

Cub Scout Den Meeting Outline

Month: **May**

Week: **2**

Point of the Scout Law: **Friendly**

	Tiger	Wolf	Bear	Webelos	Arrow of Light
Before the Meeting	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	First Aid Fortune Tellers				
Opening	First Aid Opening				
Activity	First Aid and Safety Review				
Game	Roly Poly Tag				
Business items/Take home	None	None	None	First Responder 6	None
Closing	A Little Better Closing				
After the meeting					

Materials:

Gathering: copies of fortune tellers, scissors, crayons/markers

Opening: flag

Project/Activity: None

Game: None

Closing: None

Home assignments: See home assignment sheet

Advancement:

Tiger - None

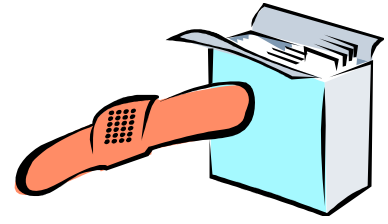
Wolf – None

Bear – None

Webelos – First Responder 1,3,4,5,6,7

Arrow of Light – None

First Aid Fortune Tellers



Materials:

Copies of First Aid Fortune Tellers (one type for Tiger/Wolf/Bear, one type for Webelos Scouts)

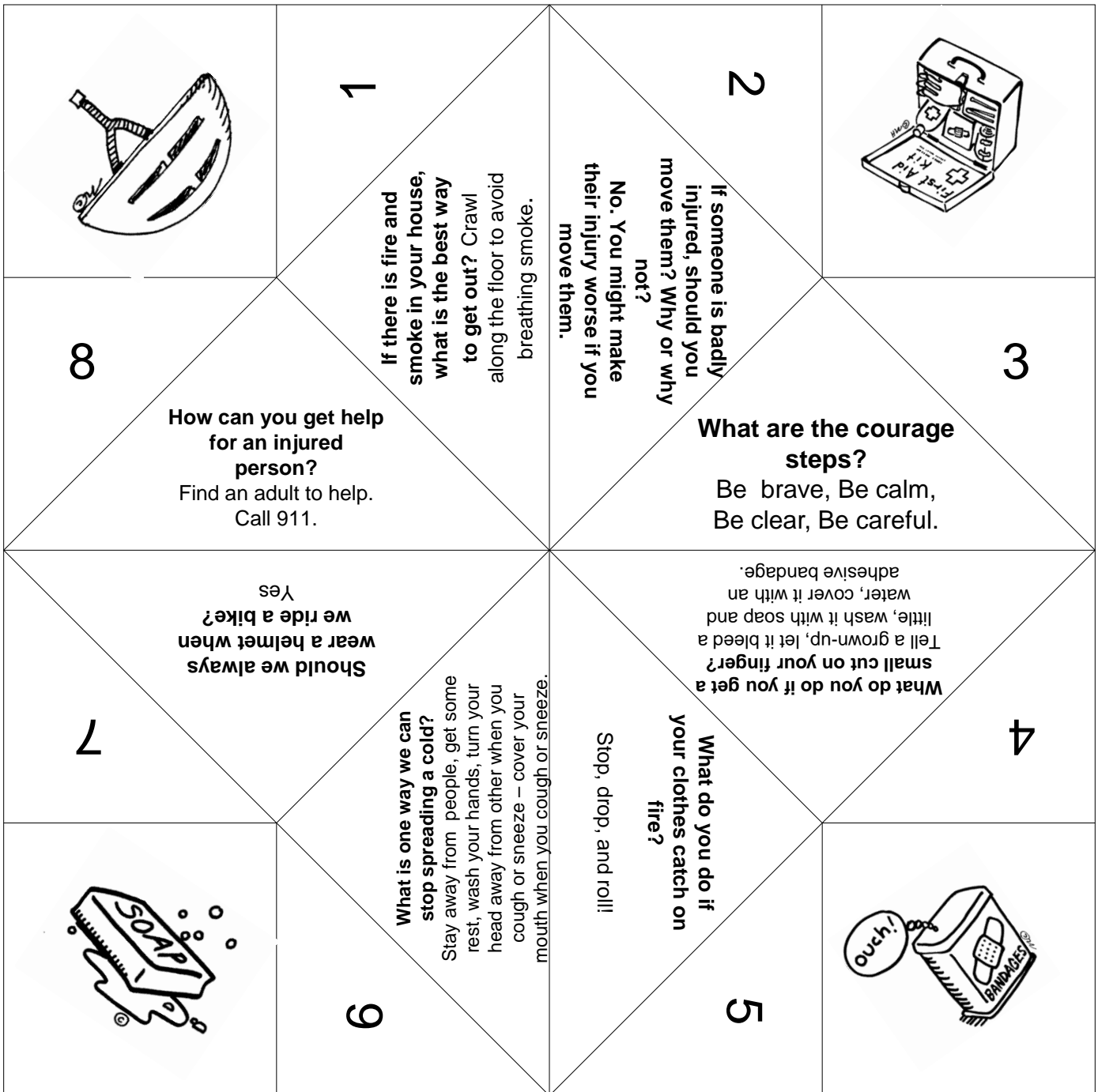
Scissors

Crayons/Markers

Instructions:

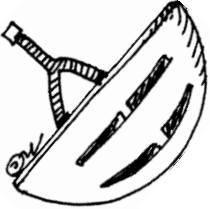
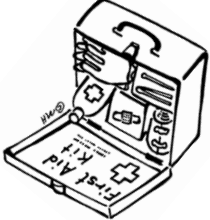


1. Let Cub Scouts cut out, color and fold their fortune tellers.
2. Have each Cub Scout go around and ask the first aid questions – see who can answer all of the right. What questions did the Cub Scouts have some difficulty answering? Use time this month to review first aid for all of the Cub Scouts.

First Aid Fortune Teller – Tiger, Wolf, Bear



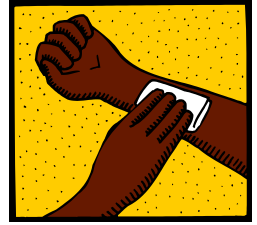
1. Cut around outside of square.
2. Fold in half and in half again
3. Open out, turn over so top is blank and then fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centres touching and you are ready to use your fortune teller!

First Aid Fortune Teller - Webelos

	<p>1</p> <p>What first aid should we give for choking? Give abdominal thrusts.</p>	<p>2</p> <p>What is the buddy system? When you swim you have a buddy that is at the same swimming level that you are. Stay with your buddy to be safe.</p>	
