

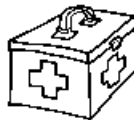
Beaver Meeting Schedule: Week 2



Emergency Preparedness

Theme: Emergency Survival Kit

Time	Activity	Program Details	Leader Responsible
10 minutes	Gathering Activity It's In The Bag!		
5 minutes	Opening Ceremony		
5 minutes	Game: Fill the Bag Relay!		
15 minutes	Theme Activity Prepare an Emergency Survival Kit		
10 minutes	Game: Non-Perishable 1 Minute Shopping Trip!		
20 minutes	Developing Related Skills When and How to Use 9-1-1 How to Apply a Band-Aid		
5 minutes	Closing Ceremony		
15 minutes	Leader Discussion Time		



Introduction:

Emergencies and disasters can happen at any time. Utilities can be out of service, roads closed and crucial supplies unavailable. Everyone should be prepared to take care of themselves and their families for up to three days in the event of an emergency or a disaster. For example, it could take that long to clear roads due to a severe winter storm.

For background information on Emergency Survival Kits, please refer to the *Emergency Preparedness Program Resource Book*, Page 7.

For background information on Contacting Emergency Services and Basic First Aid, please refer to the *Emergency Preparedness Program Resource Book*, Page 14.

Beaver Meeting Schedule: Week 2



Gathering Activity It's In The Bag!

Objective:

To fit all of the Emergency Survival Kit items in a duffle bag.

Equipment:

- 3 sets of the items that should be in an Emergency Survival Kit (See Support Material for a list of items)
- 3 large duffle bags

Instructions:

1. Set up three areas each with a duffle bag and the items that belong in an Emergency Survival Kit.
2. Divide the Beavers into three groups and tell them their job is to get everything into the duffle bag so the zipper closes. Make sure that everything does actually fit before the activity starts. For convenience, you may wish to limit the number of some items normally found in an Emergency Survival Kit so that it is easier for the Beavers (try to make sure every item is represented).
3. Other Beavers can join groups as they arrive as this is not a race, just a challenge.

Thank you to the *Canadian Red Cross* for use of their graphics on pages 3, 4, 5, 8, and 12.

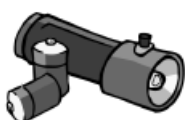
Beaver Meeting Schedule: Week 2



5 min.

Game

Fill The Bag Relay!



Objective:

To introduce the Beavers to some of the items that you find in an Emergency Survival Kit.

Equipment:

- Large area
- 2 Crank radios
- 2 Flashlights
- 2 Bottles of water
- 2 Packages of batteries
- 2 Duffle bags
- 2 Cans of food
- 2 First-Aid Kits

**Additional items can be added to accommodate larger Beaver groups.*

Instructions:

1. Divide the Beavers into two teams and have them line up in two lines. Place 1 bottle of water, 1 can of food, 1 flashlight, 1 crank radio, 1 package of batteries, 1 First-Aid Kit in a pile about five metres in front of the start line for each team. Place each duffle bag about five metres past each team's pile of items.
2. Upon hearing "Go," the first Beaver in each line runs to the pile of items and selects one and runs it to the duffle bag. The Beavers will place the item inside and then run back to their respective teams and touch the next Beaver in line, who will then complete the same task.
3. This continues until all of the items in the pile are in the duffle bag.

Beaver Meeting Schedule: Week 2



Theme Activity: Prepare An Emergency Survival Kit



Objective:

To teach the Beavers how to prepare an Emergency Survival Kit at home.

Option #1: Make An Emergency Survival Kit (Leader Lead Activity)

Equipment:

- List of Emergency Survival Kit items (*Emergency Preparedness Program Resource Book*, Page 7).
- All of the items required to prepare an Emergency Survival Kit

Instructions:

1. Ask the Beavers to sit in a circle and place all of the Emergency Survival Kit items on the floor in the middle of the circle, including a duffle bag that these items all fit in.
2. Ask one Beaver at a time to choose one item and ask them to identify it. Whenever possible, allow them to tell you why you would want to include this item in an Emergency Survival Kit. Have the Beaver place the item in the duffle bag before they sit down.
3. When all of the items are in the duffle bag, explain to the Beavers that they should go home and ask their parents/guardians whether they have an Emergency Survival Kit and if not, show them how to prepare one. Provide the Beavers with a copy of the list of Emergency Survival Kit items.
4. Explain to the Beavers that an Emergency Survival Kit needs to be checked twice a year to make sure that the water and food is still good and that all batteries are working. This is also a great time to check to see if your smoke alarms are working properly.

