

A large, faded, light blue logo for "Discovery Rangers" is centered in the background. It features a star emblem at the top and the words "DISCOVERY" and "RANGERS" in a bold, sans-serif font.

BLUE MERIT

SAFETY

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We ask that our members set a good example for the young men that they lead by honoring this license agreement.

Version 06/2010

Safety



Merit Overview

In This Merit

Merit Answer Guide

Lessons 1–5

MLR* 1a “Home Fire Safety”

MLR 1b “Tornado Preparation”

*MLR: Merit Lesson Resource

Teaching This Merit

Lesson 1 covers requirements 1 and 2.

Lesson 2 covers requirement 3.

Lesson 3 covers requirements 4 and 5.

Lesson 4 covers requirement 6.

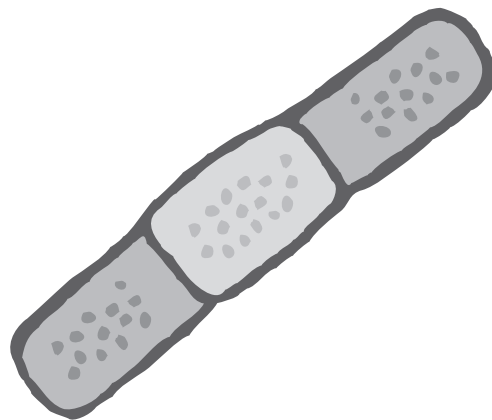
Lesson 5 covers requirement 7.

Other Sources

Adventures in Camping

Contact your local American Red Cross and fire and police departments for helps and hand-outs for this merit.

You may want to arrange for a visitor to teach on one or more of these areas.



Safety Merit Answer Guide

Safety Merit Requirements

Note: This merit is required to earn the Gold Medal of Achievement.

1. Demonstrate how you would make yourself visible on a nighttime hike. List three precautions.
 Watch the boys' demonstrations.
Three precautions:
 - a. Wear light-colored clothing: white, orange, and yellow.
 - b. Carry a flashlight or glow stick.
 - c. Put reflective tape on shoes and clothing.

2. Learn and plan with your family what procedures you would follow in the event of a fire, tornado, or accident in your home. Explain the preparations you and your family can take to prepare yourselves for two such emergencies.
Fire: Keep smoke detectors and fire extinguishers in good working order. Have and practice your escape plan. Have a safe meeting place outside.
Tornado: Know the safest place in your home to go to during a storm. Have a disaster supplies kit assembled.
Accident: Answers will vary.

3. Explain and demonstrate the proper safety procedures for riding a bike on a public road. List three pieces of safety equipment you should have on your bike.
Safety Procedures
 - Ride a bike that is the right **size** for you.
 - Before each ride check that the **wheels** aren't loose and your **brakes** work.
 - When exiting a driveway or crossing a street, stop, look **left**, look **right**, and look left again. Exit only when there is no traffic.
 - Ride on the right with the **flow** of traffic.
 - Stop at all **stop** signs and all traffic lights.
 - Do not ride in the **wrong** direction on one-way streets.
 - Use proper **hand** signals to indicate turns.
 - Ride **single** file.
 - Give right-of-way to **pedestrians**.
 - Carry no **passengers** (except on approved baby seats).**Bike Safety Equipment**
 - Use **reflectors** on the front, rear, and both sides of the bike.
 - Always wear a bike **helmet** for head protection. Even a simple fall can damage your brain.
 - Check that your **brakes** are in good working order so you can stop quickly when needed.*Watch the boys' demonstrations.*
Safety equipment: helmet, brakes, and reflectors.

4. Explain what safety precautions should be taken in a swimming area. Learn the Eight Defenses Plan for Swimming Safety.
 - a. **Buddy system:** Always team up with a buddy. Swimmers should buddy up to watch out for each other and to give assistance if one gets tired. A buddy should notice when the lips of his partner turn blue. This sign means that the person is getting cold and should get out of the water and warm up.
 - b. **Adult supervision:** Must have a certified lifeguard.
 - c. **Lifesaving equipment:** Must have proper equipment, like throwing lines, rescue tubes, a shepherd's crook, etc.