<p>8</p> <p>What first aid do we give for a nosebleed? Have the person sit up, pinch the nostrils and lean forward.</p>		<p>3</p> <p>What are the courage steps? Be strong, Be calm, Be clear, Be careful.</p>	
<p>7</p> <p>Should we always wear a helmet when we ride a bike? Yes</p>	<p>4</p> <p>How many kinds or degrees of burns are there? 3 – First degree, second degree and third degree burns.</p>	<p>5</p> <p>What is first aid? First Aid is what we do first to help a person with a serious injury or illness.</p>	
	<p>6</p> <p>How can you be safe in a car even though you don't drive a car? Use a seat belt, don't talk to the driver in heavy traffic, lock the doors, etc</p>		

1. Cut around outside of square.
2. Fold in half and in half again
3. Open out, turn over so top is blank and then fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centres touching and you are ready to use your fortune teller!

First Aid Opening



Materials:

Flag

Cubmaster:

Cub Scouts and Webelos Scouts should know a little bit of first aid. First Aid is the immediate or first help that we can give to someone else when they are hurt. It's important to know the right ways to help right away.

The **first things** we have to do is to **stay calm and think**.

The **second thing** is to **send for help**.

The **third thing** to remember is to **not move anyone** unless you have to.

We will learn more things to do, but we have to be brave and strong to be able to do first aid. Sometimes it can be scary to help someone. In an emergency it can be hard to be brave and strong. We have to be brave and strong at other times too. What other times do we need to be brave and strong? [See what answers the Cub Scouts give, you can mention standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted, etc.]

