



# SCOUTS IN ACTION WEEK



## FIRST+ AID

26-30 APRIL 2010



### CUB SCOUT PACK PROGRAM PLANNER

<b>THEME</b>	First Aid	<b>DATE</b>		<b>ATTENDANCE</b>	
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Time	Minutes	Activity Type	Activity Description	Equipment	Leader
	5	Ceremony	Opening Parade	Australian Flag Prayer Book	
	5	Game	Game – Elbow Tag	Nil	
	15	Talk 1	Calling for Help in an Emergency	Telephone Phone Books	
	10	Game	Emergency Calls	Telephone	
	10	Craft	Emergency Number Cards	Blank Cards Pens/Pencils Clear Plastic Contact	
	10	Game	First Aid Kit Game	Nil	
	15	Talk & Activity	Bites & Stings	White or Chalk Board	
	10	Badgework	Boomerang Test Work	As required	
	5	Game	Pass the Message		
	5	Activity	Treatment of a blood nose		
	10	Activity	True/False statements	Set of Cards	
	10	Game	Balloon Balance	Balloons	
	5	Ceremony	Final Parade	Flag Prayer Book	
		Dismiss	Home		

**NOTE:** All resources for this program are available from the dedicated Scouts in Action Website <http://scoutsfirstaid.stjohnqld.com.au>.

Downloads include:  
This program



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### OPENING PARADE

#### Preparation for Opening Parade

Inspection is carried out in Sixes before Cub Scouts enter the Parade circle. This gives the Leaders the opportunity to ensure that the Cub Scouts are correctly dressed to pay respect to the flag, and make any comments to each Cub Scout. The inspection should be brief.

The flag, correctly folded for breaking, is hoisted to the masthead by the duty Sixer before the parade is called. A Cub Scout is selected to lead "Do Our Best"

**Leader:** *"Pack, Pack, Pack"*

**Cub Scouts:** Respond with "PACK" loudly & sharply as they form a circle standing "at ease"

**Leader:** moves to the centre of the circle and holds both arms out at shoulder level.

**Cub Scouts:** come to the "Alert"

**Leader:** Lowers arms in a firm movement, until they are against the side

**Cub Scouts:** Lower to the squatting position, with chins up and heads back, and go straight into the Grand Howl.

**Cub Scouts:** The first three fingers of each hand should be extended and close together, arms straight and touching the floor in front of them

**Selected Cub Scout:** "AR KAY LA"

**Cub Scouts:** "WE---E---LL, D---O---O---O O---U---U---R (drawn out)  
BEST" (is short and sharp)

**Selected Cub Scout:** "DO YOUR BEST"

Cub Scouts leap into the air and listen to the leader's response. The same three fingers remain extended and close together to become the ears of the Cub Scout pointing upwards, touching each temple in front of the ears.

**Cub Scouts:** "W E'----L---L DO OUR BEST"

During this response the Cub Scouts drop their left hand, while their right hand is held in the Scout Salute position.

Only the Leader taking the Grand Howl salutes, all other Leaders and recruits stand at the Alert

**Leader:** *"Thank you Pack"* Moves back into the circle

**Leader:** *"Duty Cub Scout, prepare to break the flag"*

**Leader:** *"Pack, face the flag" - "Break when ready"*

**Leader:** *"Pack Salute"*

(Duty Cub Scout pulls on halyard and breaks flag) Cub Scouts remain at the Alert until the Duty Cub Scout takes two paces back facing the flag and salutes, then returns to the circle.

