



# WEBELOS & ARROW OF LIGHT ADVANCEMENT



FOURTH AND FIFTH GRADERS

CUB SCOUT NAME: \_\_\_\_\_

Use this tracking tool for your Webelos or Arrow of Light Rank advancements earned during Cyber Sled Race: Survive the Cold

## FIRST RESPONDER > WEBELOS REQUIRED



### Activity

### Race Course Area

### Completed?

1. Explain what first aid is. Tell what you should do after an accident.

**Ruby  
Survival Shack**

2. Show what to do for hurry cases of first aid: Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning

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3. Show how to help a choking victim.

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4. Show how to treat for shock.

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5. Demonstrate how to treat at least **five** of the following:

- Cuts and scratches, Burns and scalds, Sunburn, Blisters on the hand or foot, Tick bites, Bites and stings of other insects, Venomous snakebites, Nosebleed, Frostbite

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6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.

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7. Create and practice an emergency readiness plan for your home.

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**Optional Activity:** 8. Visit with a first responder or health care professional.

**On Own**



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## CASTAWAY > WEBELOS & AOL ELECTIVE



### Activity

### Race Course Area

### Completed?

1a. On a campout or outdoor activity with your family or den, cook two different recipes that do not require pots and pans.

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Do **one** of the following:

- 1b. With the help of an adult, demonstrate one way to light a fire without using matches.
- 1c. Using tree limbs or branches that have already fallen or been cut, build a shelter that will protect you overnight.

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2a. Learn what items should be in an outdoor survival kit that you can carry in a small bag in a day pack. Assemble your own small survival kit & explain why the items you chose are important

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2b. Demonstrate two ways to treat drinking water to remove impurities.

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Survival Shack**

2c. Learn what to do if you become lost in the woods. Tell what the letters "S-T- O-P" stand for. Tell what the universal emergency signal is. Describe 3 ways to signal for help. Demonstrate 1 of them. Describe what you can do to help rescuers find you.

**White Mountain  
Compass Cove**

2d. Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Pick two of them and act them out for your family or your den. Describe how each relates to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Scout motto, "Be Prepared."

**Ruby  
Survival Shack**