FIRST RESPONDER

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 of the role of the first responder in the local community
- A Scout is brave, courteous.

Webelos Handbook, page 50

ADVENTURE REQUIREMENTS

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 snakebites
   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.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

The den outing will take place first in this adventure, to provide context and inspiration for the other two meetings. Plan at least one month in advance for a den visit to an EMS station, fire department, emergency room, or other emergency first-aid service agency (requirement 8). 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 the outing in advance. Work with families to plan transportation to and from the location. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Identify an EMS station, fire department, emergency room, or other emergency first-aid service agency in your community to visit with the Webelos Scouts. You should plan on contacting the service at least a month ahead of time to schedule the visit.
- Make transportation arrangements with families, and confirm who will attend, when you plan to go, where you will meet, and what the Webelos should wear or bring. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- An alternative may be to have an emergency first responder or health-care professional visit the den meeting. Provide the guest or host with a copy of the First Responder adventure requirements to prepare them for their visit.
- Index cards with suggested questions (see Gathering) and blank cards for the Scouts to write their own questions.
- Have thank-you notes prepared for Scouts to sign and give to anyone who helps with the outing.

GATHERING

- Review any questions the Webelos want to ask to make sure all are appropriate. Pass out blank index cards so Scouts can write down their questions and remember to ask them. Consider having these questions on hand, too:
  - What types of first aid do the first responders provide?
  - What is the most important thing a first responder should do when he or she arrives on the scene?
  - What are their greatest challenges?
  - What can the community do to help them?
  - In what ways is a first responder brave?
  - How can a person train to become a first responder? Will being a Scout help to prepare me?
  - What are some ways we can keep ourselves and others safe?
  - How can we apply what we are learning here to emergencies at home?

OPENING

- Introduce the First Responder adventure to the den.
- Emphasize that "a Scout is courteous," and they should be on their best behavior. Also "a Scout is helpful"; today, they will learn how first responders are helpful citizens. Finally, "a Scout is obedient" to the rules of any place they enter.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

ACTIVITIES (REQUIREMENT 8)

- Have Webelos introduce themselves to the staff member(s) who will be guiding the visit. An appropriate greeting might be as simple as, "Hello, my name is . . ."
- Tell the guide that the Scouts have questions they would like to ask after the session.

CLOSING

- Have Scouts give their thank-you notes to anyone who helped with the outing. They might also express appreciation with a handshake, den yell, or applause.
- Tell the members of your den that as this adventure continues, they will learn some of the same skills used by the first responders they met today. They should think about ways that a first responder serves the community as a good citizen, and how they can be "helpful" to their community by learning what to do in an emergency.

AFTER THE MEETING

- Serve refreshments, if desired. If appropriate, sharing refreshments with the first responders would be a nice gesture.
- Record completion of requirement 8.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Four index cards (Gathering)
- Set of scenario cards for the two Role-Play games (Activities 1 and 2)
- Materials for the Hurry Cases game (Activity 2): bandages and other first-aid supplies
- Prepare the den chief and several adult volunteers to serve as helpers, "patients," and "accident victims" in the Hurry Cases game.

GATHERING

- As Scouts arrive for the meeting, divide them into groups of two or three and give each group an index card with one of these words: *strong, calm, clear,* and *careful.* Each group will huddle for a while and create a brief skit for the Opening that illustrates this way of showing bravery.
- You may wish to put the den chief in charge of this activity. If you have a small den, the den chief may also join one of the teams.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.
- Say: *In this meeting, we will learn that first responders are ALWAYS prepared. An important part of being prepared is to be BRAVE. Let's look at some skits to figure out what we need to do to be brave.*
- As each group acts out its way of showing they are brave, ask the other Webelos: *Are they being strong? Or calm? Or clear? Or careful?* If necessary, guide the Scouts toward the correct answer. Then have them explain how the skit demonstrated that virtue.
- When the skits are finished, have the Scouts chant the four ways to show bravery: *Be strong! Remain calm! Give clear information! Be careful!*
- Remind the den of the traditional Scout motto: *Be Prepared.* Then lead them in a cheer; say, "Scouts, be prepared!" The Webelos will answer, "We are prepared!"

- Lead the den in this song (to the tune of "Row, Row, Row Your Boat"):

Be, be, be prepared,
Always a good Scout!
Strong, calm, clear, and careful.
This is what we're about!

