



Rules Guide for the Escape Game: Regional Anaesthesia Challenge

Welcome to the Escape Game: Regional Anaesthesia Edition! For the first time in the history of ESRA, during the 2nd WDRAPM, a thrilling and educational experience will test your teamwork, problem-solving skills, and knowledge of regional anaesthesia.

The goal? Work together to solve a series of riddles and challenges to unlock the final task. Complete the task successfully within 25 minutes and capture the final ultrasound image to win. Here are the rules and guidelines for a smooth and fair experience:

One of the local representatives will serve as a moderator for the escape game (provide debriefing, count time, explain the riddles and puzzles)

Team Composition

- Optional activity –one city per country
- Each team must have 4 members, including at least 3 trainees

Objective

- Solve all the riddles and challenges to unlock the final task.
- Use the ultrasound machine to capture the correct image before the 25-minute timer runs out.
- Take a snapshot of the image as proof of completion.

Game Rules

1. No Phones or External Help allowed

- Phones, tablets, or any external resources are strictly not allowed.
- Language: English – No translations allowed
- All solutions must come from team collaboration and existing knowledge.

2. Time Limit

- The game duration is 25 minutes – A stopwatch will be used (starting from 25:00 up to 00:00)
- Time will be reduced for penalties.

3. Penalties

- If help or a hint is provided by the moderator to the team, a 1-minute penalty will be added.
- If wrong answer is given by the team, a 2-minutes penalty will be added. The moderator will give an extra chance to the team to solve the riddle, but if again it is wrong, the moderator will give an extra 2-minutes penalty and provide the right answer to proceed.

- If a team is caught cheating (using unauthorized devices or external help), a 5-minutes penalty will be added for each infraction. This will be reduced from total time by the moderator at the end of the challenge.

4. Teamwork is Key

- You must work together as a team. Splitting tasks among members is encouraged, but no solo solutions are accepted without team consensus.

5. Progression

- Riddles and challenges must be solved in order to progress.
- Answers from one step will lead to clues for the next.

6. Final Task

- Once all riddles are solved, the final task will involve using an ultrasound machine to locate and capture the correct anatomical image related to regional anaesthesia.

7. Completion

- When the correct image is captured, take a screenshot and present it to the game moderator to verify your success.

Game Moderator's Role

- The moderator will:

1. Brief the team on the rules before the game begins.
2. Monitor the team's progress and adherence to the rules.
3. Apply penalties for cheating if necessary.
4. Verify the accuracy of the final ultrasound image.

Winning team

- The team that successfully completes the challenge within the best time (more minutes left) wins the game! The best 3 teams will earn their registration for Oslo Congress !

- Teams that finish with penalties will have their adjusted time used for ranking purposes if multiple groups play consecutively.

-In case of a tie in time, 3 independent experts will judge the ultrasound image and score its quality from a scale of 1 to 5.

Good luck! Your wits, knowledge, and teamwork will determine your success in this thrilling challenge!