We can be brave and strong and we can help other people.

Let's say the Pledge of Allegiance and the Scout Oath together.

First Aid & Safety Review – Tiger, Wolf, Bear

Review the following:

Wash your hands:

1. Use warm water to wet your hands.
2. Use soap (any kind is fine).
3. Work the soap into a lather on both sides of your hands. Remember to wash your wrists, between your fingers, and around your fingernails.
4. Wash for 10-15 seconds (about the time it takes to sing “Happy Birthday” twice) and then rinse off the soap.



911 Safety Quiz Review:

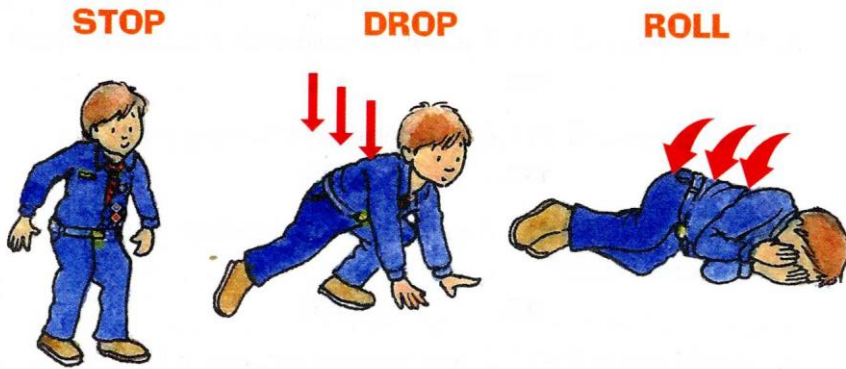
1. Should you call 911 if you see someone breaking into a car? YES!
2. Should you call 911 if your brother or sister breaks your toy? NO!
3. If you are hiking with a friend and he falls and hurts himself very badly, should you call 911? YES!
4. If your friend falls down and scrapes his elbow, should you call 911? NO!
5. If you see fire or smell smoke, should you call 911? YES!
6. Should you call 911 if you need help with a school project? NO!
7. Should you call 911 if a stranger is following you? YES!
8. Should you call 911 if you see a car accident where someone is hurt? YES!
9. Should you call 911 if your parents put you in time out? NO!

A Scout is trustworthy. Calling 911 is serious! A Scout would never call 911 unless it is a real emergency.

Stop, Drop and Roll:

If your clothing catches on fire, you should “Stop, Drop, and Roll.”

1. STOP moving. Moving will make the fire grow.
2. DROP to the floor.
3. ROLL on the ground. Rolling will put out the fire.



Have the Cub Scouts practice how to Stop, Drop and Roll.

Roll Someone Else in a Blanket:

Rolling a person in a blanket can also put out a fire. If you know the safe way to roll someone in a blanket, you can be a good helper by telling an adult how to do it in a real emergency. Practice the steps below.



Sneezing

Sneezes sound funny, but they are actually a powerful tool your body uses to get rid of dust or other things that are irritating your body. Sneezing can also spread germs quickly and powerfully. Because a Scout is courteous, always protect the people around you by sneezing into a tissue or the crook of your elbow.



First Aid & Safety Review – Webelos Scouts

Materials:

As the teacher and leader – please familiarize yourself with this information – it is taken directly from the Webelos Handbook under the First Responder Adventure.

Instructions:

For this activity, this will mostly be a role play of the First Responder Adventure requirements – 1, 3, 4, 5. There are requirements where the boys need to demonstrate and show that they know what they need to do in emergency situations.

For review, ask the Cub Scouts what they would do and what they can teach everyone as you go through these requirements. Let them help explain and demonstrate.

First Responder 1 – Explain what first aid is. Tell what you should do after an accident.

When people get hurt, they need help right away. That help is called first aid. It is the quick help someone receives before professional help can arrive.