TALK TIME (REQUIREMENT 1)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Ask: *In what ways did the first responders you met last week serve as models for good citizenship? What did you learn from their example?* Have Scouts explain their answers.
- Start with a question: *Who can tell us something about the first responders outing last week?* Invite all the Scouts to reply; each answer should be listened to respectfully.
- Now 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.
- Divide Webelos into three groups, and give each group a card with one of these scenarios:
  - There has been an accident! What must you do to help?
  - You are told to get help in an 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?
- Give the groups two minutes to huddle and decide on an answer. Then they will share it with the rest of the den.

ACTIVITIES: ROLE-PLAY GAMES

These games allow Webelos to put into practice what they learned during the Talk Time. Create a set of scenario cards that briefly describe accidents or other incidents that require a 911 call and/or an EMS response. You may also use pictures to illustrate the scenes.

◇ Activity 1: Getting Help

As den leader, you will play the role of a 911 operator. In turn, give each Scout a phone and a scenario card, and have them answer your questions (see script in Meeting 2 Resources).

◇ Activity 2: Hurry Cases (Requirements 2, 3, and 4)

Now divide the Scouts into new teams and have them act out the Hurry Cases scenarios in Meeting 2 Resources, using the bandages and other materials you collected.

CLOSING

- Gather the Webelos in a friendship circle. Starting with the denner and moving right, have each Scout mention a way that first responders are "helpful" or "brave."
- Then close with the cheer they learned in the Opening: "Scouts, be prepared!" "We are prepared!"



Do-at-Home Project Reminder:

Before Meeting 3, Webelos will work with their families to establish a simple emergency plan: How can they escape their homes in case of a fire or other emergency, and where should they assemble? The Scouts will share their plans next week

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1, 2, 3, and 4.

MEETING 2 RESOURCES

ACTIVITIES: ROLE-PLAY GAMES

◇ Activity 1: Getting Help

Scout pretends to dial 911.

Operator: *What is your emergency?*

Scout responds, reading from the scenario card, and 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.*

After each Scout has had a turn, ask the den: *What went well? What could we do better? Why was it important to practice this?*

◇ Activity 2: Hurry Cases (Requirements 2, 3, and 4)

- Divide the Webelos into teams of two or three. The teams will rotate through stations representing the five hurry case scenarios in the *Webelos Handbook* as well as choking and shock incidents so they can learn how to cope with each emergency.
- Have a copy of the handbook at each station for reference. The den chief and adult volunteers can serve as helpers, patients, and accident victims at the following stations:
  - 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 his hand to his throat (the international sign for choking).
  - An accident victim shows symptoms of shock: cool and clammy skin, nausea, and feeling faint.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- Materials for home first-aid kits (Gathering; see requirement 6 in the *Webelos Handbook)*
- Prepare the den chief and several adult volunteers to serve as helpers, "patients," and "accident victims" in the First Responder Relay (Activity 1). Print the tips and instructions for each emergency station (see Meeting 3 Resources).
- Ball to toss (Closing)

GATHERING (REQUIREMENT 6)

- Put together a sample first-aid kit and put it on a table with all the materials laid out. As Scouts arrive, have them assemble their own kits based on the instructions in the *Webelos Handbook.*
- In addition, you might provide sample items for car and personal first-aid kits (also in the handbook). Explain how each item might be useful in an emergency.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

ACTIVITIES

◇ Activity 1: First Responder Relay (Requirement 5)

- Divide the den into teams of two or three and set up five to nine different "emergency stations" around a large space. At each station, the den chief and adult volunteers will present a scenario and assist the first responders in taking action, based on directions in the *Webelos Handbook.*
- Depending on your meeting place, the Scouts may go from room to room, around a gymnasium, or along the trail at a park. Be sure to arrange for volunteers who can serve as "patients" or "accident victims" and assist the den chief in keeping things moving. If necessary, the same people can be "patients" at multiple stations. Make sure to give them the index cards with tips and instructions for each station. (See "Realistic First-Aid Suggestions" below. The more you can do to make the scenarios seem real, the more the Scouts will learn from them. If you wish, each scenario can present a specific incident, e.g., a kitchen accident, auto wreck, knife wound, and so on.)
- Introduce the three C's": *CHECK, CALL,* and *CARE.* At each station, the Scouts 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 the first-aid kits they made in the Gathering.