**Leader:** *"Prepare for Prayer"*



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### Announcements

To nights Program: \_\_\_\_\_

Special events: \_\_\_\_\_

Birthdays: \_\_\_\_\_

### Award Scheme

#### ***Bronze 1 – Health and First Aid (Responsibility for Self)***

##### **Basic First Aid**

- Put together a simple first aid kit and take it on bushwalks and outings with you
- Show how to treat a graze and a small cut

##### **Adult Help**

- Explain why you need adult help in case of accidents
- Pass a message, including an address, from one adult to another.
- Explain how to use a mobile phone and a public phone and discuss the steps you would take to make an emergency phone call

#### ***Silver 1 – Health and First Aid (Responsibility for Self)***

##### **Basic First Aid**

- Check and replenish or put together a simple first aid kit and take it on bushwalks and outings with you
- Show how to treat a bleeding nose
- Show how to treat stings and insect bites common to your region

##### **Adult Help**

- Explain why you need adult help in case of accidents
- Pass a message, including an address, from one adult to another.
- Explain how to use a mobile phone and a public phone and discuss the steps you would take to make an emergency phone call

#### ***Gold 1 – Health and First Aid (Responsibility for Self)***

##### **Basic First Aid**

- Check and replenish or put together a simple first aid kit and take it on bushwalks and outings with you
- Tie a sling with a reef knot
- Show how to treat burns and scolds
- Show how to treat bleeding
- Explain what to do in the case of fainting

##### **Adult Help**

- Explain why you need adult help in case of accidents
- Pass a message, including an address, numbers and details of an accident, from one adult to another.
- Explain how to use a mobile phone and a public phone and discuss the steps you would take to make an emergency phone call



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<b>Game</b>	<b>Elbow Tag</b>	<b>5 minutes</b>
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**Equipment:** Nil

**Game Play:**

Players group themselves into groups of three leaving one player out as "It". Players link arms at the elbow. "It" touches one group of three to begin play. Those three players must now break apart as "It" tries to tag one of them. In order to be safe, a player must run to another group of three players and link arms to one of the sides. The person on the opposite side of the group must unlink and run. They in turn must attempt to link with another group of three before they are tagged. If "It" successfully tags a player, they become the new "It".

<b>Talk</b>	<b>Calling for Help in an Emergency</b>	<b>15 minutes</b>
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**Equipment:** Telephone and mobile phones  
Phone books, white and yellow pages for each six

**Talk:**

- Explain why you need adult help in case of accidents
- What information is required by a 000 operator and how to answer their questions, and not to hang up until the operator says so
- Explain how to use a mobile phone and a public phone and discuss the steps you would take to make an emergency phone call

Each Cub Scouts get to practice making a mock emergency call.

Teach the Cub Scouts to use a phone book to look up emergency number such as who to phone for a gas leak or a power line down or the RSPCA.

Competition: Give each Six a set of phone books and give them a challenge to find a number of emergency numbers.

<b>Game</b>	<b>Telephone</b>	<b>10 minutes</b>
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**Equipment:** Telephone

**Game Play:**

You will need an old telephone or a toy one. Cub Scouts in a circle are numbered 1 to 6. A telephone is in the middle. The Leader announces an emergency, e.g. 'There is a fire in an old house on the corner of High and Maypole Streets' (or well known streets in your area).

Then the Leader calls out a number and Cub Scouts with that number run clockwise around the circle, back through their places and into the centre. The first there grabs the phone and dials the emergency number for your area. The Leader acts as the operator and asks which service is required. The Cub Scout replies and when through must give the details.



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<b>Craft</b>	<b>Emergency Name Cards</b>	<b>10 minutes</b>
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**Equipment:** Blank cards, pens, pencils, clear plastic contact to cover cards or a laminator, scissors

**Method:**

Personal Card:

Prepare a list of telephone numbers for your local area. As well as emergency numbers, include those of the local disco, garden club etc. Let the Cub Scouts sort out those which they consider to be important. With your assistance, they should copy the important ones onto a pocket sized card. This should be covered with clear plastic and carried with them at all times. Cover with plastic contact.

Card for Home:

Make another card to put in an obvious spot near the home telephone.

<b>Game</b>	<b>First Aid Kit Game</b>	<b>10 minutes</b>
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**Equipment:** Nil

**Game Play:**

(based on 'Stew' or 'Fruit Salad')

How to play: Cub Scouts at one end of the den in relay formation. Each Cub Scout in the Six is named after an item in a first aid kit, e.g. Cub Scout number 1 is bandage, Cub Scout number 2 is antiseptic, Cub Scout 3 is tweezers, Cub Scout 4 is sling, Cub Scout 5 is cotton wool, Cub Scout 6 is telephone money.

