

# Virtual Troop Meeting



## VIRTUAL MEETING PLAN: *Senior First Aid*

*When you have earned this badge, you will have learned some of the important basics of emergency first aid*

### **PREPARE**

This guide is designed to be used alongside the Senior First Aid Virtual Programming Video. The Senior First Aid badge steps are below:

1. Find out how to perform triage
2. Know how to help a head or neck injury
3. Learn how to use everyday objects to make splints
4. Recognize the signs of drug overdose and alcohol poisoning
5. Share your knowledge with others

### **TECHNOLOGY**

Girls will need to have an internet connection and device (computer, smartphone, tablet) to watch videos.

### **SUPPLIES**

Supplies depend on the what the Girl Scout has available, they should be creative! Some materials may include:

- Carboard
- T-shirts
- Bandannas
- Long sleeve shirt or sweatshirt
- Shoe laces
- Scarf
- Socks

- Hiking Poles
- Wooden Utensils
- Scissors
- Duct Tape or Medical Tape
- Ace Bandage

Please note Girl Scouts can be resourceful and use recycled materials for these activities. They do not need all of these materials, these are just potential ideas!

## LOCATION

The Senior First Aid badge can be done entirely indoors.

## STRUCTURE

Designed for 5 virtual meetings, 30+ minutes/each, plus badge work at home between meetings.

- Reflect: Talk about activity since previous meeting (prompt girls for any materials they may need to come prepared with)
- Topic: Introduce the badge step topic
- Watch the Senior First Aide Badge video step
- Question: Lead a short discussion, inviting girl ideas and questions about the topic.
- Activity Intro: Explain the badge activity that group will complete during each meeting.
- Close: Virtual friendship circle.  
What is a virtual friendship circle? You get to design one together as a troop!

## VIRTUAL MEETING 1: FIND OUT HOW TO PERFORM TRIAGE

- Promise & Law
- Topic Intro: Triage
  - What is the definition of a triage in a medical setting?
- Watch Step 1 of Senior First Aid badge video
- Questions
  - Why do medical professionals have to triage?
  - When do medical professionals use triage?
- Activity
  - Take a look at the [START Triage checklist](#) for First Responders
  - Create your own triage checklist
  - Share your checklist with your troop. Did you all include the same things?
- Close
  - Reflect on what you did in the meeting
  - Talk about the next week's activity and list any needed materials
  - Answer any last questions
  - Virtual Friendship Circle

## VIRTUAL MEETING 2: KNOW HOW TO HELP A HEAD OR NECK INJURY

- Promise & Law

- Topic Intro: Head and Neck Injuries
- Watch Step 2 of Senior First Aid badge video
- Questions
  - What type of accidents can cause head and neck injuries?
  - Why are we worried about the spine?
- Activity
  - Example of Spinal Immobilization performed by First Responders
    - <https://www.youtube.com/watch?v=EAW71i6x6K4>
  - Talk with your troop about how you would respond to the following scenarios:
    - Scenario 1: You are riding your bike with your friend Charlie and you both have your helmets on. Charlie falls off her bike and you see Charlie hit her head on the ground. When you call Charlie's name, she doesn't respond. She doesn't appear to be awake. You can see Charlie is breathing because her chest is rising and falling. You feel a radial and carotid pulse. You also notice that there are several scratches on Charlie's face on her cheeks with minimal bleeding. What should you do?
    - Scenario 2: You go outside and see your friend Andy lying on the sidewalk under a tree. Andy does not appear to be awake, has visible breathing, no visible bleeding, and has a carotid pulse. Andy is still not awake and begins coughing, you are worried they may start vomiting. What should you do?
- Close
  - Reflect on what you did in the meeting
  - Talk about the next week's activity and list any needed materials
  - Answer any last questions
  - Virtual Friendship Circle

## VIRTUAL MEETING 3: LEARN HOW TO USE EVERYDAY OBJECTS TO MAKE A SPLINT

- Promise & Law
- Topic Intro: Learn the Basics of Splinting
- Watch Step 3 of Senior First Aid badge video
- Questions
  - What is the purpose of splinting an injury?
  - What materials do you have that you could use to splint? Can you think of something not mentioned in the video?
- Activity
  - Take a few minutes for everyone to gather their supplies, you can also prompt Girl Scouts to come to the meeting with supplies.
  - Practice your splinting! Ideally, ask someone if you can practice splinting their forearm. If you do not have someone that can help, practice on yourself! It can be done, it is just a little tricky.
  - As you splint, explain to your troop what you are doing and what materials you are using. Be creative!
  - Check out some of the resources on splinting materials and techniques:
    - More info on splinting:
      - <https://blog.nols.edu/2016/07/18/common-supplies-for-improvised-splint>

- <https://www.healthline.com/health/how-to-make-a-splint#takeaway>
- <https://www.verywellhealth.com/splinting-a-broken-arm-4020293>
- Techniques for making a sling:
  - <https://www.youtube.com/watch?v=XsYNTNF1TTU>

Close

- Reflect on what you did in the meeting
- Talk about the next week's activity and list any needed materials
- Answer any last questions
- Virtual Friendship Circle

## VIRTUAL MEETING 4: RECOGNIZE THE SIGNS OF DRUG OVERDOSE AND ALCOHOL POISONING

Promise & Law

Topic Intro: Recognizing the signs of drug overdose and alcohol poisoning

Watch Step 4 of Senior First Aid badge video

Questions

- What are some signs you should look out for?
- When should you call for help and what can you do while you wait for help?

Activity

- Explore these websites to learn more statistics about the impacts of drugs and alcohol:
  - Mothers Against Drunk Driving: <https://www.madd.org/>
  - Students Against Destructive Decisions: <https://www.sadd.org/>
  - Every 15 minutes: <https://www.youtube.com/watch?v=pEfndCUcCEA> (*This video is graphic- it depicts a fake car accident, fake blood, and death*)
    - Every 15 minutes is an organization that recreates drunk driving accidents and is supported by schools all over the country. It involves first responders and students from the participating high school. The intention of the reenactments is to show the impacts of drinking and driving.
  - Alcohol Poisoning Information: <https://www.mayoclinic.org/diseases-conditions/alcohol-poisoning/symptoms-causes/syc-20354386>
  - Drug Overdose Information: <https://americanaddictioncenters.org/overdose>
- Talk with your Troop- How do you feel about the information from these websites? What difference can you make in these situations?

Close

- Reflect on what you did in the meeting
- Talk about the next week's activity and list any needed materials
- Answer any last questions
- Virtual Friendship Circle

## VIRTUAL MEETING 5: SHARE YOUR KNOWLEDGE WITH OTHERS

Promise & Law

Topic Intro: Share what you have learned while pursuing your first aid badge

- Watch Step 5 of Senior First Aid badge video
- Questions
  - How can we share the information we have learned?
  - How can we continue to learn more about First Aid?
- Activity
  - Work with your troop to come up with ways to share what you have learned about first aid, a few ideas include:
    - Make a post on social media about one of the topics (i.e. emergency preparedness, what household objects can be used for splints, drugs and alcohol awareness, etc.)
    - Help a younger Girl scout group earn their virtual First Aid Badge
- Close
  - Reflect on what you did in the meeting
  - Answer any last questions
  - Virtual Friendship Circle

\*Congratulations, your Girl Scout Seniors have earned their Senior First Aid badge!\*