◇ Activity 2: First-Aid Game

Have Scouts play this fun game, if time allows:

Pressure Pad Relay

- Divide the den into two teams.
- Review the precautions to take to prevent spreading blood-borne diseases. (See page 58 in the *Webelos Handbook.*)
- One member of each team is the "victim," who has arterial bleeding from the left wrist.
- On a signal, the first person in each team runs to the victim and applies direct pressure to the wound, using a neckerchief as a pad.
- When the Scout's technique is correct (see the *Webelos Handbook),* the judge (den leader or den chief) yells, "Off!" The Scout removes the pad, runs back to their team, and tags the next member. The first team to finish wins.

CLOSING

- Gather the Webelos in a circle. Have them toss a ball at random across the circle. As Scouts catch the ball, they say something they learned at this meeting about being a first responder, then toss the ball to another Scout. Continue until each person has had at least one turn.
- Close with the "Be Prepared" cheer from Meeting 2.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 5, 6, and 7.

MEETING 3 RESOURCES

ACTIVITIES

Activity 1: First Responder Relay (Requirement 5)

STATION 1
Requirement 5A

Cuts and scratches

Simulate a small cut with a red marking pen by drawing a line on the arm or hand of a helper, less than a half-inch in length. Be ready with small adhesive bandages and soap and water to simulate treatment.

CHECK – Review seriousness of injury.

CALL – Not necessary to activate EMS for this injury; it would be wise to inform an adult.

CARE – Clean wound. Apply bandage.

STATION 2
Requirement 5B

Burns and scalds

An overturned coffee cup (to imply a spill) could be used as a prop. The helper can hold out his or her arm and appear to be in pain. Carrying out this session near a sink would be helpful so the first responder can run cool water over the injury.

CHECK – Review seriousness of injury. A second-degree burn (partial thickness) requires contacting a doctor.

CALL – Not necessary to activate EMS for this injury; it would be wise to inform an adult.

CARE – A first-degree burn or scald that affects only a small patch of skin can be treated by running cold water over it.

STATION 3
Requirement 5C

Sunburn

Appropriate props for this station include a towel, aloe vera or other moisturizing lotion, and ibuprofen or other analgesic.

CHECK – Check status of injury. Describe the redness and potential swelling of sunburned skin.

CALL – If the skin has blisters and the blisters break open, call a doctor.

CARE – Suggest a cool shower or place a cool, damp towel over the burn. Apply moisturizer or aloe vera lotion to the affected area. A mild painkiller such as ibuprofen can be given, with a parent's supervision.

STATION 4
Requirement 5D

Blisters on the hand or foot

Use a washable marker to draw a pink ring on the heel of a helper's foot. This is a common place for blisters to form. Use an adhesive bandage to hold a gauze pad in place over the blister to keep it from breaking.

CHECK – Check state of blister.

CALL – There is no need to contact EMS. A blister that pops or tears may require medical attention.

CARE – The best approach is to prevent blisters from forming. Explain the value of wearing liner socks when hiking or show how to place a bandage over a "hot spot" if it feels tender or warm from rubbing.

STATION 5

Requirement 5E

Tick bites

Show a picture of a tick. Use a small seed to represent a tick. (A popcorn kernel or pumpkin seed colored dark brown with a marker would work well.) Show how to firmly grip the "tick" with a pair of tweezers—without crushing the tick—when removing the tick from the victim.

CHECK – See if a tick is attached.

CALL – There is no need to seek professional medical help unless the tick is a deer tick—a very tiny tick, about the size of a sesame seed. Deer ticks can harbor diseases such as Lyme disease.

CARE – With tweezers, gently grip the tick and slowly pull it away from the skin. Do not twist or turn the tick, as its mouth parts may break off and cause an infection. Wash with soap and water and watch site for signs of infection (swelling or redness). Lyme disease leaves a characteristic "ring" around the bite site and requires medical review.

STATION 6

Requirement 5F

Bites and stings of other insects

Have on hand an ice pack, a plastic card, soap and water, and an adhesive bandage. A bottle of antihistamine pills can serve as a prop for additional treatments.

CHECK – Be sure victim is safe from further stings.

CALL – If the victim has an allergy to venom, it is important to immediately alert EMS assistance.

CARE – Move the victim away from the source of the stings. Show how to use a plastic card to scrape away the stinger to prevent the release of additional venom. You may wash the area and apply a bandage as well. A cold compress with ice may help reduce swelling and discomfort. If the victim's parent or guardian is around, check with them about giving an antihistamine such as Benadryl to reduce itching and swelling.

