

**S.K.I.P**

**Smart  
Kids**

**=**

**Informed  
Persons**

**An FCRV**

**Youth Disaster Awareness Program**

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## Introduction

The Smart Kids are Informed Persons, or SKIP program, is a Disaster Awareness program designed exclusively for the children of FCRV/NCHA.

All requirements for each section must be completed to earn recognition for that area. You may use information from the Red Cross, FEMA, other applicable government agencies, local instructors, and information gathered from the internet to create your program.

Upon completion of a program, please contact the National Youth director, using the form found later in this booklet, in order to receive a specially designed button award for each child.

# First Aid



1. Explain what first aid is.
2. Show and/or tell what to do for the serious cases of:
  - a. Serious bleeding
  - b. Stopped breathing
3. Know the symptoms of a heart attack.
4. Show first aid for:
  - a. Blisters on the feet
  - b. Bites or stings of insects, ticks, chiggers
  - c. Bites of snakes
  - d. Bites of mammals
  - e. Skin poisoning
  - f. Sprained ankle
  - g. Nosebleed
  - h. Burns and scalds
5. Show how to make an arm sling and a splint
6. Explain what shock is and how to treat it.

## Wilderness Survival



1. Explain what to do if you are lost and why.
2. Explain the following and how to recognize them and how to treat for them:
  - a. Hypothermia
  - b. Heat Exhaustion
  - c. Heat Cramps
  - d. Heat Stroke
3. Show how to make yourself easy to find.
4. Explain what items are necessary for survival.
5. Make a personal survival kit. (see note)

Note: Many lists on what to include in a personal survival kit can be found on the Internet. Most of these lists contain items such as matches and a knife. While most pre-teen children have used items such as these for camping and scouting, please be aware of the age group and be sure to stress how to safely use these items. Also the children should not, under any circumstances, take a personal survival kit containing these items to school. Many schools have a zero tolerance policy when it comes to things that could be used as weapons (matches, knives), so a warning to the children is necessary.

## Camp Cooking



1. Prepare three (3) meals - breakfast, lunch and dinner - from foods that require no refrigeration (emergency type of food supplies)
2. Plan and prepare a nutritious snack for mid-afternoon.
3. Plan and prepare a simple dinner for yourself using foods commonly taken camping or on a picnic.
4. Plan and prepare a simple meal using emergency fuel or equipment.

## Quake Safe



1. Learn about what causes an earthquake. Explain what happens to the earth and buildings when this occurs.
2. Look at some pictures of the 1906 San Francisco quake. Talk about why there was so much damage.
3. Discuss with your family what you would need in case of an earthquake (emergency food, water, other equipment such as a flashlight, etc.) Set aside a place to store these items.
4. Discuss what to do during a strong earthquake at home, at school, in the car, out of door. Discuss with your family about what you should do if you are not all at the same place when a quake happens.

# Emergency Communications



1. Show how to make an emergency telephone call. Include what information you need to have available when making the call.
2. Show three (3) emergency distress signals.
3. Explain how to signal a search plane.
4. Know the universal distress signal.
5. Discuss with your family what you should do in the event of an emergency when you are not all together.
6. Take part in a family evacuation drill with a designated point of assembly.
7. Demonstrate the appropriate use of a whistle to communicate.

## Safe at Home



1. Show your knowledge of household safety rules including kitchen knives, scissors, stoves, matches, microwave, electrical and/or gas appliances, cleaners, chemicals, contents of a medicine cabinet, use of heaters, fireplace, firearms.
2. Know where to find the water, gas, and electrical controls in your home and when and how to shut them off.
3. Explain what to do in the following situations:
  - a. A stranger comes to the door and wants to come in to do repair work.
  - b. A stranger calls on the telephone for your parent who is not at home.
  - c. A big leak in the pipes under the sink.
  - d. A strong smell of gas in the house.
  - e. A sudden blackout in the neighborhood at night.
  - f. A smoke alarm or carbon monoxide detector goes off.



