



Girl Scouts of Greater Chicago and Northwest Indiana

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Safety-Wise Quiz **Mini-Training**

The Girl Scouts of the USA publication, *Safety-Wise*, provides valuable guidelines for Girl Scout volunteers to keep their girls safe in any situation or activity. Every Girl Scout leader should refer to it often. How well do leaders know *Safety-Wise*? Attached are two quizzes to help them find their way around *Safety-Wise*. One is a simple True/False quiz that will not take long to finish. The other is a fun, Jeopardy-style quiz when there is more time during the VISTA meeting. Present either, or both, at your VISTA leader meeting to help your volunteers understand the importance of consulting *Safety-Wise* before every activity.

Also attached are updates to the *Safety-Wise* book published in 2000 and a *Safety-Wise Activity Worksheet*.

***Safety-Wise* True/False Quiz**

Good judgment and common sense are your best guidelines for determining what is a safe and appropriate activity for your Girl Scouts, but always err on the side of caution. *Safety-Wise* is your official Girl Scout resource for all safety guidelines.

Test your safety IQ: read each statement below to see if you think it is true or false. If you don't know the answer to a question, be sure to read Chapter 4 in *Safety-Wise* called "Basic Safety Guidelines."

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|--|---|---|
| 1. Chaperones on a trip should not get in the way of the girls carrying out the responsibilities they were assigned during troop planning sessions. | T | F |
| 2. A certified instructor is required for most aquatic activities. | T | F |
| 3. The first thing to do at the scene of an accident is to notify council about what has happened. | T | F |
| 4. The Girl Scout troop leader, with help from the girls, should design a fire evacuation plan for the troop meeting places. | T | F |
| 5. Girls should be instructed to lie down flat if they are caught in an open, flat area during a thunderstorm with lightning. | T | F |
| 6. If there is an imminent threat of a tornado, girls may seek shelter in a parked car. | T | F |
| 7. Hypothermia occurs only when the temperature falls below freezing. | T | F |
| 8. Girl Scout troop first-aid kits should include a copy of a recognized first-aid book, coins or calling cards for telephone calls, and council emergency telephone numbers. | T | F |
| 9. Over-the-counter medications can be administered to girls without written permission from the custodial parent or guardian. | T | F |
| 10. Council support and approval need to be obtained when covering any sensitive issue in a troop meeting. | T | F |
| 11. Girl Scout leaders are required by law to report all suspected cases of child abuse to a council membership/program staff member of the manager on duty at the Vernon Hills Regional Service Center. | T | F |
| 12. Since suicide is the third leading cause of death among adolescents, leaders should be alert to warning signs. | T | F |
| 13. Girls testing positive for the AIDS virus do not pose a risk to other girls in the troop setting. | T | F |

ANSWERS to Basic Safety Guidelines

1. False. Girl initiatives need to be balanced with adult guidance, particularly if the girls are inexperienced in an activity and unaware of potential safety hazards. (*Supervision of Girls*, pages 30 and 31)
2. True (*Establishing Documented Experience*, page 31)
3. False. The first thing to do at the scene of an accident is to provide all possible care for the sick or injured person. Then the Girl Scout leader should follow council procedures for obtaining medical assistance and reporting the emergency. (*Council Procedures for Handling Serious Accidents*, pages 31 and 32)
4. True. (*Fire Evacuation Procedures*, page 32)
5. False. If caught outside in a lightning storm in an open flat area, a girl should find the lowest point and squat low to the ground on the balls of her feet. She should make herself the smallest target possible and minimize her contact with the ground. (*Lightning*, page 33)
6. False. Cars are dangerous places to be in a tornado. Girls should seek a protected area, such as a basement or an interior corridor without windows. (*Tornadoes*, page 34)
7. False. Hypothermia can occur when the temperature is above freezing. (*Hypothermia*, page 36)
8. True. (*First-Aid Kits*, pages 38 and 39)
9. False. Medications, including over-the-counter products, should never be administered without the prior written permission from a girl's custodial parent or guardian. (*Medications*, page 39)
10. True. (*Guidelines for Sensitive Issues*, pages 40-43)
11. True. (*Child Abuse*, pages 41 and 42. In Illinois, Girl Scout leaders are legally mandated to report all abuse.)
12. True. (*Suicide*, page 42)
13. True. (*AIDS*, page 43)

Safety-Wise Clarifications and Updates

The following items are updates and/or clarification to the *Safety-Wise* 2000 First Impression 6th printing.

