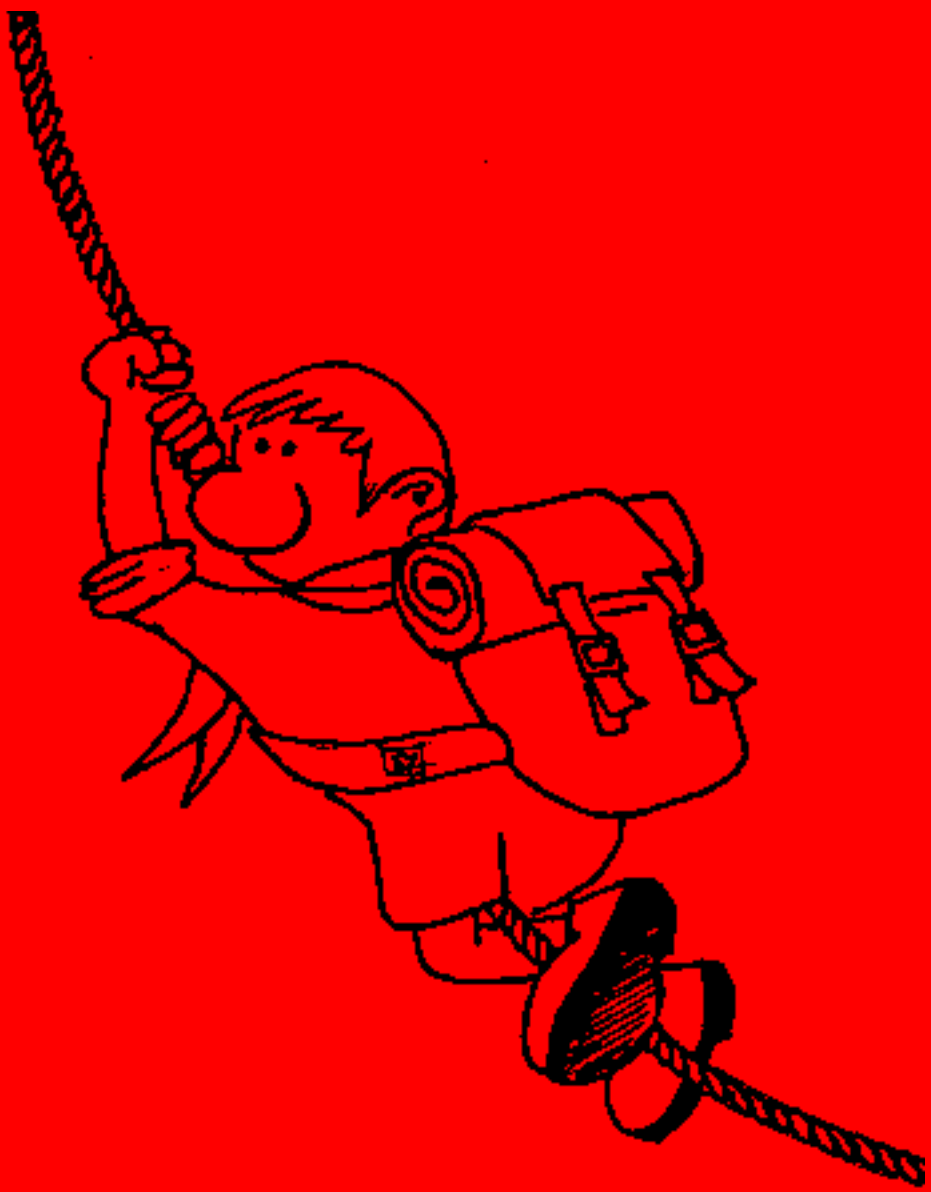
Camp Programme Skills



This handbook is a companion volume to the ***'Camping Skills Handbook'*** and aims to assist in the development of more effective camp programme planning skills. As a basis we have taken the suggested camp programme for an annual camp as suggested in the ***'Camping Skills Handbook'*** and expanded the ideas in detail. In effect this handbook is all you require to plan and organise your camp programme.

The details on programme ideas are not complete in some cases and we would suggest that you source other publications in your local library for further details or explanations. This would be true in the case of kite flying for example.

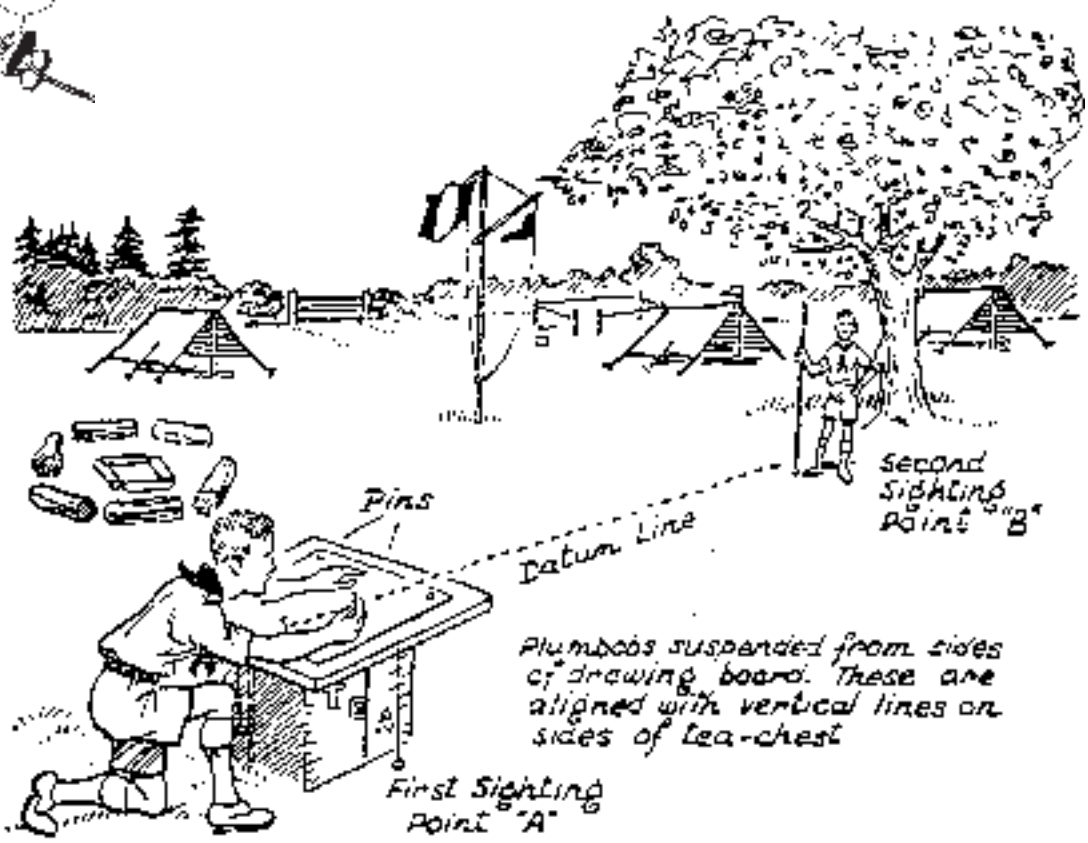
All of the ideas in this handbook have been tried and tested in the field on many Scout camps. Obviously every campsite is different so you will have to devise and change your programme to suit that location. You can follow this handbook step by step or you can mix and match ideas to suit yourself.

Our aim in producing this handbook is to provide new and experienced leaders with a model camp programme and present some of the many ideas and opportunities an annual camp presents for activity in the out of doors.

Young people who are members of our Association continually say that the most important activities that they expect from Scouting are camping, hiking and friendship. The highlight of every Troop programme should be the Annual Camp. This handbook will help you to ensure that your Scouts experience the joy of a properly run and organised camp.

Happy camping.

Plane table mapping



CARRYING OUT A PLANE-TABLE SURVEY

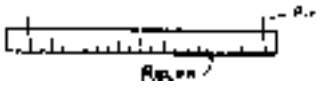
YOU WILL REQUIRE – A TEA-CHEST OR BOX, A DRAWING BOARD, PAPER, TWO ORDINARY PINS, PENCIL & RULER.

TO CARRY OUT THE SURVEY, YOU MUST FIRST ESTIMATE MAIN DIMENSIONS OF FIELD & FIX SCALE TO SUIT DRAWING PAPER (E.G. IF FIELD IS 100 YDS. SQUARE & PAPER 22" SQ. THE MAXIMUM SCALE WOULD BE 5 YDS. : 1" – LEAVING ROOM FOR A ONE-INCH MARGIN ALL ROUND.)

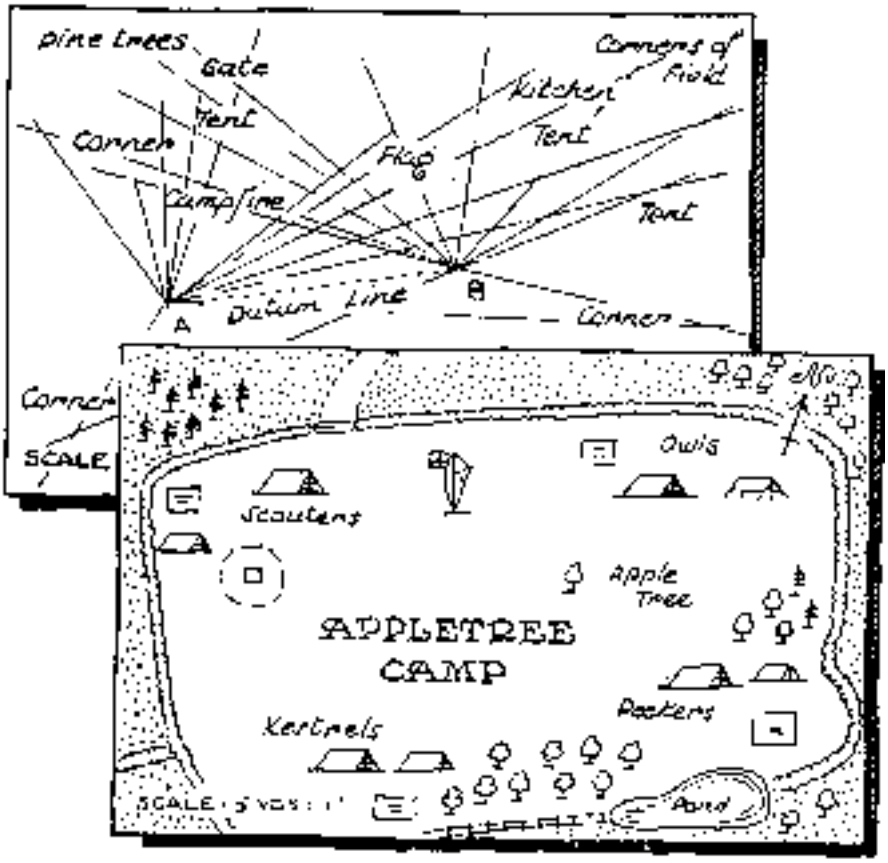
NEXT, DECIDE ON POSITION OF TWO SIGHTING POINTS NEAR CENTRE OF AREA & WITH SCOUT STAFF MEASURE ACCURATELY DISTANCE BETWEEN. MARK POINT "A" ON PAPER WITH PIN. SET UP YOUR PLANE-TABLE AT POINT "A" & TAKE A SIGHT WITH SECOND PIN ON POINT "B". WITH RULER DRAW LINE FROM 1ST PIN THROUGH 2ND PIN & MARK OFF DATUM LINE TO SCALE THUS FIXING ACTUAL POSITION OF POINT "B" ON THE DRAWING PAPER.

NOW, WITHOUT MOVING DRAWING BOARD, TAKE SIGHTS ON OTHER FEATURES (TENTS, TREES, GATE ETC.) MOVING SECOND PIN TO GIVE YOU AN ACCURATE READING, AND NOTING DOWN NAMES OF FEATURES. WITH RULER DRAW LINES FROM POINT "A" THROUGH THE PIN-PRICKS.

WHEN ALL FEATURES HAVE BEEN PLOTTED FROM POINT "A" MOVE PLANE-TABLE TO POINT "B" & TAKE SIGHTS FROM THERE *STARTING BY TAKING SIGHT ALONG DATUM LINE TO POINT "A"* WHERE THE SIGHTING LINES CROSS IS THE POSITION OF EACH FEATURE



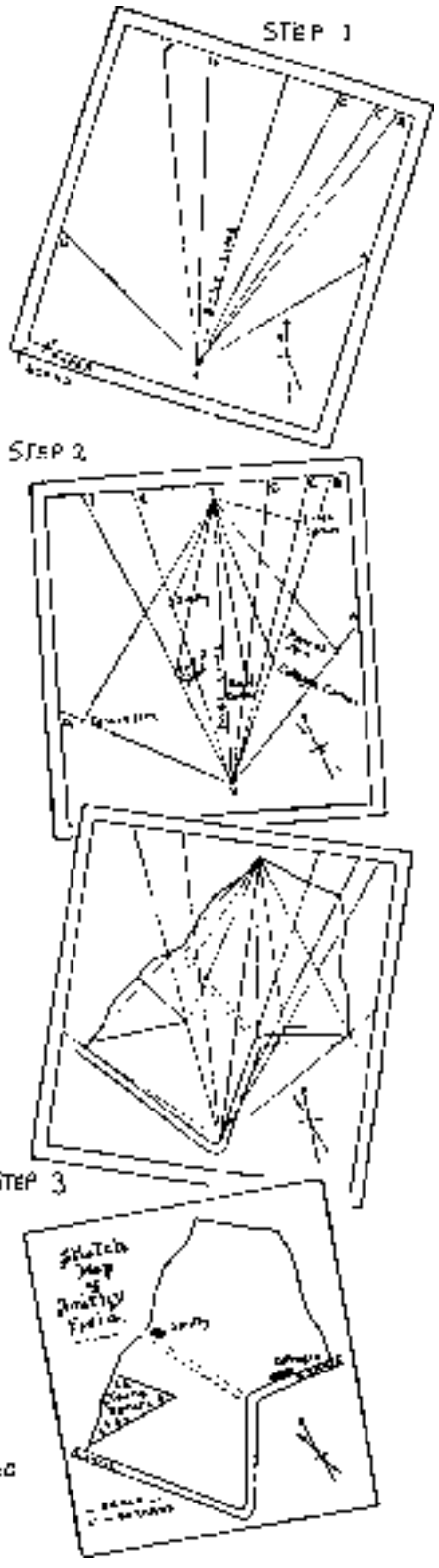
YOUR FIELD-SKETCH WILL LOOK SOMETHING LIKE THIS:



LATER YOU COULD ELABORATE YOUR DRAWING AND RUB OUT THE PENCIL LINES AND ROUGH NOTES, OR, BETTER STILL, TRANSFER THE PIN PRICKS TO A CLEAN SHEET OF DRAWING PAPER AND MAKE A FINISHED DRAWING IN GREATER DETAIL.

A PLANE-TABLE SURVEY PLAN OF THE SUMMER CAMPSITE, FRAMED IN NATURAL WOOD GROWN ON THE SPOT, WOULD MAKE A NOVEL WALL-DECORATION FOR THE PATROL CORNER OR DEN, AND SHOULD BE GOOD FOR A LOT OF POINTS IN ANY PATROL COMPETITION.

NOTE THAT IN CARRYING OUT THIS PLANE-TABLE SURVEY YOU HAVE APPLIED THE PRINCIPLE OF TRIANGULATION, WHICH IS THE BASIS OF ALL MAPMAKING AND CARTOGRAPHY.



Games for Patrol

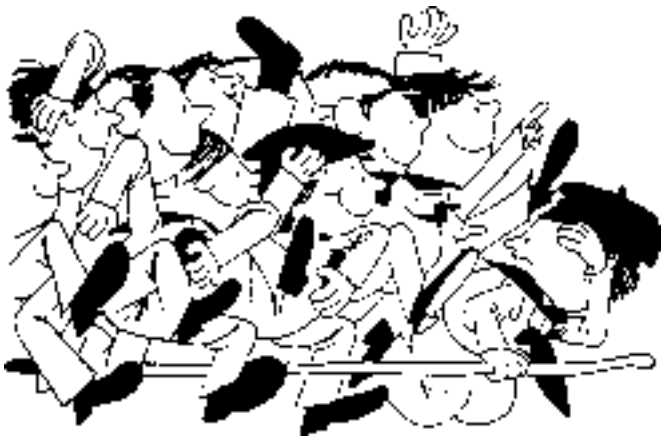
No one knows when man first started to play games. We can assume that cave men had some form of activity we would call a game, to distract him and his family from their perilous existence.

Ancient races used games as a means of teaching young men how to shoot a bow and arrow, wield a sword, throw a spear or become nimble on their feet to dodge a charging beast or enemy. They were developing skills on which their very existence depended and their elders realised the importance of games as a teaching and team building method.

Games are an integral part of the Scouting programme because they are a valuable teaching method - as well as a means of developing many desirable characteristics in young people. Consider the physical aspect, games should stimulate the growth and development of practically every muscle and materially assist the bodily functions . The circulation, respiratory, digestive and nervous systems are stimulated by almost all active, outdoor games. Next , the mental value. The activities young people participate in must contain elements of excitement, competition and accomplishment. With the other members of their team (Lodge, Six, Patrol) they must learn to play and play fairly.. Games can develop quick thinking, alertness and to some degree - strategy.

Games also act as safety valves allowing pent up stress, tension and energy to be released. Games can be educational. Games using ropes can teach knots, Kim's games can develop the senses.

Probably the most important 'learning' derived from games is the character development aspect where the necessity for co - operation of all, teamwork, Patrol spirit, abiding by the rules and a sense of fair play, are forcefully demonstrated.



Game leadership

Start off with your best game - one that is easy to explain and enjoyable to play.

Know your game thoroughly - the rules, boundaries, what is allowed and what is not.

Have all the equipment readily available - balls, ropes, chairs, bean bags etc.

Make sure you have enough space to play the game in the way it is designed.

Check the play area for hazards. Watch out for rocks, fenceposts etc. if possible remove them from the play area. If not mark them, or use them as 'home' bases.

Don't wear a game out - quit while everyone is still having fun.

Be alert to signs of over exertion and never insist on someone playing the game if they are unwell

Explaining the game

Stand where you can be seen and heard by all

Insist on silence and undivided attention while you explain the game

Show enthusiasm in both your manner and voice.

Speak slowly and clearly so that everyone can understand.

Be sure you know the game and explain it step by step - demonstrate if necessary.

Allow questions for clarification

Instill high ideals of sportsmanship and fair play and insist on the rules being observed.

If the game obviously is not going well or is not understood - call a halt and clarify haze areas and then carry on with the game.

Games

Escaped Prisoners

Equipment: for each patrol - an assortment of lengths of rope, of varying thicknesses, an old piece of canvas or sheeting, etc.

Each Patrol must make a long rope suitable for lowering an escaped prisoner out of the window. If someone can actually be lowered out of a window on a rope, so much the better, but the knots must be checked first.

Elephants

Equipment: 4 staves, 4 lashings per Patrol

The staves are lashed together to form a 50cm square with the ends protruding to form 'tusks' (the end of the staves which are forming the 'tusks' should be covered by lashing a coat or other soft buffer to the ends of the staves). A rider sits on the 'elephant' thus formed and the rest of the Patrol carry the 'elephant' into battle, charging other Patrols until their rider is unseated or touches the ground.

Arch Relay

Equipment: 1 tennis ball per Patrol

The Patrols line up in file order at one end of the play area. Each Patrol Leader runs to the other end of the play area and touches a marker, on his return passing the tennis ball between his legs to number two. The tennis ball is passed down the line until it reaches the last Scout, who then runs to the front of the play area and touches the marker. The Scout now stands in front of the Patrol Leader and passes the tennis ball back down the Patrol through the legs. After all the Scouts in the Patrol have had a turn the Patrol Leaders runs to the front of the Patrol and signals that his Patrol is finished.

Over and under

The Patrols line up in file order. The Patrol Leader runs to the front of the play area, and touches a marker, returns to the front of the Patrol and crawls between the legs of the Scouts, through the Patrol, touches a marker behind the Patrol and returns to his place over the backs of the Patrol. When he is in place, number two sets off over the back of the Patrol Leader, runs to the marker in front, back and under the legs of the Patrol, over the backs of the Patrol and back into his place. This is continued until the whole Patrol have had a turn.

Heads

Equipment; For each Patrol - 1 large ball, 1 bottle

The Patrols line up in file order and the first pair of Scouts place the ball between their foreheads and put their hands behind their backs. They deposit the ball on top of the bottle which is at the far end of the play area, before they take the ball back to the next pair. The next pair go forward and transport the ball (in the same way with their foreheads) and after completion carry it back to the next pair and so on.

Leap frog relay

The Patrols stand in rows with about 6 metres between each Scout. The Scouts bend over and the last one in line leapfrogs over their backs. As soon as he has got into position 6 mts. in front of the last one, the next Scout at the back of the line starts to jump, and so on. The first Patrol to finish leapfrogging is the winner.

Knot loop relay

Equipment: for each Patrol 1 length of rope

The Patrols line up in relay formation. At the starting signal the first Scout ties the rope into a loop with a sheet bend, and passes it over his head and down over his body. He steps out of the loop, unties the knot and passes the rope to the next Scout who repeats the procedure and so on down the line. The first Patrol to finish is the winner.

Bucket toss relay

Equipment: for each Patrol - 1 tennis ball, 1 bucket, 1 stave, chalk. Preparation: Mark a river about 1.25mts (4 ft) wide across the play area

The Patrols line up on one side of the' river' and opposite them there is a bucket. The Patrol Leader has a tennis ball which he tries to lob into the bucket and when he succeeds he lifts the bucket over the 'river' with the stave, without stepping in the river. On retrieving the ball he must return the bucket to the far side of the 'river'. If he misses the bucket with the ball he must get the ball by polevaulting the 'river' and have another go. After he succeeds the rest of the Patrol have their turns in the same manner.

