



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OF BULACAN

August 18, 2025

DIVISION MEMORANDUM

NO. 408 S. 2025

1st DIVISION RESCUE OLYMPICS

To: Assistant Schools Division Superintendent
Division Chiefs
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
Elementary and Secondary School DRRM Coordinators
All Others concerned.

1. The Schools Division Office of Bulacan, through the Disaster Risk Reduction and Management Unit, shall conduct the **1st Division Rescue Olympics** as part of the agency's advocacy to ensure that every school has skilled responders during emergencies. The event is scheduled on **September 24, 2025** for **Day 1** and **September 26, 2025** for **Day 2**, at a venue to be announced.

2. This activity aims to:

- promote a culture of safety and resilience among learners and school personnel.
- develop and strengthen the skills of participants in performing life-saving techniques during disasters and emergencies.
- foster cooperation, discipline, and effective communication among responders during high-pressure situations

3. Participants in this activity shall include the 1st and 2nd place winners in the EDDIS Elementary and Secondary competitions, each team composed of seven (7) BERT Officers and one (1) DRRM Advocate, along with the designated DepEd BLS-CPR Instructors, as follows:

Name	School	Designation
Jordan S. Ventura	Don Nemencio Clemena MES	Rescue Official
Jonathan Igaya	Pulo ES	Rescue Official
Mark Angelo G. Dela Cruz	Diliman ES	Rescue Official
Mark Cee Es Sta Maria,	Malibay ES	Rescue Official
Raymond P. Carretero	Prenza ES	Rescue Official
Reynald Paed	Norzagaray NHS	Rescue Official



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OF BULACAN

John Nilcon M. Abolencia	Alexis G. Santos HS	Rescue Official
Roy Oliver G. Fama	Carlos F. Gonzales HS	Rescue Official
Jeffrey M. Calilap	Salapungan NHS	Rescue Official
Teresa P. Alfonso	Calumpit NHS	Rescue Official
Junneth S. Gallardo	Dr. Felipe De Jesus NHS	Rescue Official
Josephine O. Cabag	Dampol 1 st NHS	Rescue Official
Angela May P. Solis	Obando	TWG
Katherine Lagman	Balagtas	TWG
Patrick Alcantara	San Miguel South	TWG

4. School advocate shall secure parental consent of all learners attending the said activity.
5. Attached to this memorandum are the detailed guidelines that shall be strictly followed to ensure the orderly, safe, and efficient conduct of the activity.
6. Expenses to be incurred in the conduct of this activity shall be charged against the 2025 DRRM Downloaded Fund, subject to the usual accounting and auditing rules and regulations, while the travel expenses of the participants shall be charged against the school's local funds.
7. This memorandum shall serve as the official travel authority for the participants attending the activity.
8. Immediate dissemination of this Memorandum is enjoined.

CECILIA E. VALDERAMA, PhD

Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

DEPED RESCUE OLYMPICS

FIRE BUCKET RELAY GUIDELINE

1. Guidelines

- To simulate the quick and coordinated response needed to transfer water for fire suppression.
- Promote teamwork, communication, and awareness of emergency response procedures.

2. Materials Needed

- **Buckets** (equal number for each team; sturdy and easy to carry)
- **Water source** (large container, drum)
- **Target container** (to collect water at the finish line)
- **Markers/cones** (to define start/finish areas and lanes)
- **Optional:** Gloves for grip and safety.

3. Safety Precautions

- Ensure the relay path is clear of obstacles to avoid slipping or tripping.
- Use non-slippery surfaces or mats if indoors.
- Avoid overfilling buckets to prevent spillage and strain.
- Participants should wear closed-toe shoes and comfortable clothing.
- Have a first aid kit on standby.

4. Team Formation

- Divide participants into equal-sized teams (8 members).
- Line them up in a straight line, evenly spaced for safe bucket passing.

5. Rules of the Relay

1. **Starting Signal:** The first player fills their bucket from the water source.
2. **Passing:**
 - The bucket must be handed or passed without throwing.
 - Spillage should be minimized; any intentional spilling can lead to penalties.



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

3. **Refilling:**

- If a bucket is dropped or overturned, it must be refilled before continuing.

4. **Final Delivery:**

- The last team member pours the water into the target container.

5. **Winning Criteria:**

- The first team to fill their target container to a marked line or
- The team that transfers the most water in a set time limit (3 Minutes)

6. Rules

➤ **Start**

-
- Teams begin only after the official signal (whistle).
- First player fills bucket from water source

➤ **Passing**

- Buckets must be handed over — throwing is not allowed.
- If a bucket is dropped, it must be refilled before continuing

➤ **Route**

- Players must remain in their lane; stepping out results in a penalty.

➤ **Target**

- The last player pours the bucket into the target container.
- Overflow beyond the marked line does not earn extra credit

➤ **Winning**

- First team to fill the target container to the line or
- Team with the most water transferred within the time limit wins.

➤ **Penalties**

- **+5 seconds** for stepping outside lane or unsafe passing.



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

- Disqualification for intentional throwing or unsafe behavior.

