



Webelos and Arrow of Light Requirements (2015–2016 Program Year)



Webelos Adventure: First Responder

Do all of these:

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for the hurry cases of first aid:
 - a. Serious bleeding
 - b. Heart attack or sudden cardiac arrest
 - c. Stopped breathing
 - d. Stroke
 - e. Poisoning
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate that you know how to treat the following:
 - a. Cuts and scratches
 - b. Burns and scalds
 - c. Sunburn
 - d. Blisters on the hand and foot
 - e. Tick bites
 - f. Bites and stings of other insects
 - g. Venomous snakebite
 - h. Nosebleed
 - i. Frostbite
6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
7. Create and practice an emergency readiness plan for your home or den meeting place.
8. Visit with a first responder.



Webelos Adventure: Stronger, Faster, Higher

Do all of these:

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
2. Do these activities and record your results:
 - a. 20-yard dash
 - b. Vertical jump
 - c. Lifting a 5-pound weight
 - d. Push-ups
 - e. Curls
 - f. Jumping rope
3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.
4. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and improve your time over a two-week period.