Balancing relay

Equipment: For each Patrol - 1 tray, 1 beaker of water, a series of obstacles

The Patrols line up in file order with an obstacle course in front of each. Each member of the Patrol must go through the obstacle course holding its tray with a beaker of water on it without spilling any of the water. The first Patrol to finish is a winner.

Tin Polo

Equipment: for each Patrol - 1 stave, 1 cylindrical tin with one end removed

The Patrols line up in file order with the Patrol Leader holding the stave. The tin is placed upright at the far end of the play area. The second Scout in the Patrol gets on the back of the Patrol Leader and takes the stave. The tin must be picked up on the end of the stave and carried right round the Patrol, then returned to its original position. The rider then acts as horse for the next Scout and the pair repeat this process and so on down the Patrol.

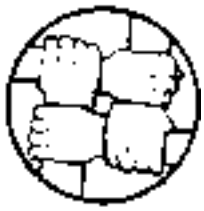
Pharaoh's Chair

Equipment: for each Patrol - 3 staves, 3 lengths of rope about 3 mts long

The Patrol line up in file order with the equipment in front of them. At the starting signal they tie clove hitches at either end and in the centre of each rope, and slide the staves into the knots so that they are at right angles to the ropes. The Patrol Leader stands on the middle stave and is carried by the rest of the Patrol who hold the two other staves. Each member is carried in turn on the Pharaoh's chair to a marker on the play area and back to the starting line. The first Patrol to finish is the winner.

Two handed carry

The Patrols line up in file order. The Patrol Leader and Assistant Patrol Leader use the two handed carry and transport each Scout in the Patrol in turn to the far end of the play area. When all of the Patrol has been transported the third and fourth Scouts carry the Patrol in turn back to their starting point.



Staves

Equipment; 1 stave for each Patrol

The Patrols line up with the Patrol Leader in front facing his Patrol. The Patrol Leader throws a stave to the first Scout, who catches it, returns it by throwing back to the Patrol Leader and sits down. The Patrol Leader then throws it back before he too sits down and the process is repeated until only one Scout in the Patrol is left standing. When this last Scout has returned the stave to the Patrol Leader he shouts 'Up' and the Scout immediately in front of him stands up in time to catch the stave. When he has returned the stave the Patrol Leader he also shouts up and the game continues until all the Scouts in the Patrol are standing up.

Challenge

Each Patrol thinks up a stunt e.g. climbing a certain tree and making a rope ladder to get down with. It then challenges another Patrol to carry it out. If that Patrol does not accept the challenge, or if they do not succeed the challenging Patrol must demonstrate how it is done.

Sedan chair

Equipment 2 staves, 1

chair, ropes

Each Patrol has to build a Sedan chair and the Troop then have a Sedan chair race.

Storm the castle

Equipment ; a watch

The Troop forms a circle and joins hands, with one Patrol outside. This Patrol tries to 'storm the castle' and endeavours to get all its members inside the circle in the quickest possible time. The Patrols take turns in being outside the circle and the one that gets all its members in the circle in the fastest time is the winner.

One, two, three

Equipment: Chalk or sisal

A game for four Patrols. A chalk or sisal square is drawn/pegged down just large enough to hold a Patrol, in each corner of the play area. On the command ' One' each Patrol must move to the square at opposite ends of the play area. On the command 'Two' they move to the square across the room, on the command 'Three' they move diagonally opposite them. The last member of the Patrol to reach the correct square drops out.

Circle Tug - of - War

Equipment: 1 rope, 4 similar objects e.g. berets

The Patrols are in a circle all holding on to a loop of rope. Roughly two meters behind each Patrol is a beret or some other object. Each Patrol pulls the rope so that one of its members can pick up the object. The first patrol to do so gains a point.

Dodger

Equipment: a ball

The Troop forms a circle with one Patrol in the centre, who forms a snake each member grasping the waist of the Scout in front. The Scouts in the circle pass the ball around trying to get a chance of hitting 'Dodger - the last scout in the centre Patrol. The rest of the Patrol maneuvers to protect the 'Dodger'. When the 'Dodger' is hit another Patrol goes in the centre.

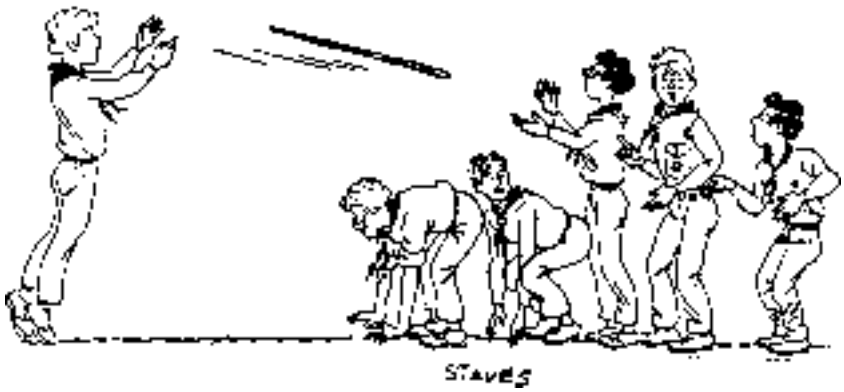
Bull in the ring

Each Patrol forms a circles with their hands clasped. One Scout, the 'Bull', is selected from each Patrol to go into an opposing 'ring'. At the starting signal each 'Bull' tries to break through the ring.

Rising Circles

Each Patrol forms a circle. In each the Scouts sit cross - legged and with their hands round each other's shoulders. In turn each Patrol tries to rise without breaking their hold.

Blitzkrieg



Equipment: a ball

One Patrol stands in the centre of a circle formed by the rest of the Troop. When a player in the middle is hit by the ball he must dive out of the circle. The players in the circle have to try and eliminate all the members of the Patrol as quickly as possible. Each Patrol has its turn in the middle, and the Patrol who keep at least one member in the circle for the longest time is the winner.

Scout Engineering

Ropes , spars and Scout enthusiasm are the main ingredients of Scout engineering or pioneering as it is know in Scouting circles. Pioneering provides the opportunity for young people to build, think and be part of a team. Through the activity of pioneering a Patrol can come into its own and experience the real purpose of scouting - the Patrol or gang system

Despite the myths that may exist, pioneering only requires the knowledge of one or two knots. Namely, the clove hitch and the reef knot, two of the simplest knots to learn. After that a basic knowledge of stable structures is desirable. However, experience will teach you the latter once a number of structures have been built. The secret of successful pioneering is experience. Start small and simple, then progress to bigger things. In this way basic logistic problems associated with pioneering can be overcome - lifting poles, tightening ropes, stringing up pulleys.

Leaders beware

Scouting and particularly pioneering is for young people not leaders. We all like building things but somehow when it comes to pioneering the Leaders always want to take over, building the project as Scouts look on, assisting only in the lugging of poles to the site and the testing of the bridge or tower later. So remember use your Patrols and assist not take over. If the full development value of pioneering as part of the Scout programme is to be achieved then we must let the young people work together in its construction.

Equipment

The equipment required for any project will include:

Poles /spars
Rope
Pulleys
Sacking

Most Units have some form of pioneering equipment which has been accumulated over a number of years. If you are in such a Unit then you have no complaints and are ready for action. For those who have no tradition of pioneering within their Unit the problem of participating in this activity is not surmountable

You could contact

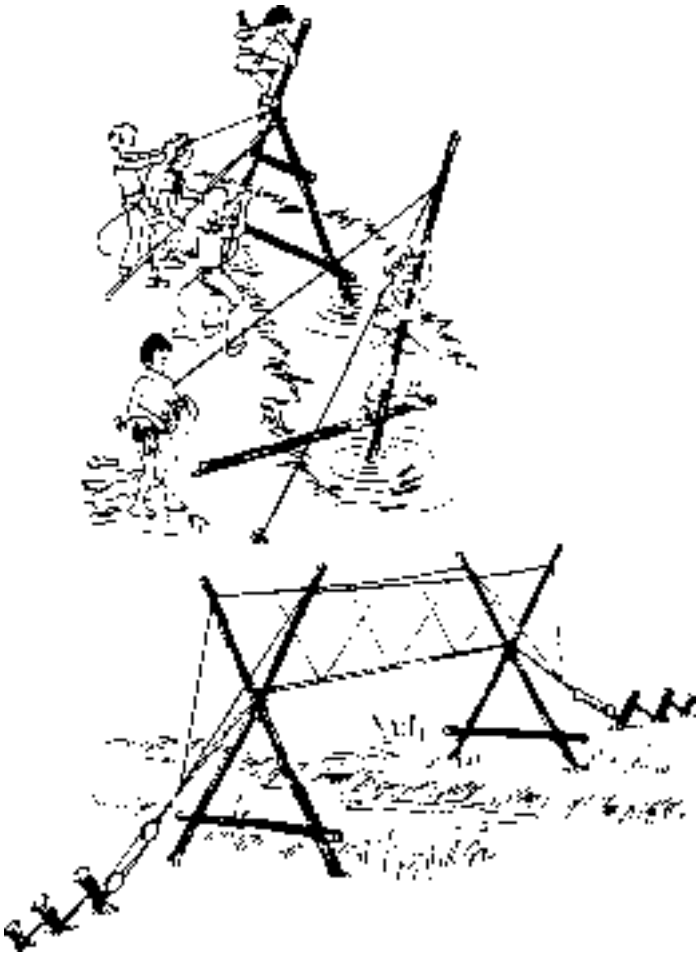
- another Unit locally to see if you could borrow some equipment.

- Some Regions have a stock of such equipment for the purpose of use within new Units
  You could contact your local campsite
- who usually provide the facility of pioneering equipment to campers and those who wish to partake in pioneering.

So you have no excuses. If you decide to purchase equipment do so slowly and with care, ropes and pulleys are expensive. Perhaps you could allot some money each year towards the provision of such equipment.

Poles

Poles and spars are relatively easy to come by and usually involve little cost. Most foresters will allow you to take light timber from the forest provided you ask for permission. However you will have to provide transport and manpower to take them from the forest floor. Most pioneering projects require poles to be no bigger than 5 metres long with a diameter no bigger than 75mm. If they are any bigger than this they are hard to manage and can as a result lead to accidents.



Within your store therefore you should have a selection of poles of various lengths (1 - 5 metres). In this way poles do not have to be cut and can be used over and over again. If you are lucky to obtain timber from a forest, debark the timber before it dries out. Your poles should also be stored property so that air can circulate around them so that they can dry out and season. Twenty to thirty poles of various sizes will be sufficient to meet any of your pioneering requirements.

Rope

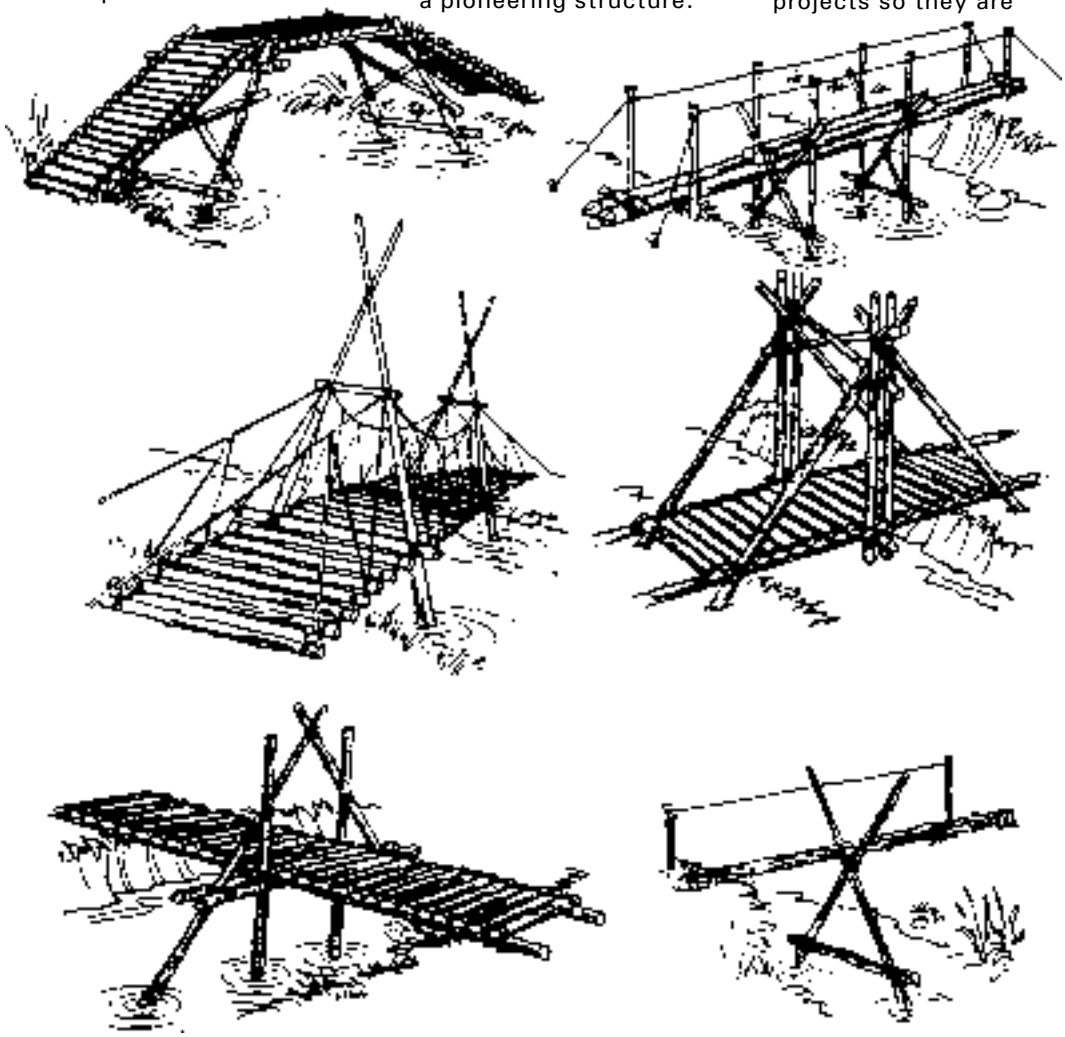
You will require a number of different thicknesses of rope. Thin rope (20mm) for lashings and larger (75mm+) for rope bridges. If possible obtain hemp ropes. These are more expensive than synthetic ropes but with pioneering, where friction on a rope can be common, synthetic ropes do not fair well. However most Units have a selection of each type because of cost and these are used for different purposes within a pioneering structure. You should at all times use light rope for lashings in lengths of 3-5 mts. Sisal and twine do not really hold a big structure together firmly enough. Anyway with set lashing ropes for your projects, they can be used again and again.

Pulleys

Pulleys are expensive, so buy carefully. It is hard to say how many you will need but certainly six of various sizes will cover most projects. Pulleys are not necessary for most projects so they are something that can be brought over a period of time. Make sure they are oiled regularly and checked for cracks and signs of strain.

Sacking

Most pioneering projects tend to be located near trees so as to give a firm anchorage or support for a structure. Ropes under strain will damage the bark of trees, therefore the need for protection by sacking. Tough fertiliser or coal bags will do the trick, or a few pieces of old canvas.



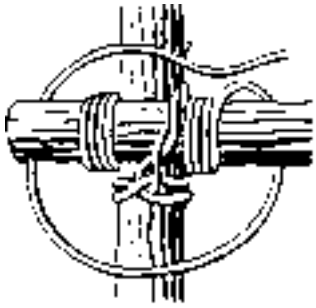
Some safety points

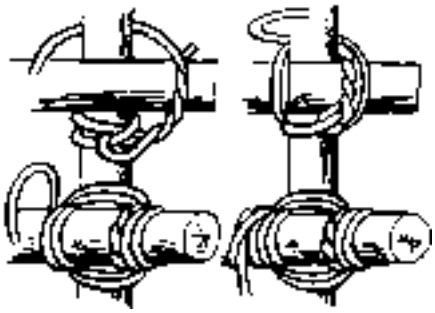
- Never let anyone slide down a rope using their bare hands.
- Those taking part should wear safety helmets.
- Never let anyone climb a tree with a coil of rope around their body. Instead climb with a ball of sisal in their pocket to be lowered to bring up a heavier rope.
- Always have a First Aid kit handy.
- Access each project carefully and make sure ropes and poles are suitable for the task in mind.

Lashings

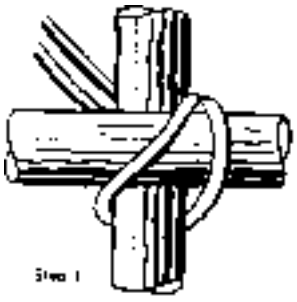
Pioneering structures are built using a series of knots know as lashings. Lashing use a method of 'wrapping' the rope around the spars, this 'wrapping' is called binding. The binding of the spars coupled with frapping - binding between the spars so as to tighten the bindings - create the lashing. There are four types of lashing - square, diagonal, sheer, tripod. Each lashing has a specific use and its strengths are best realised by using the correct lashing at each stage of the project.
When lashing spars together it's important to use ropes of the correct thickness and length. For staves and spars up to 30 mm in diameter, use sisal. For spars up to 75mm in diameter use light rope. As to length, 1 meter of rope for each 25mm of the combined diameter of the spars. For example, when using timbers of 75 - 100mm spars you will need approx. 7 meters of rope per lashing.

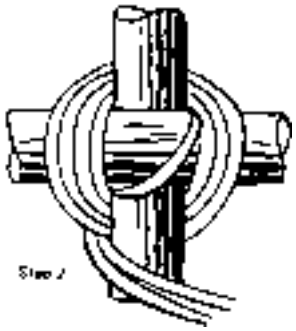
Square lashing
The square lashing is used whenever spars cross at right angles to each other. There is three common types of lashings used in this way. The traditional square lashing, the Japanese square lashing, and the Norwegian square lashing. Each have there own merits however, it is easier to tie the Japanese and Norwegian lashings. It is debatable as to the difference in strengths of each lashings as there are too many factors at play to do a comparative study. Such factors as the type of spars used and the friction that is created between the spars, the knot maker and his/her personal strength in which to tighten the knot and the design of the structure used. So whichever one you use is a matter of personal choice.



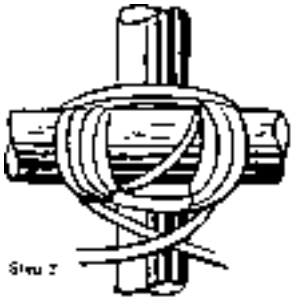


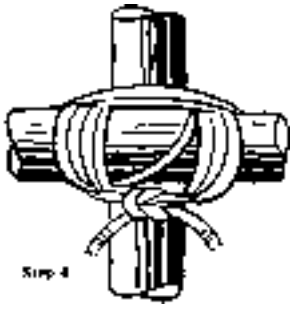
Traditional square lashing
This lashing is started by tying a clove hitch to the upright spar under the spar crossing it. The lashing is then bound as shown completing 4 - 5 turns and with the bindings side by side. Frapping should then be applied between the spars so as to tighten the bindings. The lashing is finished with a clove hitch around the cross spar.

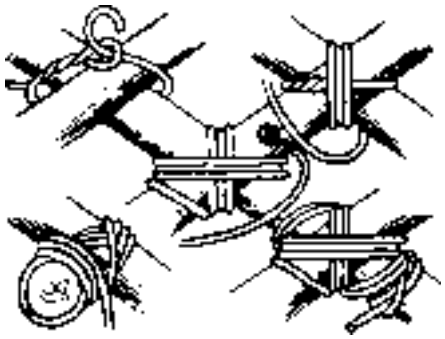




Japanese lashing
This lashing is applied by halving your lashing rope and placing a loop around the upright spar below the cross spar. The two ropes are then bound around the spars in the same method as the tradition lashing except the double rope is used. When the frapping has to be applied the double rope is split and working each end frapping is applied by crossing over each rope so forming the frapping. One of the advantages of frapping this way is that you are able to get the frappings tighter because you are pulling against each other. The lashing is finished by tying a reef knot in the two



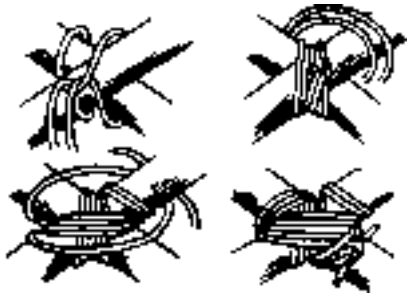




ends of the lashing rope.

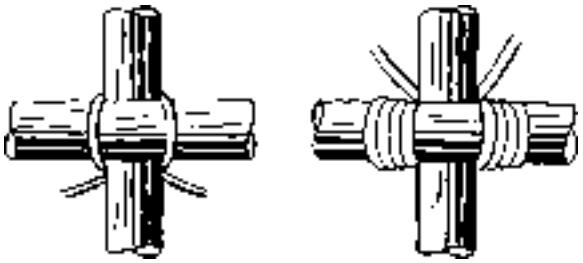
Norwegian Lashing

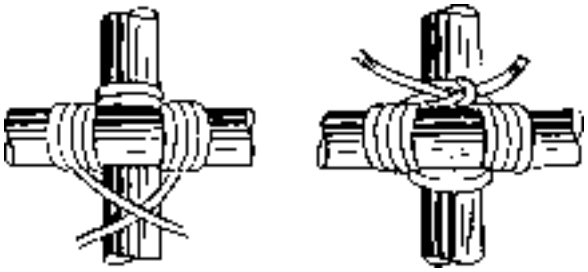
The Norwegian method of lashing again uses a doubled rope. In this lashing however we use the method of pulling against each other used in the frapping of the Japanese method throughout the lashing process. The lashing is finished with a reef knot to tie the two end together.



