

Cub Scout Adventure In a Box



October Adventures

First Responder



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BOY SCOUTS OF AMERICA

INTRODUCTION

Dear parents/leaders,

Be sure to read this section (below) to or with your scouts to introduce this month's adventure and what you will be learning and doing.

Welcome scouts to the October Adventure In a Box! This month the theme we are exploring is SCOUTING SUPERPOWERS! Do you have a favorite superhero? What makes them your favorite? Do they have any cool superpowers? As scouts you are developing superpowers too! You are practicing 12 very special superpowers that we know as the scout law. "A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent". You may not have thought of these as superpowers before but each of these traits is a part of our character and helps us do good and make a difference in our family, our schools, and our community.

RATIONALE FOR ADVENTURE

This adventure will provide Webelos Scouts with an introduction to the skills and responsibilities of a first responder. Activities will cover essential personal safety and first-aid skills.

TAKEAWAYS FOR CUB SCOUTS

- **Essential first-aid skills**
- **Essential personal safety skills**
- **Understanding the role of the first responder in the local community**
- **A Scout is brave, courteous**

ADVENTURE REQUIREMENTS

Below is a list of the requirements your scout(s) will need to complete in order to earn the belt loop. Some requirements will have an activity they will need to do, and some will be an outing or experience they will need to have. Detailed instructions for the activities and guidance for the outing are included later in this guide.



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Complete requirement 1 and at least five others.

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following:
 - a. Cuts and scratches
 - b. Burns and scalds
 - c. Sunburn
 - d. Blisters on the hand or foot
 - e. Tick Bites
 - f. Bites and stings of other insects
 - g. Venomous snake bites
 - h. Nosebleed
 - i. Frostbite
6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
7. Create and practice an emergency readiness plan for your home or den meeting place.
8. Visit with a first responder or health-care professional.

Tips from an Akela!



This Adventure can include a den outing to an EMS station, fire department, emergency room, or other emergency first-aid service agency or health care professional (requirement 8) – or, it can include a visit from one or more of those emergency or health care professionals to your location. Make sure to share with the service you are working with the requirements of the adventure and discuss how they can support them. You will need to schedule any outing or visit in advance. Make sure any required activity consent forms are distributed, signed, and collected. This is a great Adventure for parental help, because either they know first aid and can help the Scouts, or they should learn first aid with the Scouts. Can't do a physical visit right now? See if your local fire department will set up a remote meeting via Zoom or Skype.



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MATERIALS LIST

*The following supplies will be needed to complete the activities in this kit. Most of the items will be included in the kit. Any items marked with an * are items that you may find around the house and are not included in the kit.*

- Items for creating a simple first-aid kit*
- Questions to ask if you visit with a First Responder*
- First Responder Relay Station cards

ACTIVITIES

Activity 1: First Aid Basics

Requirement 1: “Explain what first aid is. Tell what you should do after an accident.”

- Ask: What do you think FIRST AID really means?
 - Key takeaway: First aid is knowing what to do FIRST to AID in cases of injury or medical emergencies.
 - Exactly what to do depends on the injury or emergency.
- Discuss some accident scenarios – like a car crash, a bike crash, a fall down the stairs, a fire:
 - What must you do to help?
 - You are told to get help in the emergency. How will you do that?
 - Someone asks you to call 911 or the emergency number in your area. What are the main things you must tell the 911 operator?
- 911 Call Acting. You might play the role of a 911 operator with 2 or 3 accident examples. Give your Scout a scenario card (like car crash, fall down the stairs, or fire), and have the Scout answer your questions.
 - Scout pretends to dial 911.
 - Parent Operator: *What is your emergency?*
 - Scout responds, describes the accident. Then answers the following questions, one at a time:
 - Operator: *What is your name? What number are you calling from? Where are you located? Where are the nearest cross streets [or, in a rural area, significant landmarks]? Is anyone hurt?*
 - After all questions have been answered:
 - Operator: *OK, we will send help. Please stay on the line.*