GUIDELINES FOR LIFTING AND MOVING

1. Objective

- To simulate safe and effective lifting and moving techniques used in emergency rescue situations, ensuring participants perform quickly without compromising safety.
- Safely lift and transport the designated victim from the start line to the finish line in the shortest time possible without violating safety procedures.

2. General Rules

- 1. Starting Position**
 - All team members stand behind the start line until the signal is given.
- 2. Signal to Start**
 - Movement begins only after the official's whistle or "Go!" command.
- 3. Proper Technique**
 - Must use safe lifting techniques (bend knees, straight back, no twisting).
- 4. Carrying Method**
 - Object must be carried — dragging, sliding, or throwing is not allowed unless specified in the event rules.
- 5. Team Coordination**
 - If done in pairs or groups, all lifters must lift and move together.
- 6. Load Position**
 - The load must remain above the ground during movement.
- 7. Pathway**
 - Participants must stay within the designated lane/route.
- 8. Finish Requirement**
 - Object must be placed completely inside the marked finish zone before time stops.

3. Safety Rules

- No running while carrying heavy loads — brisk walking only.



Republic of the Philippines
Department of Education

Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

- Unsafe lifting posture will result in a warning; repeated violations mean disqualification.
- Dropped loads must be safely lifted again before continuing.
- If a participant shows signs of injury or strain, officials may stop them for safety.

4. Scoring

- **Fastest time wins** if all safety and rule requirements are met.
- Time penalties (+5 seconds) may be added for:
 - Minor safety violations
 - Stepping out of lane
 - Spillage of load (if applicable)
- Disqualification for:
 - Major safety breaches
 - Intentional unsafe actions
 - Dropping the object in a dangerous manner

5. Tie-Breaker

In case of a tie, teams repeat the event with increased weight or longer distance until a winner is determined.

6. Safety First

- All participants must warm up before events.
- Wear closed-toe shoes, gloves if needed, and avoid loose clothing.
- Keep the competition area clear of unnecessary obstacles.
- Have medical staff or first aid ready on standby.

7. Assess Before Lifting

- Identify the type of object (dummy, stretcher, equipment) and its weight.
- Check grip points or handles for secure lifting.
- Communicate the plan with your team before lifting.

8. Proper Lifting Technique

1. Position yourself close to the load.
2. Feet shoulder-width apart for balance.



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

3. **Bend at knees and hips** — never at the waist.
4. **Back straight**, chest forward.
5. Grip firmly with **both hands**.
6. Lift using **leg muscles**, keeping the load close to the body.
7. **No twisting** — pivot with your feet to change direction.

9. Moving the Load

- Walk briskly but do not run while carrying.
- Keep eyes ahead to avoid tripping.
- Use short, controlled steps when moving on uneven ground.
- If carrying as a team, communicate clearly ("Lift!", "Move!", "Set down!").

10. Setting Down

1. Stop fully before lowering.
2. Bend knees and hips, keeping back straight.
3. Lower slowly and avoid dropping.
4. Place the load securely before releasing grip.

11. Competition-Specific Notes

- Speed matters, but safety is judged first — unsafe lifts may lead to disqualification.
- If the load is dropped, the team must safely re-lift before continuing.
- Any participant showing unsafe posture or technique may be stopped by referees for safety reasons.



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

Fire Suppression – Guidelines & Rules

1. Objective

- ❖ To simulate safe and effective fire suppression techniques in a controlled environment, testing teamwork, speed, and accuracy while ensuring safety at all times.

2. Guidelines

A. Equipment

- Fire extinguishers (water, foam, or dry chemical depending on simulation) or simulated fire suppression tools (pressurized water canisters, hose line).
- Target "fire" props (drums with flame markers, fire pans with safe fuel, or mock flame boards).
- PPE (Personal Protective Equipment) — helmet, gloves, long-sleeve fire-resistant clothing, boots, eye protection.
- Designated safe zones and marked lanes.

B. Safety Precautions

- All participants must wear full PPE before starting.
- Event area must be clear of spectators and non-essential personnel.
- Officials must inspect equipment before the event starts.
- First aid and fire safety personnel must be on standby.
- No actual dangerous fire should be used unless under controlled supervision by certified safety officers.

C. Technique Recommendations

- Maintain a low stance when approaching the fire for better control.
- Hold extinguisher/hose firmly with both hands.
- Follow the **PASS method** (for extinguishers):
 - **P**ull the pin
 - **A**im at the base of the fire
 - **S**queeze the handle
 - **S**weep side to side



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

- Work as a team — one member suppresses while others assist and coordinate.

1. Start

- Teams start from the marked line after the official signal (whistle or "Go!").
- All PPE must be properly worn before starting

2. Fire Suppression

- Participants must approach within the designated safe approach line before discharging equipment.
- Only the assigned suppression tool may be used.
- Fire must be fully extinguished (or target completely knocked down) before time stops

3. Movement

- Running is allowed only if safe and within marked lanes.
- No unnecessary equipment dropping or unsafe handling

4. Completion

- Time stops when the "fire" is declared extinguished by the event judge.
- Teams must return equipment to the safe zone after use

5. Scoring

- **Fastest time wins** if all safety and extinguishing requirements are met.
- **Penalties:**
 - **+5 seconds** – Unsafe handling of equipment.
 - **+5 seconds** – Stepping outside lane boundaries.
 - **+10 seconds** – Incorrect suppression technique (e.g., aiming at flames, not base).
- **Disqualification:**
 - Removing PPE during the event.
 - Dropping or damaging equipment intentionally.
 - Dangerous conduct that risks injury.