Diagonal lashing

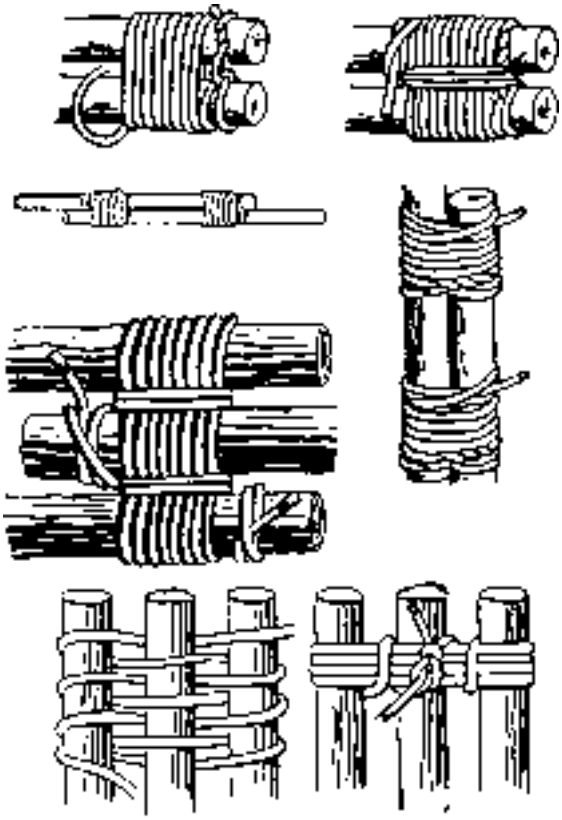
The diagonal lashing is used to 'spring' two spars together that do not touch where they cross. Begin with a timber hitch around both spars . Tighten it to draw the two spars together. Three or four binding turns are made around one fork , four more around the other fork. The turns should be beside each other not on top of each other. A number of frapping should be made between the spars to tighten up the lashing bindings. Finish the lashing with a clove hitch.





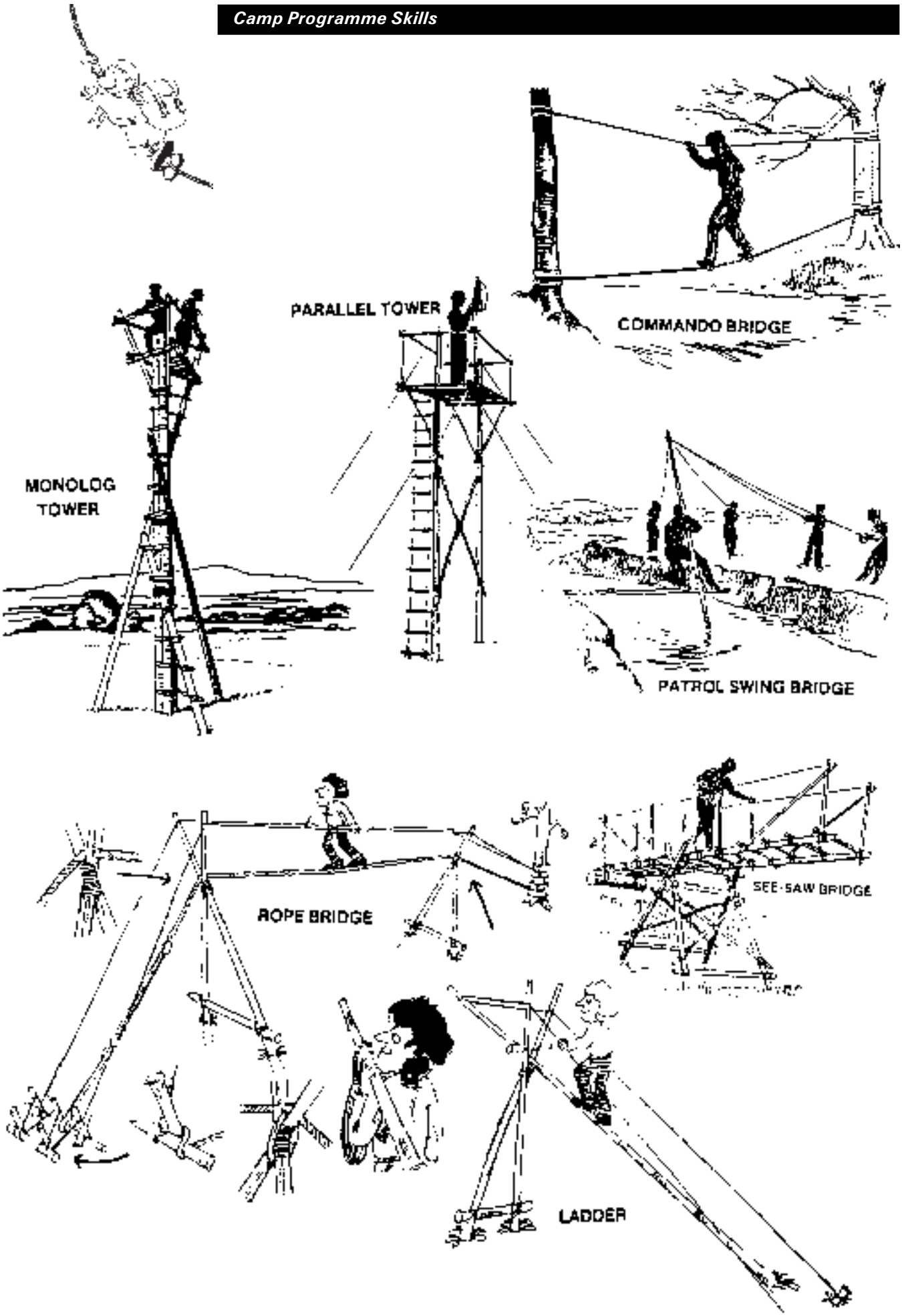
Shear lashing

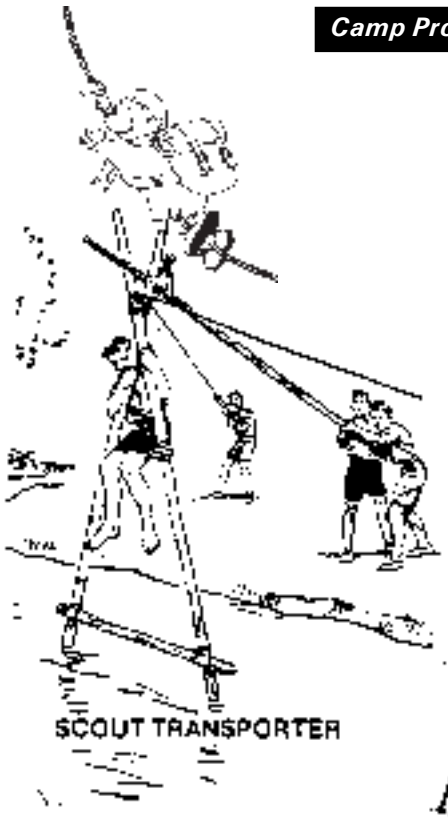
The shear lashing is used to lash to spars together that will ultimately be spread apart to form a shear legs which are used in a number of pioneering projects. This lashing can also be used to join two spars together so as to give you a longer spar. When the lashing is used in this way you need to tie two lashings one at each end of the joint. The lashing is made by making a clove hitch around one of the spars and then binding the two spars together by a number of turns side by side, usually about eight turns. When the binding is complete, a number of frappings are tied between the spars, finishing the lashing with a clove hitch around the second spar. You can now open the spars to form your shear legs.

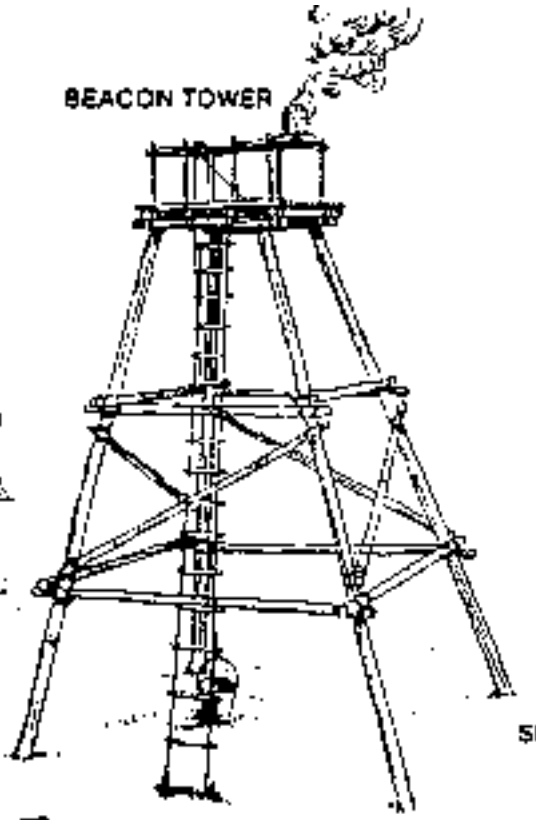


Tripod lashing

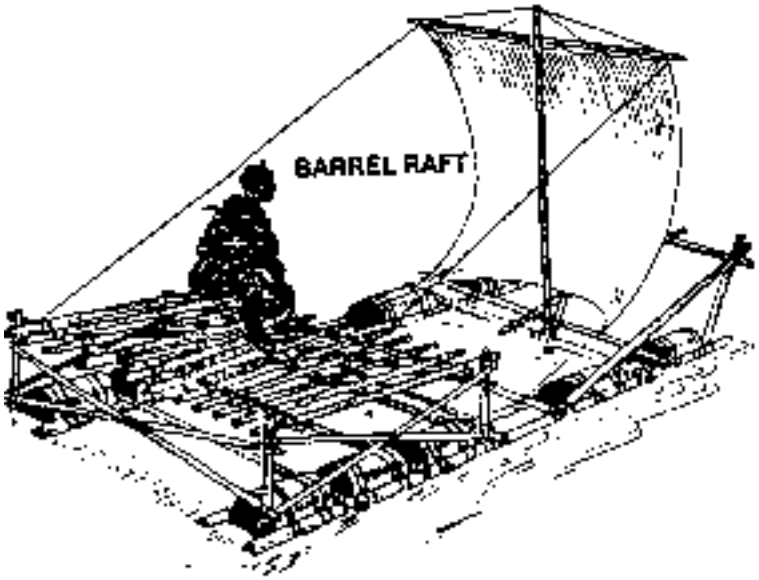
The tripod lashing is used to create a tripod with three spars. Start the lashing by placing the three spars side up side ends to ends butts to butts. Start with a clove hitch on one of the outside spars and weave the rope around the spars in a figure of eight motion. There should be eight or so bindings side by side before you should apply a number of frappings between each spar. Finish the lashing with a clove hitch on the opposite outside spar. The three spars should then be lifted upright before the legs are spread. This lashing unlike other must not be over tight otherwise it will not be possible to spread the legs correctly.

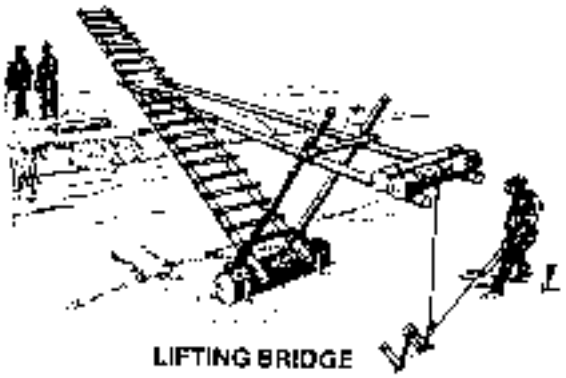

COMMANDO BRIDGE
PARALLEL TOWER
MONOLOG TOWER
PATROL SWING BRIDGE
ROPE BRIDGE
SEE-SAW BRIDGE
LADDER

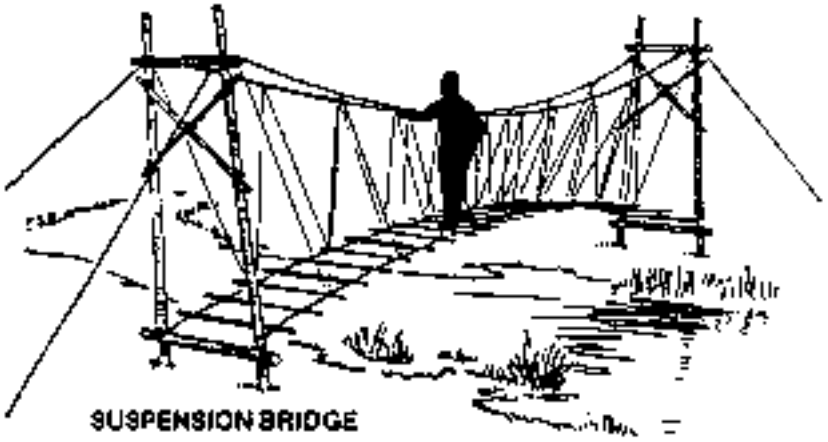

SCOUT TRANSPORTER


BEACON TOWER


SIGNAL TOWER


BARREL RAFT

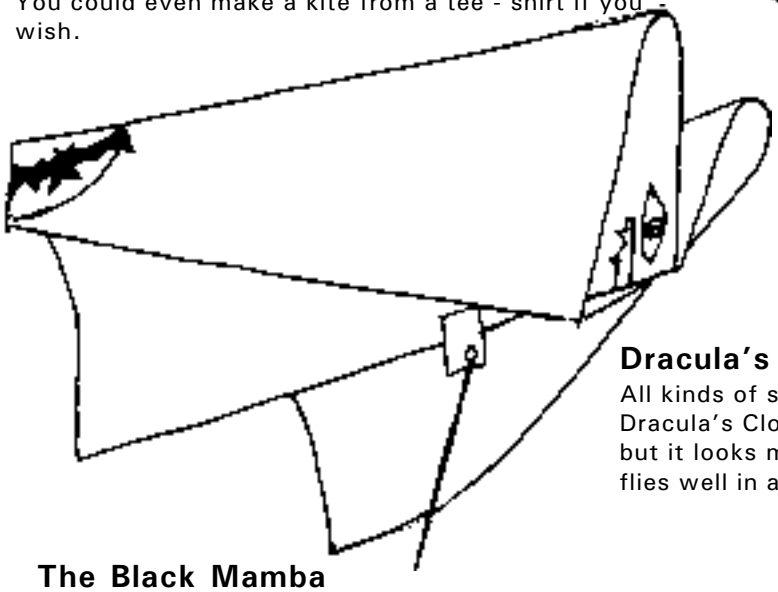

LIFTING BRIDGE


SUSPENSION BRIDGE


PYRAMID TOWER

Kite making

Almost everyone has, at some time, had the urge to fly a kite and wind is the energy source needed for maximum fun. Kite flying can offer a worthwhile, relaxing and mentally satisfying pastime. Using materials such as plastic and garden canes, plastic bags and cardboard can make a perfectly good kite. You could even make a kite from a tee - shirt if you wish.

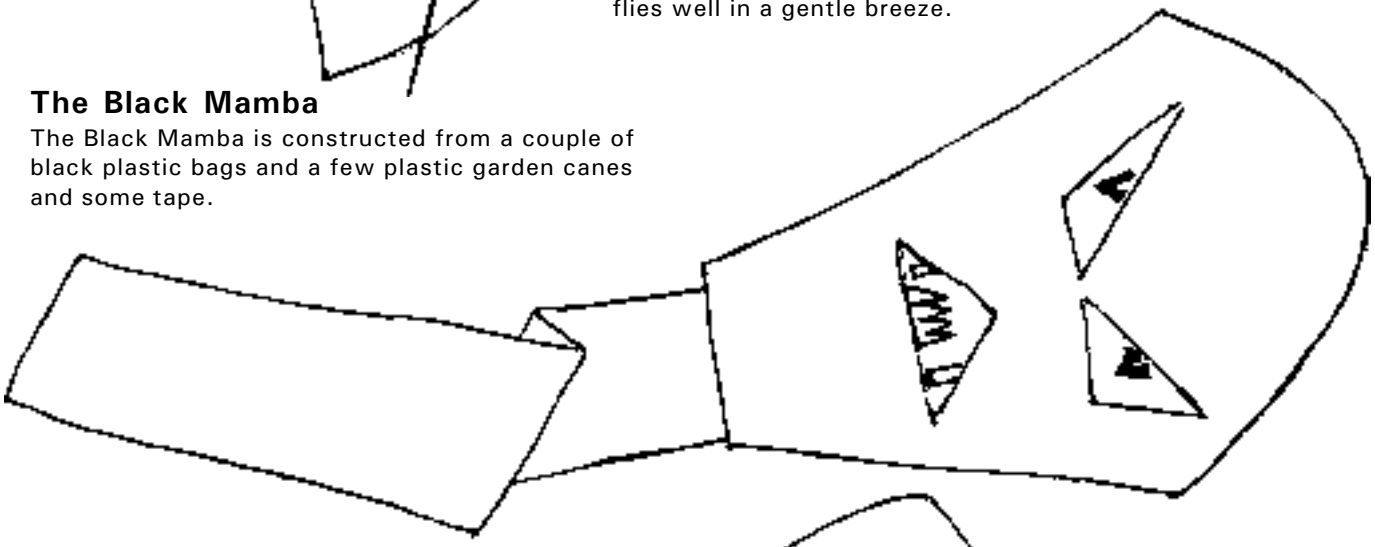


Dracula's Cloak

All kinds of simple kites can be made from paper. Dracula's Cloak can be made from plain white paper, but it looks much more sinister in purple or black. It flies well in a gentle breeze.

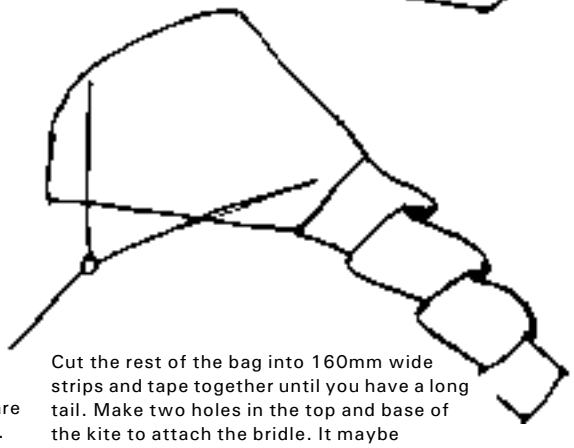
The Black Mamba

The Black Mamba is constructed from a couple of black plastic bags and a few plastic garden canes and some tape.



Cut three lengths of plastic cane and tape together as shown.

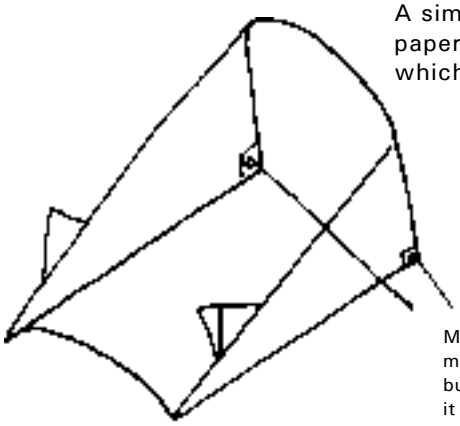
Cut open a black plastic bag and lay on frame. Bend down top rod so that they are 110mm below the tip and tape to frame. Tape down the sides of the kite to provide strength to sides of kite.

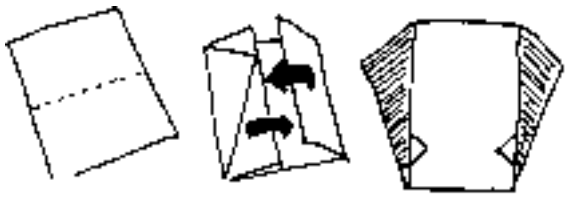


Cut the rest of the bag into 160mm wide strips and tape together until you have a long tail. Make two holes in the top and base of the kite to attach the bridle. It maybe necessary to adjust the bridle to obtain best flight condition.

The Swooper

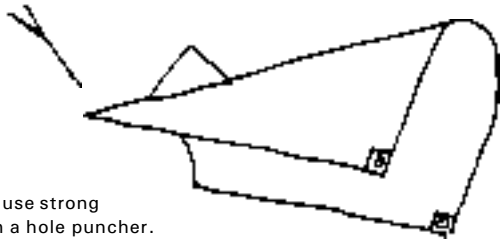
A simple kite constructed from a sheet of light paper, brown wrapping paper is excellent. The line of the kite is attached to edge of paper which needs to be reinforced with tape to prevent tearing.





Mark a centre line down the middle of your sheet of paper but do not fold along this line as it will spoil flight performance.

Fold both ends into the middle. Cut the sides in the triangle pattern shown - the tip should be 70mm from the tip of the kite. Reinforce the two fold spines by stapling along the line of the fold so creating a stiff fold.



