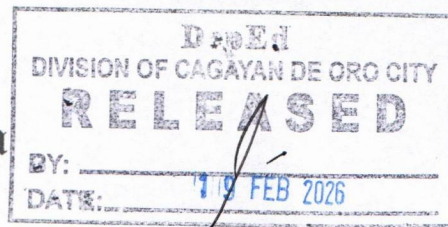




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REGION X
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Office of the Schools Division Superintendent



18 February 2026

DIVISION MEMORANDUM
No. 193 s.2026

DEPED CDO'S RESCUELYMPICS 2026

TO: All Concerned School Heads
Rescuelympics Participants
Judges
Members of the Technical Working Group (TWG)
Nurses

1. The Department of Education – Cagayan de Oro Division will conduct the DepEd-CDO Rescuelympics 2026 on **March 12-14, 2026 at Balubal National High School, Cagayan de Oro.**
2. This is a stay-in event. All participants, judges, and members of the Technical Working Group (TWG) are required to stay at the venue for the full duration of the activity.
3. The Rescuelympics aims to enhance disaster preparedness competencies, strengthen emergency response skills, and promote teamwork, discipline, and leadership among learners.
4. All concerned are directed to review the following attachments:
 - **Attachment 1 – General Rules and Regulations**
(Team Composition, Eligibility, Safety Guidelines, Scoring System, Safety and Conduct, Officials and Materials to Bring per Team)
 - **Attachment 2 – Waiver Form**
(To be duly accomplished by the participant and submitted on or before March 3, 2026)
 - **Attachment 3 – Events and Corresponding Mechanics**
 - **Attachment 4. – List of the Names of Judges, Members of the TWG and Nurses**



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Doc. Ref. Code		Rev	
Effectivity		Page	1 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

5. Strict compliance with the rules and mechanics is expected. Failure to adhere to the prescribed guidelines may result in penalties or disqualification.
6. Reminders:
 - a. Participants must bring personal necessities appropriate for a three-day stay.
 - b. All required materials and equipment listed in Attachment 1 must be brought on the first day.
 - c. Proper decorum, discipline, and observance of safety protocols shall be maintained at all time.
 - d. Judges, TWG members are expected to report to the venue on time and perform their assigned duties as scheduled.
7. One and a half (1.5) days of CTO or Service Credits shall be granted to DepEd personnel who will participate in this event.
8. For information and strict compliance.

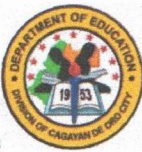
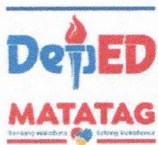
ROY ANGELO E. GAZO
Schools Division Superintendent

Encl.: As stated
Reference: N o n e
To be indicated in the Perpetual Index
under the following subjects:

RESCUELYMPICS

DM-09-SGOD-SMN-RQB/deped-cdo's rescuelympics

February 18, 2026



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Doc. Ref. Code		Rev	
Effectivity		Page	2 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

ATTACHMENT #1

GENERAL RULES AND REGULATIONS

(Team Composition, Eligibility, Safety, Scoring System, Safety and Conduct, Officials and Materials to bring per team)

1. Team Composition

- Each team shall be composed of **ten (10) members**.
- Teams must consist of **six to seven (6-7) male members** and **three to four (3-4) female members**.
- No changes in team composition shall be allowed once the competition has started.
- The list of participants shall be submitted on or before March 3, 2026, duly signed by the respective Public Schools District Supervisor for district teams, and by AO V Ma'am Risa Bea Socorro M. Borres for the Division Team.

2. Participant Eligibility

- All participants must be **bona fide employees of the Department of Education – Cagayan de Oro Division (DepEd-CDO)**.
- Participants must be officially endorsed by their respective schools or offices.
- Any participant found to be ineligible shall result in the **disqualification of the team** from the affected event.

3. Physical Fitness Requirement

- All participants must be **physically fit** to engage in physically demanding rescue and emergency response activities.
- Participants must be capable of performing lifting, carrying, and endurance-based tasks safely.

4. Medical Clearance and Waiver

- Each participant is required to submit a **valid Medical Certificate** issued by a licensed physician and waiver.



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Doc. Ref. Code		Rev	
Effectivity		Page	3 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

- The medical certificate shall certify that the participant is **fit to participate in strenuous physical activities**.
- Failure to present a medical certificate shall automatically **disqualify the participant** from joining any event.

5. Safety Compliance

- Safety of participants is a top priority throughout the Rescuelympics.
- Organizers reserve the right to **remove or stop any participant or team** if a health or safety risk is observed during the competition.
- All participants must strictly follow safety instructions given by officials and judges.

