

Readyman Requirements

Do all of these:

1. With your parents, guardian, or Webelos den leader, complete the Courage Character Connection.
 - a. Know: Define the importance of each courage step: Be strong; Be calm; Be clear; Be careful. Explain how memorizing the courage steps helps you to be ready.
 - b. Commit: Explain why it is hard to follow the courage steps in an emergency. Tell when you can use the courage steps in other situations (such as standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted, etc.)
 - c. Practice: Act out one of the requirements using these courage steps: Be strong; Be calm; Be clear; Be careful.
2. Explain what first aid is. Tell what you should do after an accident.
3. Explain how you can get help quickly if there is an emergency in your home. Make a "help list" of people or agencies that can help you if you need it. Post it near a phone or in another place with easy access.
4. **Demonstrate the Heimlich maneuver and tell when it is used.**
Readyman Requirement #7 –see below
5. Show what to do for these "hurry cases":
 - a. Serious bleeding
 - b. Stopped breathing
 - c. Internal poisoning
 - d. Heart attack
6. Show how to treat for shock.
7. **Show first aid for the following:**
 - a. Cuts and scratches
 - b. Burns and scalds
 - c. **Choking** (*Readyman Requirement #4 –see above*)
 - d. Blisters on the hand and foot
 - e. Tick bites
 - f. Bites and stings of insects other than ticks
 - g. Poisonous snakebite
 - h. Nosebleed
 - i. Frostbite
 - j. Sunburn
8. **Tell what steps must be taken for a safe swim with your Webelos den, pack, family, or other group. Explain the reasons for the buddy system.**
Aquanaut Requirement #8 - While you are a Webelos Scout, earn the Cub Scout Sports belt loop for swimming. Complete these three requirements:
 1. Explain the rules of Safe Swimming Defense. Emphasize the buddy system.
 2. Play a recreational game in the water with your den, pack, or family.
 3. While holding a kickboard, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.

And do two of these:

9. Explain six safety rules you should follow when "driving" a bicycle.
10. Explain the importance of wearing safety equipment when participating in sports activities (skating, skateboarding, etc.)
11. **Make a home fire escape plan for your family.**
Engineer Requirement #2 - Draw a floor plan of your home. Include doors, windows, and stairways.
12. **Explain how to use each item in a first-aid kit.**
Traveler Requirement #8 - Check the first aid kit in the family car to see if it contains what is needed. Explain what you found.
13. Tell where accidents are most likely to happen inside and around your home.
14. **Explain six safety rules you should remember when riding in a car.**
Traveler Requirement #11 - Make a list of safety precautions you, as the traveler should take for travel by each of the following: car, bus, plane, boat, and train.
15. Attend a first-aid demonstration at a Boy Scout troop meeting, a Red Cross center, or other community event or place.