First aid is what happens when you remove a tick that's burrowed into your skin. First aid is what happens when, after you scrape your knee, your mom cleans and bandages the wound. First aid is what happens when a server in a restaurant saves a choking victim by giving abdominal thrusts.

If you come across an accident or medical emergency, do these things:

- Check. Make sure the scene is safe. You can't help anyone if you become a victim yourself.
- Calm down and think. Assess the situation and decide what needs to be done. Staying calm may be hard to do, but it's important. The victim will feel better knowing you are in control, and you will be able to make better decisions than if you were panicked.
- Call. 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.
- Care. Explain that you know first aid, and get permission to treat the victim before doing anything else.

First Responder 3 – Show how to help a choking victim.

When you see a person holding his hands to his throat and turning blue, **ask if he is choking**. If he can speak, cough or breathe, encourage him to try to cough up what he has swallowed. If not, call 911, or ask a bystander to call 911. Tell the person that you know first aid, and ask if you can help.

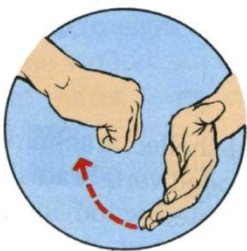
If the answer is yes, give back blows:

-Give five back blows between the shoulder blades with the heel of your hand.



If the object is not removed, give abdominal thrusts:

-Position yourself behind the person, and reach your arms around his or her waist.



- Make a fist with one hand just above the person's belly button. Cover the fist with your other hand.
- Make a series of five quick thrusts inward and upward to force air from the lungs. (Pretend like you are trying to pick the person up.)
- Alternate between abdominal thrusts and back blows until the object is dislodged, the person becomes unconscious, or medical help arrives.



First Responder 4 – Show how to treat for shock.

-When a person is injured or under great stress, the circulatory system might not provide enough blood to all parts of the body. That's call shock. The person will feel weak. The face may get pale. The skin will feel cold and clammy. He or she may shiver or vomit.

-Call 911 for emergency help immediately

-Have the person lie down on his or her back.

-Raise the feet slightly, unless you think there are injuries to the head, neck, back, hips, or legs. If you don't know, have the person lie flat.

-If the person is not awake, turn him or her on the side. But first, be sure the person has no head, neck or back injuries.

-If the weather is cool, cover the person with a sheet. If it's hot, don't.

-Do not give the person anything to eat or drink.

-Stay with the person until help arrives.



First Responder 5 – Demonstrate that you know how to treat the following: cuts and scratches, burns and scalds, sunburn, blisters on the hand and foot, tick bites, bites and stings, venomous snakebite, nosebleed, and frostbite. (Webelos Handbook pages 75-81)

Cuts and Scratches

Cuts and scratches are opening in skin. They can let in germs that cause infections.



When treating cuts and scratches, be sure to wear disposable, latex-free gloves and eye protection. Wash your hands thoroughly with soap and water after treating any wounds.

For small wounds, wash the wound with soap and water. Then apply antibiotic ointment to help prevent infection if you have the victim's permission and know that he or she doesn't have any allergy to the medicine. Keep the wound clean with an adhesive

bandage. Change the bandage as often as needed, but at least once daily.

For larger cuts, first stop the bleeding by applying direct pressure. Keep the wound as clean as possible to limit infection. Cover an open wound with a sterile gauze pad or a clean cloth folded into a pad. Hold the pad in place with tape or a bandage made out of a neckerchief. Any bandage should be loose enough that you can slide two fingers between it and a person's body. An adult leader should evaluate any large wound. Once the bleeding has stopped, clean the wound as described above.

Burns and Scalds

Burns and scalds range from simple sunburn to very dangerous third-degree burns. What kind of first aid to give depends on the severity of the burn.

First Degree Burns

First-degree burns only affect the outer surface of the skin, which gets red and sore. Put the burned area in cold water until the pain stops. If you don't have any water, cover the burn with a clean, dry, loose dressing.

