



Arrow of Light Den Meeting 9

Readyman

Preparation and Materials Needed

- ▶ Read the Readyman chapter in the *Webelos Handbook*.
- ▶ The **Readyman activity badge** requires three to four hours to complete. These meeting plans cover the activity badge over three meetings, but there may be other options, including:
 - Contact your local council service center to ask if they offer a workshop for completing the Readyman activity badge. The American Red Cross may also be willing to conduct a workshop on the **Readyman activity badge**.
 - If you do that, advise parents of the date for this activity well in advance. Webelos Scouts should prepare a home fire escape plan and bring it with them to the workshop (**Readyman requirement 11**).
- ▶ There may be parents in your den who are qualified to work with the boys on these requirements. Identify any parents or other pack resources who are in the medical profession, or have Red Cross or similar training and could be your activity badge counselor for this meeting. You might do this meeting as a field trip to a medical office if you have a willing host.
 - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
 - Show any guest speaker the Readyman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - **Readyman activity badge** pins for each of your Scouts (so they can be awarded if completed today), and compass emblems or points (if those will be completed today).

Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ 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.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ 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 (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

Business Items

- ▶ Check for completion of the home assignment: posting an emergency phone list (**Readyman requirement 3**).
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to complete work on the **Readyman activity badge**.
- ▶ **Verify:** Check boys' handbooks for parent/guardian signatures for **Readyman requirements 3 and 11**. Sign handbooks and record on den advancement record.

Activities

- ▶ **Readyman Activity Badge:** Requirements for today are 4–7. Complete any first-aid drills not done at the prior meeting.
 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 shock.
 7. Show first aid for the following:

| | |
|---------------------------------|--|
| — Cuts and scratches | — Bites and stings of insects other than ticks |
| — Burns and scalds | — Poisonous snakebite |
| — Choking | — Nosebleed |
| — Blisters on the hand and foot | — Frostbite |
| — Tick bites | — Sunburn |
 8. 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. See *Webelos Handbook*, pages 384–385.
 - Complete any other **Readyman activity badge** requirements not signed off in the last meetings; these might be the following:
 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 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:** 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. Tell where accidents are most likely to happen inside and around your home.

Want More Fun Activities?

Though you've probably finished the **Athlete activity badge** by now, you can insert that for a good physical activity to insert in this meeting.

- ▶ You can add Athlete progress chart activities into this meeting at various points.
- ▶ Those activities are curl-ups, pull-ups, push-ups, standing long jump, quarter-mile walk or run, vertical jump, and 50-yard dash.
- ▶ Taking a break to check on *just one* of those can be a good active break in your meeting.

- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Arrow of Light section in their *Webelos Handbook* before the next meeting and about:
 - Upcoming visits to a Boy Scout troop meeting and to a Boy Scout-oriented outdoor activity.
 - Selection of Boy Scout troops and scheduling of Scoutmaster conferences (Arrow of Light Award requirement 6).

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.

