



Arrow of Light Den Meeting 8

Readyman

Readyman activity badge (partial).

Preparation and Materials Needed

- ▶ Read the Readyman chapter in the *Webelos Handbook*.
- ▶ The **Readyman activity badge** requires three to four hours to complete. These meeting plans cover the activity badge over three meetings, but there may be other options, including:
 - Contact your local council service center to ask if they offer a workshop for completing the **Readyman activity badge**. The American Red Cross may also be willing to conduct a workshop on the **Readyman activity badge**.
 - If you do that, advise parents of the date for this activity well in advance. Webelos Scouts should prepare a home fire escape plan and bring it with them to the workshop (**Readyman requirement 11**).
- ▶ There may be parents in your den who are qualified to work with the boys on these requirements. Identify any parents or other pack resources who are in the medical profession (doctors, nurses, emergency medical technicians, firemen, police), or have Red Cross or similar training and could be your activity badge counselor for this meeting.
 - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
 - Show any guest speaker the Readyman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - If you want to use the "Realistic First-Aid Practice" ideas below, see that section for the makeup and other supplies needed.
 - Ideally, a mannequin for rescue breathing practice.
 - Plastic wrap (a new piece to go over the mouth of the mannequin after every use)
 - A well-stocked first-aid kit.
 - Review the drills you're going to do with any volunteers to determine additional items you would like to have in place.

Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

Business Items

- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to continue work on the **Readyman activity badge**, with a focus on being ready to take care of first-aid emergencies.
- ▶ **Verify:** Check boys' handbooks for parent/guardian signatures for **Readyman requirements 3 and 11**. Sign handbooks and record on den advancement record.

Activities

- **Readyman Activity Badge:** Requirements for today are 4–7. Role-play these emergency situations to help boys develop the courage to respond appropriately:

4. Demonstrate the Heimlich maneuver and tell when it is used.

See *Webelos Handbook*, page 379.

5. Show what to do for these “hurry cases”:

- Serious bleeding
- Stopped breathing
- Internal poisoning
- Heart attack

See *Webelos Handbook*, pages 371–376.

6. Show how to treat shock.

See *Webelos Handbook*, pages 376–377.

7. Show first aid for the following:

- Cuts and scratches
- Burns and scalds
- Choking
- Blisters on the hand and foot
- Tick bites
- Bites and stings of insects other than ticks
- Poisonous snakebite
- Nosebleed
- Frostbite
- Sunburn

See *Webelos Handbook*, pages 377–383.

- **Realistic First-Aid Practice:** 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 “victim” dress in old clothes so his uniform doesn’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, as too much can make the wounds appear to be phony.
- 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 rough it up with a dull kitchen knife. 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 onto the area. For third-degree burns, simulate charred skin by applying black crayon to the “injured” area. Now apply a light red lipstick and smear on glue. Let it dry a little, and then roughen it with a dull kitchen knife.
- Simulate the ashen face of a shock victim by applying white eye shadow or white chalk. 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 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. And your first-aid practice will be more effective if the “victims” behave as if they were really in pain or dazed by injuries.

- Consider mixing in the following games to break up the first-aid drilling:

Pressure Pad Relay.

— Divide the den into two teams.

— One member of each team is the “victim,” who has arterial bleeding from his left wrist.





- On a signal, the first boy in each team runs to his victim and applies direct pressure to the wound, using his neckerchief as a pad.
- When his technique is correct (see the *Webelos Handbook*), the judge (Webelos den leader or Webelos den chief) yells “Off!” The boy removes the pad, runs back to his team, and tags the next member. First team to finish wins.

Poison Treatment Relay.

- Print each of the following poisons on a slip of paper: (1) furniture polish, (2) half-full bottle of aspirin, (3) kerosene, (4) contents of unlabeled bottle in medicine cabinet.
- Divide the den into two teams.
- On a signal, the first player on each team runs to the judge and is given a slip.
- He must tell the judge the proper treatment for the case, including (1) calling a hospital or poison control center; (2) reading the label on the container, if there is one, and following directions; (3) knowing whether to give water; and (4) knowing whether to cause vomiting.

Rescue Breathing Relay.

- This relay is run in the same manner as the Pressure Pad Relay except the action is mouth-to-mouth resuscitation. Use a mannequin as the “victim.”
- The relay is a fun way to practice this skill, but it is essential for the leader to remember that proper technique is the reason for the activity.
- Don’t allow boys to rush their resuscitation just to win the contest.
- In addition, be sure the judge thoroughly maintains a sanitary environment.
- The judge must place a clean piece of plastic wrap over the mouth of the mannequin for each boy, or otherwise sterilize the mouth area.
- **Note:** Always teach the use of barrier devices such as latex gloves, mouth barriers, and, in some cases, eye protection to prevent possible contamination by blood or other direct contact with the injured person.

- ▶ In the boys’ *Webelos Handbooks*, sign the requirements met (and update your records).

Closing

- ▶ Award (or recognize) any advancement completed today; thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader’s minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting’s flag ceremony.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Readyman chapter in their *Webelos Handbook* before the next meeting and about:
 - Upcoming visits to a Boy Scout troop meeting and to a Boy Scout-oriented outdoor activity.
 - Selection of Boy Scout troops and scheduling of Scoutmaster conferences (**Arrow of Light Award requirement 6**).

After the Meeting

- ▶ If you’ve changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.