



Readyman

Activity Badge Worksheet

Webelo Scout Program

Scout Name: _____
Pack/Den/Patrol: _____

Do all of these:

1. With your parent, guardian, or Webelos 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:** 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.) _____

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"**:

- Serious bleeding**
- Stopped breathing**
- Internal poisoning**
- Heart attack**

- 6. Show how to treat for shock. _____

7. Show first aid for the following:

- Cuts & scratches
- Burns & scalds
- Choking
- Blisters on the hand & foot
- Tick bites
- Bites & stings of insects other than ticks
- Poisonous snakebite
- Nosebleed
- Frostbite
- Sunburn

8. Properly Tell what steps must be taken for a safe swim with your Webelos Den or Patrol, your 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. _____

