

Patrol Time Service Activities

Blindfolded Trust Walk

Equipment:

- Blindfold
- Obstacles(chairs, witches hats, etc)

Method:

1. Put the girls into pairs.
2. One member of the pair puts on a blindfold and then her partner tries to lead her through an obstacle course.
3. The first time through the obstacle course, the "sighted" girl can hold on to her "blinded" partner's hand but should try to do most of her directing vocally.
4. The second time through, no physical contact between the girls is allowed.

Helping People

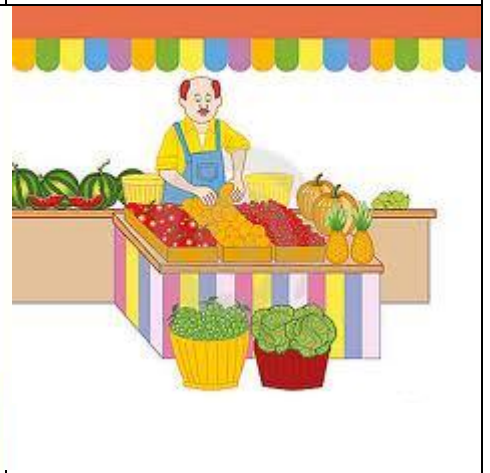
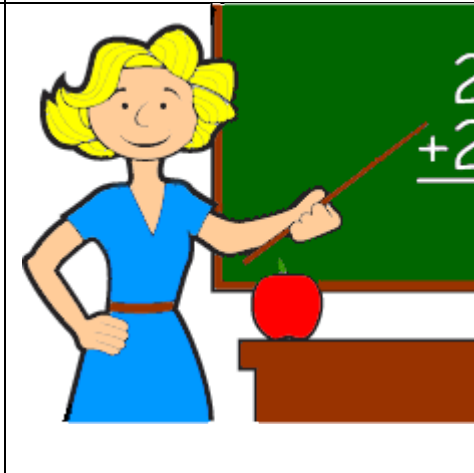
Equipment:

Cards with occupations or picture of people at work such as teacher, Mother, Librarian, Junior Guide Leader, Nurse

Method:

1. Shuffle the cards and have them face down.
2. Each girl takes a card and tells of a way she could help the person on it.

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Simple First Aid

Equipment:

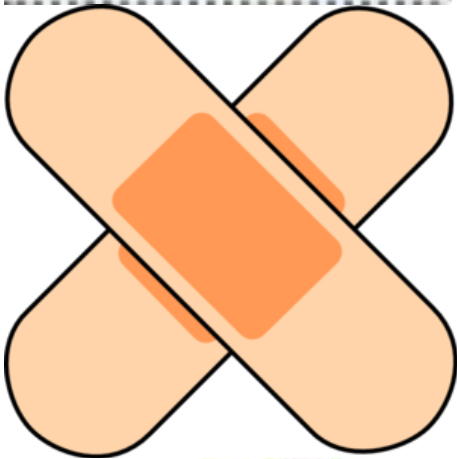
- Set of question cards
- Set of first aid pictures

Method:

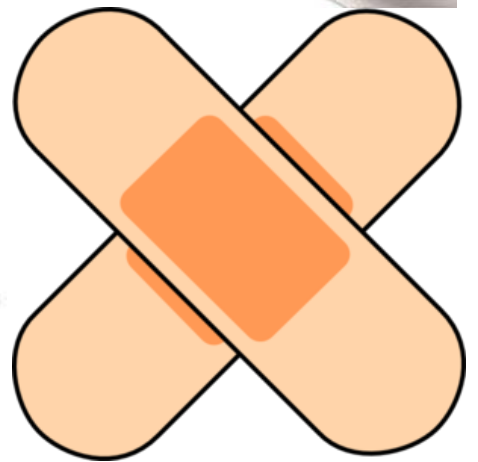
1. The girls in the Patrol read out the question one at a time.
2. They discuss how they would treat Sally and put what they think is the correct responding pictures with that picture

<p>1) <u>Small Cut</u> Sally cut her finger while using scissors, here is a small amount of blood. What would you do?</p>	<p>2) <u>Small Burn</u> Sally touches the hot tin of the Buddy Burner with her hand. What would you do?</p>
<p>3) <u>Sore Wrist</u> Sally tripped over and landed on her wrist. She is complaining that it is hurting. What would you do?</p>	<p>4) <u>Non Responsive</u> You find Sally lying on the ground she won't wake up. What would you do?</p>
<p>5) <u>Nose Bleeds</u> Sally's nose starts to bleed. What would you do?</p>	<p>6) <u>Simple Grazed Knee</u> Sally falls over and grazes her left knee. What would you do?</p>