6. Tie-Breaker



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

In case of a tie, teams repeat the event with increased distance to the target or reduced suppression time.

CPR Event – Guidelines & Rules

1. Objective

To simulate proper Cardiopulmonary Resuscitation (CPR) in a timed competitive format, testing participants' knowledge, technique, and ability to perform under pressure.

Guidelines

A. Equipment

- Adult CPR manikin (with feedback device if available)
- Stopwatch or timer
- PPE (gloves, face shield, or CPR mask)
- Clean, flat performance area

B. Safety & Hygiene

- Always use gloves and a face shield or mask during practice/competition.
- Sanitize hands before and after the event.
- Clean manikins between participants.

C. CPR Technique Requirements *(Based on AHA/ERC Standards)*

- **Check scene safety** before approaching.
- **Check responsiveness** (tap shoulders and shout).
- **Call for help** and request AED.
- **Check breathing** for no more than 10 seconds.
- **Start compressions** if no normal breathing/pulse detected:
- Hand position: heel of one hand on the center of the chest (lower half of sternum)

Depth: ~5 cm (2 inches) for adults

Rate: 100–120 compressions per minute

Full chest recoil between compressions

- **Compression-to-breath ratio:** 30 compressions → 2 rescue breaths



Republic of the Philippines
Department of Education

Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

Each breath: 1 second, visible chest rise

Continue until **judge calls stop** or "patient" is revived.

Rules

1. Start

- Participants begin after the official "Go!" signal.
- PPE must be properly worn before starting.

2. Performance

- Must follow **correct CPR sequence** (safety check → responsiveness → call for help → breathing check → compressions/ventilations).
- Chest compressions must be at correct **depth, rate, and location**.
- Rescue breaths must achieve visible chest rise.

3. Time & Scoring

- **Time stops** when the required CPR cycle (e.g., 2 minutes) is completed or when the judge signals.

Scoring is based on:

Technique accuracy (**60%**)

Speed & efficiency (**30%**)

PPE compliance & professionalism (**10%**)

4. Penalties

- **+5 seconds** – Minor technique error (e.g., hand position slightly off).
- **+10 seconds** – Skipping a critical step (e.g., no scene safety check).
- **+15 seconds** – Inadequate compression depth or rate for >5 consecutive compressions.
- **Disqualification** – Removing PPE, unsafe behavior, or skipping CPR entirely in favor of fake actions.

5. Tie-Breaker

In the event of a tie, the team with the fastest recorded time shall be declared the winner.



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

Bandaging Event – Guidelines & Rules

1. Objective

To simulate correct and efficient application of first aid bandaging techniques in emergency scenarios, testing speed, accuracy, and proper patient care.

Guidelines

A. Equipment

- First aid kits (with assorted bandages, gauze, triangular bandages, adhesive tape, scissors)
- Manikin or live volunteer (for practice only; no injuries required)
- PPE: gloves, optional face mask for hygiene
- Flat, clean working surface (or simulation field)

B. Safety & Hygiene

- Always wear gloves before touching the “patient.”
- Use only clean, unused bandages.
- Avoid applying excessive pressure unless the scenario specifies bleeding control.
- Handle scissors or sharp objects carefully.

C. Technique Requirements

- Assess the injury type as per scenario given (bleeding wound, fracture, burn, sprain, etc.).
- Select the correct bandage type for the injury.
- Apply the bandage with:

Proper tension (secure but not cutting off circulation)

Smooth wrapping (no wrinkles or loose ends)

Correct coverage of the injury site

Secure bandage ends properly (clips, knots, or tape).

Check circulation after bandaging (capillary refill or pulse check beyond the bandaged area).



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN
MALOLOS CITY, BULACAN

Rules

1. Start

- Event begins after the official "Go!" signal.
- PPE must be worn before touching the patient or bandages.

2. Procedure

- Must follow the sequence:
 - Scene safety check
 - PPE application
 - Injury assessment
 - Bandage application
 - Circulation check and patient comfort check
 - Bandaging must match the assigned injury scenario provided by judges.

3. Time & Scoring

- **Fastest correct application wins**, but technique is the priority.
- Scoring breakdown:
 - Accuracy of technique – **50%**
 - Security & neatness of bandage – **20%**
 - Patient safety & comfort – **20%**
 - PPE compliance & professionalism – **10%**
 - For a total of **100%**

4. Penalties

- **+5 seconds** – Loose bandage or minor untidiness.
- **+10 seconds** – Incorrect bandage type for injury.
- **+15 seconds** – Unsafe technique (too tight, obstructs breathing/circulation).
- **Disqualification** – Skipping PPE, applying incorrect treatment intentionally, or unsafe conduct.

5. Tie-Breaker

- In the event of a tie, the team with the fastest recorded time shall be declared the winner.