

Daisy Outdoor Challenge #5

Taking Care of a Cut

Materials: soap, water, washable marker, gauze pads or washcloth, bandaids, gloves

Objective: Girls will be able to clean and bandage a small cut.

Directions:

Activity:

1. Ask the girls what they should do if they get a small cut or scrape.

Answers should include:

- a. Let an adult know.
 - b. Wash it with soap and water.
 - c. Cover it.
 - d. Keep it clean.
 - e. Don't touch someone else's blood.
2. Demonstrate what to do.
 - a. Use the washable marker to draw a small "cut" on someone's arm or leg.
 - b. Put gloves on.
 - c. Ask the person if you can help them with the cut.
 - d. Use soap and water to wash the cut.
 - e. Let the skin dry.
 - f. Apply a bandaid.
 3. Partner and Practice
 - a. Have each girl get a partner.
 - b. Draw a small "cut" on each girl.
 - c. Have their partner follow the steps above to clean and bandage the cut.

Brownie Outdoor Challenge #5

Caring for a Burn

Materials: running water, gauze, gloves, ketchup (or another substance that is easily removed with running water)

Objective: Girls will be able to care for a minor burn.

Directions:

Activity:

1. **Ask the girls what they should do if they get a minor burn. Answers should include:**
 - a. **Let an adult know.**
 - b. **Put it under cool running water.**
 - c. **Cover it with a dry, clean cloth.**
 - d. **Keep it clean.**
 - e. **Don't touch someone else's blood.**
2. **Demonstrate what to do.**
 - a. **Put a small amount of ketchup on someone's arm to represent a burn.**
 - b. **Put gloves on.**
 - c. **Ask the person if you can help them with the burn.**
 - d. **Put the arm under cool running water.**
 - e. **Pat dry.**
 - f. **Apply a clean, dry cloth.**
3. **Partner and Practice**
 - a. **Have each girl get a partner.**
 - b. **Put a small "burn" on each girl.**
 - c. **Have their partner follow the steps above to clean and bandage the burn.**

Junior Outdoor Challenge #5

Applying Direct Pressure

Materials: washable marker, gauze pads or washcloth, gloves

Objective: Girls will be able to apply direct pressure to a bleeding wound.

Directions:

1. Ask the girls what they should do if they see someone bleeding. Answers should include:
 - a. Let an adult know.
 - b. Apply pressure.
 - c. Cover it.
 - d. Keep it clean.
 - e. Don't touch someone else's blood.
2. Demonstrate what to do.
 - a. Use the washable marker to draw a small "cut" on someone's arm or leg.
 - b. Put gloves on.
 - c. Ask the person if you can help them with the cut.
 - d. First put your gloved hand on the cut, applying pressure.
 - e. Then grab gauze or a washcloth and put that on top of the wound. Place your hand on top of the gauze.
 - f. Ask the girls if they should take the gauze off, if they think it has stopped bleeding.
 - i. The answer should be no, as they may peel off the first part that has started to heal.
 - g. Explain to the girls that if the wound bleeds through the gauze or washcloth, just apply another layer on top.
3. Partner and Practice
 - a. Have each girl get a partner.
 - b. Draw a small "cut" on each girl.
 - c. Have their partner follow the steps above to apply direct pressure to a wound.

Cadette Outdoor Challenge #5

Hypothermia Burrito Wrap

Materials: plastic tarps, sleeping bags, emergency blanket, blankets, sleeping pads, whatever you have.

Objective: Girls will be able to create a hypothermia burrito wrap.

Directions:

1. **Ask the girls what they should do if they experience hypothermia.**
Answers should include:
 - a. Let an adult know.
 - b. Get out of the cold.
 - c. Re-warm the body, if the body will not be going back out in the cold.
 - d. Keep an eye on the person.
 - e. Call for help.
2. **Demonstrate what to do.**
 - a. Explain that a hypothermia burrito wrap should be used when a hypothermic victim needs to be warmed and that 911 should also be called.
 - b. Place a tarp on the ground, or an emergency foil blanket.
 - c. Place a sleeping pad, sleeping bag or blankets down. A couple layers is best.
 - d. Place the victim inside a sleeping bag and on top of the bedding.
 - e. Wrap the blankets and tarp snugly around the victim, leaving her face visible.
 - f. Continually check to make sure the victim is conscious and not over heating.
 - g. **Caution!** This burrito can become warm quickly, especially for someone without hypothermia, do not stay wrapped too long during practice.
3. **Partner and Practice**
 - a. Have the girls split into small groups.
 - b. Let each girl experience the warmth of being the victim, as well as the person helping the victim.