- d. **Lookouts:** Must be stationed in high places so that all swimmers are visible and should have a whistle to alert lifeguards.
- e. **Medical examination:** Should be physically fit and have no medical restrictions.
- f. **Intelligent discipline:** Know and obey the rules.
- g. **Swimming area:** Swim only in a safe place where the bottom and depth are known.
- h. **Swimming classifications:** Swimmers should be classified according to swimming ability. Non-swimmers or weak swimmers must be limited to shallow areas where the water is not over their chest. Swimmer classification areas must be marked with ropes and buoys to help prevent weak swimmers or non-swimmers from wandering out of safe areas.
5. Explain what safety precautions should be taken before venturing out in a small watercraft. Answers may include some of the following:
- Check your **equipment**.
 - Never **overload** your craft.
 - Stay with your craft if it **capsizes** (unless it is sinking).
 - Return to **shore** if a storm or a strong wind begins.
 - Be on guard for **speeding** watercrafts.
 - Do not get caught without a **paddle**.
 - Never **stand up** or **hang** your hands over the side of a moving watercraft.
 - Never operate a boat in **restricted** areas.
 - Leave a **float plan**, which tells where you're going, with an adult.
 - Learn the proper way to use a **paddle**.
 - Always wear a **PFD—personal flotation device**.
6. Make a safety inspection (under adult supervision) of the family car. Check such things as the lights, turn signals, wiper blades, tires, brakes, exhaust system, and emergency lights, listing anything that could be hazardous. Talk to your parents about how these conditions could be remedied.
Review the boys' checklist. Discuss with them their evaluations and remedies.
7. List ten pieces of safety equipment that should be carried in the family car.
Answers may include the following:
- | | |
|------------------------------------|---------------------------------|
| • jumper cables | <i>During winter conditions</i> |
| • a small tool kit | • gloves and change for a phone |
| • screwdrivers | • salt or sand |
| • pliers | • shovel |
| • duct tape | • ice scraper |
| • road flares | • warm blanket or sleeping bag |
| • a flashlight with good batteries | |
| • a poncho | |
| • a tire inflator and sealer | |
| • a bungee cord | |
| • a first aid kit | |
| • a safety triangle | |
| • a fire extinguisher | |
| • a reflective vest | |
| • glow sticks | |
| • a whistle | |
| • a towrope | |



Safety

Objectives

1. The boys will be able to list three ways to make themselves visible at night.
2. The boys will be able to plan safety precautions for a fire and a tornado.

Materials

- Merit Answer Guide
 - MLR* 1a “Home Fire Safety”
 - MLR 1b “Tornado Preparation”
 - Light-colored clothing (white, orange, yellow)
 - Flashlight and glow sticks
 - Reflective tape
 - Adventures in Camping*
- *MLR: Merit Lesson Resource

Preliminary Information

Read through the sections in *Adventures in Camping* that cover the material in this lesson. You may want to have someone from your local

fire department present the home fire safety material.

Lesson

Hiking at Night. Ask the boys what precautions they would take when hiking at night. Use the Merit Answer Guide requirement 1 for this discussion. Have the boys write their responses in their workbook for requirement 1.

Home Fire Safety. Distribute copies of MLR 1a “Home Fire Safety.” Read through the material and discuss each part. Have the boys fill out the fire procedures in their workbook for requirement 2. Encourage them to take the “Home Fire Safety” sheet home and check their

home with a parent. Ask them to return the sheet for the completion of requirement 2.

Tornado Preparation. Distribute copies of MLR 1b “Tornado Preparation.” Read through the material and discuss each part. Have the boys fill out the tornado procedures in their workbook for requirement 2. Encourage them to take the “Tornado Preparation” sheet home and go over it with a parent. Ask them to return the sheet for the completion of requirement 2.

