



Arrow of Light Den Meeting 7

Readyman

Preparation and Materials Needed

- ▶ Read the Readyman chapter in the *Webelos Handbook*.
- ▶ The **Readyman activity badge** requires three to four hours to complete. These meeting plans cover the activity badge over three meetings, but there may be other options, including:
 - Contact your local council service center to ask if they offer a workshop for completing the Readyman activity badge. The American Red Cross may also be willing to conduct a workshop on the **Readyman activity badge**.
 - If you do that, advise parents of the date for this activity well in advance. Webelos Scouts should prepare a home fire escape plan and bring it with them to the workshop (**Readyman requirement 11**).
- ▶ There may be parents in your den who are qualified to work with the boys on these requirements. Identify any parents or other pack resources who are in the medical profession (doctors, nurses, emergency medical technicians, firemen, police), or have Red Cross or similar training and could be your activity badge counselor for this meeting.
 - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
 - Show any guest speaker the Readyman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Print and bring help lists for the Scouts to complete at home (included at the end of this meeting plan).
 - Paper and pencils for the fire escape plan.
 - If you're going to add fun with a game, a list of first-aid questions based on material in the *Webelos Handbook*, and maybe a basketball (if that's the game you're playing).

Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to work on the **Readyman activity badge** because, in keeping with the Boy Scout motto "Be Prepared," Webelos Scouts begin learning how to be prepared for emergency situations.

Activities

- ▶ **Readyman Activity Badge:** Requirements are to do the first eight requirements, and then two of 9 through 15. (This meeting plan does 1 through 8, plus 11 and 13.) These meeting plans cover this in three parts.
 - Den Meeting 7 is the introduction, including assignment of work to be completed at home; this touches on 1, 2, 3, 11, and 13.
 - Den Meeting 8 covers instruction on hurry cases and first-aid drills; this touches on 4, 5, 6, and 7.
 - Den Meeting 9 is for completion of the first-aid drills (4, 5, 6, and 7), safe swim rules (8), and final review of any incomplete items and the work to be done at home (3 and 11).
1. With your parent, guardian, or Webelos den leader, complete the Courage Character Connection.
 - a. **Know:** Define the importance of each courage step: Be strong; Be calm; Be clear; Be careful. Explain how memorizing the courage steps helps you to be ready.
 - b. **Commit:** Explain why it is hard to follow the courage steps in an emergency. Tell when you can use the courage steps in other situations (such as standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted, etc.)
 - c. **Practice:** Act out one of the requirements using these courage steps: Be strong; Be calm; Be clear; Be careful.
 - This can be done in a denwide discussion to introduce the Readyman concept. As the meetings roll out, ensure that the Scouts demonstrate each step:
 - Be strong
 - Be calm
 - Be clear
 - Be careful
 2. Explain what first aid is. Tell what you should do after an accident.
 - Ask Webelos Scouts these questions and discuss their answers:
 - In a fire at your home, what would you do if flames were blocking the usual exit? Would you know an alternative way out—one planned in advance?
 - Would you be able to lead others to safety?
 - What would you do if someone were drowning?
 - Would you know how to rescue that person?
 - If someone isn't breathing, would you know how to start mouth-to-mouth resuscitation?
 - Would you know how to send for help?
 - What would you do if your home had a broken water pipe, a leaky faucet, or a stopped-up toilet? Would you know how to turn off the main water valve?
 - What would you do if the electricity went off in your home? If a fuse blew or a circuit breaker was tripped? Do you know where the fuse box or circuit breaker box is located in your home?
 - What would you do in any emergency? Would you panic? Or would you keep cool because you are prepared? Would you know where to phone for emergency help?
 - How to give first aid? What not to do?
 3. Explain how you can get help quickly if there is an emergency in your home. Make a “help list” of people or agencies that can help you if you need it. Post it near a phone or another place with easy access.
 - Distribute the template for this help list. This will be completed at home.
 - Discuss how they will look up numbers or decide who to put on the lists.
 11. Make a home fire escape plan for your family.
 - Discuss home fire escape procedures.
 - Draw a floor plan of your home, including the locations of smoke detectors.
 - Map out an escape route from each room, making sure that there are at least two exits from every bedroom—the usual exit and an emergency one in case the usual way out is blocked by smoke or flames.
 - Have a family meeting and discuss the fire escape plan.
 - Teach everyone how to get out of the house if there is a fire; they mustn't grab clothes, papers, jewelry, or other belongings—just get out! Have an outside meeting place planned.
 - Have all family members practice alternate routes to safety.
 - To make sure that everyone can get outside even in darkness or blinding smoke, practice the drill when it is dark.
 - While this is to be done at home, you should practice first by having the Scouts determine a fire escape plan for the den meeting site.
 - Then conduct a fire drill (you might select one Scout to announce “Fire Drill” at a later random point in the meeting to see if everyone follows the plan).





