

Harford District
2016 Cub Scout Day Camp
June 27 - July 1
Cubstruction

First Responder I Basic CPR



Station Volunteer's Guide

Thank you for being a station volunteer! The stations are the heart of camp and truly provide our scouts with an opportunity to try out a new skill (or build on one they know) while having a great time. Our volunteers' knowledge and enthusiasm is what makes our camp great!

To make running the station easier, please take some time to read through the station guide. **While, what is being covered at the station needs to remain as outlined so that the scouts earn the correct achievements, how it is covered is only one of many methods.** If you find a better way to accomplish the requirements or if the method we have outlined doesn't seem to be working...please feel free to change it! This is only a guide...do what works best for you and the scouts coming to your station.

One other thing to keep in mind - some stations will be visited by all ranks. That means you may have 6 year olds through 11 year olds and may have to simplify or intensify the methods to meet the skills and knowledge of all the scouts.

Thanks again - we are glad to have you as part of Harford Day Camp!

Station Procedures

- The first station begins at 10:15 on Monday and 9:15 other days...so you have some time! We've tried to only schedule 2 dens at a time (max. 24 boys) but, there may be times when you have 3. Consult your station schedule so you will know who to expect and when.
- Greet dens as they arrive. Many will have a den cheer, ask to hear it!
- Once all the dens arrive or the start time has come, begin going through the procedures for the station. **It is very important that you start and end on time!** Each time slot lasts 45 minutes. If a den arrives 10 minutes late, they CANNOT stay 10 minutes past the end of the station...that would make you and them late for the next station. If a den doesn't get finished, suggest they come back during a break or take the remaining activity with them to work on at the den.
- **Execute the station with energy and enthusiasm!** Let the scouts do as much for themselves as possible. It doesn't need to be perfect, they just need to Do Their Best!
- Don't forget the beads. Each scout earns a bead at every station for participating. Beads can be given to the den leader for distribution.
- Once the den is finished, begin resetting for the next group.
- Close the station at the end of the day by packing/organizing the supplies and cleaning and disposing of all trash. Let the Program Director responsible for the station (either Tiger/Wolf/Bear or Webelos) know if supplies are running short!

Station Overview:

Discussion and hands on activity will complete the station. Scouts will learn basic CPR (they will NOT be CPR certified from this course). They will also learn what to do for serious life threatening conditions (hurry cases) and about accidents.

Station Activities:

There will be 2 stations. Divide the group in half. Have one group go to the Station #1 and the other go to Station #2. Half way through the time period, have the groups switch.

Station 1:

Requirement 13: Tell where accidents are most likely to occur

Requirement 3: Explain how you can get help (quickly) if there is an emergency in your home.

Requirement 5: Show what to do for hurry cases

- Serious bleeding

GETTING HELP QUICKLY:

Ask the scouts, "Where do you think most accidents happen?" Solicit answers from the scouts. They will probably be surprised to learn that the correct answer is in the home. List for them some of the many accidents that could happen: kitchen fire, cuts, drowning, electric shock, broken bones and cuts from playing in the yard, bike accidents, poisonings, etc. "So, since so many things can happen while at home, it makes sense to know how to get help quick when you need it." Instruct the scouts to get out their Readyman activity packets and go to the emergency numbers page. Go over the 3 W's when calling for help.

- When calling for help you should have the following information. A good way to remember is the 3 W's:

WHO? GIVE YOUR NAME
WHAT? EXPLAIN THE EMERGENCY
▪ WHERE? GIVE THE LOCATION

If the scouts don't know all the numbers needed, encourage them to take it home to complete with a parent and leave it in a safe place near a phone.

HURRY CASES: Serious bleeding

Now, ask for a volunteer to help you act a situation where someone would have serious bleeding. Bring the scout up and have in act out mowing the lawn, tripping and getting his foot caught under the mower. He gets a big gash in his leg. Demonstrate and explain the steps below and you "give" first aid to the scout.

- Wash the wound thoroughly with water. This will allow you to see the wound clearly and assess its size.
- Place a piece of sterile gauze or a clean cloth over the entire wound. If available, use clean latex or rubber gloves to protect yourself from exposure to possible infection from the blood of a child who isn't your own. If you can, raise the bleeding body part above the level of your child's heart. Do **not** apply a tourniquet.
- Using the palm of your hand on the gauze or cloth, apply steady, direct pressure to the wound for 5 minutes. (During the 5 minutes, do **not** stop to check the wound or remove blood clots that may form on the gauze.)
- If blood soaks through the gauze, do **not** remove it. Apply another gauze pad on top and continue applying pressure

Station #2

Requirement 5: show what to do for hurry cases: stop breathing and heart attack.

Ask the scouts, "Who knows what a heart attack is." Take some responses and fill in with the correct information below.

By Mayo Clinic staff

A heart attack occurs when an artery supplying your heart with blood and oxygen becomes blocked. This loss of blood flow injures your heart muscle. A heart attack generally causes chest pain for more than 15 minutes, but it can also be "silent" and have no symptoms at all. Many people who suffer a heart attack have warning symptoms hours, days or weeks in advance. The earliest predictor of an attack may be recurrent chest pain that's triggered by exertion and relieved by rest (angina).

Ask, "What are some of the symptoms of a heart attack" Solicit some responses from the scouts. Use the Symptoms poster to point out the correct answers given and those not given.

Someone having an attack may experience any or all of the following:

Uncomfortable pressure, fullness or squeezing pain in the center of the chest. The pain might last several minutes or come and go. It may be triggered by exertion and relieved by rest.

Prolonged pain in the upper abdomen

Discomfort or pain spreading beyond the chest to the shoulders, neck, jaw, teeth, or one or both arms.

Shortness of breath , Lightheadedness, dizziness, fainting.

Sweating.

Nausea

Say, "If you think someone may be having a heart attack, what should you do?" **Solicit answers, pointing out the following: call 911, begin CPR if necessary!** "Now we are going to practice CPR on the models on the tables. We are only practicing and this will not make you CPR certified, but it is a good start."

Say, "If you're with a person who might be having a heart attack and he or she is unconscious, tell the 911 dispatcher or another emergency medical specialist." "You may be advised to begin cardiopulmonary resuscitation (CPR). If you haven't received CPR training, they may tell you to skip mouth-to-mouth rescue breathing and proceeding directly to chest compression. The dispatcher can instruct you in the proper procedures until help arrives."

"The three basic parts of CPR are usually thought of as the CAB's:" **Demonstrate these on the models as you give the instructions:**

- C is for Circulation and can also be thought of as chest compressions, which is the way that you restore blood flow when someone's heart has stopped
- B is for Breathing, and is made up of the rescue breaths (breathing into the other person's mouth to get air into their airway
- A is for Airway, which consists of positioning the person, opening his airway and making sure it isn't blocked.

"Now each of you will get a change to practice." **Have the scouts stand at the tables with a model in front of them and lead them through the steps.**