Second-Degree Burns

With second degree burns, which are also call partial-thickness burns, blisters form on the skin. Put the burned area in cold water until the pain stops. Gently dry the burned area. Cover it with a sterile gauze pad, and hold the pad loosely in place with a bandage. Be careful not to break open blisters, which could cause infection. Don't apply creams, ointments or sprays. If needed, treat for shock. Second-degree burns should be evaluated by an adult to determine the need for additional medical help.

Third-Degree Burns

With third-degree burns, which are also called full-thickness burns, the skin may be burned

away, and the flesh may be charred. The victim may feel no pain because nerve endings have been burned. You will definitely need to call 911 or local emergency responders and have an adult evaluate the situation. Don't remove clothing from around the burn. Wrap the victim in a clean sheet. Cover him or her with blankets if the weather is cool. Treat for shock if needed, and stay with the victim until professional medical help arrives.

Sunburn

Sunburn is a common injury among people who enjoy being outdoors. Most sunburns are first-degree burns, although severe sunburn is a second-degree burn and should receive prompt medical attention. All sunburns are dangerous because they can lead to long-term skin damage and even skin cancer when you get older.

You can prevent sunburn by using plenty of broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Put it on 20 minutes before you go outside and every two hours while you are outside. Reapply it after swimming or if you are sweating a lot. A broad-brimmed hat, long-sleeved shirt, and long pants will give you even more protection.

Blisters on the Hand and Foot

Blisters are pockets of fluid that form as the skin's way of protecting itself from friction. Blisters on the feet are common injuries among hikers. You can avoid getting blisters by wearing shoes or boots that fit well, by changing your socks if they become sweaty or wet, and by paying attention to how your feet feel. A hot spot is a warning that a blister might be forming. As soon as you notice it, cover the hot spot with moleskin. If a blister forms, you can protect it with a doughnut bandage. To make one, cut moleskin in the shape of a doughnut, and fit it around the blister. Shape several more doughnuts, and stack them on top of the first. Cover with an adhesive bandage.

Tick Bites

Ticks are small, hard-shelled arachnids that bury their heads in your skin. Protect yourself whenever you're in tick-infested woodlands and fields by wearing long pants and a long-sleeved shirt. Button your collar, and tuck your pant legs into your socks.



Inspect yourself daily, especially the warm and hairy parts of your body, and immediately remove any ticks you find. If a tick has attached itself, ask an adult to help you. The adult will grasp the tick with tweezers close to the skin and gently pull until it comes loose. It's important not to squeeze, twist or jerk the tick, which could leave its mouth parts in the skin. Wash the wound with soap and water, and apply antibiotic ointment. After dealing with a tick, thoroughly wash your hands. If you develop a rash or flulike symptoms or otherwise feel ill in the next days or weeks after being bitten, talk to your doctor.

Bee and Wasp Stings

Scrape away a bee or wasp stinger with the edge of a card or ask an adult to help. Another method is to put a piece of tape on top of the sting to pull out the stinger. Don't try to squeeze it out. That will force more venom into the skin from the sac attached to the stinger. An ice pack might reduce pain and swelling. Some people have severe allergies to bee and wasp stings. If someone has trouble breathing after being stung or feels his or her throat swelling or closing up, seek medical help immediately and alert an adult. Find out if the person is carrying a kit for treating anaphylactic shock, and help him or her administer the medication.



Chigger Bites

Chiggers are almost invisible. Their bites cause itching and small welts. Try not to scratch chigger bites. You might find some relief by covering chigger bites with calamine lotion or hydrocortisone cream.

Spider Bites

Only a few types of spiders' bites cause serious reactions. Victims of these spider bites should be treated for shock and seen by a doctor as soon as possible. When possible, try to identify the spider, or take the dead spider to the physician's office. Be sure that you don't put yourself in danger to do so.



The bite of a female black widow spider can cause redness and pain at the wound site. The victim might suffer sweating, nausea and vomiting, stomach pain and cramps, severe muscle pain and spasms and shock. Breathing might become difficult. The bite of a brown recluse spider doesn't always hurt right away, but within two to eight hours there can be pain, redness, and swelling at the wound. An open sore is likely to develop. The victim might suffer fever, chills, nausea, vomiting, joint pain, and a faint rash.



