

Readyman Den Meeting Ideas

Internet & BSA Resources:

- △http://meritbadge.org/wiki/index.php/Webelos_Activity_Badge_Worksheets (has links to each pin) (this is a worksheet the boys can use to work through the activity pin both at home and with the den)
- △usscouts.org (look for "Readyman" worksheet)
- △whathappensnow.com (emergency contact list form)
- △www.codieandcodette.org (fire danger search and find picture worksheet)
- △**Pow Wow books** current and past years; many on CD
- △ <http://trax.boy-scouts.net/cubtrax.htm> (Excel spreadsheet tracking system that self populates)
- △<http://usscouts.org/bbugle/bb1112P.pdf>
(BALOO'S BUGLE - January 2012 Ideas) BB is a great and detailed online resources that is easy to download, save & print.)

Two for One: As you prepare your den meetings look for requirements that can do "double-duty" for other activity pins. Sometimes you have to do some additional steps while you are working on a Readyman requirement to make it fulfill the other pins requirement, but since you're already talking about it you might as well take care of them at the same time. **Be sure to record completion in both categories in whatever form of record keeping you use.** Examples for Readyman:

Readyman #8: 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. = Aquanaut #8 (Earn Swimming Belt Loop: #1 Explain the rules of Safe Swim Defense. Emphasize the buddy system)

Readyman #9 Explain six safety rules you should follow when driving a bicycle. (Note the Webelos Handbook lists 12 rules on p.386.) For extra credit, have the boys bring their bikes and you can work on Handyman #6, 7,8 : Make a repair to a bicycle, such as tightening the chain, fixing a flat tire, or adjusting the seat or handlebars. Properly lubricate the chain and crank on a bicycle. Properly inflate the tires on a bicycle.

Readyman # 10 Explain the importance of wearing safety equipment when participating in sports activities (skating, skateboarding, etc.)

Readyman #11 Make a home fire escape plan for your family. While you're planning, Engineer #2 Draw a floor plan of your house. Include doors, windows, and stairways

Readyman #12 Explain how to use each item in a first aid kit. At home have them work on Traveler #8. Check the first aid kit in the family car to see if it contains what is needed. Explain what you found.

Readyman #13 Tell where accidents are most likely to happen inside and around your home. Assign this as homework to go along with it. Family Member #6. With the help of an adult inspect your home and surroundings. Make a list of hazards or lack of security that you find. Correct one problem that you found and tell what you did.

Readyman #14 Explain six safety rules you should remember when riding in a car. While discussing this also do Traveler #11 Make a list of safety precautions you, as a traveler, should take for travel by each of the following; car, bus, plane, boat, train.

Readyman #15 Attend a first aid demonstration at a Boy Scout troop meeting, a Red Cross center, or other community event or place. If you hold a joint 1st Aid Class with your associated Boy Scout Troop this would fulfill Arrow of Light #4 requirement to visit at least one Boy Scout troop meeting with your Webelos den.

Readyman Skills overall can count toward Faith in God #8 Developing Talents

Additional Ideas: To go along with the Readyman theme you can make 1st Aid kit neckerchief slides or bleach bottle 1st Aid kits (see internet), which could count towards part of Craftsman #4 Make four useful items using materials other than wood that you and your Webelos den leader agree on, such as clay, plastic, leather, metal, paper, rubber, or rope. These should be challenging items and must involve several operations.

Games & Openers

"Fire, Police, Ambulance" race;

Boys run to designated corners depending on the emergency you call out.

"Banged up Benny":

This Game is meant for Boy Scouts, Webelos scouts. Decide for yourself if it is appropriate for your younger scouts or not.

Required:

Neckerchiefs.

Folded up paper towels to use as sterile pads.

List of wounds on paper for each group.

Instructions:

Split in groups of 4 to 6 scouts.

One scout is Benny, he's all banged up from some terrible accident; the rest are rescuers.

Scouts line up single file with Benny out in front of them 10-30 feet. Have first aid materials beside each Benny.

On the leader's go signal, the first rescuer sees Benny, runs to him, and asks what is wrong. Possible injuries are: scalp wound (head bandage), thigh cut (pressure wrap), sprained ankle, broken arm (sling), hand or wrist cut (pressure pad).

Rescuer applies his neckerchief and sterile pads as required where indicated.

When complete, he asks Benny if there's anything else wrong. If Benny says "Yes", the rescuer calls for help.

The next rescuer takes a turn helping Benny and then asks if there is more.

When Benny says "broken legs", the scout needs to get help and two scouts carry him back in a four-hand seat carry with the other scouts spotting.

This is used for serious practice in a fun way and there should be no time limit - try to have the scouts make good application of the dressings.

"Pressure Pad Relay"

Set Up -

- Each boy uses his own neckerchief
- One boy lies about 30 feet in front of the team with arterial bleeding" of the left wrist."
- There is one judge for each victim.

The Play:

- On signal, the first boy from each team runs up and applies a pressure pad over the simulated wound.
- When correct, the judge yells "off", the boy removes the pad and runs back to the team, tags off the next boy who repeats the operation.

"Stretcher Race"

Equipment -

Two staves,
One blanket, and
One inflated balloon for each team.

The Play:

- Teams line up in relay formation with two victims from each team lying from 30-70 feet in front of the team.
- On signal, two members of the team run up to the first victim with the blanket and staves, make a stretcher, and put the victim on it.
- When carriers are ready to lift the stretcher, a judge places the inflated balloon on the victim.
- Then the victim is carried to the starting line without the balloon falling off (to ensure care if handling the victim).
- If the balloon falls off; the judge counts off 20 seconds, places the balloon back on the victim's chest, and the team continues on its way.
- When they reach the starting line, the second team from the group dismantles the stretcher and runs forward to bring in the second victim using the same procedure and rules as the first team.
- The first team to bring the second victim over the starting line is the winner.