Option #2: Visit from Local Member of Emergency Services OR Local Emergency Management Coordinator

The leader may wish to invite a local member of the Emergency Services or your local Emergency Management Coordinator to speak to the Beavers about building an Emergency Survival Kit.

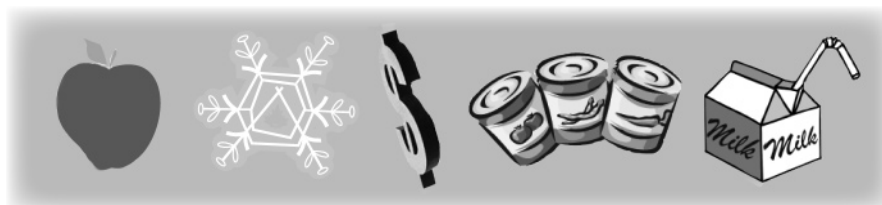
In many municipalities, the local Emergency Management Coordinator can be contacted through your local municipal office.

Beaver Meeting Schedule: Week 2



10 min.

Game: Non-Perishable 1 Minute Shopping Trip!



Objective:

To help Beavers to understand the difference between **perishable** and **non-perishable** food items.

Equipment:

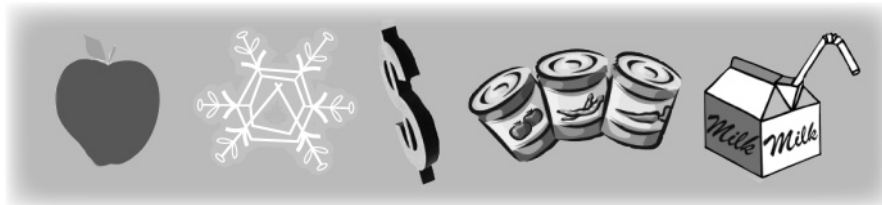
- 3 Cloth grocery bags
- 3 Yogurt containers
- 30 Cans of food (ready-to-eat like soups, pasta, beans etc.)
- 3 Frozen pizzas
- 3 Apples
- 3 Boxes of cereal
- 3 Bananas
- 3 Boxes of granola bars
- 3 Oranges
- 3 Boxes of eggs
- 3 Sandwiches
- 3 Containers of milk
- 3 Bags of pretzels
- 3 Packages of dried fruit
- 3 Packages of cheese
- 3 Packages of cheese and cracker kits
- 3 Soup packets (just add water type)
- Snowflake symbol for frozen foods area of store
- Apple/lettuce symbol for fresh fruit area of store
- Milk symbol for dairy section
- Can of food/box of food symbol for other grocery items area of store
- Money symbol/cash register symbol for the check-out counter

* To prevent wasting food, you can always use just the boxes/containers for these foods or simply cut out photos of these items to represent them.

Beaver Meeting Schedule: Week 2



Game: Non-Perishable 1 Minute Shopping Trip!



