

First Aid

Required adventure • Personal Safety

If you read nothing else

The most skill-heavy adventure of the year — seven requirements, most of them “demonstrate.” Give it three meetings, not two.

Requirement 1 is the Protect Yourself Rules video for Arrow of Light and needs written parent permission.

Bring a real first aid kit and real supplies. Every Scout does every skill with their hands.

This is direct preparation for Scouts BSA Tenderfoot, Second Class and First Class first aid requirements. Tell them that.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Arrow of Light rank.
- ☐ 2. Explain what you should do if you encounter someone in need of first aid.
- ☐ 3. Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
- ☐ 4. Demonstrate how to help a choking victim.
- ☐ 5. Demonstrate how to treat shock.
- ☐ 6. Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleed.
- ☐ 7. Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit.

Meeting 1: Protect Yourself Rules, and what to do first

Goal: Scouts watch the Arrow of Light Protect Yourself Rules video with permission, and can say exactly what to do in the first thirty seconds of finding someone hurt.

Covers requirements 1 and 2

Before the meeting

- Written parent permission two weeks ahead. A Scout without it does something else with an adult in another room — no pressure, no comment.

- Preview the Arrow of Light video. It is pitched older than the Webelos one.
- Invite parents to watch.
- Invite an EMT, paramedic, school nurse, or ER nurse for the second half if you can. A parent in the pack often is one.

Supplies

- Screen and sound
- Signed permission slips
- Scenario cards
- A phone with the SIM out, or a toy phone, for 911 practice
- Disposable gloves, several pairs per Scout

Run of show

Time	What happens
5 min	Gathering: what would you do?
5 min	Opening
20 min	Activity 1: Protect Yourself Rules video and discussion
20 min	Activity 2: check, call, care
5 min	Activity 3: calling 911
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

Check permission at the door. Watch together, parents welcome.

Keep the discussion calm and factual. The Arrow of Light version goes further than the Webelos one — expect harder questions and answer them plainly rather than deflecting.

Land the same three points: your body is yours, uncomfortable secrets do not have to be kept from anyone, and tell a trusted adult and keep telling until someone acts.

Have each Scout privately name three trusted adults, at least one outside their household.

If a Scout discloses anything, listen, do not question them, do not promise secrecy, and report to your Scout executive and local authorities the same day.

Activity 2 — Check, call, care (20 min)

Requirement 2 is what you do when you come across someone hurt, and the answer is a sequence they can say in their sleep.

- CHECK the scene first. Is it safe for you? A rescuer who becomes a second patient has made things worse. Look for traffic, fire, water, electricity, downed lines, an animal.
- CHECK the person. Are they awake? Are they breathing? Are they bleeding badly? Say “Are you okay?” and tap the shoulder.

- **CALL.** Get an adult. Call 911, or tell a specific person to call — point at them and say “you, call 911 and come back and tell me.”
- **CARE.** Do what you know how to do, and nothing you do not. Do not move someone who might have a neck or back injury unless they are in danger where they lie.

Add the two rules that keep them safe: put gloves on if there is blood, and get an adult. Being eleven means calling for help is the correct first aid, not a failure.

Run three scenarios with volunteers acting them out. Make one of them a scene that is not safe, so somebody has to say “we do not go in there yet.”

Activity 3 — Calling 911 (5 min)

Practice out loud, each Scout once. They need: what happened, where you are including the address, how many people are hurt, what is being done, and your name.

The one that matters: you do not hang up until the dispatcher says to. Fifth graders hang up. Say it twice.

Send home with families

Talk about your family’s emergency plan and make sure your Scout knows your home address and can say it under pressure.

Poison Control on the fridge: 1-800-222-1222.

Start gathering supplies for a personal first aid kit — list on the handout.

Meeting 2: Hurry cases

Goal: Every Scout demonstrates the response to serious bleeding, cardiac arrest, stopped breathing, stroke, and poisoning, plus choking and shock.

