

Providing Emergency Care

As you know, emergencies can happen. Girls need to receive proper instruction in how to care for themselves and others in emergencies. They also need to learn the importance of reporting to adults any accidents, illnesses, or unusual behaviors during Girl Scout activities. To this end, you can help girls:

- **Know what to report.** See “Procedures for Accidents and Emergencies” on the inside back cover.
- **Establish and practice procedures for weather emergencies.** Certain extreme-weather conditions may occur in your area. Please consult with the Council for the most relevant information for you to share with girls.
- **Establish and practice procedures for such circumstances as fire evacuation, lost persons, and building-security responses.** Every girl and adult volunteer must know how to act in these situations. For example, you and the girls, with the help of a fire department representative, should design a fire evacuation plan for meeting places used by the group.
- **Assemble a well-stocked first aid kit that is always accessible.** First aid administered in the first few minutes can mean the difference between life and death. In an emergency, secure professional medical assistance as soon as possible, normally by calling 911.

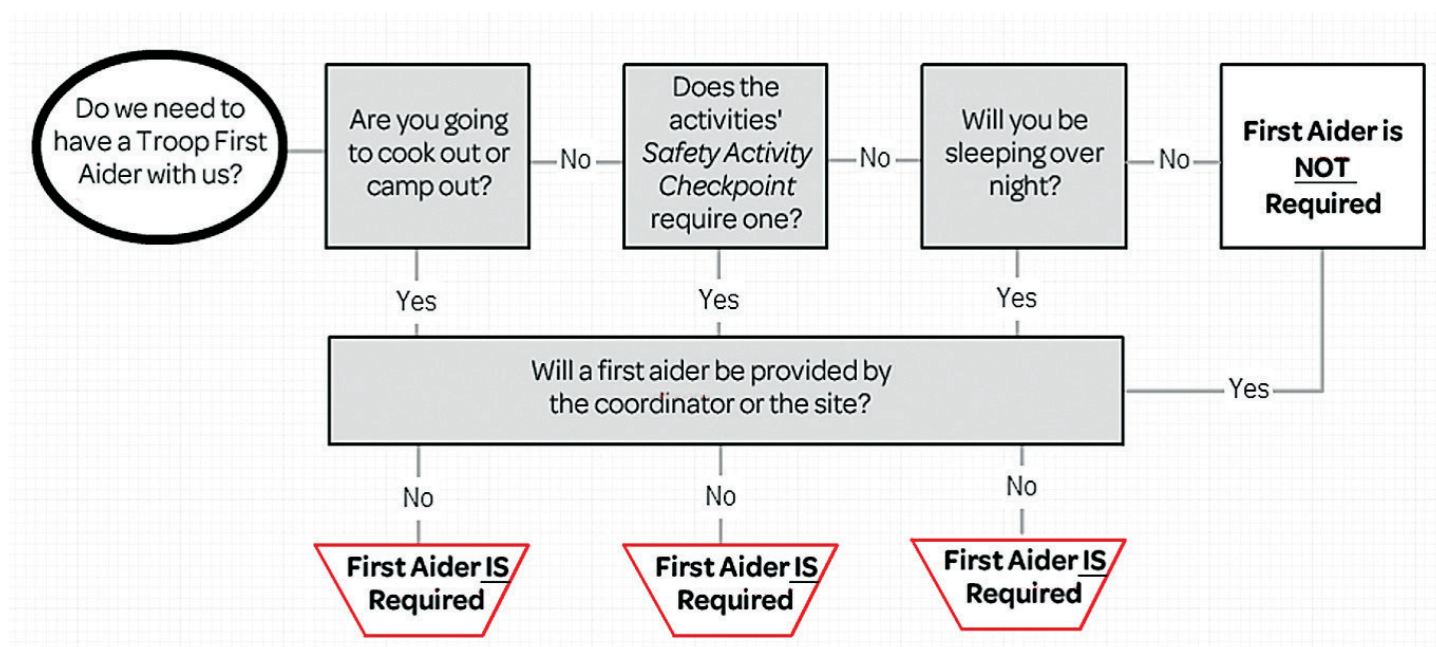


First Aid and CPR

A troop first aider is an adult volunteer who has taken Girl Scout-approved first aid and CPR training that includes specific instructions for child CPR. First aid certifications must be valid at the time of service. Check our website, under “Events” for a list of upcoming classes. First aid training is a legitimate use of troop funds, and training grants to cover the cost are also available.

When Do I Need a Troop First Aider?

Use your best judgement to determine if your troop needs a first aider present. We strongly recommend having a Level 1 first aider at all times, but one must be present for overnights, physically demanding activities and events with potential for injury such as camping or high adventure activities. Be sure to review the Safety Activity Checkpoints for your particular activity to see if a first aider is required. If a first aider is required for a certain activity, but will be provided by the vendor at the site or the coordinator of the event, then you may not need to bring your own. Be sure to check with the host when registering.



When Do I Need Additional Support?

Some events require additional support to ensure the safety of all attending. Typically, this will be a first aid station or a Level 2 first aider.