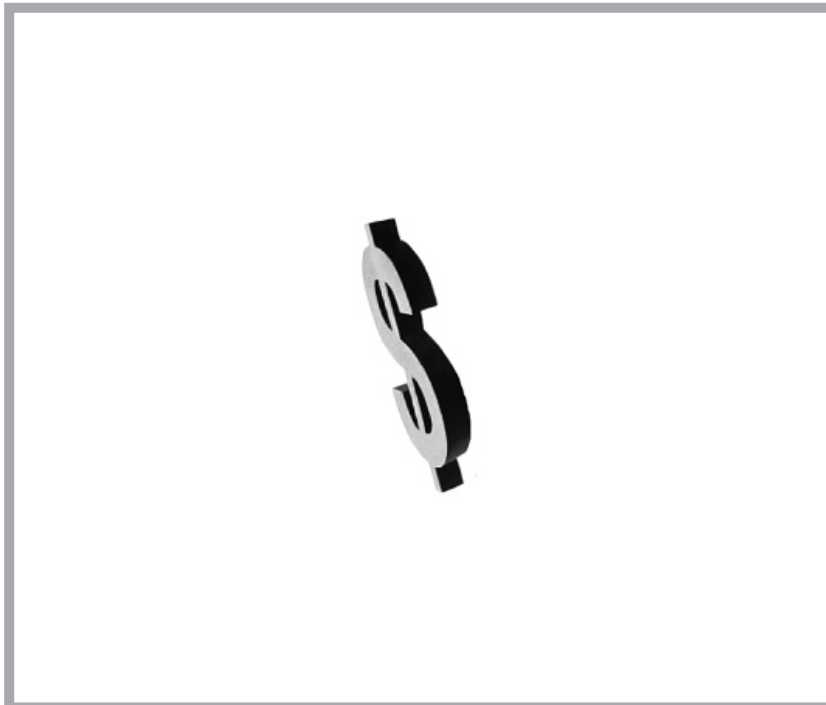
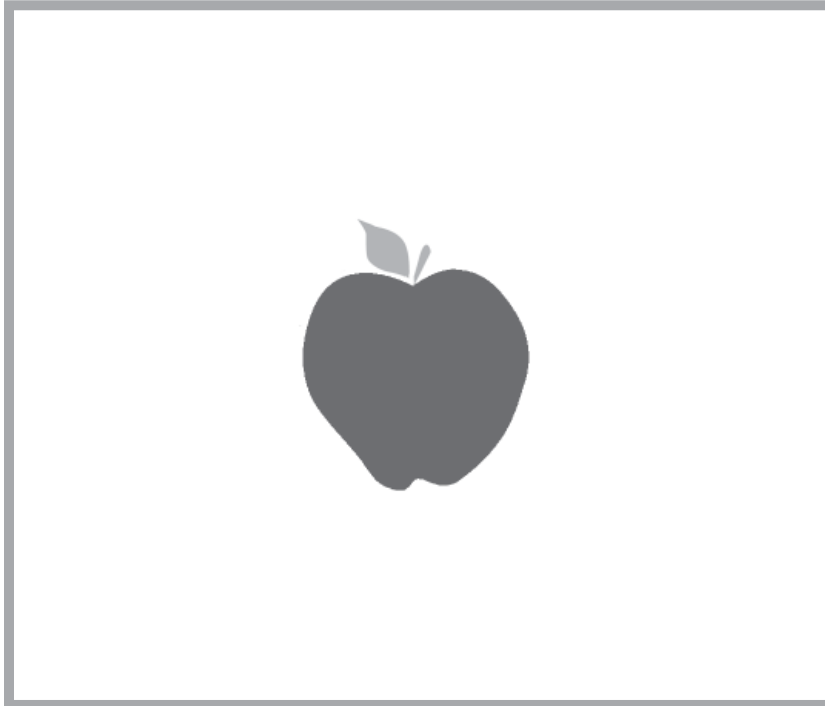
Instructions:

1. Set-up the “Grocery Store” by placing the items listed above on chairs and tables in a defined area of the meeting space. Try to keep like items together as they might appear in a grocery store (this will assist Beavers in making their decisions).
2. Draw and place the symbols for each area of the grocery store appropriately.
3. Set-up a “Check-out” Counter (use a long table that can be positioned so that the Beavers can sit down in front of it at the end of the activity and see what is being placed on the table).
4. Have Beavers sit outside of the store and explain that today they are going grocery shopping but that they have to buy only items that could be put in an Emergency Survival Kit. Explain that food in a Survival Kit has to last a really long time so it cannot be food that goes bad in a day or a few days.