First Aid

1. Application of Lotion

Several councils asked how a lotion form may be applied without the perception of inappropriate or misunderstood behavior. It would be recommended to keep to the "safe zones" of the upper back and shoulders. Girls should be able to apply the lotion to any other area. Leaders should put the lotion on the girls' hands and make sure they apply it to themselves properly. We are reminded to check the labels of these products as some need reapplication every 20 to 30 minutes. The Skin Cancer Foundation recommends a minimal SPF (Sun Protection Factor) of 15 and reminds us that every person's skin has a different sun sensitivity level.

2. CPR (Cardio Pulmonary Resuscitation) Certification for First-Aider

The person acting as First-Aider must hold a current certification in CPR for the age group for whom they are acting as the primary First-Aider. The certification for CPR should be current.

3. Dentists as First Aiders

Dentists may serve as first-aiders for Girl Scout groups at level 1 or level 2 as other health care providers mentioned in *Safety-Wise* under Courses for First-Aid Training.

4. Event First Aiders

Councils conducting traveling or station events where there is a considerable distance between stations should consider having first aiders with each group. An example of this type of event would be if a council is using the public train system of their town to transport the girls from the public pool, the museum and ice rink for "A Day Out and About in Anywhere, USA". The groups would all have a first aider traveling with them during the 20 minute train rides so as to insure first aid is available during the entire experience.

5. Latex Gloves Substitutes

Due to a potential for extreme allergic reactions to latex, Girl Scouts of the USA recommends the use of vinyl or nitrile gloves for first aid, arts and crafts or whenever such barriers are used.

Program

1. Canoeing & Kayaking National Organization

American Whitewater has changed their Web address to www.americanwhitewater.org

2. Program Age Level Determination

Program Age Level is determined by the current membership year. If a girl is registered for the current membership year as a Daisy and is registering for the upcoming year as a Brownie, her program age level for the current membership year remains Daisy until the new year begins on October 1st.

3. Orienteering

Competitive Orienteering Courses often require participants to operate independently. While solo competition is not recommended for inexperienced or other program age levels, girls 11 to 17 years of age whose skills match or exceed the demands of the course may participate in such competitions. As with all orienteering sites, there should be a clear area of safety (Safety Lane), a specific finish time and location and a Search and Rescue procedure designed by the competitions host and the Girl Scout advisor/leader.

4. Rafting

Under Rafting, Site, the line should read "No trip is taken on whitewater more difficult than Class IV, as defined. Previously noted under; Water Activities, Rafting, Site.

5. Program Delivery Site Evacuation Plans

Evacuation plans should include transportation in situations where girls were dropped off. This is especially important if there are not enough vehicles on site during the event/activity to evacuate all participants.

6. Driver Qualifications

Registered girl members of the current year are not recommended to act as drivers for Girl Scout activities. It may be assumed that Girl Scout activities begin when custody of the participant takes place. To be specific, if travel is part of the activity, travel should be regulated by the Safety-Wise recommendations. Girl Scouts of the USA recommends consulting the state government for the legal definition of "adult" when considering any experienced driver for Girl Scout activities.

7. Permission Slips

Registered girl members of the current year, regardless of age, are required to have parental/guardian permission slips when required by the council.

8. Name Tag Safety

When girl members are traveling alone, in public places, it is not recommended that they wear name badges/tags that are visible to a casual passerby.



Safety-Wise Activity Worksheet

Use this form to help plan Girl Scout activities.

Step 1 (Pages 81-83)	Universal Checkpoints
Approval	
Health	
Supervision	
Planning	
Equipment	
Clothing	
Transportation	
Site	
Emergency Procedures and First Aid	

Step 2: (Chapter Heading)	Activity Checkpoints for:
Planning & Supervision	
Equipment	
Clothing	
Emergency Procedures and First Aid	

Step 3: (Particular Activity)	Activity Checkpoints for:
Planning & Supervision	
Clothing	
Equipment	
Site	
Emergency Procedures and First Aid	
Additional Checkpoints	

Planning a *Safety-Wise* Activity

Using the guidelines from the previous page, below are the *Safety-Wise* checkpoints for an imaginary troop bike trip in a nearby forest preserve. Planning becomes easy when you follow the guidelines in *Safety-Wise*. Use the blank worksheet to plan your own *Safety-Wise* activities.