Snakebite

Snakes are common in many parts of the country, but bites from them are rare. Snakes try to avoid humans and normally strike only when they sense danger. Snakebites seldom result in death.

Use a hiking stick to poke among stones and brush ahead of you when you walk through areas where snakes are common. Remember to stay on the trails. Watch where you put your hands as you collect firewood or climb over rocks and logs.

The bite of a non-venomous snake causes only minor puncture wounds. You can treat these like other puncture wounds; just wash with soap and water, then apply antibiotic ointment and an

adhesive bandage. Before applying medicine, put on disposable, non-latex gloves; ask about any drug allergies; and get permission. Get medical attention if you see signs of an infection.

The bite of a venomous snake can cause sharp, burning pain. The area around the bite might swell and become discolored.

If you think a person has been bitten by a venomous snake, call for help, and follow these steps:

- Keep the person calm and still
- Do not let the victim walk unless it is unavoidable.
- Immobilize the part of the body that was bitten, and position it below the level of the heart.
- Remove any rings or jewelry from the bitten extremity.
- Clean the wound with antiseptic, and cover it with a clean bandage.
- Don't apply ice or a tourniquet.
- Don't cut the wound or try to suck out the venom.
- Don't give the victim caffeine or alcohol.
- Try to remember the snake's shape and color pattern so you can describe it later, but don't try to capture it.

Nosebleed

A nosebleed can look bad, but it will usually stop in just a few minutes. Have the victim sit up and lean forward to prevent blood from draining into the throat. Pinch the nostrils together for 10 minutes to maintain pressure on the flow and stop the bleeding. Apply a cool, wet cloth to the victim's nose and face above where you are pinching. (As always, wear latex-free, disposable gloves.) Watch for symptoms of shock and treat as needed. Call for help if the bleeding doesn't stop after 15 minutes.

Frostbite

Frostbite happens when the skin gets cold enough to freeze. A sure sign of frostbite is grayish-white patches on the skin. Some victims will complain that their ears, nose, fingers, fingers or feet feel painful and then numb. Others won't notice anything.

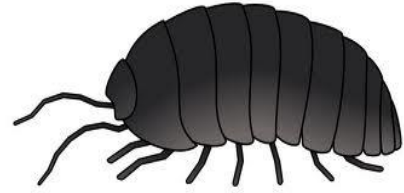
If you suspect frostbite, get the person into a tent or building, then gently warm the affected area and keep it warm. If an ear or cheek is frozen, remove your glove and warm the injury with the palm of your hand. Slip a frostbitten hand under your clothing, and tuck it beneath an armpit. Treat frozen toes by putting the victim's bare feet against the warm skin of another person.

You can also warm a frozen part by holding it in warm – not hot – running water. Have the patient exercise injured fingers or toes, and don't let the injured area freeze again. Get the victim to a doctor.

Roly Poly Tag

Materials:

None



Play this game as you do regular tag, except that a player can avoid being tagged by rolling himself up into a ball like a pill bug.

As soon as “it” moves away, the player must unroll himself and move about again. “It” may not stand and wait for a player to unroll. The player must get completely rolled up to avoid being tagged. Players may not remain rolled up to avoid playing the game.

A Little Better Closing

Materials:

None

Cubmaster:

Lord Baden-Powell, who began the Scouting movement in England, told Scouts to leave this world a little better than they found it.

What do you think that could mean?

Do you think that could mean that we should look everywhere we go – and try to make it better? How could we make it better?

[Hopefully Cub Scouts will be able to thoughtfully answer these questions. You can discuss picking up trash, turning off lights, etc. This discussion could also lead to giving a smile and help to other people as well.]

Lord Baden-Powell also told us to “look on the bright side of things instead of the gloomy one. But the real way to get happiness is by giving out happiness to other people.”

Have a great week, Cub Scouts and try to leave the world a little better than you found it.

