

# Cub Scout Den Meeting Outline

Month: **May**

Week: **3**

Point of the Scout Law: **Kind**

	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	Communication!				
Opening	Cheer for Cub Scouts Opening				
Discussion	Hurry Cases				
Activity	First Aid Hurry Cases Red Light Green Light				
Business items/Take home	Practice skit/song for program next week	Practice skit/song for program next week	Practice skit/song for program next week	Practice skit/song for program next week None	Practice skit/song for program next week None
Closing	A Little Better Closing				
After the meeting					

**Materials:**

Gathering: copies of communication sheets, pencils

Opening: flag

Discussion: instructions for teaching and demonstrating hurry cases, needed materials for teaching/demonstrating

Activity: List of statements for game

Closing: None

Home assignments: None

Advancement:

Tiger - None

Wolf – Howling at the Moon 1

Bear – None

Webelos – First Responder 2

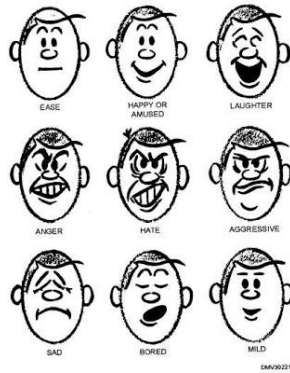
Arrow of Light – None

# Communicating!

Name three different ways that we can communicate:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Use the pictures on this page as hints...



## The Body Language Game

Find a buddy and see how many different feelings that you can come up with. Examples of feelings are – happy, sad, angry, etc... See if you can act out all of the feelings that you listed.

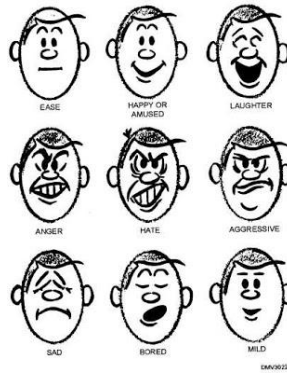
# Communicating!

Name three different ways that we can communicate:

1. Talking, singing, etc
2. Facial expressions, body language, motions, etc
3. Written communication – books, emails, newspapers, etc

One other way is visual communication – art, maps, photographs, etc

Use the pictures on this page as hints...



## The Body Language Game

Find a buddy and see how many different feelings that you can come up with. Examples of feelings are – happy, sad, angry, etc... See if you can act out all of the feelings that you listed.

Some answers might be...

Happy, sad, frustrated, angry, surprised, scared, nervous, relaxed, tired, miserable, guilty, proud, etc...

# Cheer for Cub Scouts Opening



## **Materials:**

Flag

## **Cubmaster:**

Welcome to Cub Scouts today! I am so glad that you are here today... so glad that I think we should give a cheer.

[Divide the Cub Scout into two groups to do the Cub Scout Cheer.]

First group says: We like Cub Scouts, yes we do. We like Cub Scouts, how about you? [they point to the second group]

Second group says: We like Cub Scouts, yes we do! We like Cub Scouts, how about you? [they point to the first group]

[Continue for two rounds... ]

## **Cubmaster:**

We all like Cub Scouts! And today we're going to start off our fun by saying the Pledge of Allegiance and the Scout Oath.

# Hurry Cases

## Materials:

Materials needed to demonstrate to and teach the Scouts (4<sup>th</sup> grade Webelos Scouts need to be able to show it to you) what to do in the “hurry cases” of first aid.

These are nice, but not required:

- Latex-free gloves
- Plastic goggles
- Antiseptic

## First Responder Adventure Requirement 2 (all from Webelos Handbook, pages 66-72)

### Show what to do for the hurry cases of first aid:

#### -Serious bleeding

When blood is spurting from a wound, it must be stopped quickly.

#### -Heart attack or sudden cardiac arrest

If someone’s heart has stopped, it must be restarted quickly.

#### -Stopped breathing


If breathing has stopped, it must be restarted quickly.

#### -Stroke

If someone has a stroke (blockage of blood flow to the brain), he or she must get medical attention quickly.

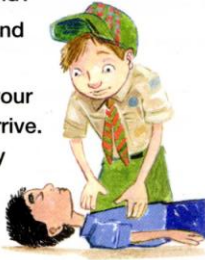
#### -Poisoning

If someone has swallowed poison, it must be made harmless quickly.



When dealing with hurry cases, remember the three C's.

- ♦ **Check:** Make sure the area is safe for you. Then check the victim to identify the problem. Is the victim breathing or moving? Tap the victim's shoulder and ask, "Are you OK?" Does the victim respond?
- ♦ **Call:** Call 911. Call out for help, or send someone for help.
- ♦ **Care:** Care for the victim to the best of your ability while you wait for help to arrive. Some of the steps in treating hurry cases require special training to perform, but it's important to know what they are.



