

## Readyman Activity Badge Outline -- Community Group

The Readyman Activity Badge is recommended to be presented in a one month format, as outlined in the Webelos Program Helps booklet. This example outline presents the Badge in four weekly meetings. The goal of this outline is to work on every requirement in four meetings, though it may not be possible to complete every one of the electives in that time.

This badge lends itself to a couple of very good field trips. One field trip might be to a local fire house or paramedic facility, so that the Scouts can learn about how firemen and paramedic save people's lives in emergency situations. Another field trip can be to a Boy Scout troop meeting, Red Cross facility or other place where a presentation on first aid is given. Or you can have someone qualified in first aid training come into the Den or Pack meeting to talk about first aid.

Some of the skills the Scouts will be introduced to in this badge they will forget quite quickly. It is helpful to drill them on things like the hurry cases each week.

Use the Webelos book in the meeting. Have the Scouts read sections from the book. Use all the resources you have available, such as the Program Helps and the Webelos Den Activities Book. Make sure you sign off their books each meeting.

### Week 1

#### Requirements to be fulfilled:

##### **Do These:**

1. Explain what First Aid is. Tell what you should do in case of an accident.
2. Explain how you can get help quickly for these problems:  
Medical  
Police  
Fire  
Utilities (electricity, gas, etc.)
3. Show what to do for "hurry cases" of"  
Serious Bleeding  
Stopped breathing  
Internal poisoning  
Heart attack

#### Discussion :

1. Read the introduction and requirements on pages 251 - 253. Discuss the requirements and how they will be worked on in and outside the Den.
2. Read page 254 on Helping Injured People. "First aid is the aid given first, before trained medical personnel arrive or the injured person is taken to the hospital."
3. Read pages 254 - 257 on How to Get Help, and What to do after an Accident. Discuss how to get help for each problem listed in the requirement. The best way to get help where we live is to call 911. Give each Scout a copy of the Safety Cover Sheet, as shown in the attachment to this outline, and have them fill in the additional information as a homework exercise.
4. Read pages 257 - 261 on hurry cases.  
It is best to find someone who is qualified to teach first aid to do this instruction. The material in the book is good, but it is also easy to insert mis-information into a presentation on something we are not totally familiar with. Someone like a Boy Scout who has completed the First Aid merit badge would be helpful.  
Some Hints -- teach the whole concept, but also instill in the Scouts key phrases which will help them keep in mind what they have to do:  
Serious Bleeding -- Apply direct pressure  
Stopped Breathing -- Head back, clear the throat, pinch the nose, breath into their mouth.  
Internal poisoning -- Find out what the poison is, call 911, a poison control hotline or a hospital immediately  
Heart Attack -- Treat for shock, get help immediately.

### **Homework:**

1. With your parents, fill in the Safety Cover Sheet and make sure it is in your binder.
2. Bring to the next den meeting any of the following materials you and your parents can obtain: A few band-aids, a small tube of antibiotic cream, a small plastic or metal container.

## **Week 2**

### **Requirements to be fulfilled:**

4. Show how to treat shock.
5. Show first aid for the following:  
Cuts and scratches  
Burns and scalds  
Choking

### **Discussion :**

1. Drill on the key ideas of treating hurry cases.
2. Read page 262 on First Aid for Shock.  
Demonstrate this treatment with the Scouts. Buddy and have the Scout "in Shock" tell the other Scout what his symptoms are, and have the "healthy" Scout treat the other for shock. Remind them this is what they should do for someone who is exhibiting the symptoms of Heart Attack and then get help immediately.
3. Read page 263 on Cuts and Scratches.  
Discuss what the difference is between a cut and serious bleeding.  
This is a good time to make first aid kits for each Scout to take on hikes and campouts. This can be done in either a 35mm film canister and made into a neckerchief slide, or can be done in a small metal or plastic container. From then on, whenever your Den goes on a hike or campout, have First Aid Kit inspections.
4. Read page 264 on Burns and Scalds  
Discuss the three degrees of burns, what they look like and what the first aid is for each.
5. Read pages 264 - 265 on Choking and the Heimlich Maneuver.  
Discuss how you can tell when someone is choking. Demonstrate the Heimlich maneuver and let the Scouts practice it VERY GENTLY.