Covers requirements 3, 4 and 5

Before the meeting

- Get a CPR manikin if you can — your council, a troop, a fire station, or a hospital will often lend one. If not, practice compressions on a firm cushion.
- Bring your guest EMT or nurse if you found one. This is the meeting for it.
- Set up five stations and recruit an adult or older Scout for each.
- Make fake blood from corn syrup and food coloring if your Scouts can handle it — it makes direct pressure real. Skip it if anyone is squeamish.

Supplies

- CPR manikin, or firm cushions
- Gauze pads, roller bandages, triangular bandages
- Disposable gloves, many pairs
- Blankets for shock treatment

- Empty labeled product containers for the poisoning station
- Printed hurry case reference cards to take home

Run of show

Time	What happens
5 min	Gathering: review check, call, care
5 min	Opening
10 min	Activity 1: what makes a hurry case
40 min	Activity 2: five skill stations
15 min	Activity 3: choking and shock
5 min	Closing

Activity 1 — What makes a hurry case (10 min)

A hurry case is one where waiting costs a life. Name the five and what each one threatens: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.

In every one of them, the first action is the same: get an adult and call 911. Everything else is care while help is coming. Say that before the stations so nobody thinks the skill replaces the call.

Activity 2 — Five stations, eight minutes each (40 min)

Every Scout does every skill with their hands. This is requirement 3 and “demonstrate” is the word.

- Serious bleeding. Gloves on. Direct pressure with a gauze pad, hard, and keep it there. If it soaks through, add more on top — never take the first one off. Elevate if you can. Keep pressure until help arrives.
- Heart attack or sudden cardiac arrest. Signs: chest pain or pressure, pain in the arm or jaw, short of breath, sweating, nausea. Call 911 immediately, have them sit and rest, loosen tight clothing. If they collapse and are not breathing, start compressions — center of the chest, hard and fast, and send someone for the AED. Let them feel the depth and rate on the manikin.
- Stopped breathing. Check for breathing for no more than ten seconds. Not breathing means 911 and compressions now. Teach that an untrained rescuer doing compressions only is correct and helps.
- Stroke. Teach FAST out loud and have them say it back: Face drooping, Arm weakness, Speech difficulty, Time to call 911. Note the time symptoms started — the hospital needs it.
- Poisoning. Do not make them vomit. Call Poison Control at 1-800-222-1222 or 911. Have the container in your hand when you call, and read the label. Practice with the empty containers.

Activity 3 — Choking and shock (15 min)

Choking, requirement 4. Ask first: “Are you choking? Can you speak?” Someone coughing forcefully is moving air — encourage the coughing and do not hit them. Someone who cannot speak, cough, or breathe needs help now: get behind them, fist above the navel, other hand over it, quick inward and upward thrusts. Call 911. Never practice actual thrusts on each other — position the hands and stop.

Add what to do if they are alone: thrust against the back of a chair.

Shock, requirement 5. It follows any serious injury. Signs: pale, cool, clammy skin, fast weak pulse, confusion, nausea, shallow breathing. Treatment: lie them down, raise the legs about a foot unless you suspect a head, neck, back, or leg injury, cover them to keep warm, do not give food or water, monitor breathing, and call 911.

Have every Scout treat a partner for shock, blanket and all. It is the skill they are most likely to actually use.

Send home with families

Ask your Scout to teach you FAST for stroke and to show you where to put their hands for compressions.

Finish gathering personal first aid kit supplies — needed at the next meeting.

Consider taking a family CPR and first aid class together. Many hospitals and fire departments run free ones.

Meeting 3: Common injuries and the kit

Goal: Scouts treat the everyday injuries, then build a personal first aid kit and demonstrate the use of every item in it.

Covers requirements 6 and 7

Before the meeting

- Ask families to send supplies, and buy the gaps yourself so no Scout builds a thinner kit than the others.
- Bring a container per Scout — a zip bag, a small pouch, or a repurposed pencil case.
- Prepare an injury simulation station: makeup or face paint for scrapes and burns works well and Scouts love it.
- Print a kit contents card for each Scout to keep inside the kit.

