



Cub Scout Pack

Salisbury, NC

www.cubpack333.org



READYMAN

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Required for Arrow of Light

Do all of these:

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 help 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.
2. Explain what first aid is. Tell what you should do after an accident.
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.
4. Demonstrate the Heimlich maneuver and tell when it is used.
5. Show what to do for these "hurry cases":
 - a. Serious bleeding
 - b. Stopped breathing
 - c. Internal poisoning
 - d. Heart attack
- Show how to treat shock.
- Show first aid for the following:
 - a. Cuts and scratches
 - b. Burns and scalds
 - c. Choking
 - d. Blisters on the hand and foot
 - e. Tick bites
 - f. Bites and stings of insects other than ticks
 - g. Poisonous snakebite
 - h. Nosebleed
 - i. Frostbite
 - j. Sunburn



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- 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.

And do two of these:

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.)
11. Make a home fire escape plan for your family.
12. Explain how to use each item in a first aid kit.
13. Tell where accidents are most likely to happen inside and around your home.
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.