### **Homework:**

1. Read the book again covering those things we worked on in the meeting so you can get even more familiar with the first aid treatments.

## **Week 3**

### **Requirements to be fulfilled:**

6. 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.

#### **And do two of these:**

7. Explain six rules of safety you should follow when riding a bicycle.
8. Plan home fire escape plan for your home.

### **Discussion :**

1. Drill on the key ideas of treating hurry cases.
2. Drill on the key ideas of treating cuts, scratches, burns, scalds and choking.
3. Read pages 266 - 267 on Safe Swimming, Safe Swim Defense and the Buddy System.  
There are eight points listed for the Safe Swim Defense. The Scouts need to understand these points and be able to rattle them off. They should pick them up pretty well, but again, drill them on the points each week.
4. Read pages 268 - 269 on Bicycle Safety.  
There are eleven rules give. Go through the rules in the reading so that the Scouts understand why each is important. Close the books and have them volunteer rules. Make sure everyone participates.

5. Read page 270 on Home Fire Escape Plan.  
Have the Scouts open their binder to a clean piece of paper. Have them draw from memory the floor plan of their house. If their house is two stories, then there should be a figure for the ground floor and figure for the second floor. Have them label the rooms, mark windows and doors. Then have them draw arrows showing how to escape from each room.

**Homework:**

1. Take your Home Fire Escape plan home and work on it with your parents. Re-draw it if necessary so that it is easy to understand. Talk to your parents about how the plan will work. Are there any safety problems that must be fixed in order for the plan to work.

**Week 4**

**Requirements to be fulfilled:**

9. Explain how to use each item in the first aid kit for a home or car.
10. Tell where accidents are most likely to happen inside and around your house.
11. Explain six rules of safety you should remember when riding in a car.
12. Attend a first aid demonstration at a Boy Scout Troop meeting, a Red Cross center, or some other place.

**Discussion :**

1. Drill on the key ideas of treating cuts, scratches, burns, scalds and choking.
2. Drill on the Safe Swim Defense points.
3. Read pages 271 - 272 on First Aid Kits.  
Show an example of a Car First Aid Kit. What is in it, and why.
4. Read page 72 on Danger Spots at Home.  
Discuss what kinds of dangers are found in each room of the home, and the kinds of dangers found in the front yard, back yard and garage.
5. Read page 272-273 on Safety in a Car.  
Discuss you should and shouldn't do while in a car.
6. If your Den has attended a First Aid demonstration, then sign off that requirement in their books.

# Readyman Activity Badge Den Leaders Record

List Boy's Names

Date: \_\_\_\_\_  
 \_\_\_\_\_  
 Month/Year

Requirements  
**Do These:**

|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 1. Explain what First Aid is. Tell what you should do in case of an accident.   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Explain how you can get help quickly for these problems:<br>Medical<br>Police<br>Fire  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. Show what to do for "hurry cases" of<br>Serious Bleeding<br>Stopped breathing<br>Internal poisoning<br>Heart attack                          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. Show how to treat shock.   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. Show first aid for the following:<br>Cuts and scratches<br>Burns and scalds<br>Choking   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. 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. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>And do two of these:</b>   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. Explain six rules of safety you should follow when riding a bicycle.   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8. Plan home fire escape plan for your home.  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9. Explain how to use each item in the first aid kit for a home or car.   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10. Tell where accidents are most likely to happen inside and around your house.  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11. Explain six rules of safety you should remember when riding in a car.   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12. Attend a first aid demonstration at a Boy Scout Troop meeting, a Red Cross center, or some other place.                                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Date Completed</b>   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Awarded</b>  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