13. Tell where accidents are most likely to happen inside and around your home.
 - After taking responses, you might walk the den meeting location and identify where accidents might happen in your meeting area.
- ▶ Consider mixing in the following games to break up the information today:
 - First-Aid Baseball.
 - Make a list of first-aid questions based on material in the *Webelos Handbook*.
 - Also have five 3-by-5-inch cards marked as “single,” three marked “double,” two marked “triple,” and one marked “home run.”
 - Set out bases for a small diamond. Divide the den into teams. One team lines up at home plate.
 - Leader asks the first boy a first-aid question. A wrong answer is an out.
 - If the answer is correct, the batter draws a card to see what kind of hit he has made and moves to that base. Runners advance an appropriate number of bases on hits. After three outs, the team is retired and the other team comes to bat.
 - First-Aid Basketball. (If you have a basketball court or hoop you can use—or play with a wastepaper basket and a ball or balled up paper)
 - Make a list of first-aid questions based on material in the *Webelos Handbook*.
 - Make five or six circles on the court with chalk or tape about 10 feet from the basket.
 - Players stand in the circles. In turn, players are asked a first-aid question.
 - If they answer correctly, they score a point and can shoot for the basket for a second point.
 - If the answer is wrong, he gets no points.
- ▶ Other **Readyman requirements** that could be done in lieu of, or in addition to, 11 and 13:
 9. Explain six safety rules you should follow when “driving” a bicycle.
 10. Explain the importance of wearing safety equipment when participating in sports activities (skating, skateboarding, etc.).
 12. Explain how to use each item in a first-aid kit.
 - You might have the den put together the den’s own first-aid kit, or have each Scout create their own personal first-aid kit.
 14. Explain six safety rules you should remember when riding in a car.
 15. Attend a first-aid demonstration at a Boy Scout troop meeting, a Red Cross center, or other community event or place.
- ▶ In the boys’ *Webelos Handbooks*, sign the requirements met (and update your records).

Closing

- ▶ Award (or recognize) any advancement completed today; thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader’s minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting’s flag ceremony, and remind about home assignments (and include these in any family information letter or e-mail), including:
 - Upcoming visits to a Boy Scout troop meeting and to a Boy Scout–oriented outdoor activity.
 - Selection of Boy Scout troops and scheduling of Scoutmaster conferences (**Arrow of Light Award requirement 6**).
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to discuss and complete with their family **Readyman 3 and 11** and continue to review the Readyman chapter in their *Webelos Handbook*.

After the Meeting

- ▶ If you’ve changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

Webelos Readyman Activity Badge, Requirement 3

Explain how you can get help quickly if there is an emergency in your home. Make a “help list” of people or agencies that can help you if you need it.



Post it near a phone or another place with easy access.

Name: _____

| Helper | Phone Number |
|-----------------|----------------|
| Poison control | |
| Police/sheriff | |
| Fire department | |
| Doctor | _____ at _____ |
| Mom’s cell | |
| Mom at work | |
| Dad’s cell | |
| Dad at work | |
| Grandparents | _____ at _____ |
| Neighbor | _____ at _____ |
| Neighbor | _____ at _____ |
| Friend | _____ at _____ |
| Friend | _____ at _____ |