## PROTECTIVE MEASURES TO TAKE WHEN GIVING FIRST AID

Treat all blood as if it contains germs that can make you sick. Do not use bare hands to stop bleeding; always use a protective barrier. If you have any cuts or scrapes, cover them with a bandage. Always wash your hands and other exposed skin with hot water and soap immediately after treating the victim. When possible, don't use a kitchen sink.

The following equipment should be included in all first-aid kits and used when giving first aid to someone in need:

- ◆ Disposable, latex-free gloves—to be used when stopping bleeding, dressing wounds, performing CPR, or treating a victim who is choking
- ◆ Plastic goggles or other eye protection—to prevent a victim's blood from getting into the rescuer's eyes in the event of serious bleeding
- ◆ Antiseptic—for use in cleaning exposed skin areas, particularly if soap and water are not available

### HURRY CASE: Serious Bleeding

In a bad accident, you might see blood spurting out of a wound. It doesn't ooze or flow slowly; it gushes out like a fountain. It must be stopped immediately.

If you have them, put on disposable, latex-free gloves and eye protection, then grab the wound with your hand, grab your neckerchief, handkerchief or another cloth. Fold it into a pad, and press it on the wound. If you can, wrap the wound with gauze to hold the pad in place. If not, keep applying pressure with your hand. Don't remove the pad if it gets soaked with blood. Instead, put another pad and bandage over the first.

If the wound is on the arm or leg, raise that limb above the level of the victim's heart. That can help slow the bleeding. (Don't do this if there are other injuries such as a broken bone.)



## **HURRY CASE: Heart Attack and Sudden Cardiac Arrest**

Heart attack is the No. 1 cause of death in the United States. Most heart attacks happen to adults, but sometimes even young people can experience them.

**The most common symptom of a heart attack is pain in the center of the chest, but people can have other symptoms as well, including:**

- Pain that radiates to the arms, back, neck or jaw
- Sweating when the room is not hot
- Feeling like throwing up
- Feeling weak
- Sudden, sharp chest pain outside the breastbone
- Dizziness or lightheadedness

If you think a person is having a heart attack, call for medical help at once. If the person becomes unresponsive, begin chest compressions immediately, as described below.

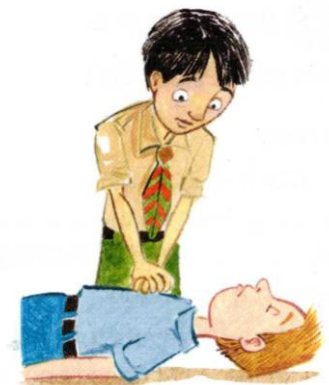
Another very serious heart problem is sudden cardiac arrest, which occurs when the heart stops pumping. In seconds, the victim will become unresponsive and will stop breathing or will gasp for breath. If you suspect sudden cardiac arrest, call for medical help and begin chest compressions.

### **Circulation**

Cardiopulmonary resuscitation (CPR) is a way to keep the heart beating until medical help arrives. It requires instruction from a certified teacher.

The steps of CPR for adults include a cycle of 30 chest compressions followed by two rescue breaths. [Do not demonstrate this on a person. Go through it and demonstrate hands, and how to push down on the chest – a pillow or blankets can be the victim if a CPR “dummy” is not available.]

1. Place the heels of your hands on the center of the victim’s chest, one on top of the other. Lace your fingers together.



2. Position yourself over the victim with your shoulders over your hands and your arms straight.
3. Give 30 compressions. Push hard and fast. Let the chest rise completely before pushing down again.
4. Perform two rescue breaths as described in the breathing section.
5. Continue the cycle until one of the following happens:
  - a. The victim shows signs of life (breathing).
  - b. A trained adult or medical help arrives to take over.
  - c. You are too exhausted to continue.
  - d. An AED (automatic external defibrillator) is ready to use.
  - e. The scene becomes unsafe.

## **Defibrillation**

Find out if there is an automated external defibrillator (AED) near the victim. IF there is, you can help by retrieving it and turning it on. An AED is a special device that can shock the heart into beating normally again. AEDs are found in schools, shopping malls, airports, houses of worship, and other places where people gather. You have to complete training to use an AED; this training is usually part of CPR training.

## **HURRY CASE: Stopped Breathing**

In drowning cases, electric shock, and some other accidents, the victims breathing may stop. It must be started again quickly, or the person's heart will stop beating, and the person will die. You can help with these problems by providing care until professional medical help arrives.

## **Airway**

With the victim lying on his or her back, open the airway by pressing down on the forehead and lifting up on the chin. This will keep the tongue from blocking the flow of air. Don't do this if you suspect a neck injury.



