

First Aid & First Aiders

First Aid/CPR Courses

Emergencies require prompt action and quick judgment. For many activities, Girl Scouts recommends that at least one adult volunteer be first aid/CPR-certified. For that reason, if you have the opportunity to get trained in council-approved first aid/CPR, do it! You can take advantage of first aid/CPR training offered by chapters of the American Red Cross, National Safety Council, EMP America, American Heart Association, or other sponsoring organizations approved by Girl Scouts of Northern California (GSNorCal).

Caution: First-aid/CPR training that is available entirely online does not satisfy Girl Scouts' requirements. Such courses do not offer enough opportunities to practice and receive feedback on your techniques. If you're taking a course not offered by one of the organizations listed in the previous paragraph, or any course that has entirely online components, get approval from GSNorCal at info@gsnorcal.org.

First Aiders

A first aider is an adult volunteer who has taken Girl Scout-approved first aid and CPR training that includes specific instructions for child CPR. The following healthcare providers may also serve as first-aiders: physician, physician's assistant, nurse practitioner, registered nurse, licensed practical nurse, paramedic, military medic, and emergency medical technician.

First Aiders, including the healthcare providers listed above, must take the online Girl Scout First Aider course which will familiarize them with their responsibilities, treatment protocols, procedures for emergencies, forms and record-keeping. They must also obtain the most updated version of the [GSNorCal Health & Safety Plan](#).

The [Safety Activity Checkpoints](#) will always tell you when a first aider needs to be present for troop/service unit/volunteer run camps, events or activities. Activities can take place in a variety of locations, which is why first-aid requirements are based on the remoteness of the activity—as noted in the Safety Activity Checkpoints for that activity. For example, it's possible to do a two-mile hike that has cell phone reception and service along the entire route and EMS (Emergency Medical System) is, at maximum, 30 minutes away at all times. It is also possible to hike more remotely with no cell phone service at a place where EMS would take more than 30 minutes to arrive. It's important that you or another volunteer with your group has the necessary medical experience (including knowledge of evacuation techniques) to ensure group safety.

The levels of first aid required for any activity take into account both how much danger is involved and how remote the area is from emergency medical services.

Access to EMS	Minimum Level of First Aid Required
Less than 30 minutes	CPR/First Aid Plus GSNorCal Online Course: Girl Scout First Aider Download the most updated Girl Scouts of Northern California Health and Safety Plan www.GSNorCal.org/forms
More than 30 minutes	Wilderness First Aid (WFA) or Wilderness First Responder (WFR)* Plus GSNorCal Online Course: Girl Scout First Aider Download the most updated Girl Scouts of Northern California Health and Safety Plan www.GSNorCal.org/forms

*Although a WFR is not required, it is strongly recommended when traveling with groups in areas that are greater than 30 minutes from EMS.

It is important to understand the differences between a first-aid course and a wilderness-rated course. Although standard first-aid training provides basic incident response, wilderness-rated courses include training on remote-assessment skills, as well as the emergency first-aid response, including evacuation techniques, to use when an EMS is not readily available.

First Aiders for Large Events

The presence of a first aider is required at resident camp. Day and resident camps require additional health care considerations regarding the first aider qualifications and on-site health care/treatment protocols and documentation. If you will be serving as a Girl Scout First Aider for a day or resident camp, please refer to the Volunteer Run Camp Administration Guide or contact the Outdoor program department at volunteercamps@gsnorcal.org.

For large events, the goal should be to have one first aider for every 200 participants. For events that include traveling or stations where there is a considerable distance between stops/stations, event organizers should consider having first aiders with each group

First Aid Kit

Make sure a general first aid kit is available at your troop meeting place and accompanies girls on any activity (including transportation to and from the activity). Please be aware that you may need to provide this kit if one is not available at your meeting place. You can purchase a Girl Scout first aid kit, you can buy a commercial kit, or you and the girls can assemble a kit yourselves. American Red Cross offers a list of potential items in its Anatomy of a First Aid Kit on their website <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit> (Note that the Red Cross suggested list includes aspirin, which you will not be at liberty to give to girls without direct parent/guardian permission). You can also customize a kit to cover your specific needs, including flares, treatments for frostbite or snake bites, and the like.

In addition to standard materials, all first aid kits should contain our council office telephone numbers [[ABOUT GSNorCal: Office & Retail Locations](#)] and emergency telephone number 1 (877) 636-1912, as well as contact information for parents/guardians, and emergency services such as the police, fire department, or hospital emergency technicians.

Your kit should also include:

- [Parent Permission Forms](#)
(https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/volunteer_resources/risk/parent-permission-form.pdf)
- [Health History Forms for Girls](#)
(https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/volunteer_resources/risk/girl-health-history-form.pdf)
- [Health History Forms for Adults](#)
(https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/volunteer_resources/risk/adult-health-history-form.pdf)
- [Accident/Injury Report](#)
(https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/volunteer_resources/risk/accident-injury-report-form.pdf)
- [Incident Report Form](#)
(https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/volunteer_resources/risk/incident-report-form.pdf)
- [Mutual of Omaha Claim Form](#)
(https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/volunteer_resources/risk/insurance-claim-form.pdf)
- [Media Information Sheet](#)
(https://www.gsnorcal.org/content/dam/girlscouts-gsnorcal/documents/volunteer_resources/risk/media-information-sheet.pdf)