- c. Have the group follow the instructions above to create their burritos.**
- d. Caution! This burrito can become warm quickly, especially for someone without hypothermia, do not stay wrapped too long during practice.**

Senior Outdoor Challenge #5

Splints

Materials: a mix of what you have of the following: blankets, cravats, rope, sleeping pads, Sam Splints, roller bandages, etc.

Objective: Girls will be able to apply an anatomical splint to the leg and a soft splint to the ankle.

Directions:

Activity One (Anatomical Splint):

4. Ask the girls what they should do if they hurt a joint or bone. Answers should include:
 - a. Let an adult know.
 - b. Don't move it.
 - c. Keep it the way that you found it unless you have to move it.
 - d. Splint it.
5. Demonstrate what to do.
 - a. Have a girl sit with one leg acting as the injured leg, straight out.
 - b. Bring the other leg, gently, right next to the injured leg.
 - c. Carefully thread cravats or rope under the injured and uninjured legs. You should have four to five, from upper thigh to ankle.
 - d. Fill in the gaps with blankets, t-shirts, whatever you have. All air between the legs should be taken by soft objects.
 - e. Tie the cravat around both legs. They should be tied snugly, but not so tight as to cut off circulation.
6. Partner and Practice
 - a. Have each girl get a partner.
 - b. Each partner should take turns to follow the steps above to create an anatomical leg splint.

Activity Two (Soft Splint);

1. Demonstrate what to do.
 - a. Have a girl sit with one ankle acting as injured.

- b. Take a blanket and fold it tightly.**
 - c. Place it up to about mid-shin, under the leg, or how far you can get it and still have about a foot's length past the foot.**
 - d. Put a cravat or rope under the blanket and tie it taught around the leg, do this again slightly lower around the leg.**
 - e. Now, fold the blanket up around the foot and tie a rope or cravat around the foot.**
 - f. Take care not to try to straighten the ankle.**
- 2. Partner and Practice**
- a. Have each girl get a partner.**
 - b. Each partner should take turns to follow the steps above to create soft ankle splint.**



Get Outdoors Challenge

Ambassador Outdoor Challenge #5

Emergency Carries

Materials: blankets

Objective: Girls will be able to safely execute emergency carries.

Directions:

Activity One (Examples):

1. Discuss when someone should execute and emergency carry. Answers should include:
 - a. When the victim is in danger.
2. Beach Drag
 - a. Victim is lying on the floor.
 - b. Rescuer should reach under the arm pits and grasp firmly.
 - c. Making sure to bend the knees and not lift with the back, rescuer should walk backwards, pulling the victim along.
 - d. Keep the victim close to the ground.
 - e. Drag to safety.
3. Blanket drag
 - a. Roll or help victim onto a blanket.
 - b. Grasping the blanket firmly on either side of the victim's head, rescuer should bend the knees, making sure not to lift with the back, and walk backwards, pulling the victim along.
 - c. Keep the victim close to the ground.
 - d. Drag to safety.
4. Walking Assist
 - a. To be used when the victim can walk, just not very steadily.
 - b. Stand beside the victim and grasp the wrist closest to you, with your far hand.
 - c. Lift that arm up and over your neck.
 - d. Your other hand should wrap around the victim's waist, pulling the two of you close, so that your hips touch.
 - e. Assist the victim to safety by walking slowly with them.

5. Four Handed Seat

- a. Two rescuers should make a table by grabbing each other's wrists to create a square. Your right hand grabs your own left wrist, and your left hand grabs your partners right wrist.**
- b. Have the victim sit on the square and wrap her arms around each of the rescuer's necks and shoulders.**
- c. Carry to safety and safely set down.**

Activity Two (Competition):

- 1. Break into two teams.**
- 2. Have a victim ready at the opposite end of the room for each team.**
- 3. The leader should call out the type of emergency carry.**
- 4. The next person, or two people, if the carry calls for two, will safely carry that victim back to the line.**
- 5. First team safely back to the line gets a point.**
- 6. The rescuer becomes the next victim. (If two rescuers, they can decide who the victim is.)**
- 7. First team to three points wins!**