the premises
 - c. Turn off the gas mains
 - d. All of the above

2. What should you do when your clothing catches fire? (Pg 24)
 - a. Drop, Roll, Stop
 - b. Stop, Drop, Roll
 - c. Roll, Stop, Drop
 - d. Stop, Roll, Drop

3. If you are at home and there is a flood, you should: (Pg 27)
 - a. Stay put at home, and move to higher ground.
 - b. Turn on a toaster and put it in the water
 - c. Leave the house in search of higher ground
 - d. All of the above

4. What are the essential household items that you need to stock pile? (Pg 36)
 - a. Food items (rice, noodles, canned food, milk powder and beverages)
 - b. Torchlight, candles and matches
 - c. First aid kit
 - d. All of the above

5. When you are being evacuated, you should (Pg 62)
 - a. Use the lifts to escape
 - b. Use your cell phone to call your friends
 - c. Stay calm and not panic
 - d. Spread rumors

Level of Difficulty - NORMAL

1. What should you not do if a fire breaks out? (Pg 20)

- a. Squat down and stay calm
- b. Contain fire
- c. Turn gas main off
- d. Extinguish the fire if possible

2. When there is lightning, you should (Pg 26)

- a. Never use a telephone or mobile phone.
- b. If outside, take shelter in a vehicle or building.
- c. If outside, group together with others.
- d. If in an open area, lie down and spread out like a starfish.

3. In case of lightning threats outdoors, you should not (Pg 26)

- a. Call 999 using a mobile phone
- b. Take shelter in a vehicle
- c. Squat low and stay where you are
- d. Spread out if you are in groups

4. If you are in a car and suddenly feel a tremor, what should you do? (Pg 28)

- a. Carry on driving
- b. Stop the vehicle and run out to an open space
- c. Stop the vehicle and stay inside
- d. Start reversing the car

5. What should you do if you are caught in a tsunami? (Pg 33)

- a. Call 995 for help
- b. Move to higher floors in a building
- c. Turn on the radio
- d. Look for groups of people

6. What are the important procedures of In-Place Protection? (Pg 54)

- a. Close and lock all doors and windows of the chosen room with the least number of openings
- b. Switch off all ventilation units and air conditioners
- c. Seal off any gaps or openings
- d. All of the above

7. Which of the following should not be practiced during In-Place Protection? (Pg 54)

- a. Switch off lights to minimize heat generated
- b. Switch off air-conditioners
- c. Gather family members into a well ventilated room
- d. Seal any openings

8. What should you not do if you see any suspicious articles if you are taking public transport? (Pg 58)

- a. Call 999
- b. Inform the staff or Public Transport Authority
- c. Warn others
- d. Open the item very carefully

9. Imagine you pick up your phone and the person on the other end begins to issue bomb threat. What should you do? (Pg 59)

- a. Take note of the caller's vocal characteristics and background sounds
- b. Alert someone to call the police
- c. Keep the caller on the phone as long as possible
- d. All of the above

10. What should you not do if you see any suspicious person? (Pg 68)

- a. Call 999
- b. Call 995
- c. Follow the person
- d. Remain calm

Level of Difficulty - DIFFICULT

1. What does CPR stand for? (Pg 7)
 - a. Cardio-pulmonary resuscitation
 - b. Cardiac-primary resuscitation
 - c. Cardio-pulmoniac resuscitation
 - d. Cardiac-prinomary resuscitation

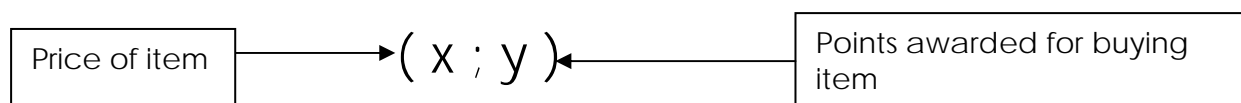
2. In case of a tremor, which of the following is the most important task to carry out? (Pg 29)
 - a. Check for any burst in water pipes
 - b. Check the building for any visible structural defects (i.e. cracks)
 - c. Check for any damaged wiring
 - d. Call the Building and Construction Authorities (BCA)

3. Which of the following materials should you not use to cover up gaps in case of chemical, biological or radioactive contaminants? (Pg 55)
 - a. Strong adhesive tape
 - b. Aluminum foil
 - c. Plastic sheet
 - d. Masking tape

4. Where should you not take cover when the “Alarm” signal of the Public Warning System sounds? (Pg 83)
 - a. Under a bridge
 - b. Canals
 - c. Manholes
 - d. Open drains

Stage 3 - For Secondary Campers

Below denotes the point system:



Mini mart:

- Bottled Water (2; +1)
- Clothes (8; +5)
- Whistle (2, +4)
- Biscuits (4; +2)
- Soft drinks (3; -6)
- Pillow (5; -5)
- Chocolate (4; -2)

Electronics Store:

- Transistor Radio (10; +20)
- Torchlight (4; +8)
- Batteries (4, +8)
- Laptop (20; -20)
- Portable DVD Player (15; -15)

Bookstore:

- Emergency Handbook (2; +5)
- Stationery (6; +3)
- Photocopy of Passport/IC (2; +5)
- Swiss Army Knife (8; +4)
- Magazines (5; -5)
- Toys (4; -8)

Pharmacy:

- First Aid Kit (20; +25)
- Medical Card (2; +2)
- Fire extinguisher (8; -15)

To Note:

1. Underlined items are the necessities for the Ready Bag.
2. The real Handbook should be sold at the Bookstore. It should not be a printed or laminated item.
3. Game Masters (GM) should at the end of the game, explain to the secondary campers why the items below should not be included in their Ready Bag:
 - A. Fire Extinguisher – It is heavy and bulky and hence it defeats the purpose making the Ready Bag light and easily portable.
 - B. Soft Drinks and chocolate – Not suitable food items to be placed inside the Ready Bag as plain water and biscuits are easily consumed by everyone.
 - C. Toys, Pillows, Magazines, Portable DVD player, Laptop - Unnecessary, heavy and bulky.