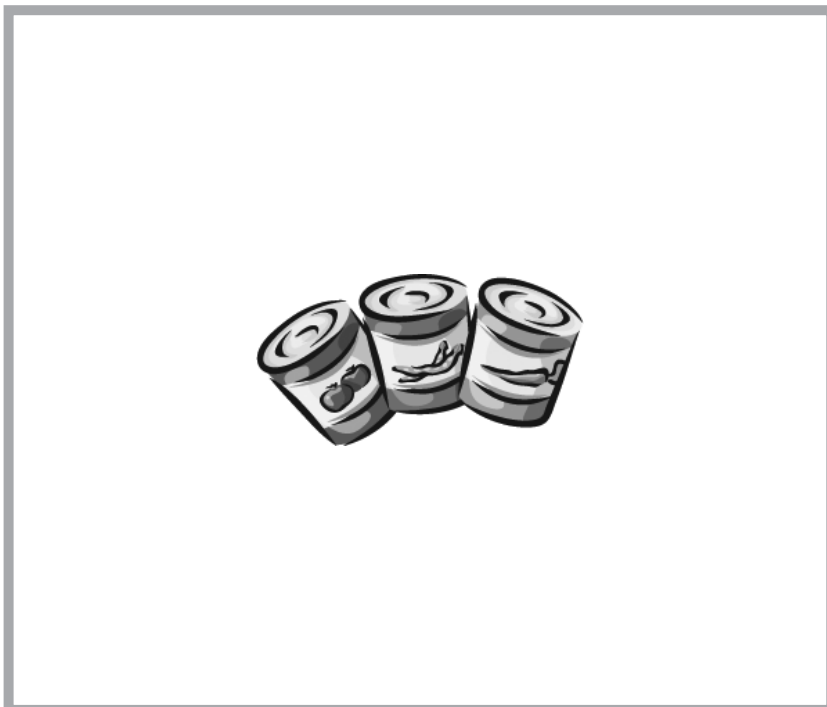
Explain that food that goes bad in a day or a few days and/or needs to be kept in a fridge is called “**perishable**” and this food cannot go in an Emergency Survival Kit. Explain that food that can be eaten after a long time and doesn’t need to go in the fridge is called “**non-perishable**” food and this food can go into an Emergency Survival Kit.

5. Divide Beavers into three groups or more; (food amounts will have to be changed to reflect this) and provide each group with a cloth grocery bag.
6. Explain that each group of Beavers will have one minute to go shopping and they are to pick only one of each item they think is non-perishable (demonstrate this) and when time is up, they will need to go to the check-out with their bags.
7. Have each group complete their one minute shopping trip and then go through each of the bags at the check-out indicating whether the correct choices were made by each group.
8. Review what a non-perishable item is when you are finished. Perhaps eat one of the perishable items as a snack at the end of this activity.

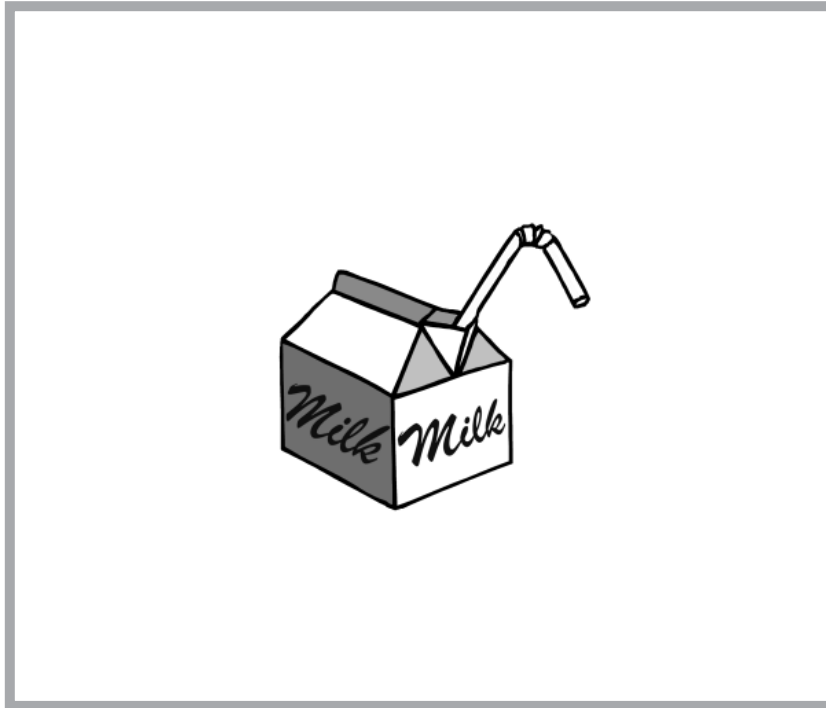
Beaver Meeting Schedule: Week 2



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Beaver Meeting Schedule: Week 2



Developing Related Emergency Preparedness Skills Lifesaving Skills

When and How To Use 9-1-1



Equipment:

- One or more toy telephones or disconnected real phones
- Copy of Dial 9-1-1 Song
- See information on “Contacting Emergency Services” (found in the Support Materials).