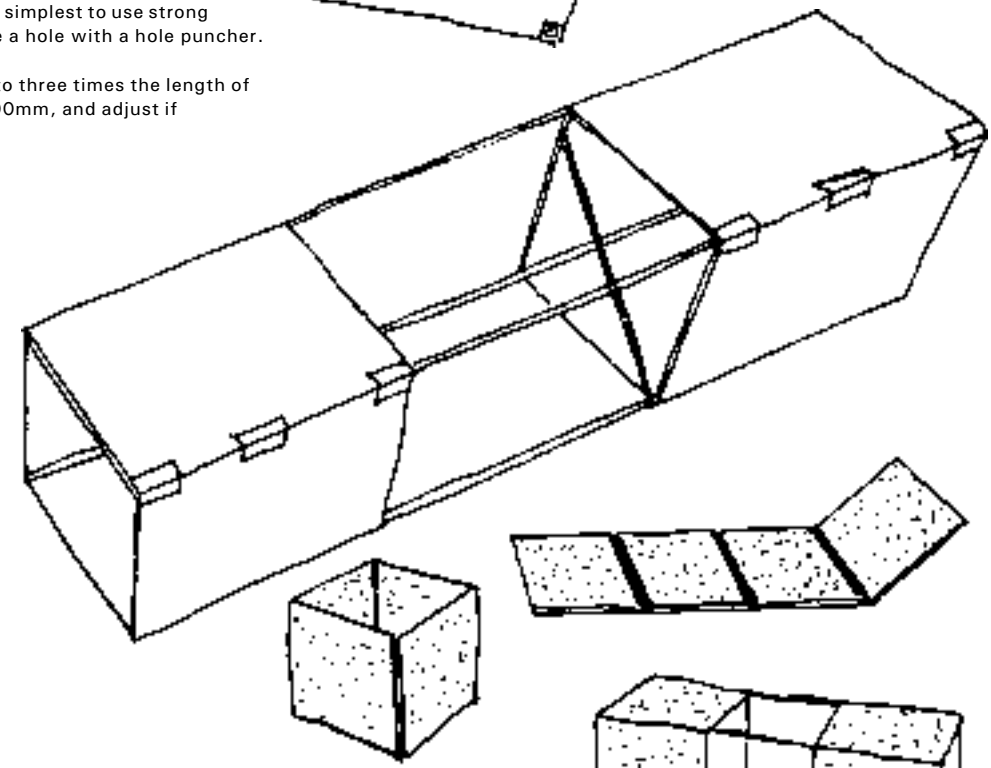
Cut out the two twin - fin stabilizers. With stiff paper they can be folded up. Polythene fins will be floppy until blown by the wind.

Strengthen the corners to take the strain of the bridle. Its simplest to use strong packing tape and to make a hole with a hole puncher.

Tie on a long bridle, two to three times the length of the kite. Start off with 700mm, and adjust if necessary.

Box Kite

The sails of this box kite are made from polystyrene tiles. They can be brought from do - it - yourself stores, and come in standard sizes - usually 300mm square and in packs of 12. The frame is made from 6mm diameter dowelling.

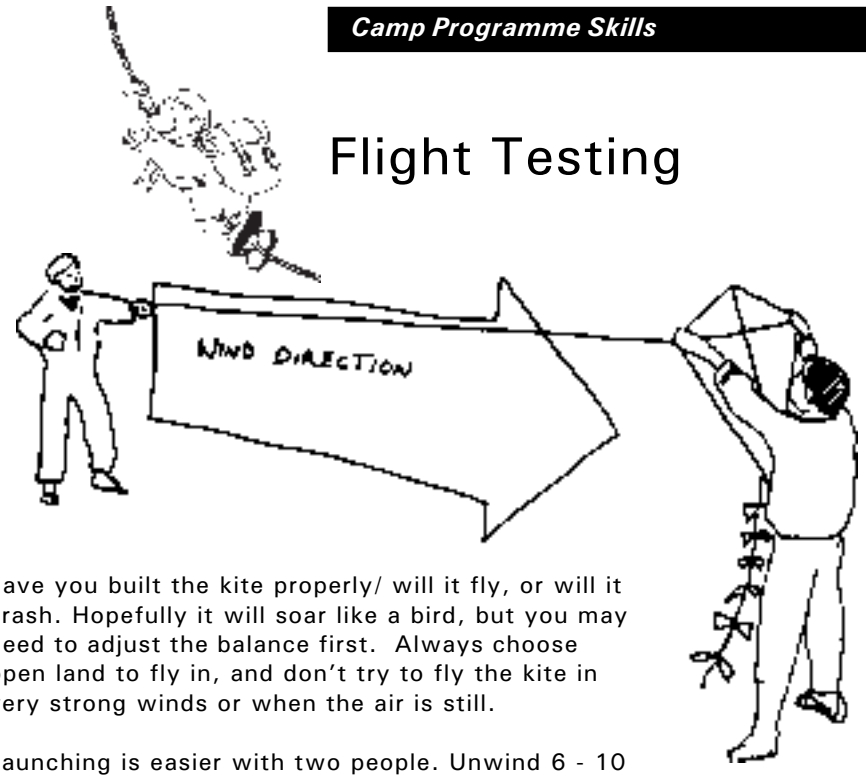


Lay the tiles side by side on a flat surface and tape the tiles together. Then fold the tiles to create a box and tape on the inside. Make two sails in this way.

Cut the dowels to length (900mm) and glue and tape to the inside of sails. Set into corners of tiles. It will also be necessary to bridge the dowels with a cross piece across the diagonal to keep frame ridge. This can be done with short lengths of dowel which are notched and glued into place.

The test flight is the moment of truth -

Flight Testing



have you built the kite properly/ will it fly, or will it crash. Hopefully it will soar like a bird, but you may need to adjust the balance first. Always choose open land to fly in, and don't try to fly the kite in very strong winds or when the air is still.

Launching is easier with two people. Unwind 6 - 10 metres of line, and pull it taut. Make sure that your helper is facing into the wind. He or she should raise the kite into the air, with the kite facing the wind. Pull firmly on the line - the kite should soar upwards. If it doesn't, try walking backwards or giving a few sharp tugs on the flying line.

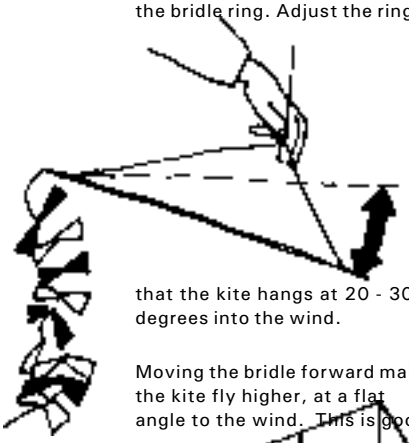
Flight Safety

Keep away from pylons, trees, houses and overhead wires.
Use gloves if it is very windy. Line can burn your flesh if it unwinds suddenly.
Don't fly kites near airfields, or at heights which may get in the way of aircraft.
Don't fly in stormy weather. Lighting could strike the kite, and kill you.
Don' launch a kite if people or animals are walking past.

Adjusting the balance

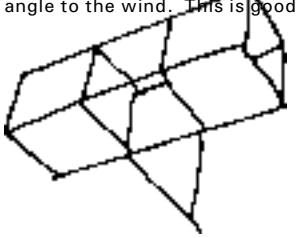
A kite that flies perfectly one day may fly badly the next time you take it out - this may be due to a change of wind conditions. Try moving the bridle ring.

Before flight, hold the kite by the bridle ring. Adjust the ring so



that the kite hangs at 20 - 30 degrees into the wind.

Moving the bridle forward makes the kite fly higher, at a flat angle to the wind. This is good



for smooth winds.

Moving the bridle backwards makes the kite fly at a steeper angle. Use in medium to gusty winds

Trouble shooting

Kite fails to rise: not enough wind, bridle too short, or tail too long

Kite flies, then crashes: bridle may need to be shortened.

Kite spins or wobbles: add more tail.

Landing your kite

To land your kite, wind in the line on your reel. If the wind is quite strong, try pulling the line hand over hand until the kite comes down

The ideas in this short presentation have been compiled from material contained in the Kingfisher Step by Step range of booklets - Making Kites by David Michael. The nature of this presentation is to introduce kite flying as an activity on camp, it is recommended that you purchase the book to improve your knowledge of kite flying and for further kite designs.

Water Fun

Confidence in the water is the key to safe water activities. Most Young people will only be able to swim a short distance or may not know how to swim. Some may even be afraid of water and need encouragement to enter it. Water games are a good way of building confidence in the water and supplementing your normal swimming and water activities.
Water games should always be played in waist deep water to encourage everybody to take part and ensure safety in the water. If the water is too deep, confidence can be destroyed very quickly

Games

Float tag
A good game for those just learning how to float. One person is 'it'. He tries to tag the others, but they are safe as long as they are floating in any position - turtle, jellyfish, back or prone float.

Horse and rider
In waist deep water, pairs form horse and rider teams. The object of the game is to try to unseat the other riders. The last team still intact and upright is the winner.

Sweet Hunt

Use sweets wrapped in aluminium foil or plastic wrap. Drop a number of pieces in waist deep water. On a signal, everyone jumps in and retrieves as many sweets as they can. The person with the most sweets after 2 minutes is the winner.

Sponge finishing
This activity is a lot of fun. The sponges are balloons filled with water and are very awkward to handle once out of the water. The diver must put them in a basket or bucket on the shore.

Kick race relay
Give each Patrol a beach ball or kick board. In relay fashion, each Scout swims around a designated point, using only a leg kick for propulsion. Each contestant holds the ball or board out in front of him to keep his head up. First Patrol to finish wins.

Ping pong relay
Patrols form up in relay fashion on the bank. The first member of the patrol goes into the water and on a signal he blows a ball to a marker, then places it on his belly and swims back to the start. He then tags the next member, who repeats the action. The Patrol who finishes first with all the Patrol out of the water is the winner.

Dog race
For beginner only. A simple dog paddle race

Newspaper race
One member of each

Patrol swims a set distance on his back carrying a newspaper. He must hand the paper to a judge at the finish line. The judge decides the winner on the basis of whose newspaper remained the driest.

Wheelbarrow race
This race can be run relay style or if on a beach which is wide and shallow, all teams can compete at one time. One Scout is the wheelbarrow the other grasps him by the ankles and direct him through shallow water. First team across the finish is the winner.

Match race
One member of each Patrol swims a set distance with a match. The object is to keep it dry as he will be required to strike it when he reaches the finish line. The winner is the first to light their match after then swim.

Spoon race
One member from each Patrol swims a set distance holding an apple, potato or rock filled spoon in his mouth (sideways work best). If he drops the object, he must dive to retrieve it.

Candle Race
One Scout from each Patrol must swim a set

distance with a lighted candle. To prevent hot wax from dripping on to the swimmers skin, push the candle through a hole in a centre of a foil plate. The plate will act as a handguard .

Nightshirt relay

Each Patrol is given a t-shirt. In relay style, each member of the Patrol races in shallow water to a marker and back to the starting line. While racing each Scout must swim the distance and not run through it. On his return to the start line it is passed to the next Scout and so on.

Cork scramble

Throw 20 - 30 corks into swimming area. Patrols dive in and collect as many as possible in a set time limit.

Sailboat Race

Every Patrol builds a sail boat from a piece of scrap timber, using a stick and a piece of cloth as a sail. Each Patrol are given identical materials to ensure fair play. Patrol may however design their own boat using the basic materials. Testing is allowed before the race to fine tune design etc. When race is run Patrols cannot assist boats progress in any way.

Balloon relay
Each Patrol line up on the bank in relay fashion. The first member of the Patrol is given a balloon which they must direct around a number of obstacles using their head only, and return to the start where upon the next member completes the course. First Patrol to complete the course is the winner.

Jaws
This is a water version of British Bulldog. Choose one or more of the good swimmers to stay in the middle as 'Jaws'. On a signal, each Patrol tries to swim through the play area without being touched by 'Jaws' When caught , the Scout joins 'Jaws'. Continue crossing until time is called. The Patrol with the largest number of members who manage to escape 'Jaws' is the winner.

Water Activities (N.B. This also includes bathing)

Before permitting water activities by Scouts, the

Extracts from water activities policy

Scouter or person responsible, must consider all circumstances, including:
The age, experience, ability and state of health of each Scout.
The suitability of water in respect of its depth, cleanliness and the

- movement of the tide, current or undertow.
- The prevailing weather conditions and the weather forecast.
- Local rules and warnings issued by Harbour or Navigation or other authorities relating to the water concerned.
- The number of participants.
- The Scouter in charge should clearly define the limits of the activity area.

Scouters' responsibility
It is the responsibility of the Scouter to ensure that the group has adequate insurance cover for the activity in which they are participating. Before allowing a Scout to take part in any activity, the Scouter in charge must consider the age, experience and reliability of the Scout and the ability and experience of himself or any person in charge of any activity. The Scouter should always take whatever precautions a prudent parent would observe for his own children. He must also know and understand the water activities rules.

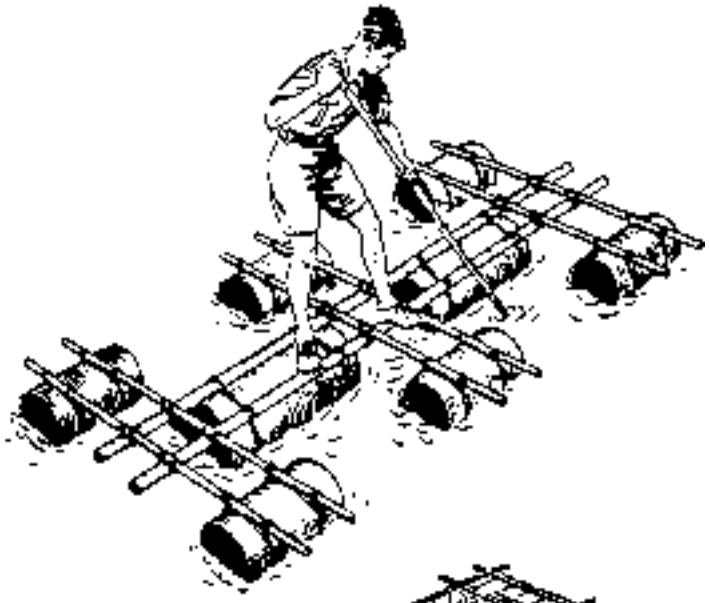
Bathing
The person responsible must post two good swimmers in such a place as to give immediate help in case of an

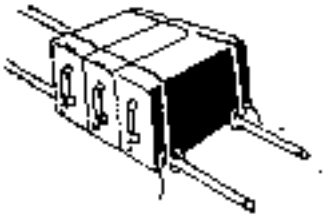
- emergency.
- The swimmer must be suitably dressed, equipped with a lifeline and ready to take action immediately.
- An emergency signal (e.g. short blasts on a whistle) must be arranged and the swimmers must be briefed to leave the water on hearing the signal.
- The buddy system, in which a party of swimmers is organised in pairs who stay together is to be used in all swimming parties. On hearing the buddy signal (e.g. a long blast on a whistle) the two swimmers join and raise hands. If a swimmer gets into any difficulties, he buddy raises the alarm.

Lifejackets

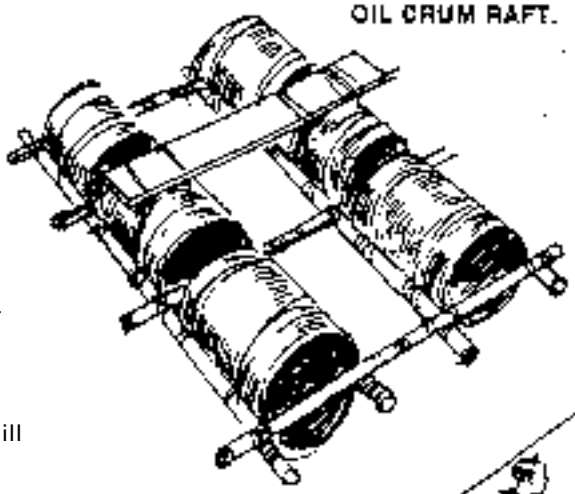
Lifejackets or buoyancy aids must be worn at all times in open sailing craft, canoes and rafts of any kind.

Rafting

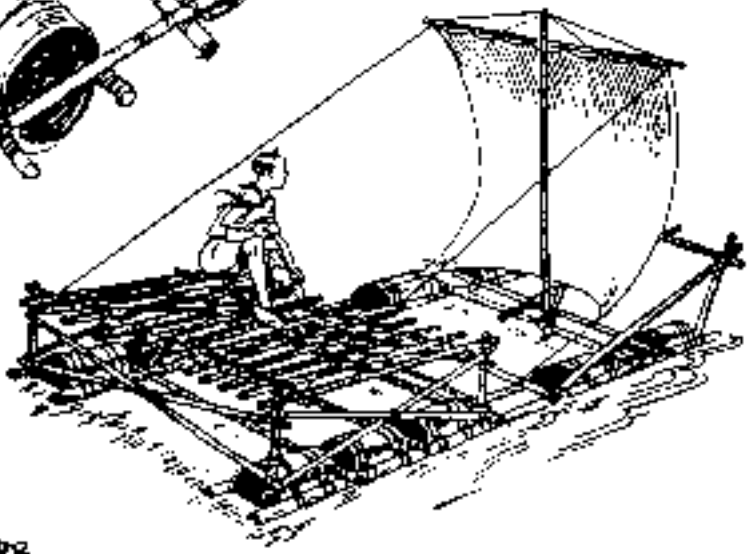


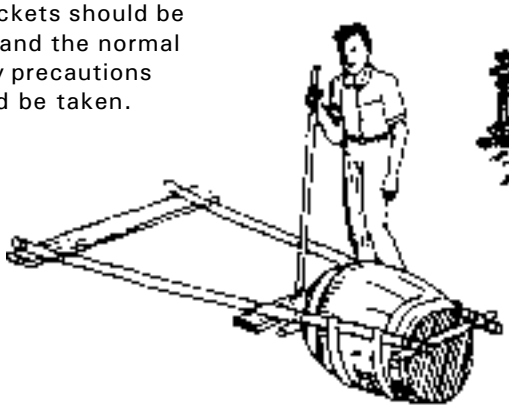


OIL CRUM RAFT.



OIL DRUM RAFT



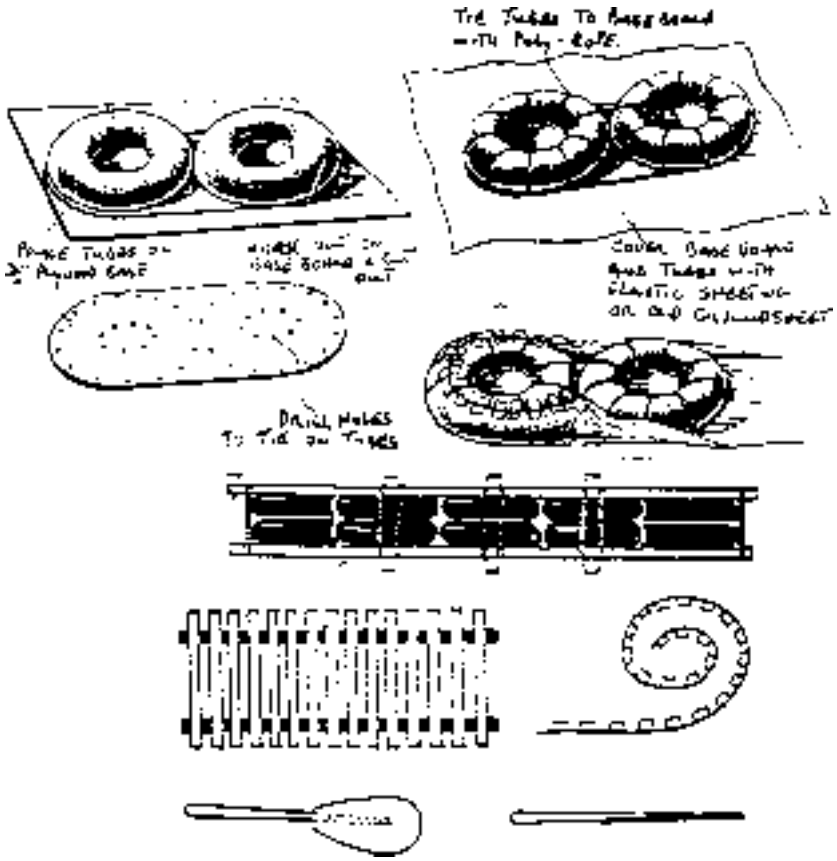


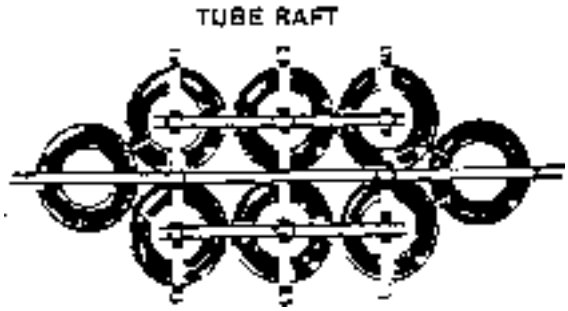
Rafting is a great activity for your Patrols if suitable water can be found. You can build coragles using natural materials to make a frame and a covering of a plastic sheet or you can build some of the more traditional rafts illustrated here.
If barrels and drums have to be used they should be cleaned carefully of there contents both from the safety of those taking part and for the environment. Barrels should be made watertight before use.
As with all water activities you should check the area of water you intend using carefully. It is quite likely that Scouts will fall into the water or will push their rafts off the edge so check the bottom also for hazards. Lifejackets should be worn and the normal safety precautions should be taken.

Trimaran

This trimaran was designed by some inspired soul who was attending a course at Gilwell Park.
It consists of five cardboard boxes sheathed in plastic sheeting and sandwiched between two bamboo frames. The lower frame which is not shown in the diagram gives support to the main hull leaving the two outriggers to ride the waves of freedom. If necessary, the bamboo frames can be used on the double for strength, but in fact the strain on them in water will be minimal.