Stage 3 - For Tertiary Campers

1. Teams will be called back to the starting point where they had their quiz after 30 minutes.
 2. Each team will be attached to one GM and isolated from the other teams.
 3. GMs will then evaluate the teams through a series of scenarios below.
 4. During scenario 1 and 2, one volunteer from each team will have to act as the casualty ('held in custody' by GM).
 5. During scenario 3, GM to decide on the number of volunteers depending on the size of the camp and number of participants in each group ('held in custody' by GM).
 6. Teams must be able to present all items listed in the scenarios to 'redeem' their members 'held in custody' by GM. No need to surrender the items to GM after each scenario.
 7. Team/s with the most surviving and redeemed, i.e. no longer 'held in custody' of the GM, members win the game.
 8. GM must explain why certain items are unnecessary during the debrief. Please see [Annex B](#) for more information.
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Scenario 1:

One of the members met with an accident which resulted in a deep cut. The person will die of bleeding if first-aid is not administered immediately. In order to properly administer first-aid, teams must present:

- First-aid Kit (for administering of first aid);
- Medical card (to know the person's medical requirement and it's important if the person is diabetic or allergic to some medication.); and
- Emergency Handbook (to know how to properly administer first-aid).

Scenario 2:

Suddenly, there is a power outage and one of the members had gotten lost in the dark. In order to locate the lost member, teams must present:

- Torchlight (to find the person); and
- Batteries (in case the torchlight runs out).

Scenario 3:

Teams are met with an earthquake while backpacking in an earthquake prone area. X members are trapped under the debris (to be 'held in custody' by GM. GM to ensure parity of number of members to be 'held in custody' amongst all teams). In order to attract the attention of the rescuers, the surviving members must present:

- Whistle (to attract attention); and
- Bottled water (for quenching of thirst)

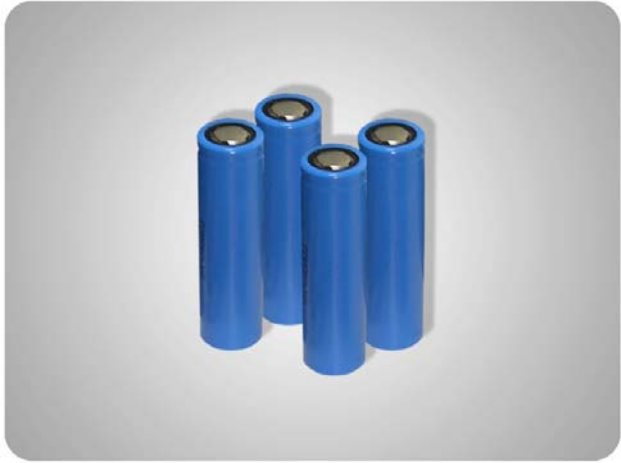
Mini Mart



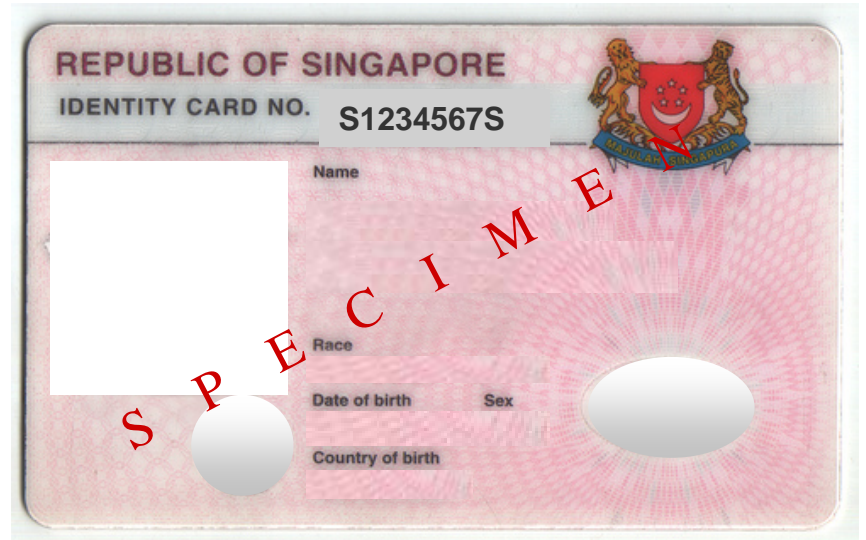


Electronics Store





Bookstore





Pharmacy



MEDICAL CARD

MYSELF

My Name :

NRIC # :

Address :

Contact #s :

MY DOCTOR

Name :

Practice :

Address :

Contact #s :

MY BLOOD GROUP (optional)

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READY, SET, GO!

Annex E – Ready Dollars



* GM to print 8 copies of ₹1 for each team.

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Annex E – Ready Dollars



*GM to print 2 copies of R5 for each team.

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Annex E – Ready Dollars



*GM to print 2 copies of ₹10 for each team.