Supplies

- Per Scout: adhesive bandages in assorted sizes, gauze pads, roller gauze, adhesive tape, antiseptic wipes, antibiotic ointment, moleskin, tweezers, small scissors, disposable gloves, a triangular bandage, a small pencil and card
- Containers, one per Scout
- Ice packs, cold water, clean cloths
- Face paint for simulated injuries
- Kit contents cards

Run of show

Time	What happens
10 min	Gathering: injury simulation makeup
5 min	Opening
30 min	Activity 1: four injury stations
20 min	Activity 2: build the kit
10 min	Activity 3: demonstrate every item
5 min	Closing

Activity 1 — Four injury stations (30 min)

Requirement 6, hands on, every Scout. Gloves on at every station.

- Cuts and scratches. Wash your hands, gloves on. Wash the wound with clean running water and soap around it. Antibiotic ointment, then a bandage. Keep it clean and dry, change it daily, and watch for infection — redness spreading, swelling, warmth, pus, red streaks. Any of those means see a doctor.
- Burns and scalds. Cool running water for ten to fifteen minutes — not ice, not butter, not toothpaste. Cover loosely with a clean dry cloth. Never break a blister. A burn that is large, deep, white or charred, or on the face, hands, feet or groin goes to a doctor now.
- Bites and stings. Bee or wasp: scrape the stinger out sideways with a card rather than pinching it, wash it, cold pack. Watch for allergic reaction — swelling of face or throat, trouble breathing, hives spreading — which is 911 immediately and an epinephrine auto-injector if they have one. Tick: fine-tipped tweezers close to the skin, pull straight and steady, wash, tell a parent, note the date. Animal bite: wash well with soap and water, cover it, and see a doctor — animal bites get infected and rabies is a real question.
- Nosebleed. Sit up and lean slightly forward, never back. Pinch the soft part of the nose for ten full minutes without checking — checking at minute three is why nosebleeds do not stop. Cold pack on the bridge. Bleeding past twenty minutes, or after a head injury, means a doctor.

Use the simulated injuries. A Scout treating a painted-on scrape on a friend's arm learns more than one treating a diagram.

Activity 2 — Build the kit (20 min)

Lay all the supplies out and let each Scout build their own kit into their own container. Requirement 7.

As they add each item, they say out loud what it is for. Do not let anyone pack something they cannot explain.

Talk about where the kit lives: in the pack for camping, in the car, in the backpack for a hike. A kit in a closet at home has never helped anybody.

Have them write their name and the date on the contents card, and put a reminder to check the kit twice a year — ointment expires and bandages get used.

Activity 3 — Demonstrate every item (10 min)

Requirement 7 says demonstrate the proper use of each item. Go around: each Scout picks an item from their kit, says what it is for, and shows how to use it on a partner or themselves.

Keep going until every item in the kit has been demonstrated by somebody. Tick them off as you go.

Close by connecting it forward: these are the same skills as Tenderfoot, Second Class and First Class first aid in a troop. They are already doing the work.

Say something like

Most of you will use something in that kit within a month. Somebody in this room is going to be the one person nearby who knows what to do, and it will not feel dramatic at all — it will just be a scraped knee and you will handle it.

Send home with families

Keep the kit where it can be reached — the pack, the car, the backpack. Not the closet.

Check it every six months and replace what is used or expired.

Ask your Scout to walk you through their kit item by item.

Leader notes

- Three meetings, not two. Trying to compress this produces Scouts who watched first aid rather than Scouts who can do it.
- A guest EMT, paramedic, or nurse transforms meeting 2. Ask the pack — you very likely have one.
- Never practice abdominal thrusts or real compressions on another Scout. Manikin or cushion only.
- Some Scouts get squeamish. Let them sit down, and let them opt out of the fake blood without comment.
- This is the strongest bridge in the Arrow of Light year to Scouts BSA advancement. Say it out loud — fifth graders like knowing they are ahead.

Safety

Before this adventure

Written parent permission for the Protect Yourself Rules video, checked at the door.

Disposable gloves at every station, and teach that gloves come first every time.

No real thrusts, no real compressions on a person. No actual sharps.

Two registered adults with current Safeguarding Youth Training, and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Report any disclosure to your Scout executive and local authorities the same day. Do not investigate.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7