Inner tube rafts





By studying these sketches you'll get enough clues to design and build similar rafts yourselves. As you can see, it consists primarily of 16 inflated inner tubes, in layers of 8, roped together between a light wooden frame above and below. A light frame is then lashed on top.

Log raft

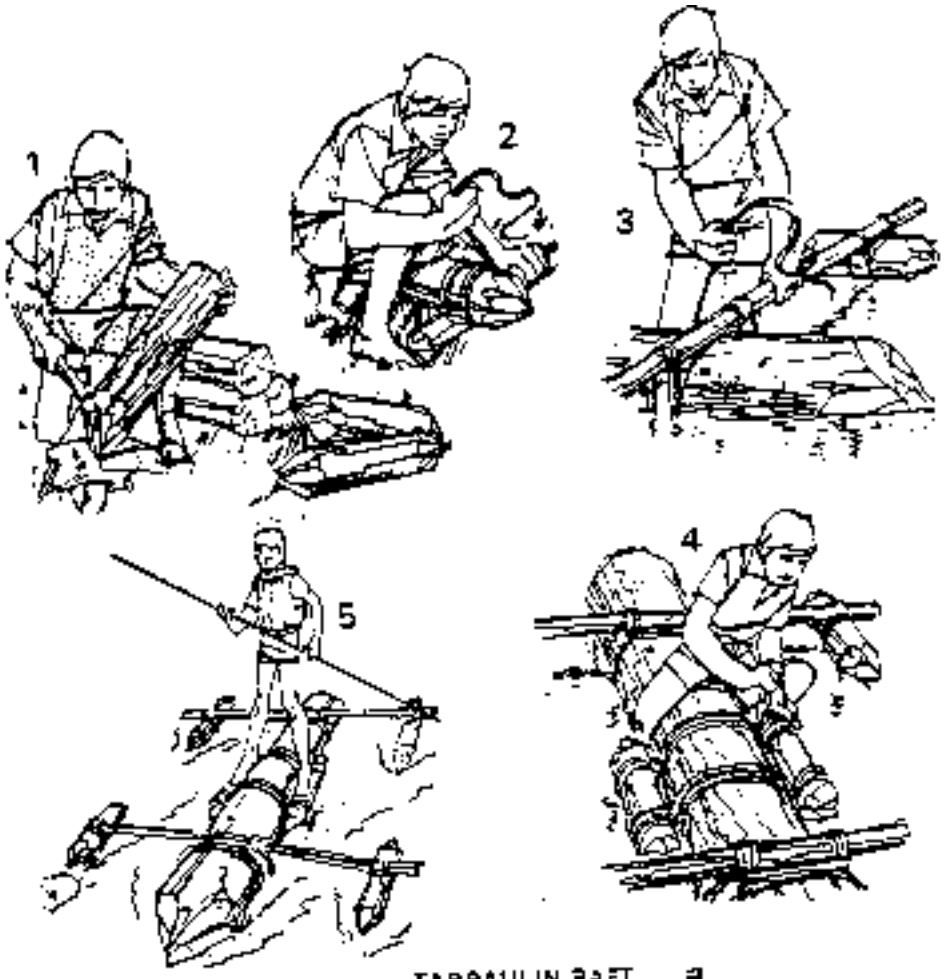
Logs should be of softwood if possible, pine etc. Hardwood logs have little buoyancy.

Equipment

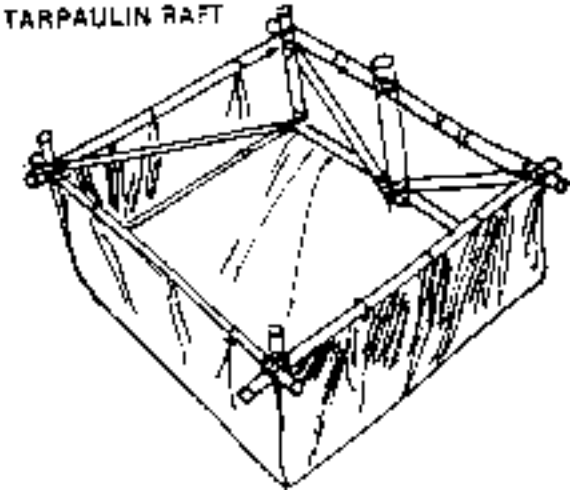
10 No. 2.5 metre logs with 150 - 200 mm butts
1 No. 3.5 metre diagonal support with 75mm butt
2 No. 2.5 metre cross supports with 75 - 100 mm butt
22 No. lashing lines 6 metres long

Out rigger

Construct as per diagrams, making sure that your lashings are tight and very secure.



TARPAULIN RAFT



Personal Raft

Anyone can make a personal raft simply by using a lido. Why not have your Scouts construct their own bush lido raft. All you need is a large plastic sheet (heavy duty) bag which they can fill with grass and other floatable debris and lash into a rectangular bed. Alternatively, they can use a sheet of plastic to achieve the same results as long as they remember to keep the joined area to the top and not take in water.

Rafts can be made from unorthodox materials for example
with large inflated rubbish sacks or with plastic bottles or similar containers

Raft Race

Once the rafts are finished have an inter patrol raft race from far side of lake or down the river. Rafts maybe rowed, sailed, poled around the course.

Treasure Hunt

A treasure hunt is essentially a race to a given place and the location of the 'Treasure'. The winners of a treasure hunt are usually that team that have the most ingenuity and skill. The skill involves the cracking of codes and clues coupled with map reading skills and a quick thinking mind.
The setting up of a treasure hunt involves a lot of work on the part of the organiser. Storylines have to be developed and translated into a believable hunt. The organiser should not under estimate the intelligence of the average Scout when setting up clues, however the clues should not be so hard as to discourage the Patrols seeking the treasure. The trouble with most treasure hunts are that they can develop into a 'follow the leader' hunt if all the clues follow each other. Teams just wait for another team to break the code or discover the location of a clue and follow them. This can be avoided by using coded messages so that it takes time to solve a clue or by setting Patrols off from different points meeting up only on the last clue. It is better to set up your treasure hunt with the aid of a map rather than relying on a deep knowledge of certain features in an area such as bridges, churches etc. Using a map each of the Patrols have the same advantage and providing they can deal with grid references and read a map competently they should be able to seek the treasure with ease. The hunt should provide a challenge for Patrols, not disillusion them because it is too difficult to discover the treasure.

A treasure hunt suggestion

This outline of a treasure hunt can be adopted to any location.

The first thing that is necessary is to make a simple map of the play area. The map should include all the areas that clues will be found and where the treasure is located. This can be made by tracing over an existing map however in your final map delete most of the detail such as contour lines etc. The final map should have the look of an old map whereby only the important features are shown. On top of this map you should create a grid just like that on a standard map. Any grid reference giving in clues etc. will be based on this grid rather than the ordnance survey grid. Around the edge of the map will be draw a number of elements - a clue, and a series of numbers (see details later). Once this map is completed a number of photocopies can be made, one for each Patrol.

Storyline

It is necessary to develop a storyline on which the whole treasure hunt will hang. The storyline allows the Patrols to get into the spirit of the hunt. It also adds credibility to the hunt. A treasure hunt can be based on a number of storylines
Celtic Treasure buried as a gift to the Sun God - this might involve clues written in Ogham and drawings on stone. You may also have the location of clues linked to the shadows cast by the sun etc.
Pirate treasure usually buried by Bluebeard or some other famous pirate. Brilliant story line for a seaside location
Medieval Treasure hunt based around Viking raids and such thing as the Ardagh chalice or Book of Kells finds.
Highwayman Treasure based around the location of the booty of Red eyed Dick who was caught and hanged before he could collect his hoard of treasure.
The suggested treasure hunt would suit the highwayman storyline more than any other.

Clues

Clues can take may forms. they can be rhyming clues, coded clues, clues on the bottom of bottles, clues in pictures etc. You should endeavour to use as many different locations and types of clues as possible rather than a typed card at each location. This helps the storyline and adds to the mystery of the hunt. A variety of different types can also aid the different levels of expertise in each Patrol. Those who are good at coded messages don't have the advantage everytime.

Types of clues

Reflection
When you write a clue in hand writing and then copy it by reflecting it in a mirror the result is a scrawl of swiggle lines which can be deciphered by reflecting the scrawl in a mirror. Usually you can use this only once in your treasure hunt. The same effect can be used by reflections in rivers or pools of water.

Water
Water can be used in a lot of ways. You could hide a clue under water in a bottle which you have to fish out. Hide it under a waterfall, under bridges, panning of silt to collect pieces of tile, buckets to carry water to a lever to lift a door etc.

Tiles
Clues can be written on tiles which are then broken and have to be put together like a jigsaw to reveal clue. A drawing on a tile could show location of next clue.
Bottles and glasses
The bottom of bottles and glasses or closed bottles hanging on a

string or in the front window of a shop can provide some interesting locations for clues.

Graveyards
Graveyards offer a wealth of places to hide clues. You can use such things as brass rubbings on gravestones, dates on stones, or clues based around the inscriptions on the gravestones. You could get really morbid and write clues on bones obtained from the local butcher and placed in a graveyard.

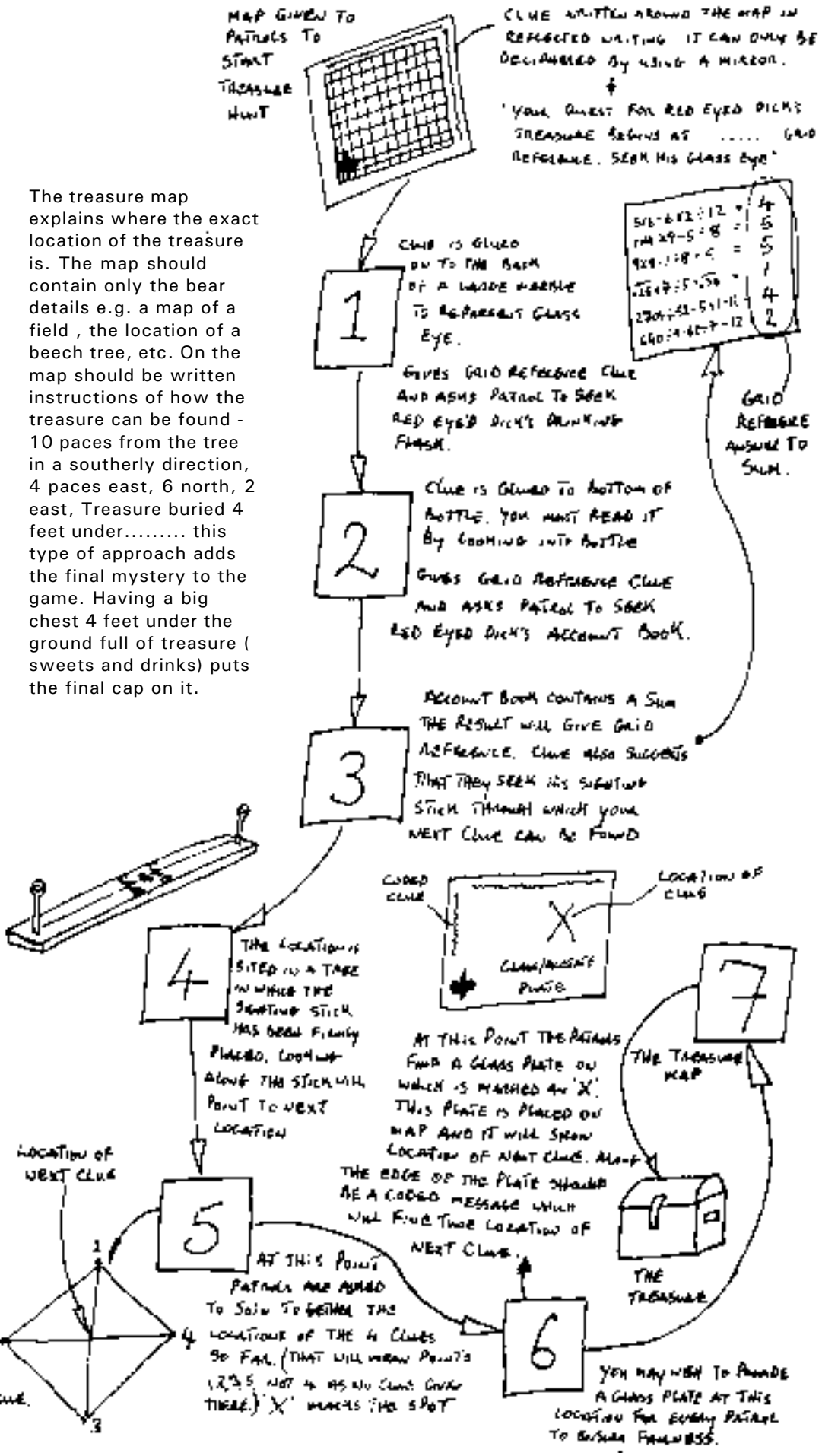
Shops
All manner of different shops within a town can be ideal places for placing clues. It is not necessary to have them inside the shop so creating a disturbance. The shop window can be an ideal place or a community notice board inside a big supermarket.

Directional devices
Such things as weather vanes, sun dials, sign posts can provide ways of directing Patrols to the next location. You could also use a telescope (made from a cardboard tube) or a sighting stick fixed in a tree from which the next clue can be sighted.

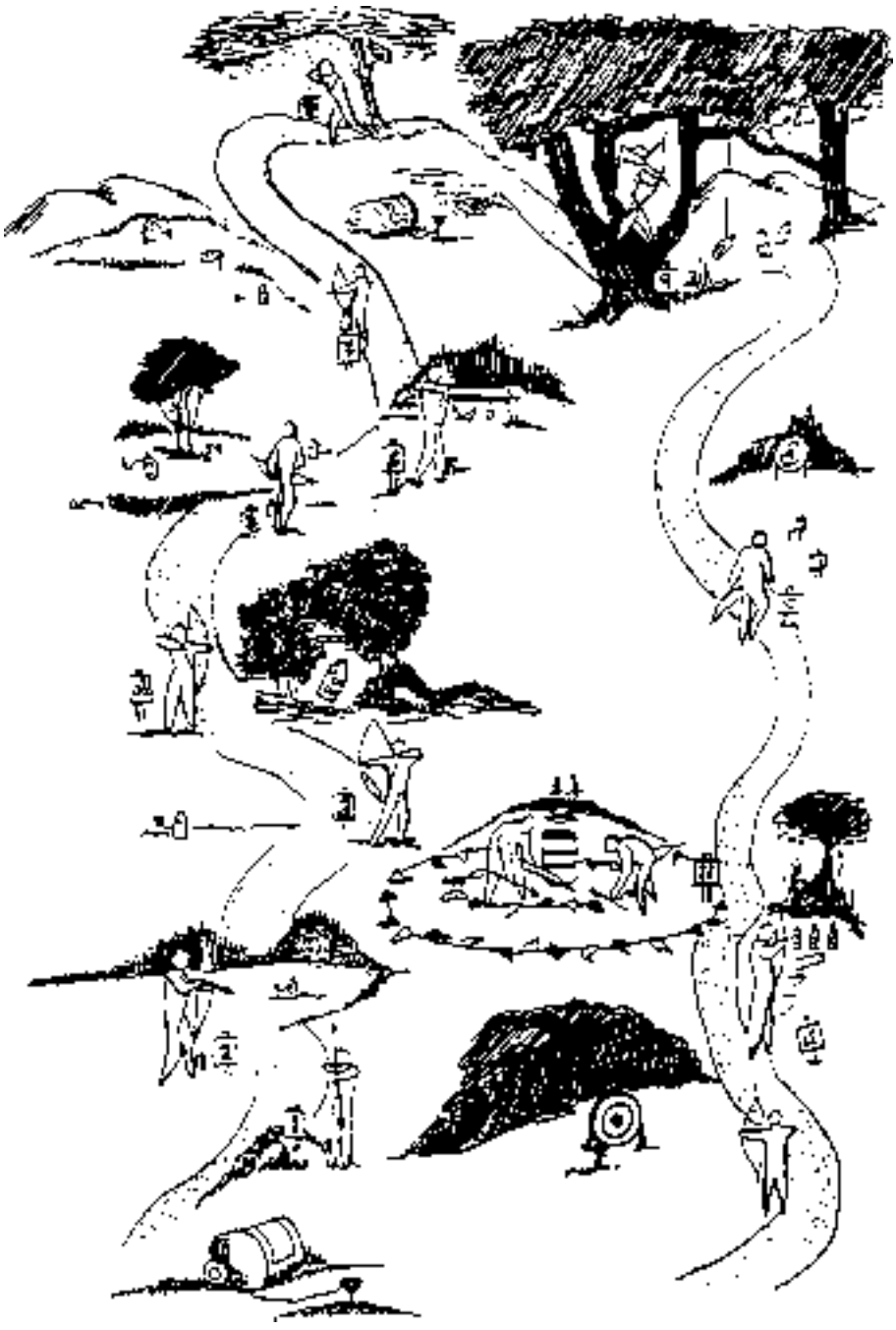
Treasure Map

The final clue in your treasure hunt should lead you to the location of the 'Treasure map'.

The treasure map explains where the exact location of the treasure is. The map should contain only the bear details e.g. a map of a field , the location of a beech tree, etc. On the map should be written instructions of how the treasure can be found - 10 paces from the tree in a southerly direction, 4 paces east, 6 north, 2 east, Treasure buried 4 feet under..... this type of approach adds the final mystery to the game. Having a big chest 4 feet under the ground full of treasure (sweets and drinks) puts the final cap on it.



Action Archery



If you think of archery as a big bull's eye on a bale of straw with archers trying to get the arrows to hit the target area, may we present an exciting alternative. Action archery is far more fun than conventional archery and allows everyone in the Troop to get involved.

A contest can be as simple as putting a few plastic detergent or milk cartons around a clearing in a woods. Try to locate the plastic jug bottles so that there is open ground or a bank behind them for safety reasons as well as preventing your contest into an arrow hunt. The Scouts warm up by blasting a few jugs or billies on the practice range before they go on the trail. The practice range also gives the shooters something to do while they await their turn on the trail.

A few difficult shots along the trail from a tree crouch or between a couple of boulders will add to the fun.

Each container should be pegged to the ground or tied to a branch to avoid the target blowing away and being knocked off its spot as it is hit.

Equipment

A couple of bows and a dozen arrows will do for a small Troop. These bows could be brought in a toy or sports shop or each Scout could make their own - which is more fun. Arrows should be of the blunt type - better still with rubber tips. If your Scouts are making bows and arrows then they should be protected by taping the tips with small balls of masking tape.

The targets should be made from plastic containers. It is best to use the type of container that has a handle. By using this type of container it allows you to tie on to the handle easily when trying to a peg.

Prizes

No prizes are necessary, but if you think they'll add to the fun, they can be very simple ones. A golden arrow (gilded or spray painted) could be first prize, with a series of runner up prizes.

Scorecard and rules

Observe all regular safety precautions. Go over the trail in pairs. Shoot three arrows at each location. Keep one foot touching the shooting stake (or spot if it is a tree). When there is more than one target or more than one shooting stake, one arrow is shoot at each target or from each shooting stake. Score 10 points for each hit. Verify your opponents score.

How to lay out a course

Select an area where their is a lot of scrub ground comprising trees, bushes and open spaces. Mark out a trail with sisal or coloured binder twine. Place the shooting locations and shooting stakes on alternative sides of the trail. Make the shoots easy at first increasing with difficulty as the trail progresses. The targets should be hung from tree branches, poles and stakes in such a way as they resemble a hunting situation from behind trees or through openings as you stand with your foot on the shooting line. See that no target is in line of fire of any other target. Add variety by setting three targets at different distances from the one shooting stake (No. 5) and one target to be shot from three shooting points (No.10). At the entrance to trail set up a shooting gallery with a tarp or plastic backdrop for practice while waiting.

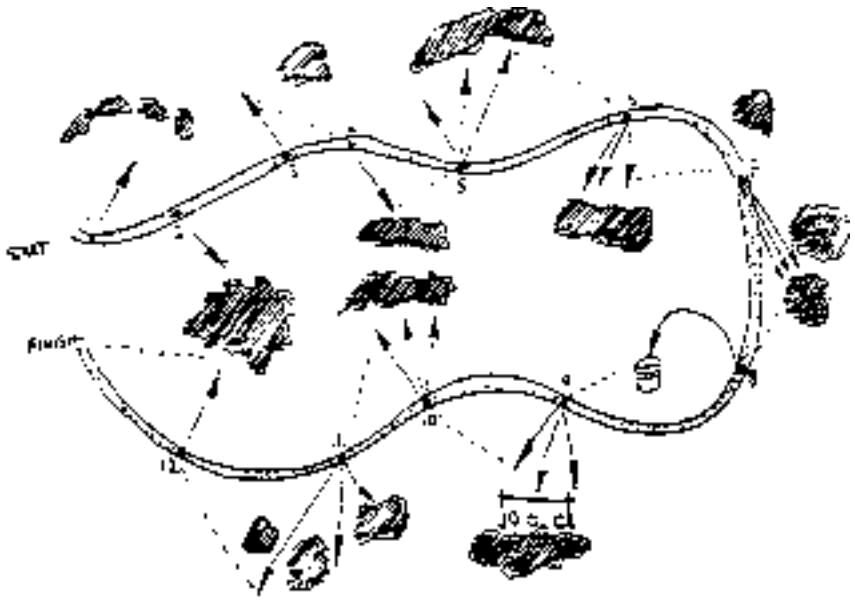
Supervision

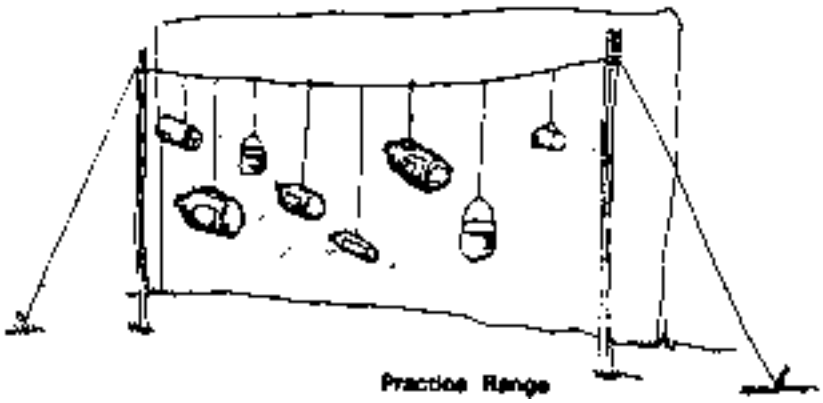
Broken lines on the diagram show the path the archers take to return to the trail after they pick up their arrows. Although the archers bypass the trail at many points the complete trail is necessary because it provides a safe passage in both directions.

