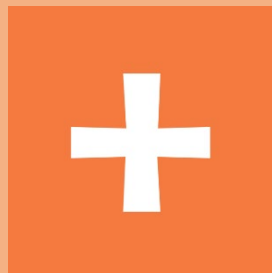


SCOUTING IRELAND ADVENTURE SKILLS: EMERGENCIES SESSION GUIDE



**Emergencies Skills
Stage 4
4x session plans**





Emergencies



Introduction

The session guides created by the SFNI Programme Lead have been designed to help support delivery of SI Adventure Skills Stages 1-4 in Emergencies, with each session pitched at a particular Section or ability level.

This guide contains a total of **four sessions** that provide activities that are intended to encourage and promote developing the necessary skills and knowledge linked to completion of each of the skills levels.

Sessions have been designed to be delivered within the 'den', with the last two sessions encompassing a practical / roleplay session that will assess all learning delivered across Stages 3&4 to enable youth members to apply the skills and knowledge necessary to complete the skills level.

Completing the Emergencies Adventure Skill

Before beginning delivery of the Emergency Adventure skill, **it is important to do a few things:**

Firstly, read through the session plans and become comfortable with the activities described and the resources required. You may find that through experience that a different approach or activity may be better suited to deliver this training, so please adapt the session for what works best for you and the group.

Secondly, take time to plan delivery with the group, utilize **Plan, Do, Review**, ensuring the group have been engaged and explored the Emergencies Adventure Skill and chosen to take part and shape their experiences across this learning journey.

Finally, ensure that you as the facilitator are competent, comfortable, and capable of delivering this training. Ensure that any required **Risk Assessments** have been complete regarding these activities.

The table below highlights the practical skills that Scouters will be required to demonstrate and the knowledge that a Scouter is required to be confident and able to deliver.

	Practical Skills- Scouters should be able to demonstrate:	Knowledge- Scouters need to know:
Stage 4	<ul style="list-style-type: none"> Pioneer skills in Square & Diagonal lashings to assist in stretcher building. Backwoods skills in shelter building How to apply bandages etc. on a range of wound How to safely move an injured person 	<ul style="list-style-type: none"> Contents of group first aid kits and what each item is used for. Map reading and activity planning. How to recognise and treat incidents of choking/ poisoning and the treatment of blisters.

Using the Session Plans

The session plan has been developed to be delivered at a particular **Section/ ability level**.

Each session begins with an energizer activity, loosely linked to the learning activity, and contains an introduction, learning activity(s) and a close/ reflection element.

In the first column you will also find the **Adventure Skill objective** that the activity relates to.

A **description** of an activity to complete, related to the title and prompts on how to complete this activity are provided.

A **suggested timing** has been included, for guidance only. It may be beneficial to slow down and stretch out activities dependent on your group.

A **resource column** includes a list of equipment and/ or external links to additional resources to assist in the delivery of the activity.

The last element of the session plan is a **review activity** which should be complete as part of quality assurance and recording.

Emergencies Adventure Skills Level 1				Session 1 Introduction
Section/ Skill level	Beavers/ Cubs/ Beginner	Location	Session length	Den
Activity				Time Resources
Energizer – The Great Egg Fall	The Great Egg Fall is more of an activity than energizer but can be used to introduce Emergencies as it will demonstrate how easily accidents can happen and explore how we can minimize and avoid them.			Suggested time: 10 minutes Eggs/ Boiled eggs A range of household items as described Glue/ Tape/ String/ Scissors
Introduction activity- 'What is an emergency?'	<p>Introduce the Emergency Adventure skills (Stage 1) briefly detailing what the group will be learning by naming all the associated outcomes.</p> <p>Explain that the first task will be to look at:</p> <p>What is an emergency?</p> <ul style="list-style-type: none"> Ask youth members to tell you in their words what makes an emergency an emergency. Definition: <ul style="list-style-type: none"> For an incident, to be an emergency, it has to conform to one or more of the following, if it: <ul style="list-style-type: none"> Poses an immediate threat to life, health, property, or environment Has already caused loss of life, health detriments, property damage, or environmental damage Has a high probability of escalating to cause immediate danger to life, health, property, or environment Next, use the 'Is it an emergency or not...?' images (appendix 1) or your own alternatives and ask the group to tell you if what is happening in the scene is an emergency or not. Discuss with the group what the picture depicts, what the emergency may be and what the response to the emergency should be. Finally ask the group to think about what emergency situations may look like for them when completing Scouting activities, record what these are on a sheet and ask for ideas of what you might do. 		Suggested time: 15 minutes Emergency Adventure skills guide Appendix 1 – Is it an emergency or not cards – No/ Yes/ Yes/ No/ No/ Yes/ Yes/ Yes Pens/ Markers/ Flipchart/ Card	
Activity- Roleplay	<p>Roleplay situations – How do I act responsibly?</p> <ul style="list-style-type: none"> Split the group into pairs and give each an emergency scenario, ask the group to tell you how they act responsibly and keep themselves and others safe in each scenario- ask the pairs/ trios to act out the scenario and demonstrate how to act in a safe and responsible way. Conclude by explaining that we are responsible for how we always act and behave and that we should always stop, think, and then act in a responsible way when taking part in any activity/ game or event in and outside the Den. 			Suggested time: 15- 20 minutes Ideas for emergency scenarios: Taink! / St John Ambulance
Review	Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.			Suggested time: 5 minutes