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First Aid Matching Pairs

Equipment:

One set of cards

Method:

1. Divide the patrol into pairs.
2. One partner has the injury; the other has to find the treatment.
3. The first pair to find the correct match wins.
4. Swap over, so that the injured partner becomes the "First Aider".
5. Continue until all the cards are matched together.

severe bleeding	<ul style="list-style-type: none">• apply pressure• raise and support injured part• bandage wound• check circulation below wound• call for help
a nose bleed	<ul style="list-style-type: none">• get person to breathe through mouth• sit person up and lean forward• apply pressure with thumb and finger soft part of nose• place cold wet towel on forehead
a burn	<ul style="list-style-type: none">• remove person from danger• cool burned area under running water for 20 min

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snakebite	<ul style="list-style-type: none">• check breathing• calm person• apply a firm bandage from above fingers or toes moving up limb as far as can be reached• get person to sit still and hold bitten area still• call for help
an unconscious person with a pulse	<ul style="list-style-type: none">• check for danger• check breathing and pulse• put person on their left side• cover with blanket• call for help
clothing on fire	<ul style="list-style-type: none">• remove person from danger• pull person to ground• wrap in blanket or similar• roll person along ground until flames have gone• call for help
sunburn	<ul style="list-style-type: none">• rest person in a cool place• can offer cool bath or shower• apply cool padding to area• give cool drinks
A small graze or cut	<ul style="list-style-type: none">• clean wound• apply a non stick dressing

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bruising	<ul style="list-style-type: none">• Rest the person• Apply ice pack in a wet cloth to injured part for 15 min every 2 hours• Apply a firm bandage to injured part• Elevate the injured part
a seizure or funny turn	<ul style="list-style-type: none">• Check breathing and circulation• Protect from injury• Time length of turn• Place on side as soon as possible• Call for help
something in the eye	<ul style="list-style-type: none">• Get person to look up• Draw the lower lid down• Remove object using a clean moist cloth• Wash eye with a gentle stream of clean water• If remove if item stuck• Call for help
sprained joint	<ul style="list-style-type: none">• Rest the person• Apply ice pack in a wet cloth to injured part for 15 min every 2 hours• Apply a firm bandage to injured part• Elevate the injured part

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First Aid Word Puzzle

Equipment:

One puzzle per person/patrol

Method:

Find the First Aid words and put a line through them. The words go up, down, forward and backwards. The letters not crossed out make a message. Copy letters in order, line by line.

H	E	L	P	S	D	B	U	R	N
O	E	S	S	D	N	A	H	A	B
R	B	R	U	S	H	N	O	W	N
W	A	T	E	R	A	D	U	L	T
Q	U	I	C	K	I	A	E	T	E
N	R	H	U	R	T	G	Y	T	E
A	O	H	E	M	R	E	G	H	T
E	B	A	N	D	A	I	D	S	H
L	L	P	S	O	A	P	P	A	E
C	O	V	E	R	O	P	L	W	E

Words to Look For:

Helps	Bandaid	Clean	Quick
Cover	Hands	Bandage	Soap
Adult	Water	Germ	Hurt
Wash	Burn	Teeth	Brush

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Arm Sling Relay

Equipment:

One sling

Method:

1. The Patrol lines up in relay formation with one girl acting as victim and standing in front of her team 30 feet away.
2. The first girl on each team runs to the victim, asks what is wrong, and applies an arm sling to the arm indicated.
3. When the judge sees that the sling is correct, she calls out "Cured!".
4. The girl removes the sling and becomes the victim.
5. The previous victim runs back to touch the next member of her team.
6. This continues until all on the team have been victim and rescuer.

Kim's Game First Aid Theme

Equipment:

- A tray of 20 items you would find in a First Aid Kit
- Paper and pen for each person
- A watch or timer

Method:

1. Uncover the tray and hold each article up, while naming it so that they whole patrol sees each thing and hears its name separately and get them to tell you what it may be used for.
2. Cover the tray and allow the patrol 5 minutes to write the names of as many of the 20 objects as they can remember.
3. Scoring: One point for each correct article in their list.