



Bear Den Meeting 8

Be Ready!

Achievement 11. Character Connection for Courage.

Preparation and Materials Needed

- ▶ Invite a parent or friend who is a doctor, a nurse, an emergency medical technician (EMT), or someone knowledgeable about first aid to attend the den meeting.
- ▶ Go to www.scoutingmagazine.org, click to get to the search page, and search “first aid” for more ideas and tips to help you in preparation for this meeting.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring props (flashlight, blanket, 25-foot length of rope, cell phone, pole or branch) to act out different emergencies.
 - First-aid kit (e.g., from your car, or what your den will use on outings).
 - If you want more activity, you could have the Scouts create their own first-aid kits (bring supplies, including zippered plastic bags to hold the items, plus adhesive bandages, anti-bacterial cream and other items they might need to use commonly).

Before the Meeting

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ **Verify:** Complete checking handbooks for completion of **Achievement 9c**.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 11a** (“Tell what to do in case of an accident in the home. A family member needs help. Someone’s clothes catch on fire.”): Discuss, then act out, what to do in case of the following:
 - Person falls and is clearly hurt:
 - Have a leader act out the hurt (you can change the injury from Scout to Scout).
 - Stay calm, comfort the person (but don’t try to move him or her).
 - Get help (from a neighbor, call 911). You can practice the call in the meeting.
 - Stay with the person. Keep the person warm.
 - Someone’s clothes catch on fire:
 - Stop, drop and roll!
 - You might show the impact of movement and fire by lighting a rolled up newspaper (in a safe place), to show how much it burns when holding steady, but how much more it burns when you feed it oxygen by moving it around.
 - The house catches on fire:
 - Discuss how to get out.
 - Where is the fire? How can you tell if it is behind a closed door?
 - Why is crawling important?
 - Again, you can demonstrate where smoke goes (up), by doing a safe demonstration.
- ▶ The “house catches on fire” scenario ties well into **Achievement 11e** (“With your family, plan escape routes from your home and have a practice drill.”) Consider doing this as a “den drill” for your den meeting place.
 - Pick their brains about the best way out of your meeting place (you may need to search it out).
 - Discuss, then act out, what to do in case of a fire at the den meeting place.



- For fun, and because they'll need to get it out of their system, if your meeting place can stand it, they can practice the "panic" version first—provided you're then able to demonstrate why that is the "bad way" to respond if the building catches on fire!
 - Then have them do it the right way.
- ▶ **Achievement 11g:** Discuss the Character Connection for Courage.
- **Know:** Memorize the courage steps: Be brave, be calm, be clear, and be careful. Tell why each courage step is important. How will memorizing the courage steps help you to be ready?
 - **Commit:** Tell why it might be difficult to follow the courage steps in an emergency situation. Think of other times you can use the courage steps. (Standing up to a bully is one example.)
 - **Practice:** Act out one of the requirements using these courage steps: Be brave, be calm, be clear, and be careful.
- ▶ **Achievement 11b** ("Tell what to do in case of a water accident."):
 - Discuss, then act out, what to do in case of a water accident: Boat Overturns.
 - You might use a box or wagon as your "boat":
 - Have the Scouts show what they should do if they fall out, or the boat capsizes (stay with the boat! Don't try to swim away!).
 - Someone falls into a lake or stream:
 - "Reach, throw, row, go" is the adult and Boy Scout rule.
 - Cub Scouts can do reach and throw, but instead of "row" or "go," they should "go get help."
 - Practice reaching (find things in/around your meeting room you can use).
 - Practice throwing (use the 25-foot coil of rope). This also satisfies **Achievement 22d** ("Coil a rope. Throw it, hitting a 2-foot-square marker 20 feet away.")
- ▶ **Achievement 11c** ("Tell what to do in case of a school bus accident."):
 - Discuss, then act out, what to do in case of a school bus accident.
 - This one is harder to act out, but discuss emergency exits, staying calm, etc.
- ▶ **Achievement 11d** ("Tell what to do in case of a car accident."):
 - Discuss, then act out, what to do in case of a car accident.
 - Go out to your car to practice this.
 - Don't get in an accident, but have them come up to you while you're in the driver's seat like you just had one.

Want More Fun Activities?

Maybe "Be Ready for Emergency Relay Races," using blankets and strong poles (as a stretcher). See how long it takes your den to move the "victim" or a series of victims.

Or a Fireman's Hold Relay, as they carry other Scouts away from danger. Two Scouts create a seat (for a third Scout to be carried). (1) Each Scout grips the right wrist with the left hand (on top of the wrist); (2) each links up with the other Scout by gripping the other Scout's left wrist with his right hand (on top of the wrist); (3) this makes a simple square, and (4) an "injured" Scout rides on that, with arms around the two carriers' necks.

You could also have the Scouts create their own first-aid kits (bring supplies, including zippered plastic bags to hold the items, plus adhesive bandages, anti-bacterial cream and other items they might need to use commonly).

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment: Achievement 11e:** With family, boys plan escape routes from their home and have a practice fire drill.

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.