Safety

Safety should be concerned of all Leaders and Patrol Leaders. No messing of any kind should be tolerated. The trail should be set up as illustrated and in such a way that arrows are being shot into waste ground rather than across the trail or into another target area. Teams should be small, ideally two people but certainly no bigger than four. Before anyone is let on the course the leader should set down guidelines for the course. These might include:-

Layout of Archery Course



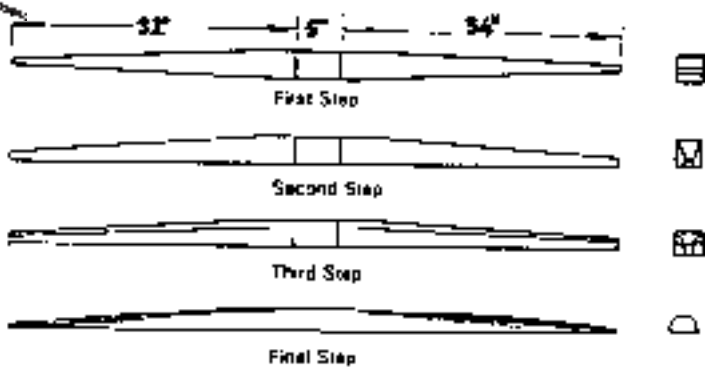


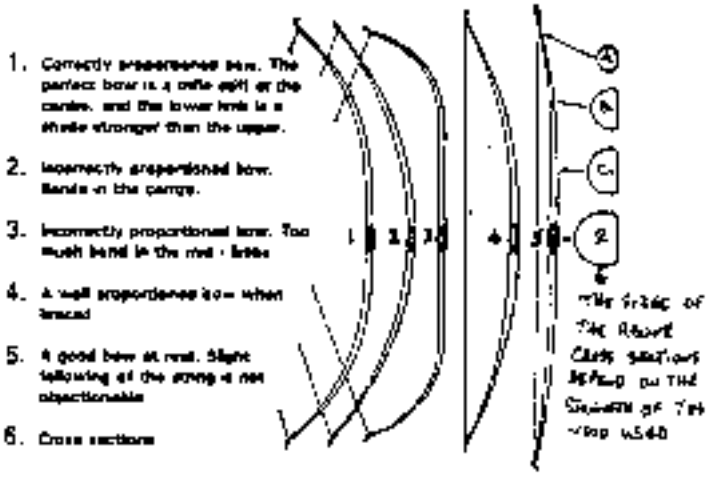
Practice Range

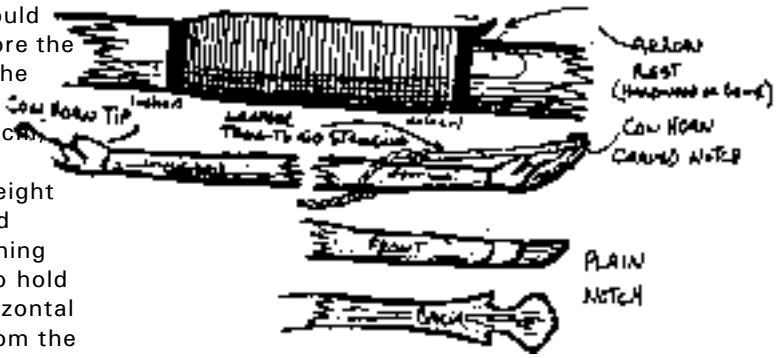
Target suspended from tree limb

- Everybody not shooting must stand behind the person taking the shoot.
- Nobody should approach the target until all archers have fired at the target
- Under no circumstances should an arrow be fired into the air. It can be seen going up but once it turns it is impossible to see it as it descends to earth.
- All arrows should be blunt and have rubber stoppers on the tips or protected with masking tape 'ball'
- The forearm of your arm holding the bow should be protected from the recoil of the bow string. A piece of cardboard or plastic wrapped around the forearm will do the trick.
- You can only fire arrows on the course or in the practice area. Do not tolerate any sort of messing or playing with arrows in the main camp area.

Bow making







The finest wood for making bows include ash and yew. However, hazel and birch poles have also yielded good bows. You should seek out a seasoned pole not a freshly cut branch. This type of seasoned wood can be found on dead or uprooted trees or perhaps trees that have suffered from fire. A straight stave that is free from knots and small branches should be selected, and the stave should be carefully cut with a saw and not broken off.

The measurement of the bow will vary with the available supply, but too often staves are selected that are too large in diameter. the best diameter is from 40 - 50 mm in diameter at the handgrip. This should be determined before the bark is removed. The length should be approximately 120cm but this will vary according to the height of the user. A good method of determining length is for one to hold the stave on a horizontal plane extending from the left shoulder to the tip of the fingers of the extended right arm.

Once the stave is selected and measured, the bark should be removed and the process of shaping can begin. The process of shaping should be done with care. It should be a gradual process rather than a method of hacking away the unwanted wood. Every stave, no matter how straight will have a natural bend to it which can be determined by placing the butt of the stave in the ground and holding the stave vertical with the left hand in the middle where the handgrip will be, you should then grip the top of the stave with your right hand and pull it towards you lightly. The stave will turn in your left hand and settle into its natural bend. the side facing away from you then becomes the back of the bow. Only after the bend is determined should the actual shaping of the bow commence.

Place a light scratch on the stave where the hand grip will be and start to pare down the upper half of the bow to the tip. When one side is done then trim down the other side comparing the taper as you go.

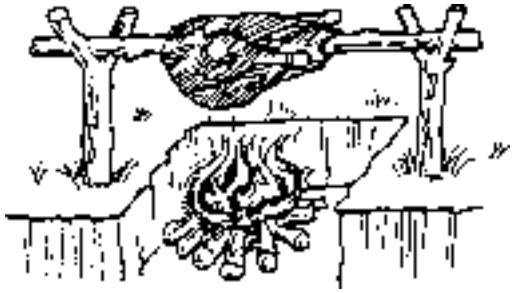
Each half should gracefully taper from the centre in an even plane towards the tip. The circumference should be kept as round as possible from the handgrip to the tip. One should never draw the bow during construction to test it. testing can be done by slightly bending the bow at intervals and judging its strength or stiffness by sight and weight. A good bow will look good and will be graceful and light.

When the bow is finished you should grease the bow with fat or oil. the tip can be notched to receive the bow string. The tip can be a simple notch or you can get a bit more adventurous and carve a tip from bone or horn.

The bow string can be made from light line such as the type used on fishing lines or fishing net repair (orange colour). When the string is put on the bow you will need to draw the bow a number of times and determine corrections that must be made to the bow shape. This drawing of the bow will also stretch the string so you will have to take up the slack.

Leather may also be bound around the bow to provide a better handgrip, you can also insert a small piece of metal, wood, or bone within this binding as an arrow rest to finish your bow.

Backwoods cooking



The secret to successful backwoods cooking is to build a good fire that will provide hot embers, for it is on embers that we cook - not flames. One of the problems with embers is that they tend to become cool after a short while. The keyhole fire solves this problem. Build the fire in a large circle area and pull the hot ashes through into the smaller circle where the cooking takes place, as they are needed. A two inch bed of ashes is required for successful backwoods cooking, use beech or oak logs, as these will give longer lasting embers. Charcoal can also be used and it will hold the heat longer than wood embers.

Aluminium foil can be used if you want to take the easy way out. With it it is possible to construct pots and pans for cooking food or you can place your food in an aluminium foil envelope.

The pioneers and backwoodsman of the past used only those materials that could be found locally for creating cooking utensils. They often used leaves and clay as well as ingenious cooking spits and holders made from green twigs and branches
(green twigs and branches are less likely to go on fire and are pliable so they can be worked).

Hygiene

Although backwoods cooking is considered to be primitive in approach your food hygiene methods should not be. Wash all food before use and keep covered until you intend to use it.
Clean up the area used after you are finished and dispose of all food scraps carefully. Don't forget to clean your hands also after you have finished eating as it is likely that it will be your hands that you use to hold and eat the food with.

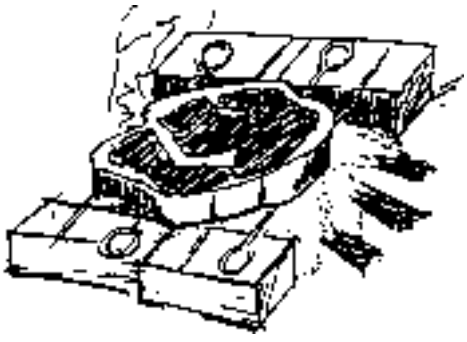
Cooking methods

Roasting

For this method you will require a good bed of embers. For large animals and birds you will need a spit construction over the fire. For smaller animals and fish, the best way, is to peg them out on a board or a flat piece of wood and stand this next to the fire to form a kind of reflector.

Baking

This method is useful if you want to cook a meal while you are away - a bit like a hay box oven. Dig a pit around 60cm (2 feet) deep and 60cm (2 feet) across. Now light a fire in the bottom of the pit. Place a thin layer of soil on top of the embers then place a number of leaves (cabbage leaves are best) on top of the soil . Now place you food on top of the leaves covering it with more leaves. Cover this with more soil and then light a fire on top of it. It will take a hour or more to cook this food depending on how big the food is you are cooking. Another way of baking food is to wrap your food in leaves or grass and then in mud. Then bury it in , or surround it with, a fire, and leave it for an hour or more. When you break open the cast of clay, you will find that the grass has kept the food moist.



Grilling

For this method, you will need some kind of grill which can be made from green sticks, and a hot bed of embers. The disadvantage of grilling food is that it tends to dry out.

Frying

Orange eggs
Cut an orange in half and eat out the contents without breaking the skin. Break an egg into the orange shell and place on embers and allow to cook. When done, eat from container.

Onion eggs
Cut the onion in half after removing the outer skin. Remove internal contents except for the remaining three outer layers. Break egg into shell and place on embers. When cooked eat the onion container as well as its contents after removing the outer scorched layer.

Spud egg
Halve a large potato. Hollow one half. Break egg into hollow. Pin two halves of potato together with small sticks and roast in hot embers.

Twists
Mix flour, water and a pinch of salt together to form a thick dough, adding raisins and sultanas if you like. Make a snake like roll of the dough and twist this snake like fashion on a thick green stick (with bark removed). Support it over glowing embers turning occasionally until the outside turns golden brown.

Instant hot dogs
Lay sliced onion on a cabbage leave add a sausage or two and place more onions on top. Wrap up the cabbage leaf tightly and secure with a number of small green sticks. Place in embers for about 7 - 10 mins turning occasionally .

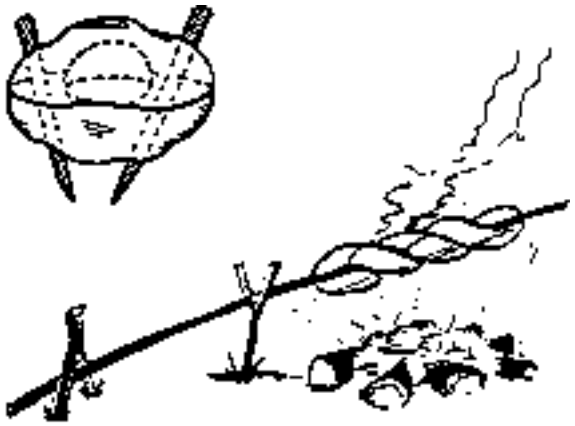
Baked potato

You will need some form of pan or grill base, usually a flat stone which is placed in the fire to heat it up . The stone is then cleaned off and food fried on it. It may be necessary to place small pieces of twig around such things as eggs to stop them rolling off the stone.

Boiling
You will need some form of container. It is possible to use a paper bag to boil up water the trick is to ensure that the heat only touches that part of the bag that has liquid behind it to absorb the heat. In stone age times a water hole was created. Into this hole were placed hot stones, heated on a fire nearby. This resulted in heating the water and thus boiling the food.

Simple recipes

Container cooking
It is possible to use food as containers for other foodstuffs, such as, orange skins in which eggs can be cooked. Onion 'shell' created by cutting an onion in half and scooping out the core of the onion and leaving three or four shins in place to form a container. You can also use potatoes or pineapples in the same manner.



Baked Potato
Perhaps the easiest to cook backwoods . Take a potato and place it in the embers of the fire. When it is cooked , after about 25 - 30 mins slice open the skin and place a piece of cheese or butter on top.

Simple Kebab

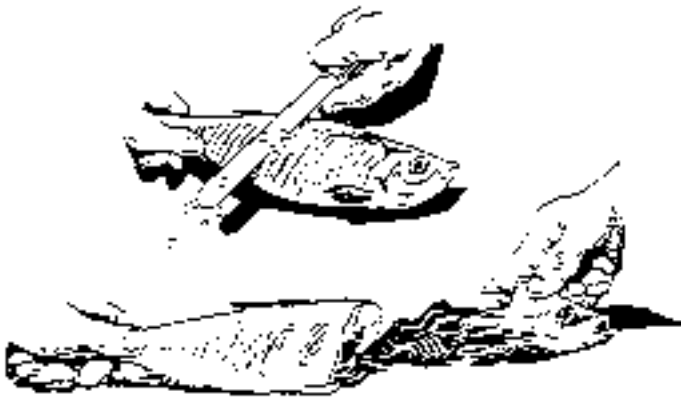
Remove the bark from a green stick and onto it spear slices of bacon, mushrooms, sausage, carrot, tomato, peppers, pieces of pork. Support the skewer over glowing embers turning occasionally. Eat when the meat is crisp and golden brown.

Fish

It will be necessary for you to clean and gut any fish before you cook it. The fish should be cleaned thus:-

- Wash the fish thoroughly in clean water
- Remove the scales by scraping with the back of a knife (that is not the shape edge), working from the tail towards the head.
- Cut the spine at a point just behind the gills and tear the head off with a steady, slow. forward motion. If you are careful, the fish innards will come out with it.
- Slice the belly open from tail to gills and thoroughly clean the inside.

Finally, cut of the fins and tail and cook as desired.



Cooking methods for fish

Wrap method - wrap fish in grass and cover in mud and place on fire. Or wrap fish in cabbage leaf and pin together a with small twigs and place on fire.

Planked method - Pin the fish flesh side forward on a plank or piece of flat board and cook by reflected heat, place a nob of butter on the fish when it is cooking and later a splash of lemon - delicious.

Broiling method - Construct a broiler as shown and place your fish in it cook of hot embers turning regularly.

Fish cook very quickly so be careful you do not burn them.

Meat and burgers

Meat and burgers can be cooked by a number of methods some of which are described above such as the Kebab method or the wrap method whereby the meat is wrapped in cabbage leaves. Meat may also be cooked using a broiler or by frying on a hot stone.

Burgers in leaves

Place three layers of cabbage leaves directly onto the hot embers and put the burgers or mince patties on top of them. After approx. 10 minutes, turn the meat over, putting it onto three new cabbage leaves. Repeat this process until the meat is cooked.

Note: Cabbage leaves can replace foil in most instances when using backwoods cooking recipes. It is important that at no time should rhubarb leaves be used, as they contain a highly poisonous resin.

Bivouacing - an opportunity for adventure

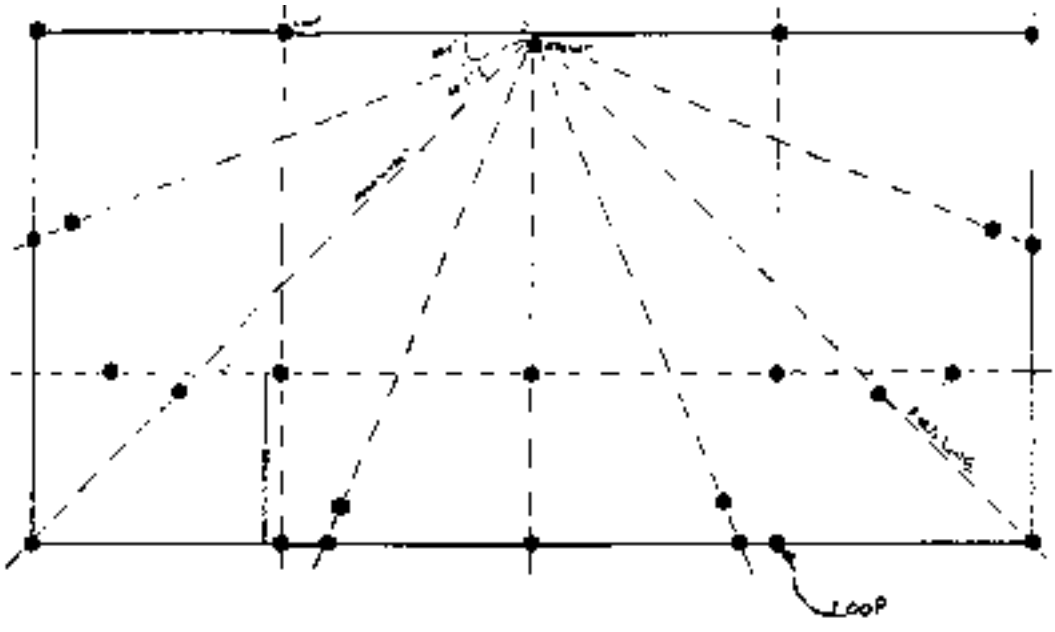
A Scout's tent is his / her shelter against wind and rain. It must be light to carry, easy to pitch, large enough to provide a degree of comfort and good enough to withstand the varying conditions that can be encountered. How do you achieve these basic requirements without spending a fortune ?. - the answer : bivouacing

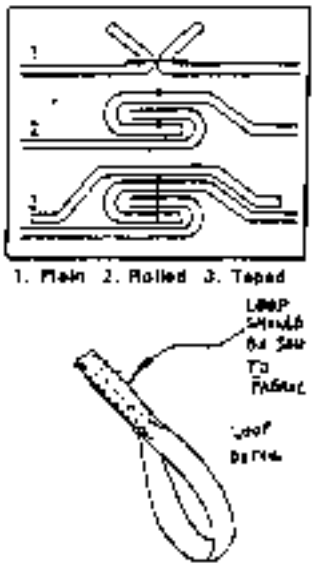
Bivouacing provides you with the means to explore wild countryside without the need to carry bulky camping equipment.
Bivouacing complements the true spirit of Scouting, adapting to the needs of any given situation, using only available natural materials and of course by being prepared.
Every tent design has its own merits, whether it is extra headroom, good stability in high winds or plenty of space to cook in if the weather is unkind. We suggest a design shown opposite for a bivvy sheet from which it is possible to made a large number of different tent designs. These designs coupled with the situations that present themselves at your chosen camping spot will make for interesting and exciting alternatives.

Basically, bivouacing is a one or two person activity from the point of view of practicalities.
Therefore in a group situation you may have 3 or 4 bivvy sheets.
The cheapest bivouac sheets can be made of heavy duty plastic sheeting which can be brought from any builders suppliers.
However it has a limited life span and there is the problem of condensation while sleeping under it. As an experiment for your group if you have not being bivouacing before, plastic sheeting is the best option. It is cheap, a roll costs about £12 and that will give you enough bivouacs for everyone. If you consider bivouacing as a worthwhile long term activity then you should consider making a more durable shelter using canvas or lightweight nylon tent material.