6. Scoring System

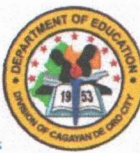
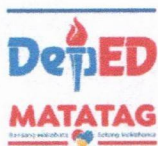
- Each event shall have a **maximum of 100 points**.
- Criteria generally include:
 - Speed / Time
 - Accuracy
 - Proper technique
 - Safety compliance
- Time penalties and deductions apply for rule violations.

7. Safety and Conduct

- Proper PPE must be worn when required.
- Unsafe acts, horseplay, or disrespect toward officials may result in **point deductions or disqualification**.
- Officials' decisions are **final and non-appealable**.

8. Officials

- Each event shall have:
 - 1 Lead Judge
 - 2-3 Technical Judges
 - 1 Timekeeper
- Judges will use standard emergency response guidelines (e.g., First Aid, CPR).



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Doc. Ref. Code		Rev	
Effectivity		Page	4 of 5



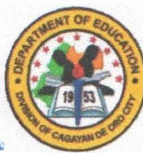
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Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

9. Materials to bring per team

- a. Spine board
- b. Triangular bandage
- c. C-collar
- d. 5 meters rope 10mm
- e. Rescue Helmets (1 each per member)
- f. Construction gloves (a pair per member)
- g. Flash lights/head lamps
- h. First Aid Kits
- i. Construction Pale

Diligence
Outstanding Integrity



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Doc. Ref. Code		Rev	
Effectivity		Page	5 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

ATTACHMENT #2

WAIVER AND RELEASE OF LIABILITY
DepEd-CDO Rescuelympics 2026
March 12-14, 2026

I, _____, a personnel of the Department of Education – Cagayan de Oro City Division (DepEd-CDO), voluntarily agree to participate in the DepEd-CDO Rescuelympics 2026 to be held on March 12-14, 2026.

I understand that participation in rescue simulations, emergency response drills, first aid competitions, and related physical activities involves inherent risks, including possible injury, illness, disability, death, or damage to personal property.

I certify that I am physically fit to participate and have no medical condition that would prevent safe involvement. I voluntarily assume all risks associated with my participation in this event.

In consideration of being allowed to participate, I hereby release and hold harmless DepEd-CDO, its officials, employees, organizers, volunteers, sponsors, and partner agencies from any and all claims, liabilities, damages, or expenses arising from injury, loss, or damage sustained during the conduct of the event.

In case of emergency, I authorize event organizers to secure necessary medical treatment. I understand that any related medical expenses shall be my responsibility.

I also grant permission to DepEd-CDO to use photographs and/or videos taken during the event for official documentation and promotional purposes.

I have carefully read and understood this waiver and voluntarily agree to its terms.

Name of Personnel: _____

Position/Designation: _____

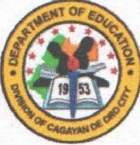
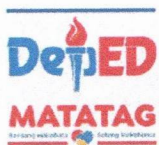
Office/School: _____

Contact Number: _____

Emergency Contact Person: _____

Emergency Contact Number: _____

Signature: _____ Date: _____



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Doc. Ref. Code		Rev	
Effectivity		Page	6 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

ATTACHMENT #3

EVENT 1: BANDAGING RELAY

Objective

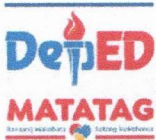
To correctly demonstrate proper bandaging techniques in a relay format within the shortest time.

Mechanics

1. All team must perform the 20 bandaging and immobilization techniques:

1.1 this technique includes:

- Top of the Head
- Back of the head
- Right/Left chest
- Back of the chest right/left
- Right burn hand
- Ear/Cheek/Jaw right or left
- Right/Left shoulder
- Forehead
- Left/right eye
- Right/left Arm
- Right/Left forearm
- Right/Left elbow straight
- Right/Left Elbow bend
- Right/Left knee
- Right palm pressure bandage (Horizontal)



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Doc. Ref. Code		Rev	
Effectivity		Page	7 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

- Left/Right Open Palm bandage (vertical)
 - Right/Left arm sling
 - Left collar bone (under arm sling)
 - Left sprained ankle (with shoe)
2. One member completes one station before tagging the next.
 3. Bandaging must follow **proper first aid standards**.

Scoring (100 pts)

- Correct technique – 50 pts
- Neatness and stability – 20 pts
- Time efficiency – 30 pts

Violations

- Incorrect placement or loose bandage: -5 to -10 pts
- Skipping station: Disqualification

EVENT 2: CPR (Child, Adult, and Infant)

Objective

To correctly perform CPR procedures for **Adult, Child, and Infant** using mannequins.