Emergencies Adventure Skills Stage 4			Session 1 Introduction	
Section/ Skill level	Scout / Venture/ Competent	Location	Den	
		Session length	55 minutes	
	Activity		Time	Resources
Engizger – Game	Frown <ul style="list-style-type: none"> This game will inject a bit of fun into the proceedings as there is a bit of learning involved in this session. Divide the group into pairs and tell them to stand back-to-back. On the count of three, everyone must face their partner, look into each other eyes and try to frown, but without speaking. The first who tries to smile, or laugh must sit down. The standing players will pair with each other, and the activity will continue until just two people remain. The last one standing will be crowned Frown champion 		Suggested time: 10 minutes	
Introduction	<ul style="list-style-type: none"> At this stage, youth members will also be tested on some of their Backwoods and Pioneering Adventure Skills, and this should be referenced when introducing the areas of learning for Stage 4 of Emergency Adventure Skills learning. <p>Backwoods-Shelter building Pioneering- Square & Diagonal lashings/ Half hitch knots</p>		Suggested time: 5 minutes -Emergency Adventure skills guide -Backwoods Guide -Pioneering Guide	
Activity- Show/ Tell/ Scenarios <i>I know what should be in our Team First Aid kit, and how to use it correctly</i>	What's in the kit?...Group First Aid Kits <ul style="list-style-type: none"> At Stage 4, learners will be familiar with what should be contained in a '<i>personal first aid kit</i>'. The next level of knowledge is to be aware of the things that should be carried as part of a '<i>Group</i>' first aid kit. Take the contents of two 'Group First Aid kits' and display them to the group. Split the group in half and run the following challenge: <p>Name several emergency scenarios or accidents such as... 'someone has cut themselves with a knife'...'someone has fallen over and hurt their wrist'...'someone has fallen into a small stream' etc... and ask the teams to identify the first aid equipment they will need and how it is used to deal with the situation.</p>		Suggested time: 15 minutes -2x Team First Aid kits -Scenarios – accidents and emergencies	
Activity- Written/ Recorded <i>I can use various means to show the location of an accident to rescue services</i>	Plan, Plan, Plan <ul style="list-style-type: none"> This activity will present the need to ensure that you are properly prepared when undertaken a Scouting activity. Ask the group to suggest a Backwoods activity or Hiking adventure that they want to complete. Plan the activity- ensuring that it occurs in an outside location away from the den. When planning, make sure that the group can tell you what information they will need- e.g., what is the event, what equipment is required, what kit will you need, who is going, contact numbers and conclude by asking the group to think about what the potential dangers may be associated with the task. Next, having identified the location, split the group up and provide a map. Ask these groups to find the location on the map and to suggest ways that they can inform emergency services where they are- think about grid references, GPS location on phones, looking for landmarks etc. Record and log these responses and use them to create an activity/ action plan to take with you on the event. 		Suggested time: 20 minutes -Paper/ Flipchart -Maps -Pens/ markers	
Review	Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.		Suggested time: 5 minutes	



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Emergencies Adventure Skills Stage 4			Session 2 Practical First Aid	
Section/ Skill level	Scout / Venture/ Competent	Location	Den	
		Session length	65 minutes	
Activity			Time	Resources
Energizer – Game/ Relay	Copycats <ul style="list-style-type: none"> This game will inject a bit of fun into the proceedings as there is a bit of learning involved in this session. Ask one participant to leave the room and stand everyone else into a large circle. While the participant is outside, choose someone in the circle to lead the group, they must make a silly gesture, and everyone must copy. Everyone must keep an eye out on who is leading as they should change the gesture as the time moves along. Begin the game by inviting the participant outside back in and begin, they must work out who the group is copying- on identifying the leader, they step out and the process is repeated. 		Suggested time: 10 minutes	Playing space
Introduction	<ul style="list-style-type: none"> Take a moment to explore with the group the Emergency Activity Skills Stage 4, to be explored in this session: <i>Treating minor injuries/ applying bandages/ building stretchers</i> 		Suggested time: 5 minutes	- Emergency Adventure skills guide
Activity - Practical <i>I know how to recognise sprains, strains, and fractures.</i> <i>I know how to apply bandages for different types of injury.</i> <i>I know how to build a stretcher from improvised materials</i>	Sprains, Strains & Fractures <ul style="list-style-type: none"> This activity will combine 2 other areas of learning and will also involve Pioneering skills. Firstly, ask the group if they know the difference between a sprain, strain, and fracture. Play the YouTube video to help explain the difference. Next revisit bandages and slings and practice applying these in pairs when supporting one of these types of injury. Now discuss with the group what you could do if someone has twisted or sprained an ankle whilst out on an adventure- this should lead to demonstrating how to create an improvised stretcher. In this scenario use Pioneering skills and equipment – ‘spars and rope’ - and with the group build a stretcher using Square and diagonal lashing(s) and rope/ coats/ hoodies or tarp in lieu of canvas. For ideas type ‘<i>Pioneering Stretchers</i>’ into google. To complete the activity run a race between smaller groups, asking them to build the stretcher and transport a ‘<i>patient</i>’ across the den. Ask the group to think about other materials they may come across when on an adventure that can be used to create a stretcher and list them. 		Suggested time: 30 minutes	- Sprains, Strains & Fractures YouTube -Computer/ projector -Pioneering knots & lashings guides -Spars, rope, tarp, canvas and other materials
Activity- Video/ description <i>I know how to check if someone is choking and how to help them.</i> <i>I know what actions to take with suspected poisoning.</i> <i>I know how to deal with blisters</i>	What do if someone is...choking/ poisoned/ has a blister! <ul style="list-style-type: none"> This area of learning will focus on a series of possible emergencies and injuries that may occur whilst out completing a Scouting adventure. Use the following videos or similar to exemplify what symptoms look like and actions to take when dealing with choking, poisoning and blisters. After playing each video, ask the group what activities these could potentially occur across and to repeat back to you the symptoms and actions required when dealing with them all. 		Suggested time: 15 minutes	-Computer/ projector - What to do in an emergency- Choking - What to do in an emergency- Poisoning - What to do in an emergency- Blisters
Review	Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.		Suggested time: 5 minutes	