Instructions:

1. Divide Beavers into colonies for this activity.
2. Ask the Beavers when they should use 9-1-1 and review why it is only used for emergencies. Ensure that all Beavers know that it is wrong to call 9-1-1 unless there is an emergency.
3. Make sure to have one or more toy phones (or disconnected phones) on hand.
4. Establish the key things you need to say when calling 9-1-1 or your local Emergency Services (your name, parents’/guardians’ names, your telephone number, location, what happened).
5. Provide the Beavers with a basic emergency situation (e.g., fire, injury...) and pretend to be a 9-1-1 Operator and have the Beavers practice calling you.
6. Sing the Dial 9-1-1 Song (see the Week 2 Support Materials).

Beaver Meeting Schedule: Week 2



How To: Properly Apply A Band-Aid

From "Sparkling Ideas!" Program

Equipment:

- Dolls or stuffed animals
- Band-aids
- Washcloths
- Water
- Soap
- Hand sanitizer (optional)

Instructions:

1. Divide Beavers into colonies for this activity.
2. Explain to the Beavers that sometimes in an emergency people can get hurt and it is important to know how to care for minor injuries, like a cut or scrape.
3. Divide the Beavers into small groups and provide each of the groups with dolls/stuffed animals, cloths, soap, water and band-aids.
4. Have all of the Beavers wash their hands with soap and water or hand sanitizer.
5. Demonstrate how to wash a cut or scrape with soap and water, letting it dry.
6. Demonstrate how to correctly apply a band-aid. Invite the Beavers to practice cleaning and bandaging a cut or scrape on their toy.

"This idea has been adapted from Sparkling Ideas: Program Ideas for Spark Guiders. Published by Girl Guides of Canada — Guides du Canada, 2005."

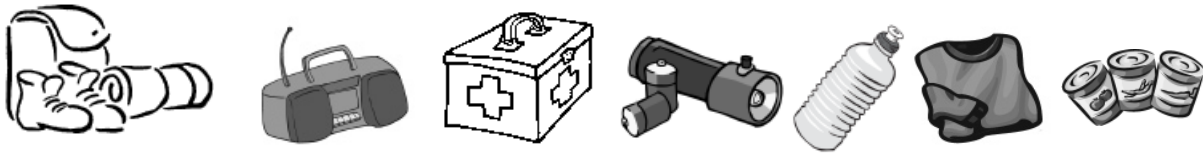
Beaver Meeting Schedule: Week 2



Support Materials: Week 1

It's in the Bag!

The Emergency Survival Checklist below outlines the basic items every individual should have:



- Flashlight and batteries
- Radio and batteries or crank radio
- Spare batteries (for radio and flashlight)
- First-Aid Kit
- Telephone that can work during power disruption
- Candles and matches/lighter
- Extra car keys and cash
- Important papers (identification)
- Non-perishable food
(ready-to-eat items that do not require refrigeration)
- Manual can opener
- Bottled water (4 liters per person per day)
- Clothing and footwear
- Blankets or sleeping bag
- Toilet paper and other personal items
- Medication
- Backpack/duffle bag
- Whistle (to attract attention, if needed)
- Playing cards

Beaver Meeting Schedule: Week 2



Support Materials: Week 1



Dial 9-1-1 Song

(Tune of Twinkle, Twinkle Little Star)

If your're in trouble dial 9-1-1,
Dial 9-1-1 and help will come.

Police, fire an ambulance too,
They'll all be so proud of you!

If you're in trouble dial 9-1-1,
Dial 9-1-1 and help will come.



Beaver Meeting Schedule: Week 2



Support Materials: Week 1

Contacting Emergency Services

9-1-1

The Emergency Preparedness Program for Beavers includes an activity about when and how to use 9-1-1/local emergency number. The below information has been provided to assist leaders preparing to present this activity.

