Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

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

**Necessary Resources**

- Hula Hoops
- Supplies needed for Fingers
- Hula Hoops
FUN

Hula Hoop Games

- **Hoop Around**: Have the Trailmen stand in a large circle. Slip a hoop onto one child’s arm and have everyone join hands. Without breaking their grips, have them pass the hoop all the way around the circle.

- **Hoop Toss**: Set two chairs 15-20 feet apart. Divide boys into two teams. Have each team stand in a line behind one of the chairs. Alternating sides, have each Trailman take turns trying to throw the hoop around the chair back opposite his team before moving to the back of his line. The team to have the most rings at the end wins.

- **Hoop Races**: Have the Trailmen race across the room relay style while spinning the hoops around their arms or waists.
FOCUS

Recognize Abnormality
Sometimes, someone has a medical condition that makes them not act normally. Be able to recognize if someone is not acting normally and call for help. If someone does not respond to anything you do, is extremely pale, or is slurring their speech, they probably need you to call 9-1-1 right away!

Heart Attack and Stroke
Review Recognize Abnormality above.

Learn about heart attacks. Why are they so serious? Learn some of the symptoms that someone experiencing a heart attack would exhibit. A list of symptoms is found in the Helps section.

What is a stroke? Learn the symptoms someone experiencing a stroke would exhibit. A list of symptoms is found in the Helps section.

If you suspect anyone is having a heart attack or stroke, you need to call 9-1-1 immediately.

Shock and Burns
Review Recognize Abnormality and Heart Attack and Stroke above.

What is shock? Sometimes, people go into shock when they have injuries or they have problems in their heart. First aid for shock is found in the Helps document. Make sure the Trailmen know how to recognize shock and treat it.

Learn first aid for burns and frostbite. What are they? Be able to recognize when someone has a burn or frostbite. Learn how to treat these conditions. Instructions are found 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.

Or (if this was recently completed in Step I)

Act out someone acting abnormally and the proper response. See Focus section. Include situations outside the home like in the water or woods.

Unconscious
Many medical conditions make the victim become unconscious. What does unconscious mean? Learn to recognize someone who is unconscious. Have the boys take turns being unconscious and trying to wake each other up. If you ever find someone who is unconscious (and not just asleep), you need to call 9-1-1 immediately. Review Calling 9-1-1 from Fox Fingers above.

Practice Treatments
Practice different treatments for shock, burns, and frostbite. Have each boy get a turn having one of these conditions. The other boys should do some first aid to the boy, remembering what they learned. Review Calling 9-1-1 from Fox Fingers above if necessary.
FAITH (TRAIL GUIDE THOUGHTS)

Call for Help
Read Psalm 107:19-20. When we call 911, an ambulance comes to help. Even more so, when we call to God, He will answer us to help us.

Pray with the Trailmen.

Comfort
Read Psalm 119:50. True life may be found in knowing and following the promises of God. The knowledge that God provides life for His followers is great comfort during any time of suffering.

Pray with the Trailmen.
Conditions
Talk with your family about medical conditions that may require you to call for help. Does anyone in your family have a condition that you should be aware of? If they do, what symptoms should you look for in them if you need to call 9-1-1?
By actively participating in this meeting, each Trailman earned the First Aid – Medical Step on the Life Skills Branch.

*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.