Mechanics

1. Each team assigns **6 participants**, who will perform CPR
2. Team shall follow the Emergency Action Principles.
3. Team shall be given the CPR scoring sheet before their performance.
4. Each participant is given **2 minutes** to perform the CPR



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Doc. Ref. Code		Rev	
Effectivity		Page	8 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

Scoring (100 pts)

Refer to scoring sheet

Violations

- Wrong compression ratio: -10 pts
- Skipping safety check: -10 pts
-

EVENT 3: BUCKET RELAY

Objective

To efficiently transfer water from a source to a target using teamwork and coordination.

Mechanics

1. Teams shall perform the event in 2 minutes.
2. The goal is to fill the target container at the highest level.

Scoring (100 pts)

- Highest water level achieved – 100 pts

Violations

- Spilling water intentionally: -5 pts per occurrence

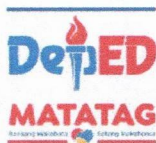
EVENT 4: KNOT-TYING RELAY

Objective

To correctly tie emergency and rescue knots in relay format.

Required Knots (suggested)

- Square Knot



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Doc. Ref. Code		Rev	
Effectivity		Page	9 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

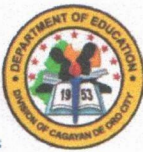
- Clove Hitch
- Bowline
- Figure-Eight Knot
- Body bowline
- Butterfly knot
- Double figure of eight on a bight
- In-line figure of eight
- Figure of eight bend
- Prussik knot
- Double fisherman's knot
- Figure of eight follow through
- Over hand loop
- Timber hitch
- Over hand knot
- Figure of eight loop
- Running bowline

Mechanics

1. All team member shall perform the required knot tying technique in 2 minutes.
2. Each participant must correctly tie their assigned knot before tagging the next.
3. Knots are inspected after completion.

Scoring (100 pts)

- Each correct knot execution – 10 pts



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Doc. Ref. Code		Rev	
Effectivity		Page	10 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

Violations

- Incorrect knot: – 5 pts
- Loose or unsafe knot: – 5 pts
- Over time allotted minus 1 point every 3 secs.

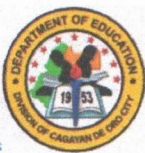
EVENT 5: EMERGENCY RESCUE AND TRANSFER

Objective

To demonstrate proper rescue, lifting, and transfer of a victim to a safe area.

Mechanics

1. Teams simulate an emergency scenario.
2. One member acts as the **victim** (or dummy).
3. Team must perform the following transfer techniques/procedure
 - Cloth drag
 - Armpit drag
 - Fire man's drag
 - Incline drag
 - Ankle drag
 - One man assist to walk
 - Cradle/lover's carry
 - Pack strap carry
 - Fire man's carry
 - Piggy back carry
 - Carry by extremities



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Doc. Ref. Code		Rev	
Effectivity		Page	11 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

- Bearer's along side
- Hammock carry
- Chair as a litter
- Hand as a litter
- Four hand sit

4. Time starts at the whistle and ends upon safe placement.

Scoring (100 pts)

- Proper assessment – 25 pts
- Correct lifting and carrying technique – 35 pts
- Victim safety and stability – 25 pts
- Time efficiency – 15 pts

Violations

- Unsafe lifting: -15 pts
- Dropping the victim: Automatic disqualification

EVENT 6. NIGHT RESCUE PROPER PACKAGING, LIFTING AND TRANSPORTING OF VICTIM

EVENT 7. HOSE LAYING, HOSE BUSTED REPLACEMENT

OVERALL CHAMPIONSHIP

- Scores from all events will be **summed**.
- The team with the **highest total score** shall be declared **Rescuelympics Champion**.
- Ties will be broken by:
 1. Highest score
 2. in Emergency Rescue and Transfer
 3. Fastest overall combined time



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Doc. Ref. Code		Rev	
Effectivity		Page	12 of 5



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

ATTACHMENT #4

Members of the Board of Judges, Technical Working Group and Nurses:

A. Judges:

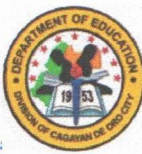
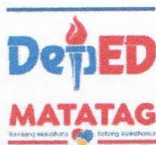
- a. Francisco C. Luspo – Chairman/Overseer
- b. Mark W. Salugsugan
- c. Bayani A. Alianza
- d. Ramil Abellon
- e. Francis Jose T. Luspo

B. Technical Working Group

- a. Ryan Q. Blanco
- b. Allan H. Guibone – Communications
- c. Rosemarie G. Tolentino
- d. Christian Gem C. Pimentel
- e. Emmanuel A. Almonia
- f. Joan Mae C. Tabla
- g. Wilfredo L. Belono Jr.
- h. Floyd C. Alozo
- i. Venus B. Benolirao
- j. Jestoni M. Talle

C. Nurses

- a. Francis Leo T. Tagadiad
- b. Amor C. Fajardo
- c. Crystal Christi Cartel



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Doc. Ref. Code		Rev	
Effectivity		Page	13 of 5