# Fire Safety



1. Explain the rules of fire safety
2. Show how to extinguish a fire on a person.
3. Show how to treat for burns and scalds.
4. Prepare a fire pail.
5. Explain how to extinguish a fire with water and without water.
6. Describe how to use a fire extinguisher.
7. Discuss the dangers and destruction of forest fires.
8. Discuss with your family evacuation procedures in case of a fire.

## Camp Safety



1. Show how to make a set of your footprints so you can be tracked should you become lost.
2. Tell how to purify water if you are unsure of the source.
3. Explain how to recognize poison oak. Poison ivy or poison sumac (as found in your local area).
4. Describe the poisonous reptiles and/or insects found in your area. Tell how to avoid them.
5. Explain how to store food in camp to keep wild animals out of your supply.
6. Explain how to select a good site for your camp.

## Boating/Water Safety



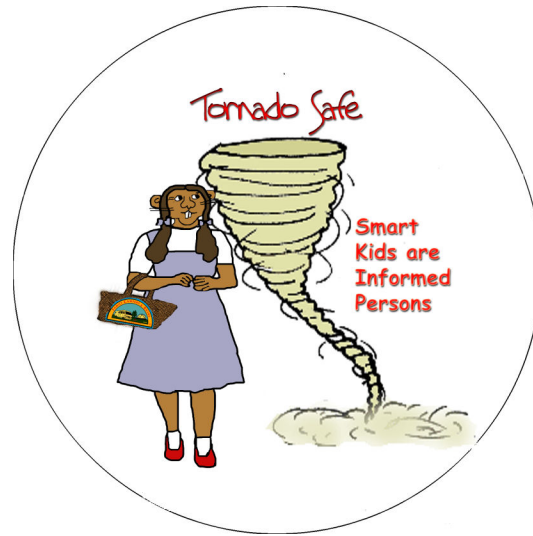
1. Describe the conditions necessary for safe boating.
2. Show how to properly put on a personal floatation device.
3. Explain what to do if you boat capsizes or sinks.
1. Discuss the conditions necessary for a safe swim.
2. Show how to enter the water safely.
3. Earn a Red Cross Beginning Swimmer card (or the equivalent in your area).
4. Show how to properly use a personal floatation device.

# Weather Awareness



1. Point out or describe four (4) types of clouds: cumulus, stratus, cirrus, and nimbus.
2. Discuss the weather trends of your area.
3. Explain the purpose of a thermometer, wind vane, anemometer, and aneroid barometer.
4. What causes thunder and lightening? How can they be safely enjoyed?
5. What causes dew, frost, rain, snow, sleet, and hail?

## Tornado Safe



1. Learn about what causes a tornado. Explain what happens when one occurs.
2. Explain the difference between a tornado watch and a tornado warning. Discuss what to do when each is posted.
3. Discuss with your family what you would need in case of a tornado (emergency food, water, equipment). Set aside a safe place to store these items.
4. Explain what to do during a tornado at home, at school, in the car, or out of doors.
5. Discuss with your family what you should do if you are not all together when a tornado occurs.

## Hurricane Safe



1. Describe a hurricane and explain how they are tracked.
2. Discuss with your family what you would need in case of a hurricane (emergency food, water, equipment, shelter) and when you should put these items together. Set aside a place to store these things.
3. Look at pictures of previous hurricanes (Hugo in 1989, Katrina in 2005). Discuss what caused the damage and whether it could have been avoided.
4. Discuss hurricane evacuation procedures.

## S.K.I.P. Button Order Form

Program Completed: \_\_\_\_\_

Number of Buttons needed: \_\_\_\_\_

Date of Class: \_\_\_\_\_

Name of Person Teaching the Class: \_\_\_\_\_

Instructor Credentials (if applicable): \_\_\_\_\_

Buttons should be sent to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Order information may be mailed or emailed to the National Youth Directors.

Karen and Robert Snodgrass  
8759 Forest View Drive  
Olmsted Falls, Ohio 44138  
Kssnodgrass@earthlink.net

Buttons are made to order so please allow about three (3) weeks so they can be created and shipped.