

AMBASSADOR BADGES TO DO AT HOME



Ambassador

First Aid

Girl Scouts get the chance to experience amazing outdoor adventures—and when you’re exploring outside, anything can happen. When it does, others may look to you as an Ambassador to know what to do in an emergency situation. In this badge, learn skills that define the Girl Scout motto. You’ll be prepared to handle any outdoor situation, from treating a mosquito bite to saving a life.

Steps

1. Learn how to deal with medical emergencies in the wilderness
2. Research careers that save lives in extreme conditions
3. Find out how to care for a critically injured person
4. Know how to move an injured person
5. Explore real-life examples for handling wilderness emergencies

Purpose

When I’ve earned this badge, I’ll know more about how to provide first aid in extreme conditions.

To earn this badge, please complete one option per step.

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Learn how to deal with medical emergencies in the wilderness.	Backcountry Find online or in a magazine an interview with someone from a search-and-rescue team who talks about the kinds of emergencies you might encounter on a backcountry trip and how to handle them.	Open water Find online or in a magazine an interview with a certified lifeguard, emergency medical technician (EMT) who works on open water, or Coast Guard medic who discusses how to handle the kinds of emergencies you might encounter on the ocean or a large body of water.	Mountains Find online or in a magazine an interview with an EMT, wilderness first responder, or rescue squad member with wilderness first aid training who talk about the emergencies you might encounter on a trip in the mountains including high-altitude sickness and how to handle them.
Step 2	Research careers that save lives in extreme conditions.	Wilderness rescue Find online or in a magazine an interview with a lifeguard, park ranger, or member of a wilderness search-and-rescue squad or ski patrol.	Disaster preparedness Find online or in a magazine an interview with a firefighter, EMT, or member of a local emergency response unit who’s trained to handle major disasters such as hurricanes, floods, earthquakes, or terrorist attacks.	Military medicine Find online or in a magazine an interview with a combat medic or member of a military medical unit to find out more about how they care for soldiers during training exercises or combat.

<p>Step 3</p>	<p>Find out how to care for a critically injured person.</p>	<p>Research wilderness first aid courses. Find a course taught by a certified instructor or endorsed by an accredited organization such as the Wilderness & Remote First Aid course offered by the Red Cross. Look for courses that teach you how to keep a critically injured person alive for 16-24 hours? (Ambassadors can be certified as American Red Cross Instructors in this course and others.)</p>	<p>Interview a doctor, nurse, EMT, or first responder. Find online or in a magazine an interview with someone who specializes in wilderness or survival medicine and discusses the techniques they use to keep people alive in remote areas. Role-play with a family member what you would need to do to treat injuries you may encounter in your outdoor adventures</p>	<p>Discover how to use what's on hand in an emergency. Research online or in print disaster or survival medicine. Find out how common items found in the house or car might help keep a critically injured person alive when emergency help is delayed.</p>
<p>Step 4</p>	<p>Know how to move an injured person.</p>	<p>Research medical schools. Schools often have student clubs focusing on wilderness, survival, or disaster medicine. Find one near you and learn more about it. If you can, email or call the club to ask them what they would do if there was an immediate danger, such as fire, fallen power lines, or flooding, and they needed to move a critically injured person out of harm's way. TIP: Check out online the Wilderness Medical Society to see if they have a Student Interest Group registered near you.</p>	<p>Take Wilderness First Aid. Not ready? Then, try a Basic Wilderness First Aid course online. Take a course that teaches different techniques for carrying people to safety on your own or with others. Learn about what other life-saving skills and equipment you would need.</p>	<p>Organize a mock emergency drill. Research to find out what you would need to create your very own mock drill. Have some family members be victims with various injuries, while you practice moving them safely. Switch roles so that they can also have a chance to "treat" victims. Make a video and ask friends to review and give you feedback on how you did.</p>
<p>Step 5</p>	<p>Explore real-life examples for handling wilderness emergencies.</p>	<p>Explore wilderness survival. Read a book or magazine article or see a movie that tells a real-life story about people who faced an emergency in the wilderness. Note what they did or did not do to create the situation and how they handled it.</p>	<p>Investigate extreme first aid. Find at least five news stories about everyday people who saved someone's life using first aid during an extreme situation. Share them with friends and family and discuss common threads in the stories. Did the heroes have training? What do they credit with helping them save someone else's life?</p>	<p>Interview an everyday hero. Talk to someone who used first aid to save a life, or someone whose life was saved by a person who gave her/him first aid. What aspects of their training were most helpful? How did they make decisions about what to do? Did anything unexpected happen that they had to deal with?</p>