A first aid Station consists of:

- A fixed location
- An assigned certified Level 1 first aider
- A first aid kit

A Level 1 first aider and first aid station are required:

- At sleep-away camp
- During an event with 200 or more participants

A Level 2 first aider is required:






- When activity is located in a place where there will be a delayed access of 30 minutes or more to emergency medical services (EMS)
- If the Safety Activity Checkpoint indicates that one is required

First Aid Training Options

In addition to the first aid courses offered by our Council, courses containing the following elements are accepted:

- Basic first aid, AND
- Adult AND child CPR training, including a “hands-on” skills demonstration **even if the course is hosted online**, AND
- AED training

The information is often found printed on the course materials or website of the local organization that hosts these classes. The chart below contains some pre-approved organizations. Any questions can be directed to avdaa@gscnc.org.

Organization		Choices of courses covering Level 1 first aider requirements	Choices of courses covering Level 2 first aider requirements*
 American Heart Association® <small>Learn and Live</small>	American Heart Association	Heartsaver First Aid CPR AED With Pediatric CPR AED Module	
 American Red Cross	American Red Cross (ARC)	Adult and Pediatric First Aid/CPR/AED	Wilderness and Remote First Aid
 AMERICAN SAFETY & HEALTH INSTITUTE <small>An HSI Company</small>	American Safety and Health Institute (ASHI)	CPR, AED, & First Aid Combo	Basic Wilderness First Aid
 MEDIC First Aid <small>An HSI Company</small>	Medic First Aid International	PediatricPlus	
 NATIONAL SAFETY COUNCIL	National Safety Council (NSC)	NSC First Aid, CPR & AED	NSC Advanced First Aid, CPR & AED

*A Level 1 first aider is trained in basic first aid and CPR, whereas a Level 2 first aider is trained in and knowledgeable about how to respond to emergencies when Emergency Medical Services is more than 30 minutes away. Wilderness first aid is not required; rather, it can serve as an acceptable substitute for our Council's Level 2 class.

Medical Professionals as First Aiders

In addition, the following certified and or licensed healthcare providers may also serve as Level 1 or Level 2 first aiders for the troop: physician, physician's assistant, nurse practitioner, registered nurse, licensed practical nurse, paramedic, military medic, and emergency medical technician.

First Aid Kits

Make sure a general first aid kit is available at your troop meetings and carry it with you when you leave the site. American Red Cross and other websites offer suggestions for kit contents if you are making your own. Commercial kits are also widely available in stores and online. Troop leaders should gain parent permission for use of over-the-counter medication, which should be purchased with troop money.



Using Safety Activity Checkpoints

When preparing for any activity with girls, start by reading the Girl Scout Safety Activity Checkpoints for that particular activity. They are located on the Council's website under "Forms".



Downhill Skiing and Snowboarding: Safety Activity Checkpoints



Whether girls are participating in snowboarding or traditional downhill, slalom, Super G, or other types of skiing, participants use trails and slopes matched to their abilities. Using about.com describes various [ability levels](#), which range from "beginner" to "expert". In planning a Girl Scout ski or snowboarding trip, contact the ski resort or organization to inquire about rental equipment, lift tickets, and accommodations for large groups. Downhill skiing and snowboarding is not recommended for Girl Scout Dances.

Caution: Girls are not allowed to do aerial tricks on skis or snowboards. Know where to downhill ski and snowboard. Connect with your Girl Scout council for site suggestions. Also, locate ski resorts by region at [about.com/sports/skiing](#). Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that [The Whistle for the Disabled Society](#) provides to people with disabilities.

Downhill Skiing and Snowboarding Gear

- Basic Gear
- ☐ Hat
 - ☐ Thick, water-resistant gloves or mittens
 - ☐ Heavy insulating socks
 - ☐ Goggles or ski goggles to protect eyes from bright snow glare

Each Safety Activity Checkpoint offers the troop leader information on where to do this activity, how to include girls with disabilities, where to find both basic and specialized gear required for the activity, how to prepare yourselves for the activity, specific steps to follow on the day of the activity, and so on.

In addition to reading these checkpoints yourself, the troop leader can email or print them for troop volunteers, parents/guardians, and the girls themselves. The checkpoints are formatted as checklists, so that you, your troop volunteers, and girls can check off each step that has been accomplished. If Safety Activity Checkpoints do not exist for an activity you and the girls are interested in, check with the Council before making any definite plans with the girls.

Activities Prohibited in Our Council

- Aerial tricks on bicycles, skis, snow boards, skateboards, and water skis
- Bungee jumping
- Firearm possession, presence and use
- Flying in small planes, helicopters, sailplanes and blimps
- Hang gliding
- High-altitude climbing
- Hot air ballooning (except tethered)
- Hunting
- Paintball (except target)
- Parachuting
- Parasailing
- Riding motor bikes, all-terrain vehicles
- Skydiving (outdoor)
- Trampolining (outdoor)
- Personal watercraft
- Watercraft trips in Class IV and above
- Zorbing

High Adventure Activities and Certificates of Insurance

The Council considers some activities to be *High Adventure*. These activities require parents to give written permission, either through an email, form, or release. The vendor must be on the Council vendor list and provide a certificate of insurance in order to be approved. For a list of vendors that have already provided proof of insurance, call the Camping department 202-534-3793 or view it online at gscnc.org - Camp - High Adventure.

For additional information on how to add a new vendor to the list, see page 65.