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- Ask your Scout: What went well? What could we do better? Why was it important to practice this?
- **Review from the Handbook:** If you come across an accident or medical emergency, do these things:
 - **Check.** Make sure the scene is safe before approaching. You can't help anyone if you become a victim yourself.
 - **Calm down and think.** Assess the situation and decide what needs to be done. Staying calm may be hard to do, but it's important. The victim will feel better knowing you are in control, and you will be able to make better decisions than if you were panicked.
 - **Call.** If the victim seems badly hurt, send someone to call for medical help. If no one is there to do that, call for help, and offer to assist the victim.
 - **Care.** Explain that you know first aid and get permission to treat the victim before doing anything else.

Activity 2: Hurry Cases, Choking and Shock

Requirements 2, 3 and 4: "Requirement 2. Show what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning. Requirement 3. Show how to help a choking victim. Requirement 4. Show how to treat for shock."

- Take these one at a time and have a copy of the Handbook for reference. Other family members can serve as helpers, patients, and accident victims in these scenarios:
 - An accident victim is bleeding severely. (Food coloring or red markers on paper towels can simulate the blood.)
 - Someone has suffered a heart attack or sudden cardiac arrest.
 - A patient's breathing has stopped.
 - Another patient is showing symptoms of a stroke.
 - An empty cleaner bottle or pill container is found near a person who is severely vomiting.
 - Someone has been eating, then suddenly seems unable to speak and raises her hand to her throat (the international sign for choking).
 - An accident victim shows symptoms of shock: cool and clammy skin, nausea, and feeling faint.
- For each one, have your Scout act out the Hurry Cases scenarios described above, using the bandages and other materials available.



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Make a game out of it!

Play First Responder Relay with your den or family.
See resource guide for cards

Activity 3: First Responder Relay

Requirement 5: “Demonstrate how to treat at least five of the following: A. Cuts and scratches; B. Burns and scalds; C. Sunburn; D. Blisters on the hand or foot; E. Tick bites; F. Bites and stings of other insects; G. Venomous snakebites; H. Nosebleed; I. Frostbite.”

See the resource guide for 12 First Aid Scenarios or “Stations”.

- Take each “Station” card one a time and share the first aid issue presented.
 - You don’t need to do all of the “props” or “staging” (but you can do some if you want and have family helpers). You can just say you have the issue, and ask “how will you deal with this and help me?”
- Introduce the three “C’s”: CHECK, CALL, and CARE. With each “Station” or scenario:
 - The Scout must first CHECK to see what happened and if it is a life-threatening situation or hurry case.
 - Then they must CALL for help.
 - And CARE for the patient or accident victim using available first-aid kits.
- Have your Scout describe what should be done – use the directions in the Webelos Handbook.

Activity 4: First Aid Kit

Requirement 6: “Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.”

- Pull out your home first-aid kit and display it – review whether you’re missing anything based on the instructions in the Webelos Handbook.
 - Explain how each item might be useful in an emergency.
 - As needed, acquire additional items to put together a better home first aid kit.



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Tips from an Akela!



This next activity is optional if you did all of Activities 1 through 4 above, but it is good to plan for a family emergency.

Activity 5: Emergency Plan

Requirement 7: “Create and practice an emergency readiness plan for your home or den meeting place.”

- Have your Scout prepare a plan for their families to establish a simple emergency plan – and work with your Scout to make it your family plan.
 - How can you escape your homes in case of a fire or other emergency?
 - Where should you assemble when you escape the house?

WRAPPING IT UP

Congratulations! If you have completed all the activities and finished all the requirements, you are all done working on this adventure! For scouts that do this on their own or with their family, they can share about the adventure with their den at a future meeting. If your den is not able to meet in person, consider scheduling a virtual meeting and giving each scout a chance for show and tell.

AFTER YOU HAVE COMPLETED YOUR ADVENTURE

Once you have completed your adventure present your Scout with the Adventure Belt Loop. Also make sure to mark off the requirements in ScoutBook. Once you do this your Den Leader will be notified of your Scouts achievement.



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