

Ambassador First Aid Badge – Life Skills Pillar

Goal: When I've earned this badge, I will know how to provide first aid in extreme conditions.

Step 1:

What I'll do: Take a First Aid class. If you have already taken a First Aid class, you can visit this site too, and prepare for your refresher.

How I'll do it:

1. With adult permission and supervision, please visit the American Red Cross to access a free Adult and Pediatric First Aid/CPR/AED program. You may use the link below.

<https://www.redcrosslearning.com/course/301040f0-c611-11e6-981d-bb8e575112f>

2. When you have completed the course, be sure to print your completion certificate!

Step 2:

What I'll do: Learn how to recognize and manage medical emergencies related to travel and outdoor activities.

How I'll do it:

With adult supervision and permission, visit

<https://wwwnc.cdc.gov/travel/yellowbook/2020/table-of-contents#62>

1. Look through the Table of Contents (TOC) and read through topics that relate to outdoor activities that you like or would like to try. For example, if you enjoy hiking, you might want to read through the section in Chapter 2 about Water Disinfection. You may also want to read the section in Chapter 3 about Extremes in Temperature.
2. Write down any questions you may have and have them ready for Step 3.

Step 3:

What I'll do: Building on the lessons from the First Aid class, learn how to make splints out of everyday objects. Talk to someone who treats injured people, by participating in an online Ambassador First Aid question and answer forum sponsored by GSOFCT.

What I'll need:

How I'll do it:

Suggestions for improvised splinting materials:

1. Pillow
2. Bandanas
3. Blanket
4. Towel
5. Pillow case
6. Duct tape

7. 2 sticks: 1-inch diameter and 18-inches long

With adult supervision and permission, visit the GSOFACT.org website and look for times when our Ambassador First Aid sessions are available. Be sure to have some first aid supplies on hand, and we'll talk about how these might be used in a real-life situation. You might even want to have a sibling or adult participate with you, so you can try out your ideas.



*This last picture is not a splint, but an improvised way to control severe bleeding!

Step 4:

What I'll do: Participate in a Wilderness First Aid/CPR class.

How I'll do it:

Visit the GSOFCT.org website. Go to the Girl Events section and with your parent or leader look for a Wilderness First Aid/CPR/AED class. Or, with your leader and your troop, schedule a Boomerang Wilderness First Aid/CPR/AED class for your troop. Be sure to bring your First Aid/CPR/AED completion certificate to continue on your path to certification, if desired. Please note, at this time, the Wilderness First Aid/CPR/AED classes will begin no earlier than June 15, 2020.

Step 5:

What I'll do: Explore real-life examples of people who have helped others or themselves in wilderness situations.

How I'll do it:

Suggestions:

1. Read a book, such as WILD, by Cheryl Strayed, that tells the real-life story about a long-distance hiker on the Pacific Crest Trail.
2. Investigate five news items that share real-life wilderness adventure stories.
3. Discuss what you read with your family, troop or outdoor adventure group.

Where I can purchase the Badge: <https://www.girlscoutshop.com/AMBASSADOR-FIRST-AID-BADGE>

Check out these sites for more information and to complete the badge:

[Instagram \(@misadventuresmg\)](#) and back-issues available on [our website](#).

If you don't already follow them, we encourage you to support these folks and spaces: [Outdoor Afro](#), [She Explores](#), [WHOA Mag](#), [Coalition Snow](#), [Brown People Camping](#), [Swift Industries](#), [RANGE](#), [PGM ONE](#), [Wylder](#), [Latino Outdoors](#), [Brown Girls Climb](#), [Brown Girl Surf](#), [SheJumps](#), [Color Outside](#), [No Man's Land Film Festival](#), [Never Not Collective](#), [Flash Foxy](#), [Native Outdoors](#), [OUT There Adventures](#), [Diversify Outdoors](#), and adventurous women everywhere 🙌👍