Advancement

Be sure the boys have completed requirement 1 in their workbook and understand that they

need to complete MLR 1a and 1b at home for requirement 2. Sign off on the requirement.



Safety

Objectives

1. The boys will be able to explain and demonstrate the proper safety procedures for riding a bike on a public road.
2. The boys will be able to explain what safety equipment to have on their bike.

Materials

- Merit Answer Guide
- Chalkboard and chalk
- Bicycle (with reflectors on front, rear, sides)
- Wrench
- Bike helmet
- Bike pump
- Repair kit
- Small first aid kit

Preliminary Information

Encourage the boys to bring their bike and helmet to the meeting. After you have covered the material, do a safety check with the boys, check-

ing reflectors, helmets, and brakes. Let the boys demonstrate safety procedures by setting up a bike course.

Lesson

Bike Safety Procedures. Ask the boys for ways to stay safe while riding their bike. Write down their responses on the chalkboard. Be sure to include the following areas in your discussion. Refer to requirement 3 in the Answer Guide.

Bike Safety Equipment. Ask the boys to think

of safety equipment they should check before riding their bike. Show each item as you discuss it. Refer to requirement 3 in the Answer Guide.

Have the boys fill out the answer to requirement 3 in their workbook.

Advancement

Be sure the boys have completed requirement 3 in their workbook. Sign off on the requirement.



Safety

Objectives

1. The boys will be able to explain what safety precautions should be taken in a swimming area.
2. The boys will be able to explain what safety precautions should be taken when using a small watercraft.

Materials

- Merit Answer Guide
- Adventures in Camping*
- PFD (personal flotation device)
- Paddle or oar

Preliminary Information

Review the information in *Adventures in Camping* that is covered in this lesson.

Lesson

Swimming Safety. Ask the boys to list swimming safety rules. Use the Merit Answer Guide requirement 4 for this discussion. Use the simple memory aid BALL MISS to help the boys memorize the Eight Defenses Plan. Have the boys write out this plan in their workbook for requirement 4.

Watercraft Safety. Ask the boys what safety rules they should follow when using boats or other watercraft. Use the Merit Answer Guide requirement 5 for this discussion. Have the boys write out some of the points in requirement 5 in their workbook.

Advancement

Be sure the boys have completed requirements 4 and 5 in their workbook. Sign off on the requirements.



Safety

Objectives

1. The boys will be able to demonstrate a safety inspection (under adult supervision) of the family car.
2. The boys will be able to explain why each item of a vehicle, if not working properly, could be hazardous.
3. The boys will be able to explain how to repair items on the checklist.

Materials

- Merit Answer Guide
- Car for inspection demonstration
- Tire pressure gauge
- Flashlight
- Rag

Preliminary Information

Have a car available to demonstrate a safety inspection. Be prepared to explain how to fix or

have fixed each item being checked.

Lesson

Safety Inspection. Have the boys turn to the Family Car Safety inspection chart of requirement 6 in their workbook. Explain that you will be doing a safety inspection on a car during this lesson. Follow a copy of this checklist as a demonstration to them of how they can inspect

their family car with a parent.

As you go through the inspection, talk about why each item could be hazardous if it's not working properly. Explain how to repair each item.

Advancement

Encourage the boys to do a similar safety inspection on their family car. Let them know that it will fulfill requirement 6.



Safety

Objectives

1. The boys will be able to list basic safety equipment that should be carried in the family car.
2. The boys will be able to list the additional safety equipment that should be carried in the family car during a winter trip.

Materials

- Merit Answer Guide
- Items for a basic safety equipment kit
- Additional safety items for winter travel
- Overhead projector or chalkboard
- Blank transparency
- Overhead marker or chalk

Preliminary Information

Collect the safety equipment items that should be carried in the family car and become familiar with the uses of each.

Lesson

Car Safety Equipment. Have the boys suggest safety items that should be carried in the family car. Write these down on a blank transparency or chalkboard. Use the Merit Answer Guide requirement 7 for this discussion. Have the boys write down at least ten of these in their

workbook for requirement 7.