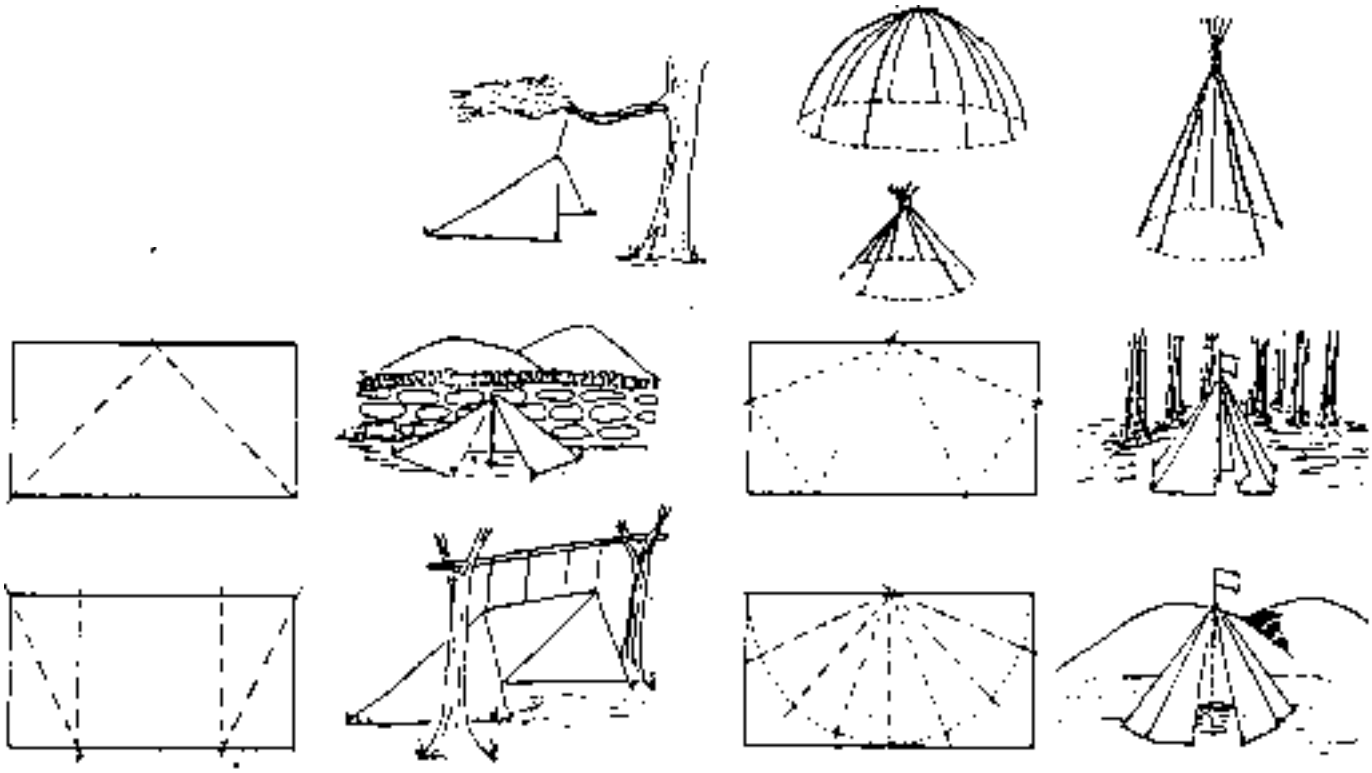
The design illustrated requires a piece of material 5 mts X 2.5mts plus some cloth tape to make loops and a large plastic eyelet. Some basic geometry will be required to find the location of the loops. When placing the loops on the fabric allow enough length in the joint so that it does not rip off under strain. Access to a sewing machine will also be necessary to make seams around the edge of the sheet and to reinforce the loop joints to the fabric. Use a core spun thread when sewing, this has a polyester core surrounded by cotton. The cotton swells when wet to fill the needle holes and the polyester gives it strength. To prevent water seeping through the seams, use a seam sealant; clear Bostick or Evostick or Clear polyurethane Bostick may be used.

An even better method is to tape seam; see illustration . If you are using a piece of lightweight canvas it will be necessary to proof the fabric when complete.





Bivouac Sheet Detail



Some useful hints

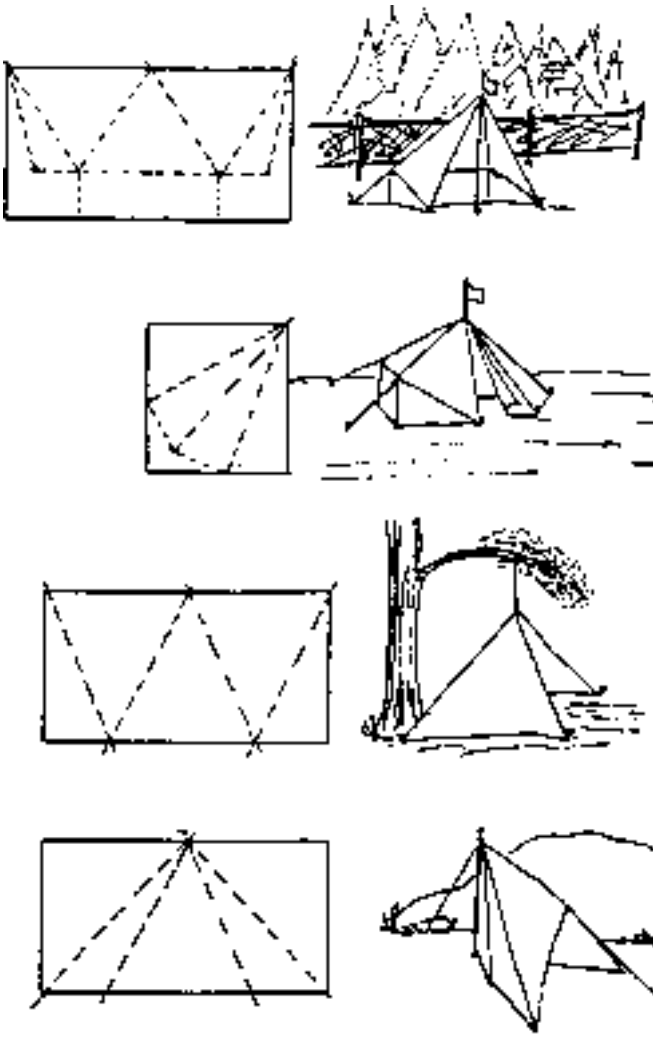
If possible purchase some elasticated loops, the type used to hold luggage on a roof rack. They are invaluable as guy ropes and as they are elasticated they tighten themselves.

If you are using plastic sheeting tie a small pebble or marble into the plastic when you want to attach a guy rope. In this way you prevent the plastic sheeting from ripping.

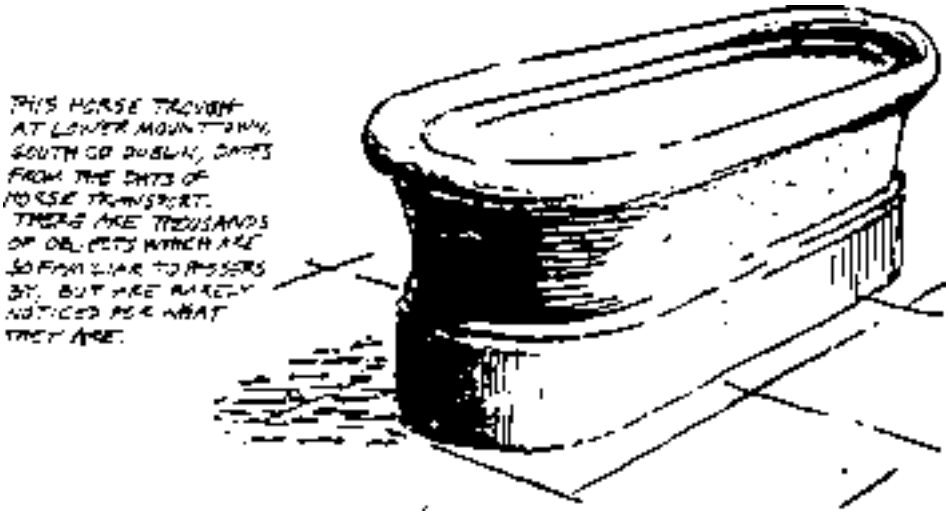
Be careful of building fires too close to a shelter. Always take into consideration wind direction and speed.

Avoid gullies and stream beds which sometimes seem to make ideal bivvy sites until a sudden burst of rain.

Always carry a small roll of sisal or piece of rope to help in case a handy branch or pole is not available.



History all around you



Most concerned citizens feel their hackles rising and their blood pressure soaring at the destruction of some valued part of our physical heritage - the ploughing up of a ringfort, the demolition of a Victorian landmark, even the felling of mature trees. Yet every day, unremarked and unobserved, a little part of our heritage of knowledge slips quietly into oblivion as elderly people take their folk memories and their local idioms to the grave, as public authorities and public firms discard redundant records, as local landscapes are modified and altered in minor but multitudinous ways to serve the communities changing social and economic needs. Can anything be done? Should anything be done to preserve this perishable, transient and irreplaceable inheritance? Is there anything that you can do?

Are you a local historian yet?

The continuing dissipation, with the passage of time, of local historical material, is so widespread and so unremitting that the handful of professional historians in our centres of learning cannot be expected systematically to ensure its preservation. Their work must be complemented by the efforts of an army of local historians in every district, working as individuals and in organised groups, to study, record and interpret the various historical factors which have contributed towards making our towns and rural areas what they are today - customs and attitudes, events and movements, topographical changes and developments, personalities and organisations.
Amateur historians, through their numerical strength, their local background knowledge, and their lifelong interest in their locality are in a unique position to document local history not only as a matter of personal satisfaction but to provide the source material for future historical research by others.

Why not study a particular theme?

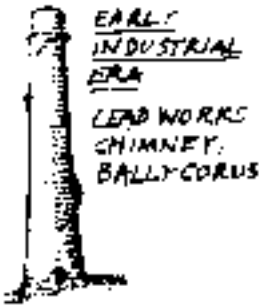
Local history is by definition specialised - a specialised study of a particular district. Yet it provides a variety of study topics to suit particular personal preferences. How many of these fields of research would interest you?

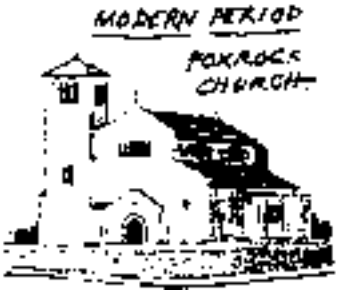
Archaeological remains
Local placenames
Old maps and prints
Public records
Local folklore
Old Photographs
Biographies
Heraldry
Genealogy
Old tracks and roads
Boundaries
Oral History
Local bibliographies
Religion
Education
Administrative history
Buildings
Architecture
Military history
Law and Order
Land and agriculture
Trade and industry
Transport
Public utilities
Social life
Population

Look around you there's history everywhere

A study of topographical features can itself produce an awesome array of historical evidence. The historian - more correctly the archaeologist - interested in the pre Christian period may find (depending on where he or she lives) a variety of court tombs, portal tombs, wedge tombs, passage graves, crannogs, ringforts, hill forts, promontory forts and standing stones.
The person concentrating on religious history will study the pre - reformation churches and monastic settlements, the holy wells, the places of pilgrimage, the stone crosses, the graveyards, modern churches both Catholic and Protestant and modern religious houses.
Military historians may encounter the remains of military encampments, barracks, scenes of ambush, earthworks, castles, mottle and bailey fortifications and so on. The 'Big Houses' with their inhabitants are a subject of almost universal interest. Those with an interest in administrative

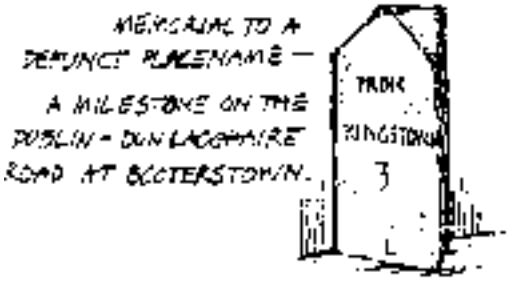
history will track down the story behind the public water supplies and drainage works, the road building schemes and public housing programmes, the public works, the land reform divisions, the hospitals and workhouses, the police barracks and prisons. Industrial archaeological remains are everywhere, perhaps requiring a sub division into remains of mining activity, manufacturing activity, agricultural activity, communications activity - even of settlement archaeology. Even the local roads raise many questions - why was there a seemingly unnecessary

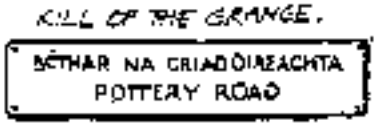




stream; some horse troughs, dry and empty, still remain; stone monuments remain, vainly trying to preserve the memory of landlords now forgotten. Manhole covers like cats iron tombstones, preserve the memory of local authorities and public utilities now defunct. Even some hair salons retain a red and white decor on their doorposts raising questions about the history of their trade.

Yes, history is all around us - you cannot escape - unless you haven't noticed. Take a walk along a road or street and ask of everything you meet -





change in direction at a given point? was there a former settlement there? Was there previously a different road pattern? Did its replacement indicate a change in location of habitation? How old is the road? Who built it and why?

What traffic did it carry ...and so on.

The basic and simple roadside objects which have survived to the present can often cast light on days gone by. Milestones in Irish miles still exist, half forgotten, half buried in the hedgerows; post boxes bearing the monograms of English royalty attest their length of public service; village pumps still quench the human thirst; horses no longer use the track beside the local bridge which led them from the roadway down to the refreshing

why? Find the answers and you will already have uncovered some of the secrets of your native place.

An initiative game

The following activity is based on three elements - tracking, retrieving instructions and the incident itself.
Using fairly familiar challenges with dramatic renaming
(lighting a fire on water becomes 'River ablaze', building a raft to cross water becomes ' Crossing the shark pool' and pitching a tent from outside a circle becomes 'tent on quicksand'. The activity is run on the following system:

Elements:
Tracking, retrieval of instructions, incidents

Organisation:
a roughly circular course over open ground with activities taking place at bases repeated for each Patrol as they arrive at each base. Patrols should start at a different base.

Arrangement:
Instructions and challenges placed as close together as possible but out of sight of each other.

Timing:
30 or 45 minutes at each bases, according to the difficulty of the course. the time limit is signalled by the blast of a whistle. You may need to allow time for base staff to reset the incident before the next Patrol arrives.

Marking:
Every Patrol is given 100 points to start with. They lose 2 points for every infringement (such as a foot inside the tent pitching circle) and 10 points for failing to complete the challenge on time. You may also consider awarding 2 bonus points for the best team at each incident and 10 points for completing the challenge in half the allotted time.

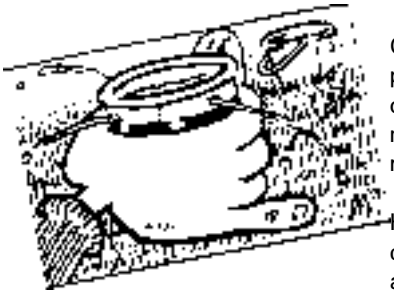
How difficult you make the course is up to you. You should try to mix the most difficult incidents with and easy retrieval of instructions and vice versa, so that instructions which were merely hidden required the Patrol to cross a mine field using spars, ropes, and pickets and a simply pulley setup, while instructions which had been extracted from a billy inside a circle (radius ten feet) by means of bent sticks about four feet long and short lengths of string led to bundles of firewood for the relatively easy task of lighting a fire on water. Instructions could be wrapped in plastic bags and placed in a bucket of water up a tree (points lost for spilling water) or in a immovable plastic bottle into which no pointed object can be placed. You could also place a rogue item at each base just to confuse the Patrols. Instructions should be in the form of written messages or on tape in each case , the written messages may however be written in code.

Other ideas could include

Carry a hike tent the whole way round and put it up at the very end

Remember a very long number

Gut a fish



Follow a compass course or the location of each base is a grid reference

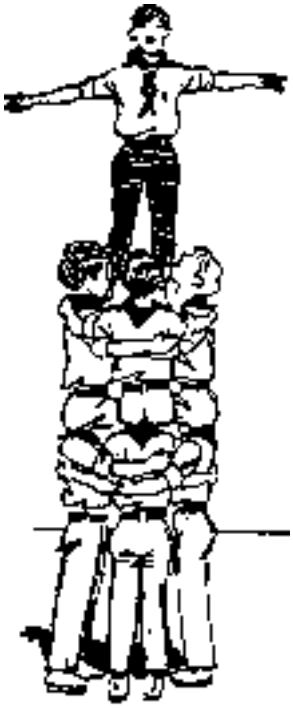
Make a bucket of sticky goo and place a stick in it, with a message saying the next clue is 'down here'. The clue is actually stuck underneath the bucket but normally the scouts don't think of this until they have tried everything else.

Solve a puzzle set up using pioneering poles along the lines of 'turn these three squares into four by moving two poles'. (The way to do this is to experiment with twigs before heaving the poles about.)

Carry some pioneering poles over a short obstacle course before making something reasonably simple.

Hide batteries for a cassette recorder around a small area. When they are found, the next clue is on tape.

Some suggested incidents



River transporter

This exercise requires the Patrol to construct a set of sheer legs as shown and transport the Patrol across a river. The 'Bridge' can only be constructed from one side of the river and an extra spar will be required to push the first person into an upright position. Once across the river the sheerlegs can be controlled from both sides of the river.

Electric fence

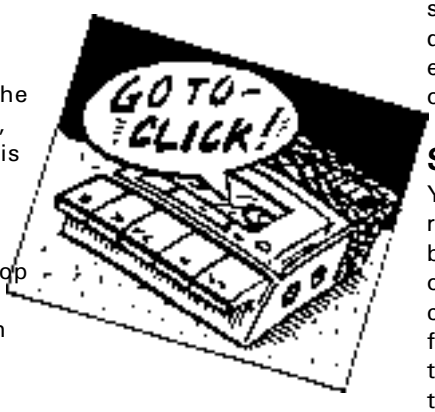
An electric fence is set up using a fruit cage net or the netting used to protect newly seeded lawns. The problem is to get the whole Patrol over the net. as it is electricfied it cannot be touched, and anyone that does so requires one minute's artificial respiration by another member of the team. A suitable collection of materials to enable the task to be completed should be available around the area.

Mug Tree

Two buckets are connected via a single pulley. the bucket on the ground is full of water, the bucket up the tree is empty. Attached to branches so that they just reach the branch below are mugs. The top mug will reach the top bucket, and the bottom mug will reach the bucket on the ground. The problem for the Patrol is to get the two buckets to balance exactly (meeting halfway) by transferring water up the tree from mug to mug. The Scouts should strategically position themselves up the tree so that it is possible to collect water from the bottom bucket and pass it up the tree to the empty bucket.

Blindfold string trail

There is little to beat a well planned blindfold string trail over various obstacles. All the Patrol should be blindfolded except the Patrol Leader who directs the Patrol around the course. An effective way of blindfolding the Patrol is to provide each member with a pair of swimming goggles smeared with Vasoline - it is impossible to see out of them.



A variation (1) is to suddenly declare the whole Patrol, apart from the assistant Patrol Leader, snowblind and the APL has to direct the whole Patrol across an ice flow one at a time using two icebergs (boxes) to walk on.

Variation (2) using the swimming goggles pitch a tent.

Variation (3) Set up a string trail which goes around trees ,over branches, under logs etc. A number of mugs are connected to the string through the handles of the mugs. A bucket of water is provided at the start of the trail and an empty bucket at the end of the trail. The Patrol are invited to carry mugs full of water over the string trail without spilling a drop and depositing it in the empty bucket at the end of the trail.

Snake pit

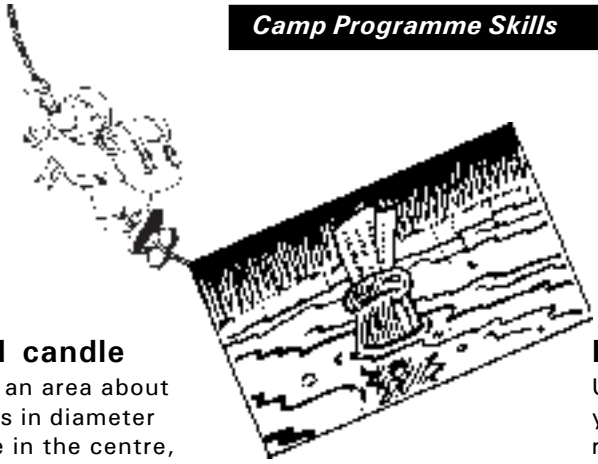
Your Patrol while retreating from a hike because of injury to one of your Patrol have come across a swamp full of deadly snakes that can reach up to three feet. You must cross the swamp to reach the hospital in time otherwise your Patrol member will die as a result of his injuries.

Equipment: Two sets of rough stilts (or gear to make them) some light rope.

Telephone cable

This river stretches for miles in each direction. The telephone lines across it are made of a new substance which is only destructible by fire. Your job is to destroy the cable as near the centre as possible. The cable may not be touched by hand.

Equipment: what the Patrol request within reason.



Lighted candle

Mark out an area about six metres in diameter and place in the centre, about one meter apart, two jam jars, one containing a lighted candle. Provide ample sisal twine. Instructions- Working outside the area, reverse the position of each jam jar in relation to each other. If the light goes out, your failure will be complete. You have been warned!

Flood Warning

Within ten minutes the whole area will be flooded to a depth of four feet. Darkness is approaching rapidly. A beacon fire must be lit to warn the villagers across the valley. the only gear available is six spars, four lashing ropes, an old billy lid and a box of matches.

Time bomb

A bomb has been found. A wiring diagram of its layout is available. The problem is to de-arm the bomb. The problem is that the drawing can only be seen by one person who is in a safe location away from the bomb. Communication is possible by walkie talkie. The Patrol member must tell the Patrol what the bomb looks like inside the box and how they must de-arm it.

Prussik Knot

Using prussik knots get your whole Patrol up a rope into a tree or platform.