Step 1 (Pages 81-83)	Universal Checkpoints
Approval	Discuss activity with parents.
Health	Make sure all girls are capable of biking the distance and terrain.
Supervision	Make sure both Girl Scout leaders can go the distance. Look at the girl/adult ratio.
Planning	Make sure the girls aren't pushed beyond capabilities. Instruct girls in safety. Schedule a practice session if you think it's necessary.
Equipment	Communicate with the girls and parents about clothing and equipment. Conduct safety check of all equipment. All girls must have helmets.
Clothing	Think through the weather conditions and what is needed. Check for loose or dangling clothing.
Transportation	Since the forest preserve is across the street from your meeting site, transportation is not an issue. You will only have to get the girls across the street safely.
Site	Make sure the trail is suitable for the girls' ability.
Emergency Procedures & First Aid	Ensure one adult is a first-aider. Take first-aid equipment. Leave itinerary with contact person. Take a list of emergency phone numbers. Conduct head counts after rest stops.

Step 2: (Pages 94-95)	Activity Checkpoints for Biking
Planning and Supervision	Review safety rules. Make sure leaders know proper equipment use.
Equipment	Make sure that the girls have bicycle locks if you think the bikes might be unattended for a while.
Clothing	Look for jewelry and clothing that could get tangled in equipment.
Emergency Procedures and First Aid	Take emergency phone numbers. Know what to do in case of lightning.

Step 3: (Pages 96-98)	Activity Checkpoints for Biking
Planning and Supervision	Instruct girls that they will be walking their bikes across the street to the forest preserve. Obtain trail map. Review route before going with the girls. Talk to girls about hazards they will encounter. Instruct the girls in emergency braking and keeping a safe interval.
Clothing	Girls should wear comfortable, close fitting clothing.
Equipment	All girls must wear helmets. Take a repair kit. Check that each bike is in working order.
Site	Use designated trails.
Emergency Procedures and First Aid	First-aider is present. Carry cell phone and list of emergency phone numbers. Carry ID.
Additional Checkpoints	Each girl should carry a bottle of water.



Safety-Wise "Jeopardy" Quiz

Instructions to facilitator:

1. Divide the group into teams of 6-8.
2. Each team should have several *Safety-Wise* books.
3. Explain game rules
 - a. You will announce the point value of the statement.
 - b. You will read the statement and the resource (page, chapter number or chapter title in bold).
 - c. The teams will then look up the information using *Safety Wise*. When the team finds the information, someone on the team raises her hand. The first team to raise a hand gets to "ask" the question.
 - d. If answer is not in the form of a question, the team loses turn, and other team gets a chance to answer.
 - e. The team with the most points after all the statements are read is the winner.
4. Appoint someone to be the spotter for raised hands and scorekeeper.
5. Cross off each statement after it is read to avoid repetition.
6. Answers are in italics under each statement. Answers may differ slightly from the book (some of the information was condensed for formatting).

ONE POINT	TWO POINTS	THREE POINTS
<p>In <i>Safety-Wise</i>, the term <i>leader</i> applies to all these people. On page 6</p> <p><i>Who are Girl Scout leaders, assistant leaders, group coordinators, adult instructors of girls, event or conference directors, adult camp personnel, and program consultants?</i></p>	<p>Five functions a Girl Scout leader performs to run a successful group. In chapter 2</p> <p><i>What are: plans, organizes, motivates, coordinates, and reviews?</i></p>	<p>Money-earning activities cannot be carried out by a group using this communication tool. In GS Program Standards</p> <p><i>What is: the Internet?</i></p>
<p>The definition of Girl/Adult partnership. In chapter 3</p> <p><i>What is: a key ingredient in Girl Scouting?</i></p>	<p>Step one of the three-step process to look up the Activity Checkpoints for a particular activity. In chapter 7</p> <p><i>What is: review the Universal Checkpoints?</i></p>	<p>The six steps in the leader's role in planning with girls. In Group Planning & Budgeting</p> <p><i>What are: plan in advance, ask the girls, sift ideas and create a plan, alert other adults, use the plan, and review the plan?</i></p>
<p>In <i>Safety-Wise</i>, the term <i>group</i> applies to these. On page 6</p> <p><i>What are: any gatherings of girls?</i></p>	<p>50 cents to \$2.00 per meeting. In chapter 3</p> <p><i>What are: reasonable dues?</i></p>	<p>In addition to people completing approved first aid training, these health care providers may also serve as first aiders for Girl Scout groups at levels 1 & 2. In Basic Safety Guidelines</p> <p><i>Who are: physicians, physician's assistants, nurse practitioners, registered nurses, LPNs, paramedics, military medics, dentists and EMTs?</i></p>