Winter Safety Equipment. Ask the boys what additional items might be good to carry during winter months in colder climates. Answers might include salt or sand, a shovel, an ice scraper, warm clothes, and a blanket or sleeping bag.

Advancement

Sign off on requirement 7 in the boys' workbook. Also, check to see that all the requirements for this merit have been completed.



Home Fire Safety

Fires claim more lives than any other disaster in the United States. We are working on the Safety Merit in Royal Rangers. Please assist your boy in completing this checklist.

Smoke Detectors

- Install smoke detectors outside each sleeping area and on each level of your home.
- Test smoke detectors once a month. Keep a monthly record.
- Change the batteries in smoke detectors once a year.
- Keep the smoke detectors clean. Vacuum them once a month.

Fire Extinguishers

- Check the fire extinguisher. It should be in the central part of the house or near the kitchen. Look at the date on the tag attached to the extinguisher to see if it is current. If not, have it recharged. Many extinguishers have a gauge indicating if it is charged. If it is low, have it recharged. Only an adult should handle and use the extinguisher. Obtain training from a fire department, if necessary.

Fire Escape Plan

- Draw a floor plan of your home. Mark two fire escapes for each room of the house.
- Have escape ladders on the upper floors.
- Pick a safe place outside the house where everyone can meet. The mailbox or the end of the driveway is a typical place. Our meeting place is _____
- Practice escaping a room that is smoke filled. Stay below twelve inches and practice with your eyes closed too.
- Conduct a fire drill at least two times each year. Make sure everyone participates and they know both means of escape. Date of first fire drill: _____

Other Fire Safety Tips

- Keep the bedroom doors closed while sleeping. This provides a barrier against smoke and flames.
- Consider installing a sprinkler system.
- Replace smoke detectors every ten years.
- If fire or smoke blocks your primary escape, use the second way out.
- If you are unable to escape a room, call 9-1-1 to indicate where you are, or place a bright-colored cloth at the window.
- Feel a door with the back of your hand prior to exiting through the door.
- Once you have left the house, stay out.



Tornado Preparation

We are working on the Safety Merit in Royal Rangers. Please assist your boy in completing this checklist. While most tornadoes happen in the Midwest during the spring and summer months, they can happen in every state and in any month. So always be ready.

A Safe Place

- Designate a safe place in the home for everyone to meet—a basement, if you have one, or in the central part of the first floor of home, like a hallway, bathroom, or closet. Avoid rooms with windows or glass doors. If you are in a mobile home, seek a sturdy structure. There may already be a designated site for your mobile home park. Our place is _____

A Disaster Supplies Kit

- Assemble a disaster supplies kit. Keep it in a noticeable container, preferably in the designated safe place. Include
 - a first aid kit
 - canned food and a can opener
 - protective clothing
 - a battery-powered radio
 - special items for infants, the elderly, or the disabled
 - required medication
 - three gallons of water per person
 - bedding or sleeping bags
 - a flashlight and extra batteries
- Make a list of how to turn off the following utilities: electricity, gas, and water. Have a professional turn the gas back on and check all the pilot lights in the home.

Other Safety Tips

- Listen to the radio or TV station for updates on storms in your area.
- A tornado watch means a tornado may occur in your area.
- A tornado warning means a tornado has been sighted in your area. Go to the safe place immediately.
- Be alert to changing weather conditions and blowing debris.
- Do not use candles at any time.
- Use flashlights to check damage.
- If you're outside or in a car, get inside a building or in a low-lying area.
- Watch out for fallen power lines.



Safety Merit

Note: This merit is requirblue to earn the Gold Medal of Achievement.