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Emergencies Adventure Skills Stage 4			Session 3 & 4 Practical / Demonstrations	
Section/ Skill level	Scout / Venture/ Competent	Location	Den	
		Session length	60- 90 minutes	
	Activity		Time	Resources
Introduction Session 3	<ul style="list-style-type: none"> Take a moment to explore with the group the Emergency Activity Skills Stage 4, to be explored in this session based on the activities you are delivering across the practical activity and inclusive of <i>shelter building</i>. 		Suggested time: 5 minutes	-Emergency Adventure skills guide
Activity- Practical <i>I know how to move an injured person safely to shelter if appropriate or necessary</i>	<p>Session 3 – BACKWOODS- Shelters</p> <ul style="list-style-type: none"> Revisit Backwoods skills in shelter building, running a competition in the group to build the best shelter using minimum materials. Once shelters have been built, bring the group together and discuss when we would use them to shelter someone who is injured. Next explore techniques to move someone who has an injury and reference how you could do this safely. <p>Points to remember and for participants to demonstrate:</p> <ul style="list-style-type: none"> Keep yourself safe and avoid causing an injury to yourself through strains. Keep the injured person comfortable and always support the neck and head if you suspect a spinal injury. Share the load- many hands make light work and use walking sticks or similar, to support the injured person. The 'moving a patient' resource will provide guidance to use in this area. <ul style="list-style-type: none"> Finally, put into practice these techniques by moving an injured person to the shelters that have been built. 		Suggested time: 60 - 90 minutes	-Backwoods Guide Laptop/ Projector Moving a patient on a stretcher guide Shelter materials/ emergency shelters
Review	Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.		Suggested time: 5 minutes	

Section/ Skill level	Scout / Venture/ Competent	Location	External	
		Session length	60- 90 minutes	
Introduction Session 4	<ul style="list-style-type: none"> Take a moment to explore with the group the Emergency Activity Skills Stage 4, to be explored in this session and explain that this will be a practical assessment of all learning across Stage 4. 		Suggested time: 5 minutes	-Emergency Adventure skills guide
Practical Assessment	<p>Session 4 – Practical Assessment Activity- Stage1/2/3/4</p> <ul style="list-style-type: none"> Plan and deliver a practical roleplay activity that includes all elements of learning across stages 3+4 that includes: <p>-Identifying escape routes and potential obstacles in the area you are using. -Supports the delivery of ABC assessment and support. -Minor bleeding wounds and a burn injury. -A sprained wrist and suspected fractured ankle. -Involves building a shelter and a stretcher to move an injured person -A member of the group contacting emergency services and providing all correct information including identifying location.</p> <ul style="list-style-type: none"> Build in elements of learning from stage 1,2 & 3 to ensure that this knowledge has been retained by the youth members. 		Suggested time: 60 - 90 minutes	-As required to simulate an incident to assess first aid
Review	Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group and sign off on assessment of skills Stage 4 as appropriate.		Suggested time: 5 minutes	

External web links – SFNI are not responsible for 3rd party content and information found on these sites.

<https://sfni.org/wp-content/uploads/2021/03/Emergencies-Adventure-Skills-1.pdf>

<https://sfni.org/wp-content/uploads/2022/08/A-Pocket-Guide-for-Backwoods-Skills-10.8.22-36pg.pdf>

First Aid Techniques on Moving an Injured Victim Stick Figures Icons. Stock Vector - Illustration of guide, methods: 195477890 (dreamstime.com)