ONE POINT	TWO POINTS	THREE POINTS
<p>Day events, overnights, and camping events with more than 200 people require one of these. On page 36</p> <p><i>What is: a level two first-aider?</i></p>	<p>When a group disbands, the group's funds do not become the property of these people? In chapter 3</p> <p><i>Who are: any individuals, girls, or adults?</i></p>	<p>Girl Scouts cannot participate in these activities. In Activity Checkpoints</p> <p><i>What are: activities that involve projectiles, uncontrolled free fall, extreme sport variations, hunting, riding all-terrain vehicles, and motor bikes, and watercrafts in Class IV and above whitewater?</i></p>
<p>Archery, bicycling, caving, challenge courses, horseback riding, skating, orienteering, snow-related activities are covered under this Activity Checkpoint heading. On page 94</p> <p><i>What are: Land Sports?</i></p>	<p>These topics are covered in Universal Checkpoints. In chapter 7</p> <p><i>What are: council approval, health, supervision, planning, equipment & clothing, transportation, site & emergency procedures, & first aid?</i></p>	<p>Drivers of cars transporting Girl Scouts must sign these before taking passengers in their vehicles. In Planning Trips with Girl Scouts</p> <p><i>What is a Safe Driver Pledge?</i></p>
<p>The chart on this page explains how to do this with your girls. On page 45</p> <p><i>What is: plan a trip?</i></p>	<p>Girls in these program levels should sign a Safe Passenger Pledge before riding in an auto on a Girl Scout trip. In chapter 5</p> <p><i>What are: Junior, Cadette and Senior Girl Scouts?</i></p>	<p>Camping at different sites for three or more nights and traveling by a motorized vehicle is called this. In Camping Activities</p> <p><i>What is: travel camping?</i></p>

ONE POINT	TWO POINTS	THREE POINTS
<p>If a Girl Scout (not an adult) saves a life, she may qualify for one of these two Girl Scout awards. On page 148</p> <p><i>What are: the Bronze Cross and Medal of Honor?</i></p>	<p>All insignia from Girl Scout age-level books earned by completing a specific number of requirements are called this. In Appendix</p> <p><i>What are: proficiency awards?</i></p>	<p>Brownie, Junior, Cadette & Senior Girl Scouts can earn these awards. In Responsibility for Safety</p> <p><i>What are: Safety Awards?</i></p>
<p>The definition of pluralism On page 154</p> <p><i>What is: a system with individuals or groups differing in background, experiences, and culture that allows for the development of a common tradition while preserving each group's right to maintain its cultural heritage?</i></p>	<p>Techniques for resolving conflict. In chapter 2</p> <p><i>What are: mediation, active listening, time out, role reversal, skillful listening, and applying the Girl Scout Law?</i></p>	<p>A sponsor must send a cash donation of \$250 or more before the money can be given to the Girl Scout group it wants to sponsor here. In Group Planning & Budgeting</p> <p><i>What is: Girl Scouts of Greater Chicago and Northwest Indiana?</i></p>
<p>GSUSA, council, troop membership, and identification insignia. On page 151</p> <p><i>What are: emblems?</i></p>	<p>Easily accessible to all members, including girls with disabilities. In chapter 6</p> <p><i>What are: all places selected for activities?</i></p>	<p>Before going into cyber space, a Girl Scout and her parent/guardian or adult partner should sign this. In Other Activities</p> <p><i>What is: "My Online Safety Pledge?"</i></p>