1. Demonstrate how you would make yourself visible on a nighttime hike. List three precautions.

2. Learn and plan with your family what procedures you would follow in the event of a fire, tornado, or accident in your home. Explain the preparations you and your family can take to prepare yourselves for two such emergencies.

a. Fire: _____

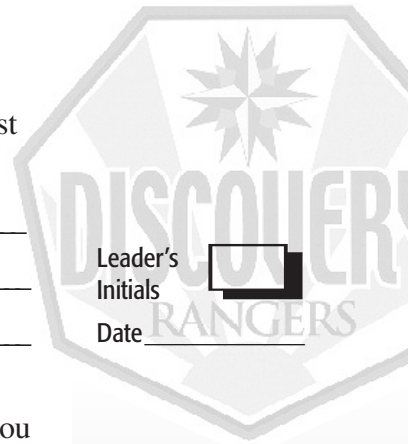
b. Tornado: _____

c. Accident: _____

3. Explain and demonstrate the proper safety procedures for riding a bike on a public road. List three pieces of safety equipment you should have on your bike.

Safety Procedures

- Ride a bike that is the right _____ for you.
- Before each ride check that the _____ aren't loose and your _____ work.
- When exiting a driveway or crossing a street, stop, look _____, look _____, and look left again. Exit only when there is no traffic.
- Ride on the right with the _____ of traffic.
- Stop at all _____ signs and all traffic lights.
- Do not ride in the _____ direction on one-way streets.



Leader's Initials

Date _____

Leader's Initials

Date _____

- Use proper _____ signals to indicate turns.
- Ride _____ file.
- Give right-of-way to _____.
- Carry no _____ (except on approved baby seats).

Bike Safety Equipment

- Use _____ on the front, rear, and both sides of the bike.
- Always wear a bike _____ for head protection. Even a simple fall can damage your brain.
- Check that your _____ are in good working order so you can stop quickly when needed.

4. Explain what safety precautions should be taken in a swimming area. Learn the Eight Defenses Plan for Swimming Safety.

_____ system

Adult _____

_____ equipment

_____ outs

_____ examination

Intelligent _____

Swimming _____

_____ classifications

5. Explain what safety precautions should be taken before venturing out in a small watercraft.

Check your _____.

Never _____ your craft.

Stay with your craft if it _____.

Return to _____ if a storm or strong wind begins.

Be on guard for _____ watercrafts.

Do not get caught without a _____.

Never _____ up or _____ your hands over the side of a moving watercraft.

Never operate a boat in _____ areas.

Leave a _____ plan with an adult.

Learn the proper way to use a _____.

Always wear a _____ (_____ _____ _____)

Leader's Initials
Date _____

Leader's Initials
Date _____

Leader's Initials
Date _____



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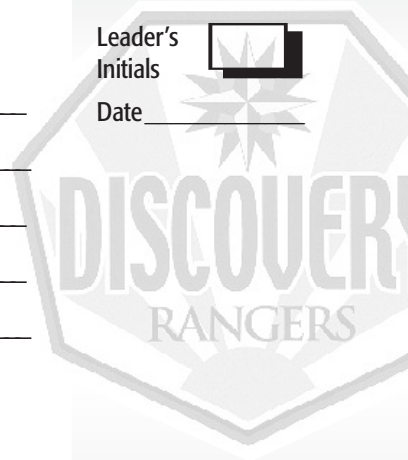
Leader's Initials
Date _____

6. Make a safety inspection (under adult supervision) of the family car. Check such things as the lights, turn signals, wiper blades, tires, brakes, exhaust system, and emergency lights, listing things that could be hazardous. Talk to your parents about how these conditions could be remedied.

Complete the chart on the following page.

7. List ten pieces of safety equipment that should be carried in the family car.

Leader's Initials
Date _____





Family Car Safety Inspection

	Problems	Solution/Repair
	Headlights (High and Low)	
	Parking Lights	
	Brake Lights	
	Turn Signals	
	Emergency Lights	
	Wiper Blades	
	Tires (Wear and Pressure)	
	Brakes	
	Exhaust System	
	Mirrors	
	Fluids:	
	Oil	
	Brake	
	Power Steering	
	Antifreeze	