Most communities have access to the 9-1-1 service. However, for some, depending on where they live, the phone number to summon Emergency Services assistance could be 9-1-1, or another number.

For those living in communities with access to 9-1-1, dialing 9-1-1 allows them to contact the local police, fire and ambulance. Find out if you have 9-1-1 Service in your community, and if not, find the telephone numbers of your local police, fire and ambulance. Encourage the Beavers to post them near the telephones in their home and post them at the meeting location.

Some facts and tips about 9-1-1

9-1-1 is an emergency reporting phone number provided and operated by communities, to contact local police, ambulance and fire services. Most communities offer 9-1-1 service.

When to call 9-1-1? Call 9-1-1...

- In any emergency situation where there are people or property at risk
- Whenever police, fire or ambulance assistance is required immediately
- To save a life
- To stop a crime
- To report a fire
- If you are unsure if you have an emergency situation, the call taker will make the determination.

What happens when you call 9-1-1?

- 9-1-1 calls are routed to an emergency call taking centre and answered by trained emergency call takers.
- Call takers will ask if you require police, ambulance or fire and to confirm the location of the emergency. Stay on the line if the call is transferred.
- Try to remain calm, answer all the questions and listen to and follow directions from the call taker.
- Unless your safety is at risk, don't hang up until the emergency call taker tells you to do so. If the call was accidental advise the call taker before hanging up.

Beaver Meeting Schedule: Week 2



Support Materials: Week 1

Contacting Emergency Services

9-1-1

Call-Takers will ask these basic questions:

- Where is the location of the emergency? (If you are calling on behalf of someone else, try to give the address and phone number where the person who has the emergency is located.)
- What is happening now?
- When did this happen?
- Who is involved?
- What is your name and where are you?

Depending on the type of emergency, Call-Takers may also ask:

- Did you see any weapons or any mention of weapons?
- What did the person involved look like?(male, female, age, height, description of clothing)
- Was there a vehicle involved? (If yes, try to provide the following descriptive information about the vehicle—licence plate, colour, type, last direction of travel, etc.)
- Does the person involved in the emergency have any special medications?

Things to know about 9-1-1:

- When a call is placed from a wire line phone your name and address is displayed for the call taker. This means that if the connection is lost or the caller cannot speak, help can still be dispatched.
- Cellular/wireless 9-1-1 calls may display the phone number but DO NOT display the location. It is up to the caller to describe the exact location of the emergency and to know the cellular number they are calling from.
- If you have a choice between a wire line and cellular phone to place a 9-1-1 call, use the wire line; it is more stable and provides an address to the emergency call taker.
- All 9-1-1 calls are free including those placed from payphones and cellular phones.
- Cellular 9-1-1 calls, placed from an area without 9-1-1 service, will be routed to a police agency.

Beaver Meeting Schedule: Week 2



Support Materials: Week 1

Contacting Emergency Services

9-1-1

- Children should be taught the proper use of 9-1-1 and when calling 9-1-1 they should know:
 - Their names, first and last
 - Their home address and phone number
 - Their parents'/guardians' names, employer and work phone number
 - How to properly hold the phone, so that they can speak clearly to the call taker
- It is against the law to call 9-1-1 as a prank
- It is advisable for families to post the complete address of their residence on or near each phone in their home. Having this type of information handy can be a lifesaving tool, especially for a person visiting the home that needs to call for emergency help for someone in that home.
- Most emergency call centres have access to language interpreters and a TTY/TDD (telecommunication device for the hearing impaired). For TTY access, press the spacebar announcer key repeatedly until a response is received.
- In the unlikely event of a 9-1-1 service disruption dial "0" for assistance, or call the alternate phone numbers for police, ambulance or fire found in your phonebook.
- Don't program 9-1-1 into any phone. It causes accidental dialing of 9-1-1, tying up the phone lines and resources. Ensure your cellular phone is resting in a safe place. That way accidental dialing will be eliminated.
- Don't make false 9-1-1 calls. It is unlawful and can cause a delay in responding to a real emergency. Remember, when call takers or responders are busy with prank calls, someone with a real emergency might not get the help that they need.
- Make sure the numbers on the outside of your residence are clearly visible from the roadway, day or night, for emergency responders.