



# Father Son Connection Guide

*First Aid - Trauma*



**Trail Life**

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# First Aid - Trauma Lesson Plan

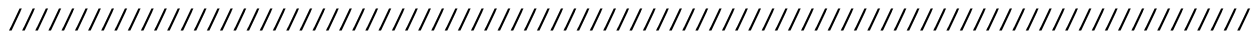
Life Skills Branch

**Hello Promise Keepers!** Here is a sample Trail Life Lesson Plan for the Woodlands Trail Program (age 5-10). We hope you enjoy these activities.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange as fits your troop's particular needs.

The six "F"s are: Fun, Focus, Fingers, Faith, Family, and Forest Badge.

## Necessary Resources



Fox: Ages 5-6

- Basic first aid kit with extra gauze, bandage wrap, and tape
- Various sizes of bandages
- Balloons (two to four large round)
- Yarn or clothes line



Hawk: Ages 7-8

- Basic first aid kit with extra gauze, bandage wrap, and tape
- Various sizes of bandages
- Balloons (two to four large round)
- Yarn or clothes line



Mountain Lion:  
Ages 9-10

- Long Sticks (for stretcher)
- Tarp (or blanket, for stretcher)
- Sticks (for splint)
- Cord (for splint)
- @\_jjmmi q&ru mrmchrspj\_pæc pmsl b'
- W\_d mpajmrf cqjg c



# FUN



## Balloon Volleyball

Define a playing field; remove all breakable objects from play area. Tie a piece of yarn or clothesline across the middle of the play area to make a net. Divide the Trailmen into teams and use a balloon as volleyball. If the balloon hits the ground, the other team gets a point. Add a second balloon for more challenge.



Or



## Foot Volley

This is a very active game—good for burning energy! Define a playing field and tie a piece of yarn over the middle line about one foot above the ground. This is the net. Divide the Trailmen into teams and use a big balloon as ball. Have the Trailmen line up in crab-walk form (face up, with hands and feet on floor). Tell them to kick the balloon back and forth over the net. The goal of the game is to keep the balloon off the ground.

# FOCUS



## Bleeding

Know what it looks like when someone is bleeding. Know when bleeding is serious enough to call 9-1-1. Sometimes, when you are bleeding, all you need to do is apply a band aid, but sometimes bleeding is a lot more serious.



## Treatment

Teach the Trailmen how to treat an animal bite. There are detailed instructions in the Helps document.

Review Bleeding above and instruct Trailmen in how to care for a cut: wash with soap and water, pat dry with clean paper towel, and apply a bandage. For a larger cut on a hand or leg, wash with soap and plenty of running water, and apply pressure if the wound continues to bleed. Demonstrate how to cover a cut on the hand with gauze and tape.



## Foreign Body

Review the treatment of bleeding and bites. Learn how to secure a foreign body. What is a foreign body? It is an object that causes injury that stays stuck in the body, like a knife or fish hook. Instructions for how to treat injuries caused by them are in the Helps document.

# FINGERS



## Calling 911

Discuss when to call 9-1-1, what happens when someone calls 9-1-1, and what questions the dispatcher will ask. Explain what happens if someone calls 9-1-1 as a joke.

Role play calling 9-1-1. If possible, have one leader act as "9-1-1 Operator," and have the boys use another leader or parent's cell phone to call the other leader. This is good practice for calling 9-1-1.



## First Aid

Go through a complete first aid kit (see Helps) and identify the items and their usefulness in providing aid for trauma conditions like bleeding, animal bites (including insects), sprains, and other conditions. Review Calling 9-1-1 above.



## Stretcher

Review Calling 9-1-1 and First Aid above.

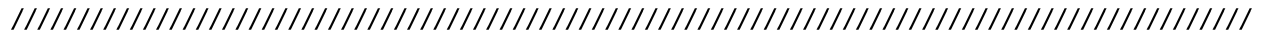
Sometimes a person cannot walk anywhere. There is a really easy way to make a stretcher that will hold anyone. Take two long sticks and a blanket or tarp. Lay the tarp down and place the sticks so they split the tarp into three equal parts. Fold one side over the stick, then the other side, so the tarp is folded in thirds. Have someone lay in top of the tarp and have two more people pick up the sticks at both ends and lift the boy up. Allow the boys time to practice making a stretcher and carrying each other.

Or

## Splints

Learn first aid for someone who has broken or sprained something. Learn how to make a splint to keep the appendage from moving. Practice making them on each other. There is information in the Helps document.

# FAITH (TRAIL GUIDE THOUGHTS)



## Caring for Neighbors

Learning first aid will help us be able to care for our neighbors, just like Jesus tells us to in Luke 10:29-37. Read and discuss that passage.

Pray with the Trailmen.

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## Good Samaritan

Read and discuss the story of The Good Samaritan (Luke 10:25-37). Pray that the boys will learn to have compassion for others and presence of mind to care for them in time of need.

Pray with the Trailmen.

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## Preparedness

Read and discuss I Peter 3:15. Developing a sense of preparedness as a lifestyle relates not only to responding to the physical needs of those around you, but also to the spiritual needs of those who do not know the Gospel.

Pray with the Trailmen.

# FAMILY



## Emergency Numbers

Make a chart of emergency numbers. List parents' cell numbers as well as other emergency contact numbers to use if parents are not available. Make sure your Trailman knows your address and phone number. Play a memory game with him so that you are certain he knows them.



## Teach Your Family

Teach your family some of the first aid you learned. Practice on them. Make sure they know how to respond in emergency situations like you do.

For additional Connection Guides  
Visit <http://www.TrailLifeUSA.com/man-time>