If the victim starts to vomit, roll him or her onto the side away from you so the vomit doesn't get inhaled into the lungs. Be sure to roll the body as a unit – not just the upper body. You will need help to do this.

## **Breathing**

When the victim's airway is open, check for breathing. Place your cheek 1 to 2 inches above the victim's mouth. Look, listen and feel for movement and breathing. If the person is breathing, you will feel and hear the airflow on your cheek and see and feel the chest rising and falling. If there are no signals that a person is breathing, give two rescue breaths using the following procedure.

### **Rescue Breathing**

**Step 1** Place a CPR breathing barrier over the victim's mouth to protect both of you from any diseases that could be spread.

**Step 2** While continuing to tilt the head, pinch the victim's nostrils, seal your mouth over his or her mouth, and blow into it to fill the lungs. The breath should last about one second. Watch to see if the person's chest rises. Remove your mouth and then give another rescue breath.

**Step 3** For an adult: If the victim does not start breathing again after two rescue breaths, his or her heart may stop beating, too. Immediately begin CPR.



### **HURRY CASES: Stroke**

Stroke occurs when the blood supply is cut off to part of the brain. Brain damage and death can result if the victim doesn't get medical help.

Stroke can cause:

- Numbness or weakness in the face, arm or leg – especially on one side.
- Trouble walking, speaking, understanding or seeing.
- Dizziness
- Headache

**A good way to remember the signs of stroke is with the acronym FAST:**

**F-** Face drooping: Does one side of the person's face drop? Is the person's smile uneven?

**A-** Arm weakness: Is one arm weak or numb?

**S –** Speech difficulty: Is the person's speech slurred? Does the person have a hard time speaking or repeating a simple sentence?

**T-** Time to call for help: If you see these signs, call 911 immediately.

**HURRY CASE: Poisoning**

Poisoning can be caused by many things, including:

- Eating certain wild mushrooms or berries
- Swallowing household cleaning supplies, weed killers, insect poisons, or even things like nail polish remover
- Taking too much medicine
- Breathing in toxic fumes

If someone has swallowed or breathed in poison, call 911 immediately. Tell the operator what the poison is, if you know it, and follow the directions. Save the poison container so professionals can identify the poison.

If a person has breathed in smoke, gas, or other fumes, try to move him or her to fresh air. Be careful that you don't become a victim yourself, however. Make sure the area is safe first.

It is important always to keep all household cleaners, medicines, weed killers, and insect poisons, out of reach of small children. Locked cabinets are best because children are curious and quickly learn to climb.

# First Aid Hurry Cases Red Light Green Light

## Materials:

List of statements

## Instructions:

Cub Scouts stand in a line side-by-side, with a goal of making it to the opposite end of the playing area. As the leader reads the statements, a Cub Scout takes three steps forward if he believes the answer is "true." If he thinks the answer is "false," he does not move. If a Cub Scout gets an answer wrong, he must go back to the beginning.



## Some First Aid and Safety statements (not all are "Hurry Cases"):

- \*Serious Bleeding and Poisoning are two of the five hurry cases. [True]
- \*You have to press hard on a wound that has blood spurting out to stop the bleeding. [True]
- \*A stroke is the number 1 cause of death in the United States. [False – Heart Attack is the number 1 cause of death.]
- \*You should always wear a seatbelt when riding in a car. [True]
- \*Cardiac arrest happens when the heart stops pumping blood. [True]
- \*One way to keep the heart beating until medical help comes is CPR or cardiopulmonary resuscitation. [True]
- \*Rescue breathing is what we can do to help someone who has stopped breathing. [True]
- \*Stopped Breathing and Stroke are two of the five hurry cases. [True]
- \* If there is an emergency, the number you call is 322. [False – 911]
- \*Swallowing household cleaning supplies can cause poisoning. [True]
- \*When you go swimming you should always have a buddy. [True]
- \*The worst kind of burn is called a 3<sup>rd</sup> degree burn. [True]
- \*Hurry cases are bad situations where first aid is needed immediately. [True]
- \*You could keep from getting sunburned by putting on some sunscreen. [True]

\*When you are riding your bike you should never hitch a ride by holding onto a truck, car or other vehicle. [True]

\*You only need a first aid kit in your house. [False - It is good to have one in the car too.]

\*Pain in the center of the chest is the most common symptom of a heart attack. [True]

\*You should keep your hands, head and feet inside a car. [True]

\*You should never go back into a burning building for any reason. [True]

\*You treat a person in shock by having him lie down and raise his feet. [True]

\*You can keep a cut or scrape clean by putting a bandage on it. [True]

You can come up with more statements if necessary.

# 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.”

