

Pioneer Express Scouting Adventures Online!



Focus on Four – First Aid

Zoom Naming Convention: First Name/Rank/Pack (Joe Bear 402)

6:25 – 6:30 Name Convention: First Name/Rank/Pack (Joe Bear 402)

Gathering

Share your mold culture



- Which grew the most mold?
- Did it smell?
- Did you have fun watching it grow?

Zoom Naming Convention: FirstName/Rank/Pack (Joe Bear 402)

6:30 – 6:35 Gathering Activity – Cubs share the Robot challenge. (My alternative if we don't have enough response, is to play Hangman using "Things you can do with your hand" using zoom whiteboard.

Turn of slide share so Scouts can share their robots. Turn back on for Pledge of Allegiance.

Remind about Zoom naming convention

Pledge of Allegiance



6:35 - 640 Pledge, Oath and Law (slides 3-5)

Alice asks one Scout to recite pledge while everyone else is on mute and saying it with the Scout

Scout Oath

On my honor I will do my best
To do my duty to God and my
country
And to obey the Scout Law;
To help other people at all times;
To keep myself physically
strong,
Mentally awake, and morally
straight.



Alice asks one Scout to recite Oath while everyone else is on mute and saying it with the Scout

Scout Law

A Scout is trustworthy,
loyal, helpful, friendly,
courteous, kind,
obedient, cheerful,
thrifty, brave, clean and
reverent.



Alice asks one Scout to recite Law while everyone else is on mute and saying it with the Scout

Scouting Adventures Online!

Episode 4

Focus on Four – First Aid Adventure

6:43 – 7:00 Introduce Episode 4

First Aid Fortune Tellers



6:40 – 6:55: First Aid Fortune Teller

So, this game is called First Aid Fortune Teller – what exactly IS First Aid? Allow for some ideas, then use a slide to show the definition.

§ First Aid is the first thing that you do to help a person with a serious injury or illness. It is what you must do immediately.

Each scout should have a First Aid Fortune Teller downloaded from the Adventure Resource Sheet on the Pioneer Express Web page. Make sure everyone has theirs and that it is folded and ready to use. Do a sample test to make sure everyone knows how it works. Take turns using their fortune teller – also find out what they know about the answers, and discuss the information revealed.

In Sacramento, we have two other kinds of emergencies when First Aid might be needed: two natural disasters that might happen – an earthquake or a flood. What should you do?

Earthquake - Stay away from windows, bookcases, bookshelves, heavy mirrors, hanging plants, fans and other heavy objects. Stay under 'cover' under a table or in a doorway till the shaking stops. After tremors subside exit your

home or school building and move to open fields.

Flooding: Learn evacuation routes. Contact your local officials and find out how **you should** get out of your area if **you** need to. Don't try to cross water over roadways. Don't drink from the faucet. Have a family emergency plan. Sit down and talk about the emergencies that **are** most likely to happen in your area. ... Assemble an emergency kit. ...Keep your gas tank filled.

Well, we've talked about some times when First Aid might be needed. There are some people, called First Responders, who are always ready to give First Aid. Any examples?

Visit with a Fireman EMT



<https://www.youtube.com/watch?v=OUiQa2ZQuSw>

6:55 – 7:10 visit with a Fireman EMT

<https://www.youtube.com/watch?v=OUiQa2ZQuSw>

Did anything surprise you about the EMT? About his job? Did you notice anything about the vehicle or the fireman's bag that you didn't know before? Which part of the job do you think the EMT hates the most?

Everyday First Aid

What would you do?

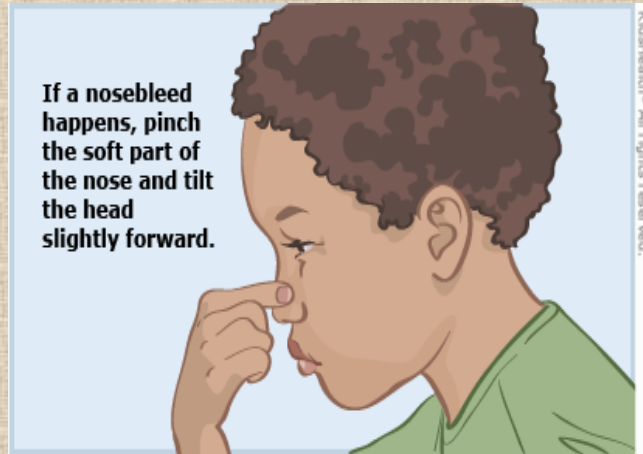


7:10 – 7:15: Everyday First Aid

Well, there are lots of times when you won't need an EMT, but someone needs to do some First Aid. What would you do for these emergencies?
Nosebleed? (Wait for responses, then show slide and go over the First Aid needed.)

Everyday First Aid

Nose Bleed



Gently pinch the soft part of the nose (just below the bony ridge) with a tissue or clean washcloth. Keep pressure on the nose for about 10 minutes; if you **stop** too soon, bleeding may start again. Discourage nose-blowing, picking, or rubbing, and any rough play.