STATION 7

Requirement 5G

Venomous snakebites

A rubber snake would be a helpful prop for this station.

CHECK – Check markings on the snake if this can be done without endangering yourself; this will help in identifying the snake.

CALL – Call EMS.

CARE – Remove rings from fingers before swelling can take place. Help the victim remain calm. Treat for shock and keep the part of the body that received the bite below the level of the heart. Keep the victim from moving excessively, and don't give him or her any caffeinated beverages.

STATION 8

Requirement 5H

Nosebleed

Prepare a tissue with red food coloring. The helper at this station should give the impression that he or she has just experienced a nosebleed.

CHECK – Review the status of the victim. If the nosebleed lasts for more than 20 minutes or happens because of an accident, a more serious injury might have taken place.

CALL – Seek medical assistance if the nosebleed lasts for more than 20 minutes or if it happened as a result of an accident or a blow to the head.

CARE – Have the victim lean forward, pinch the nose, and breathe through the mouth.

STATION 9

Requirement 5I

Frostbite

A pan with lukewarm water is an appropriate prop for this station.

CHECK – Watch for signs of frostbite when outdoors in the wintertime. The skin may look yellowish or gray and feel hard or wax-like. This is evidence that tissue is frozen and that the victim has frostbite.

CALL – Consulting with EMS is important, especially if numbness or pain remains after thawing or if blisters form.

CARE – It is best to avoid frostbite by getting out of the cold. Gradually warm the affected area by putting frostbitten hands or feet in warm water (104°F to 107°F). If the frozen body part may refreeze after thawing, do not thaw, as the repeated freezing and thawing will damage tissue even more.

STATION 10

Requirement 7

Emergency Readiness I

Wear a firefighter helmet to set the mood. When Webelos Scouts arrive at this station, ask (1) how they exit their home in case of emergency, (2) where their families gather after leaving their home, and (3) how long it takes them to leave their homes. If the Webelos Scouts have not practiced this with their families, encourage them to do so.

STATION 11

Requirement 7

Emergency Readiness II

Wear a firefighter helmet to set the mood. When Webelos Scouts arrive at this station, ask (1) how they think they should exit the den meeting location in case of emergency, (2) where their den should gather after leaving the meeting place, and (3) how long they think it will take them to exit and assemble at the designated meeting site. Practice this with the Scouts and ask how they think they could do it faster and better next time.

STATION 12

Emergency Services

Bring a phone book or an electronic device to search the internet. Practice how to locate a point of contact for the following:

- Power problems
- Gas leak
- Nonemergency police contact

REALISTIC FIRST-AID SUGGESTIONS

Use the following materials to make make-believe injuries look more realistic during first-aid practice: deep red and light red lipstick; cosmetic blusher; black wax crayon; "blood" mixture of red food coloring, powdered cocoa, and water; blue chalk or eye shadow; white glue or rubber cement; white eye shadow or glycerin and water solution (equal amounts) in an atomizer or squeeze bottle. Have the "victims" dress in old clothes so their uniforms don't get stained.

- Outline a "cut" with deep red lipstick. Fill in the area with heavy lipstick application. Drop "blood" onto the cut.
- To simulate the appearance of a serious cut, first build up the "skin" with white glue. When it has dried considerably, make a groove down the middle and add "blood."
- Apply makeup sparingly.
- Simulate abrasions with a little blue eye shadow. This is the "bruise." Smear some glue onto the "injured" area. Let it dry a bit, and then roughen it with the edge of a plastic spoon. Finish off with a little "blood."
- Simulate a simple burn by applying some blusher to the "injured" area. For a second-degree burn, simulate blisters by applying a little glue to the area. For third-degree burns, simulate charred skin by applying natural charcoal briquettes to the "injured" area. Then apply a light red lipstick and smear on glue. Let it dry a little, and then roughen it with the edge of a plastic spoon.
- Simulate the ashen face of a shock victim by applying light-colored foundation based on the skin tone of the victim. Work in the color for a smooth, pale complexion. Blend in blue eye shadow lightly over and under the eyes and then more heavily on lips and ear lobes.
- Simulate clammy skin by spraying glycerin and water solution onto the upper lip and forehead.
- You can use makeup for all kinds of cuts and bruises, such as an injured cheek, forehead, or lip.
- The first-aid practice will be more effective if the "victims" behave as if they were really in pain or dazed by injuries.

Upon completion of the First Responder adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.