The Leader tells a story in which these articles are named. The Cub Scout named runs to the end of the den and back - first back wins a point. The whole Six runs if 'first aid kit' is called.

<b>Talk</b>	<b>Bites &amp; Stings</b>	<b>10 minutes</b>
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**Equipment:** White or chalk board

**Talk:**

Get the Cub Scouts to nominate something that stings or bites such as dog next door, mozzies, snakes, blue bottle, grandma's parrot in a cage etc. Have the Cub that made the nomination draw a simple picture of the biter or stinger on the board. (Praise the art work of each one.)

Talk about how to **prevent** each bite or sting nominated and a few others that have been missed.

Show how to treat stings and insect bites common to your region.

Maybe have a demonstration and practice on bandaging a snake bite.

<b>Activity</b>	<b>Pass the First Aid Message</b>	<b>5 minutes</b>
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**Equipment:** Nil

**Game Play:**

Cub Scouts are standing in lines in their Sixes with about 2 meters between each Cub Scout. Each Six is about 3 meters apart. A message is given to the Sixers, who race back to their Six and whisper the message to Cub Scout number 2, who whispers it to Cub Scout 3 and so on. When the last Cub Scout has the message, he whispers it to a Leader. The winner is the quickest and most correct. The Leader tells a story in which these articles are named. The Cub Scout named runs to the end of the den and back - first back wins a point. The whole Six runs if 'first aid kit' is called.



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<b>Activity</b>	<b>Treatment of a Blood Nose</b>	<b>5 minutes</b>
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**Equipment:** Set of Cards for each Six

**Activity:**

Prepare a series of cards on the steps involved in treating a blood nose. Let each Cub Scout Six sort them into the order that they think is appropriate.

- SIT DOWN
- COLD WET TOWEL ON NECK
- DO NOT BLOW NOSE
- SIT IN COOL FRESH AIR
- BREATHE THROUGH MOUTH
- PINCH HARD PART OF NOSE
- LOOSEN CLOTHING AROUND NECK
- COLD WET TOWEL ON FOREHEAD

Discuss the results

**Variation:**

Sets of cards, as above, could be used for the treatment of scalds and burns, or for the steps involved in obtaining adult help for the victim of a car accident.

<b>Activity</b>	<b>TRUE/FALSE Statements</b>	<b>10 minutes</b>
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**Equipment:** Nil

**Method:**

Make a game of it. Maybe sit the Cub Scouts in a big circle. Ask them to close their eyes then when the statement has been read out they should put their hands on their heads if the statement is true or fold their arms if it is false. Then ask them to open their eyes. You can discuss the statement if some get it wrong and slip it back in again later. Keep repeating the process with each statement.

Sample TRUE/FALSE statements (you can add to the list):

**YOU SHOULD:**

- Wash your hands after going to the toilet
- Wash your hands before a meal
- Stay up late watching TV every night
- Brush your teeth before bed
- Scrub your nails after playing sport
- Keep your nails trimmed short
- Use cold water to wash dirty hands
- See a dentist every two years
- Keep a handkerchief over your mouth when coughing
- Sneeze over food
- Wash a cut or graze with warm water and antiseptic
- Dial 000 in an emergency



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<b>Game</b>	<b>Balloon Balance</b>	<b>10 minutes</b>
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**Equipment:** Balloons

**Game Play:**

**Method:**

Formation: Six lined up for a relay.

Each Six is given one large and one small balloon.

The first Cub, on the word 'Go', balances the smaller balloon on top of the larger one and races to the other end of the playing area. If the top balloon falls off, the player must return to the starting line and begin again. When the 'run' (or walk) is complete, the player takes both balloons in his hands and runs back to the starting line, where the second Cub is waiting to race. The first Six finished, and sitting down, wins.