



Project ADAM Girl Scout Patch Program

Project ADAM and The Herma Heart Institute of Children's Wisconsin offer a patch program for Girl Scouts to earn while helping their schools become a Heart Safe School. The program is designed for Junior Girl Scouts and older.

*Goal: Girl Scouts will assist their school in **earning** Heart Safe School designation **OR** assist their school in **maintaining** designation requirements if currently a Project ADAM Heart Safe School.*

Earning Heart Safe School Designation:

Note to troop leaders: Assisting your school to become Heart Safe may require a commitment of 6-12 months to complete depending on the school's level of readiness. This process has templates, videos and other resources to assist you with every step involved in the designation. You can utilize our templates or create ones of your own depending on what you and your troop choose to do. Project ADAM staff will be available to assist you throughout the process. There is a Patch Program Feedback Form that you will complete as you finish each of the outlined activities. You will return this form to Project ADAM upon completion of the program and the patches will be distributed to your troop.

To begin, please pick up a Heart Safe School Tool Kit at the Girl Scout Resource Center. This kit is yours to keep and includes a folder containing a flash drive with templates and videos, posters, AED arrow stickers, and the Patch Program Feedback Form. All of the templates and videos can also be located at www.projectadam.com/heartsafeschools if you have access to the internet. If you need a CPR manikin and/or an AED training unit to conduct an AED drill, Project ADAM will provide these to you.

If you have any questions, please contact Jodi Wenzel, Project ADAM Coordinator, at 414.337.1206 or jwenzel@chw.org.

Activity 1: Understand the Adam in Project ADAM

MATERIALS: Computer with internet access or Project ADAM flash drive

STEPS:

1. Watch Chapter 1 video – The Adam in Project ADAM {2:40} – on flash drive or at www.projectadam.com/heartsafeschools

Activity 2: Understand the signs and symptoms of Sudden Cardiac Arrest (SCA)

MATERIALS: Computer with access to internet or Project ADAM flash drive

STEPS:

1. Watch Chapter 2 video Understanding Cardiac Arrest {5:37} – on flash drive or at <http://www.projectadam.com/heartsafeschools>
2. Obtain two professional sources (journal, book, medical professional or personal story) and familiarize yourself with the definition of SCA. We have provided one source below. <http://www.heart.org/en/health-topics/heart-attack/about-heart-attacks/heart-attack-or-sudden-cardiac-arrest-how-are-they-different>
3. Watch Claire’s video {0:58} – on flash drive or at <https://www.youtube.com/watch?v=r9blaWHHSIs>
4. Choose and complete *one* of the activities listed below:
 - Visit a fire station and talk with paramedic about SCA and CPR/ AED use.
 - Invite a physician, nurse, school nurse, or other qualified healthcare professional to talk about SCA/AED use with your troop.
 - Invite a SCA survivor to talk to your troop

Activity 3: Understand what it means to be a Heart Safe School

MATERIALS: Computer with access to internet or Project ADAM flash drive, and cell phone timer

STEPS:

1. Watch Chapter 3 video Being Prepared in a Cardiac Emergency {4:50} – on flash drive or at <http://www.projectadam.com/heartsafeschools>
2. Print Heart Safe School checklist and review items necessary to become a Heart Safe School. – <http://www.projectadam.com/heartsafeschools>
3. Go on a school scavenger hunt to find all AEDs in the school building.
4. Once the AED(s) are located, check to see if the location of the AED(s) are placed in areas where the AED can be brought anywhere in the building within a 2 to 3 minute brisk walk - during AND after school hours. Ensure AEDs are not locked.
5. Choose a location at the school where a person could have a SCA and time how long it takes to pretend to retrieve the AED and return to the victim.

Activity 4: Understand and assist school with the requirements to become Heart Safe

MATERIALS: Computer with internet access or Project ADAM flash drive, Heart Safe School checklist

STEPS:

1. Meet with your principal and school nurse/gym teacher/athletic director to explain:
 - what it means to be a Heart Safe School
 - signs and symptoms of a sudden cardiac arrest and need for AEDs in schools
 - findings from AED scavenger hunt
2. Review checklist with your school leader to learn what items on the checklist are in place/where there are needs.

3. List the items that need to be completed and refer to “Heart Safe School Toolkit” document for details on how to complete the steps.
4. Plan and implement Cardiac Emergency Response Drill/AED drill
 - Watch AED drill video – on flash drive or <https://www.youtube.com/watch?v=wJ-reIDQCnk&t=3s>
 - Review requirements of the drill on the *Drill Summary Checklist 1* - on flash drive or at <http://www.projectadam.com/heartsafeschools>
 - Set up a time with school leader to perform drill
 - Work with the school’s emergency response team to go through the steps of the drill. Gather necessary materials.
 - Conduct drill and complete the drill summary checklist
 - Meet with team after the drill to talk about what went well and what could use improvements.

Activity 5: Educate school staff, student, families and community about Heart Safe Schools

MATERIALS: Media materials

STEPS:

Choose the best way to educate your school staff and community. Suggestions to complete this include:

1. Create posters on the chain of survival/location of school’s AED(s) and display in schools. You can also use the posters provided in the toolkit.
2. Advertise on your school website and/or Facebook page
3. Write an article for your school newsletter
4. Include in morning announcements
5. Perform a skit in classroom, lunchroom or school assembly (could show the 90 second Mission Possible video found on the flash drive)

Activity 6: Create a recognition celebration upon completion of the designation

MATERIALS: Heart Safe School banner (obtained from Project ADAM)

STEPS:

1. Turn in Feedback form to Project ADAM.
2. Select a time/location to present school with their personalized banner.
3. Include students, teachers, family and a younger troop to assist with carrying on the Heart Safe School designation.
4. Invite troop family and friends to celebrate troop receiving Project ADAM patch! Troop celebration can occur at the time of the banner presentations.