



First aid outdoors – emergency training in the field

AT A GLANCE



Place

Outdoors in open country with a fixed meeting point



Key idea

Practising what to do in an emergency outdoors: stay calm, call for help, give aid



Effort

Materials 15 min · Preparation 30 min



120 minutes



6–16 scouts



16 and over



no substitute for a first aid course



Materials

- ☐ a complete first aid kit (dressings, triangular bandage, disposable gloves, foil blanket, plasters, tick card)
- ☐ if available: a training manikin for chest compressions
- ☐ scenario cards for four practice situations
- ☐ phones for practising how to find your location (only role-play the emergency call)
- ☐ sleeping mats and a blanket



Schedule

0–15'

Introduction – What have you already experienced outdoors? The basic sequence: keep yourself safe – call for help – give first aid.

15–35'

Practising the emergency call – Role-play the emergency call (112 in Europe, otherwise the local number): Where did it happen? What happened? How many injured? What injuries? Wait for questions. Also find your location outdoors: coordinates, waypoints, marked rescue points.

35–80'

Stations – Four stations of about 10 minutes each: unconscious person, hypothermia, minor wounds and ticks, twisted ankle.

80–100'

Scenario – One team finds an “injured” person in the terrain (role-play) and works through the whole sequence; the others observe.

100–120'

Devotion and review – Luke 10:33–34: the Samaritan does not pass by but goes to him and bandages his wounds. What went well, what do we still need to practise?



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How it works – simply explained

- 1 Station 1 – Unconscious: speak to them, touch them, check breathing for no more than 10 seconds. Breathing normally: recovery position, cover them, keep watching.
- 2 Not breathing normally: call the emergency number and start chest compressions – practise only on the manikin.
- 3 Station 2 – Hypothermia: get them out of wind and wet, put a mat underneath, change wet clothes, foil blanket; warm sweet drinks only if fully conscious.
- 4 Station 3 – Wounds and ticks: cover wounds with a sterile dressing; grip the tick close to the skin, pull it out slowly and straight, disinfect, note the date.
- 5 Station 4 – Twisted ankle: rest, cool (never put ice directly on the skin), compress, elevate.

 **Example:** “Stop – look first, then help. Is the area safe? Good. You call the emergency number, you fetch the first aid kit, I will talk to the casualty.”

Safety

- Emergency calls are only role-played, never actually dialled. If a real emergency happens, the exercise stops at once: “Stop – real emergency!”
- Chest compressions and rescue breaths only on a training manikin, never on a person.
- This session does not replace a first aid course. Leaders should hold a valid certificate, e.g. from an aid organisation such as the Red Cross. After a tick bite, see a doctor if a spreading rash or fever appears.

Variations

- Night exercise: the same scenarios with head torches in the dark.
- Camp check: go through the camp first aid kit together, check expiry dates and restock.

Something to think about

What would you do if you were the first person at the scene of an accident?