FIRST AID FIND

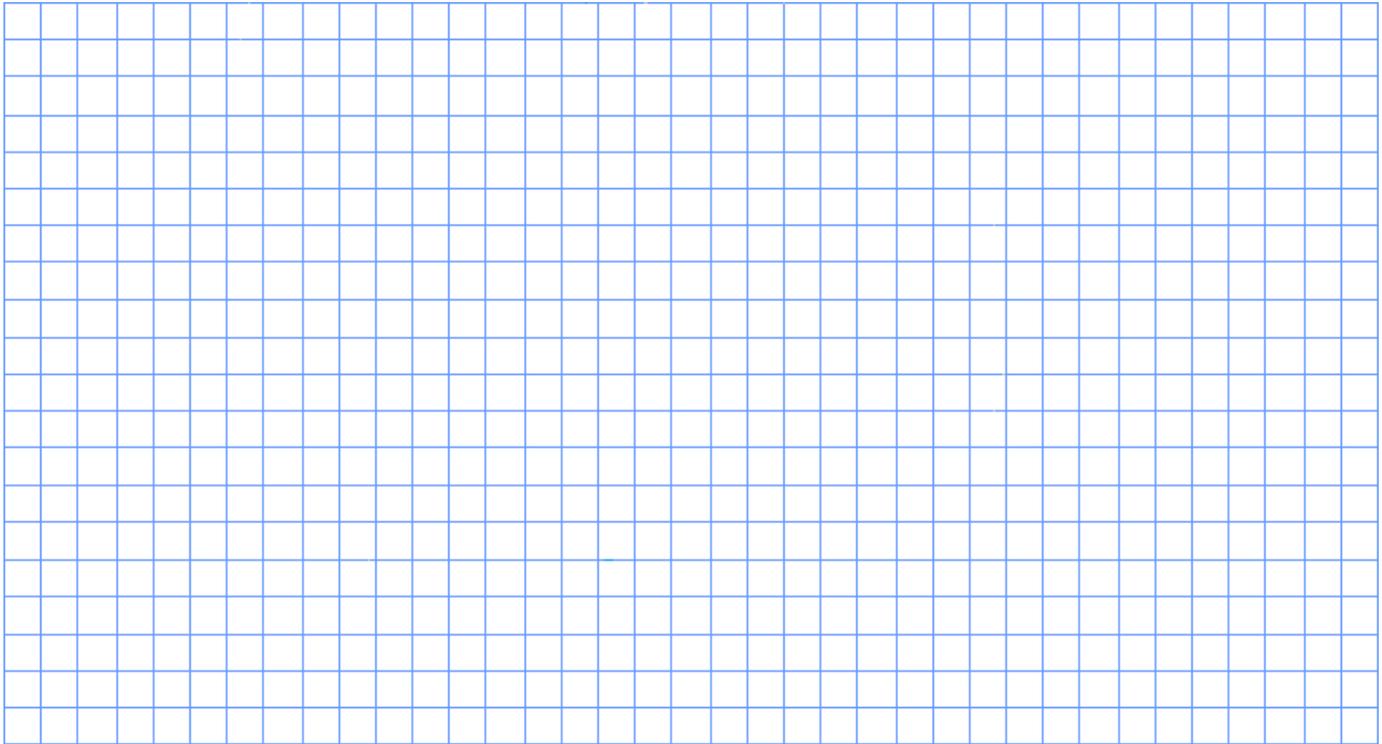
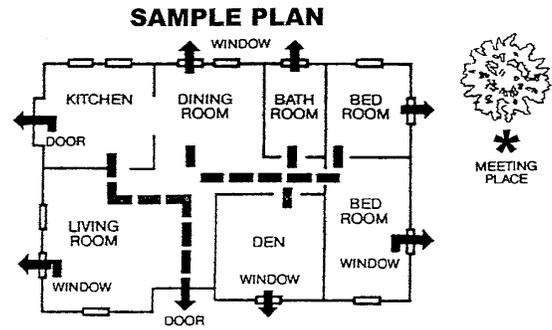
On a tray, place the following items:

3 x 3 Sterile gauze pad
Adhesive bandages (different sizes)
Roll of adhesive tape
Thermometer
Scissors
Tweezers
Safety pins
2" roller bandages
1" roller bandages
Triangle bandage
Cravat bandage
Two 30" splints of thin board
Calamine lotion



Give the boys 5-10 minutes to look at the items on the tray, then cover the tray and let them guess what was on the tray.

Readyman #11 Make a home fire escape plan for your family. While you're planning work on Engineer #2 Draw a floor plan of your house. **Include doors, windows, and stairways**



Y	S	C	H	D	N	N	B	E	D	S	E	K	X
G	C	H	W	E	S	R	Q	Q	R	T	X	C	R
P	J	N	E	Y	L	F	Y	N	N	I	N	M	G
F	O	J	E	I	A	P	X	I	H	H	F	L	R
W	F	L	D	G	R	K	J	E	N	O	H	P	I
N	T	X	I	O	R	I	U	Q	H	C	V	D	R
L	M	K	T	C	C	E	Z	Y	Q	I	M	O	B
K	V	C	L	M	E	J	M	B	P	I	G	K	V
X	O	A	D	H	Y	H	F	E	S	C	J	G	C
D	D	G	N	C	K	P	J	N	M	X	H	P	D

HELP
FIRE

POLICE
EMERGENCY

PHONE
DOCTOR