How about cuts or scratches? What do you need to do for that?

Everyday First Aid

Cuts and Scratches

- Wash hands
- Wear gloves
- Wash wound
- Apply ointment
- Cover
- Clean daily



Wash your hands with soap and water before treating injury.

Wear nonlatex gloves during treatment.

Wash scrapes and minor cuts with soap and water

Apply triple antibiotic ointment.

Cover with a dry, sterile dressing or an adhesive bandage

Clean and bandage wounds each day.

Well, I think you guys are ready to give good First Aid for nosebleed or cuts and scratches!

Okay, now imagine that someone falls from a ladder and their leg is lying at an odd angle? What do YOU do? What if you see someone running down the sidewalk and they suddenly just fall to the ground. What do you do?

Pop-up 911 Game



?????



7:15 – 7:23 Pop-up 911 and Focus on Four Games

1. Should you call 911 if you see someone breaking into a car?
2. Should you call 911 if you brother or sister breaks your toy?
3. If you are hiking with a friend and he falls and hurts himself very badly, should you call 911?
4. If your friend falls down and scrapes his elbow, should you call 911?
5. If you see fire or smell smoke, should you call 911?
6. Should you call 911 if you need help with a school project?
7. Should you call 911 if a stranger is following you?
8. Should you call 911 if you see a car accident where someone is hurt?
9. Should you call 911 if your parents put you in timeout?

Focus on Four Game

Be...

Go over the Four Important Things to Focus On.

Be Brave.

Be Careful. Make sure the scene is safe before approaching. You can't help anyone if you become a victim yourself. Look and see what has happened.

Be Calm Decide what needs to be done. Staying calm may be hard to do, but it's important! You will be able to make better decisions if you don't panic.

Be Clear - Call for help - 911. 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. **Stay on the line. Do NOT hang up.** Tell them what the emergency is. Where are you? Who needs help? What is your name and phone number? Who is with you?

Focus on Four Game

1. Be Brave



Be Brave.

Focus on Four Game

1. Be Brave

2. Be
Careful



Be Careful. Make sure the scene is safe before approaching. You can't help anyone if you become a victim yourself. Look and see what has happened.

Focus on Four Game

1. Be Brave
2. Be Careful

3. Be Calm



Be Calm Decide what needs to be done. Staying calm may be hard to do, but it's important! You will be able to make better decisions if you don't panic.

Focus on Four Game

1. Be Brave
2. Be Careful
3. Be Calm



4. Be Clear

Be Clear - Call for help - 911. 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. **Stay on the line. Do NOT hang up.** Tell them what the emergency is. Where are you? Who needs help? What is your name and phone number? Who is with you?

Challenge at Home

Make a personal first aid kit



7:23 – 7:25 Challenge at Home Activity

Make a personal first aid kit.

Here are some things to include in your personal kit: various sizes of bandaids, Two 3-by-3-inch sterile *gauze pads*, small roll of adhesive tape, One 3-by-6-inch piece of moleskin. One small bar of soap or travel-size bottle of hand sanitizer. One small tube of antibiotic ointment. One pair of scissors. One pair of non-latex disposable gloves. Just do your best to make a kit.

A great video about the best things to have in a personal kit. (For Cubs/Webelos, the irrigating syringe would be optional)

<https://www.youtube.com/watch?v=mYWmUsTHLKo>

Help your parent or another older person check your family first aid kit.

Make sure everything is there. Make sure items are not expired. Make sure everyone knows where the First Aid kit is. Watch this Scouting at Home video about what you need in a family first aid kit:

<https://www.youtube.com/watch?v=2BMvo2F4Je0>

Upcoming October 14

Starry Night Adventure

With David Oliviera, Pack 107



Supplies:

- Blue construction paper
- Crayons or colored pencils (white, black, brown, light green, dark green, dark blue, light blue, orange, and yellow)

7:25 – 7:28 Looking Forward: Promo for the next event, - go to website to register for the event.

Closing



7:28 closing remarks – Turn off share screen so that the Scouts can see Alice better.

Being a hero does not mean that you must risk being safe. It can mean getting help, or making a phone call to 911 to get the police, or fire department, or an ambulance. The key is to be BRAVE, to be CAREFUL, to be CALM, to be CLEAR if you call for help if needed. Many times, an adult has been saved because a child knew to call 911 in an emergency and get help right away. You never know when or where emergencies will arise. But if there is an Emergency, remember to be CALM, to be CAREFUL, to CALL for Help - and to be CLEAR and STAY on the line. Cub Scouting teaches us to handle these situations. We don't expect to get hurt, we don't expect to need first aid, but Cub Scouts can be prepared to "Do Your Best!"

Attend the *Next Event* on *October 14* at 6:30 which will include sharing your personal first aid kit....