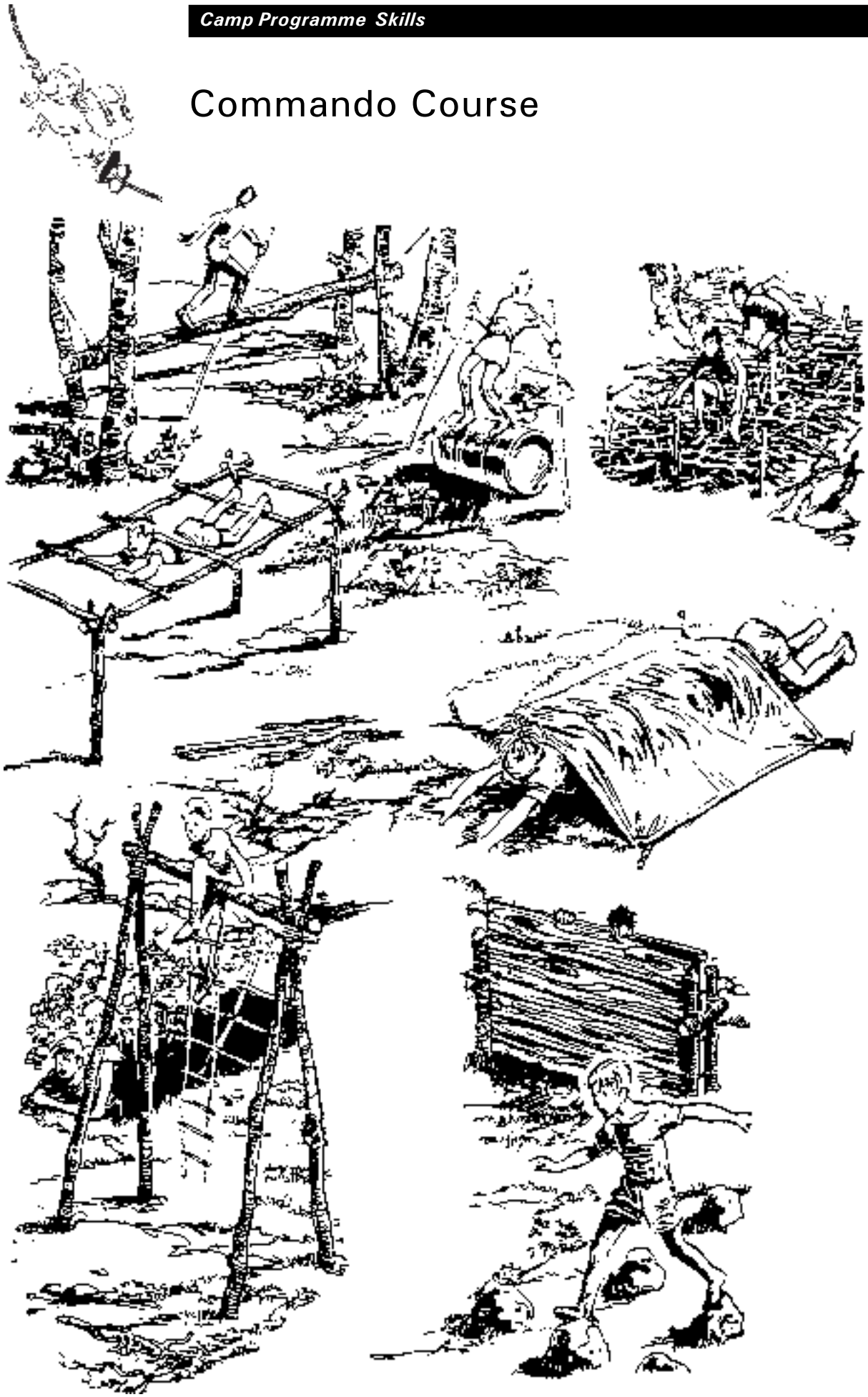
Radioactive Drums

Radioactive material in drums must be kept stable to ensure safety. This is achieved by placing the drums, 9 in total, in a square 3 drums by 3 drums. The drums have a radioactive value printed on them, 7, 3, 6, 9, 11, 13, 14, 17, 10. To ensure safety, however, the drums must total 30 on each branch (vertically, horizontally, and diagonally)

The wire

An oil platform in the North Sea has lost its power supply due to a blown out connection box in the undersea power supply. The problem for the Patrol is to re - wire the connection box. The task is made difficult by the fact that the water is murky as the connection box is on the seabed. To simulate these conditions each member of the patrol must wear swimming goggles smeared with Vasoline. Visibility is totally impaired. Colours can be distinguished, but numbers, writing or connector boxes - no way. A connection sequence is provided on the surface (from a position 20 yards away)

Commando Course



Orienteering

The attraction of orienteering lies in its versatility, as it can be adapted to the needs and abilities of any age group. It can be organised as a team event or as an individual competition and it requires a combination of skill, intelligence and fitness.

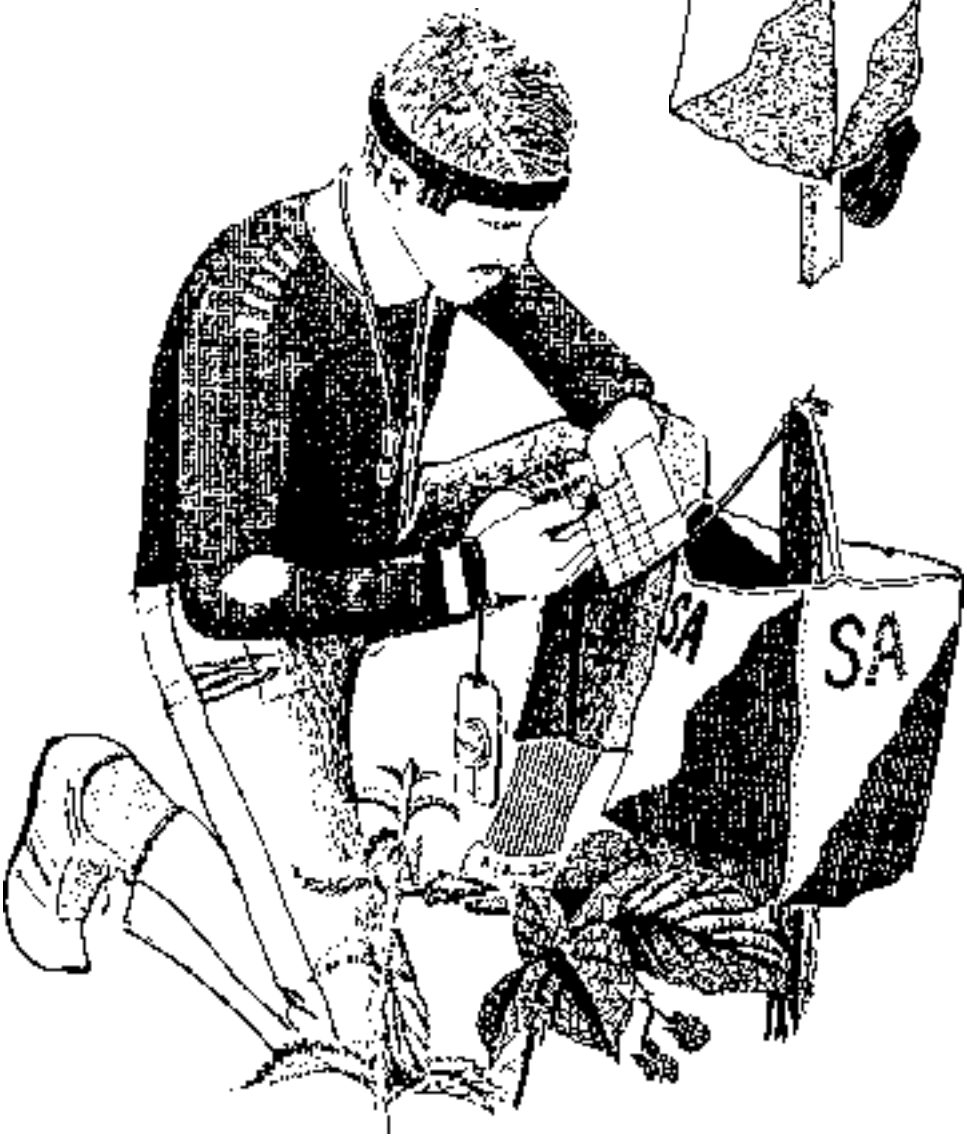
Orienteering can be defined as 'navigation on land'. It is finding one's way through unknown countryside with the help of two instruments : a compass and a map.
AS a sport, it is known as competitive route finding. It demands from participants the accurate and speedy solution of a set of problems which, when solved, will take the competitor through a series of checkpoints between the course's starting and finishing lines.
The process requires both intelligence and physical skill in crossing country in the most economical way, taking into account the limitations imposed by slopes, vegetation, weather and other geographical conditions.
Orienteering is an excellent sport for Scouts as it utilises many features of the Scout programme - map and compass, fitness, adventure and outdoor life. Many of the qualities needed to be a good orienteer will already be present in a good scout.

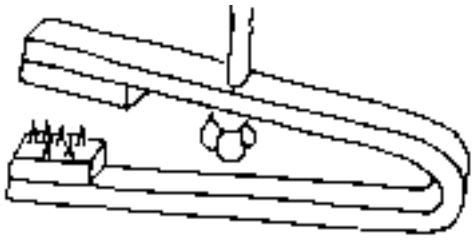
Equipment

Orienteering is a sport that does not require a lot of expensive equipment, so it is easily organised. The basis equipment required is a 'Silva' compass, a map, a number of markers such as flags to mark the points, punches if you want to be fancy or a letter painted on a pole if you don't..

Planning a course

When planning an orienteering course it is important to remember that the whole aim of the course is to encourage skill in map and compass work. It should not be designed as a competition where physical ability as a cross country runner is the all - important factor.

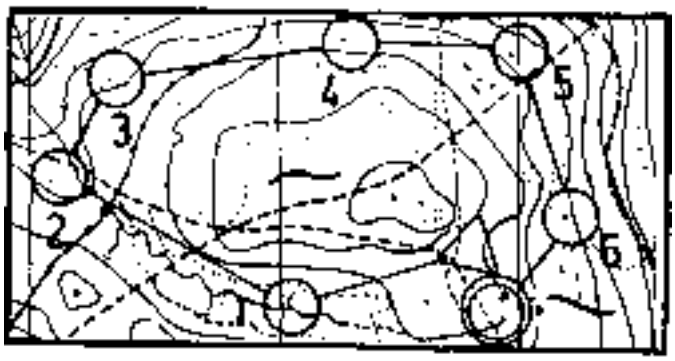


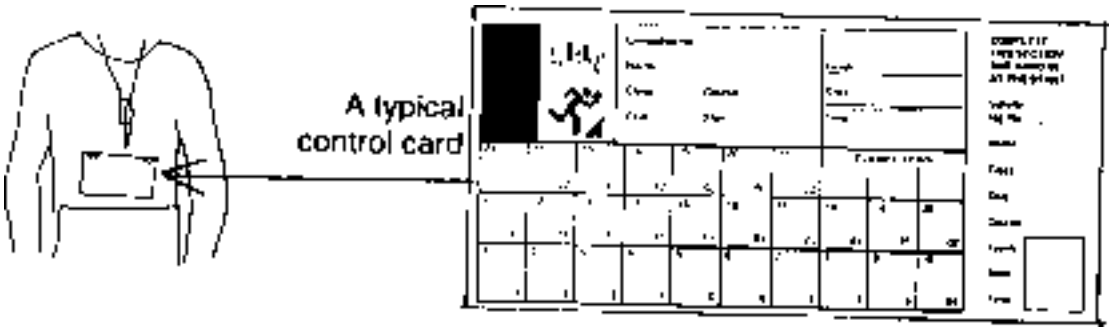


Needle punch

The quality of the course depends on certain vital requirements

- That suitable checkpoints are carefully sited
- That a great variety of orienteering problems should be set for the competitor
- That the chance discovery of controls is avoided
- That the start and finish arrangements are efficient.
- It is essential too that all maps are checked in relation to the chosen area to make sure that what is on the ground is also on the map and vice - versa. Careful reconnaissance is required at the planning stage.
- Before the event the organisers put control flags out in the forest on features. You supply the teams with a map on which the control locations are drawn. Teams then visit the control points and punch their control cards at each location with a punch or note the letter at the control point on their card. The team who completes the course in the quickest time is the winner.
- The skill of orienteering is the careful planning of one's journey around the controls. Often it is easier to travel up a track and then across to the control point than take a direct route through undergrowth or forest. The skill is therefore in map reading and understanding.





Come Orienteering

12 tips for those new to orienteering

Before you start, study map and legend

Get familiar with the general shape and layout of the area - you don't want to waste time puzzling over what's high and low. What's a fence and what's a wall etc.

Don't think of the competition as a race

It isn't its a time trail. The person you are trying to outrun may have been standing around for 10 minutes figuring out difficulties of terrain and maybe hours behind you in time.

Never run at absolute top speed

You should finish an orienteering course as you would a good meal, feeling you would have enjoyed just a bit more. You must never let yourself get exhausted.

Try not to stop

Take a breather if you need to but keep moving, even at a slow walk

Don't stand still if you're lost and can't work it out.

Go back to the last known location and work out your position from there.

Don't run on 'feel'

Keep your map set, always even on a track. And in a forest always run on the compass however roughly.

Don't rush off

Don't rush off to the next control position vaguely without thinking. Plan your route carefully before you move.

Don't run without counting your paces

Get to know how fast you travel and how many paces it takes to cover certain distances. Once you know this information it is easier to find your exact position on the map or as you travel up a pathway.

Don't ever assume you're right and the map and compass are both wrong

Constant attention to the map and the features you pass along the way will ensure that you don't reach this conclusion. Carelessness results in this statement being made.

Wide Games

The emphasis of a wide game is less on having a winner and a loser, but rather on having all winners. Everyone who participates in a wide game tests their skill against the course rather than a human adversary. It gives us a chance to get into the open air; to healthy exercise; to experience the benefits of achieving the best we are capable of, and of enjoying good companionship and fun in the process.

Hints and tips

The well planned and well staged wide game introduces romance and adventure into the programme. It helps develop initiative and leadership qualities. It can be used to enhance various Scouting skills. It helps develop physical fitness and mental alertness.

Have a good Theme

You can develop your own themes from many sources - historical events, adventure fiction, crime stories, newspaper reports etc. At its best a wide game is a cross country affair. Selecting and studying good territory - preferably with a large scale map in the field - is an important prelude to planning in detail your game on paper. When setting up opposing teams, make sure, insofar as it is possible, that there is balance in terms of physical strength and scouting know how etc. Make the rules of the game abundantly clear to everyone, verbally and in writing, with 'attack' and 'defence' potential in equal measure.

Be clear about method(s) of capture - the way an opponent is 'eliminated' using such simple methods as a strip of coloured paper or ribbon tucked in the belt at the back. Provide a central place where 'eliminated personnel can acquire extra lives.

Equipment Checklist

Be sure all equipment is in good order and in place well before the game starts. Always have first aid equipment handy and emergency wheels standing by just in case.

Time is most important. Be very clear as to starting and finishing times, and signals.

Use communication devises such as sealed messages to team leaders, to be opened at the start of the game - messages should set out the theme, objectives, scoring, special rules, a sketch map of area of play and so forth. Use devises such as codes and ciphers to add intrigue.

Most wide games take place on dry land - consider, too the potential in terms of rafts, canoes, rowing boats. A Pirates Treasure caper on a real island is really brilliant. Always make it clear from the start that aggressive, hooligan behaviour will not be tolerated for one moment. Stealth, cunning and ingenuity are the names of the game - not violence.

Types of wide games

Most wide games maybe divided into the following types:

Treasure hunt

Each of two or more teams attempts to obtain a treasure and bring it to safety against the opposition of the other teams.

Sample of treasure type game

Polar expedition

Each team is a group of Polar explorers racing to the North Pole in competition with other teams. At the North Pole they will find a flag which Admiral Byrd threw down from his plane when crossing the top of the world. The flag (signal flag) must be brought back to the office of the geographical society before the explorers' claim can be acknowledged

Seizure type

Each of two teams attempts to bring a treasure from one spot to the other, at the same time trying to seize the treasure of the other team which is moving in the opposite direction

Sample of seizure type game

The Opium Smugglers

One of the teams are smugglers, the other border police. The smugglers attempt to

carry their 'Opium' to a certain spot, and at the same time take away from the policemen much needed weapons and ammunition. The policemen try to get the 'Opium' and keep the smugglers from taking the weapons. 'Opium and 'weapons' are carried in one or two packsacks.

Conquest type

Each of two attempts to conquer a specified spot of ground defended by the opponents, at the same time keeping the opponents from conquering its own piece of ground

Sample of Conquest type game:

The fight at the stockade
One team is Indians, the others settlers. The Indians attack the stockade and defend the Indian village, the settlers the opposite. To make it more exciting, two settlers may have been left in the stockade. The Indians are there to prevent them from getting out and joining their friends, while the settlers are to bring them aid. Stockade and Indian village are indicated with four poles in the ground.

Quickie Wide games

Wide games come in many different guises and really the extent and scope are simply the bounds of your imagination. Here are a few ideas covering straight fun to thinking to of or learning wide games. The fun ones are short and good fun rather than of a longer variety. Just the thing to whip up a bit of enthusiasm.

Whistles

An old favorite, but one which many have not heard about. The idea is to send one or two people with whistles, with instructions that every 30 seconds they must blow their whistles. Objects for the other Scouts to pursue the whistler (after allowing him about a minute to escape) and capture him. The person who captures him becomes the new whistler once the game is started again. Of special note is that you should create boundaries to ensure a good game.

Light pursuit

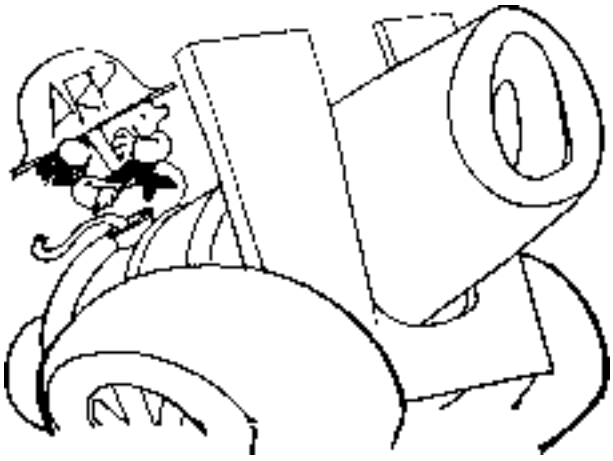
Played as with whistles except that a torch is used. This version is best played in scrubby areas where good hiding places can be found.

Light pursuit with protection

Played as with light pursuit except that the person who catches the man with the light must then get the light holder (unscathed) to a particular point. All players are armed with flour bombs (made of tissues filled with flour and sealed with sellotape). The person with the light (or persons) are the target of the bombs. (Good game for leaders to have the light)

Defend the light

An area is roped or marked out. A light is placed in the area and half of the scouts designated as defence, half as attackers. Both sides are armed with either flour bombs or water bombs (you might use small balloons to make water bombs). The attackers' object is to get into the light and turn it off without being killed! You are killed if you are hit directly by either a flour or water bomb. The game can be run several times to ensure all scouts have a fair go.



Flour and water fights

These are easy to organise and are based on a flour and water bomb 'free for all'. Two sides are picked and placed initially at a distance. As in old cavalry attacks both sides attack and plaster each other until you run out of bombs.

Stalking through occupied territory

Two sides are chosen (or three). One side has a vital message to get through the enemy lines and must work out a method to get it through without their messenger being caught or 'killed'. The enemy must station themselves well hidden throughout the area. When an enemy is spotted either by the messenger team or by the defensive team, he may be killed either by removing a string taped

to his arm (or again by using a flour or water bomb). Once 'killed' the person is out of the game. If the person holding the actual message is caught or 'killed', the defenders win. If he gets his message through, the messenger team wins. Best played in the dark, or a well bushed area. If played in the dark there is always the marvellous possibility that a man may 'kill' a member of his own team.

Observation wide games

Variations on this theme are almost endless. The idea is to send one team out with certain instruction to carry out. Another team is sent out to shadow these and make a full report at the end. They must not be observed by the first team. The first team is advised that they will be shadowed. Points are scored by the shadow team for observing particular tasks.

Cyclone Gertie

Cyclone Gertie has

area marked out on the attached map. Power and phones are out of action. With other organisations the Scouts are assisting with emergency services.

Requests for assistance are coming in to the Rescue Operations Centre - at the Scout Hall - on a spot clear of the floods.

Your first call is to go to 7 Kate Avenue.

Take two long, two short ropes with you, just in case.

You will receive further instructions there.

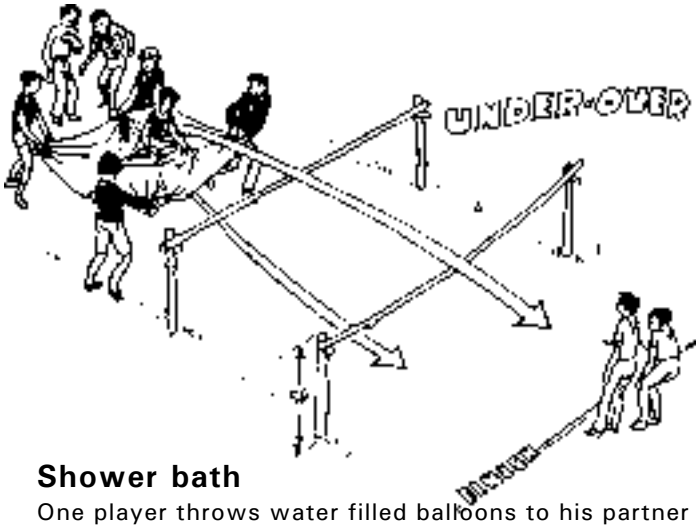
Keep the Patrol together at all times.

We're not going into all the details regarding the above excellent theme - its just an outstanding theme example that embraces a wide variety of Scouting skills, and is packed with realistic excitement.

Avoid Themes

When dreaming up and developing an exciting theme for a wide game it is easy, in one's enthusiasm, to develop ideas that can have negative repercussions. Avoid political themes, terrorist themes, themes involving war and violence that may be interpreted in the wrong way by members of the public who have no notion as to what a wide game is all about.
You have, with some themes, to have opposing forces - goodies and baddies - but do handle these things in a sensitive commonsense way.

It's a Knockout



Many Troops and Venturer Groups have organised 'Its a knockout' competitions over the years modelled on the T.V. series on the B.B.C. and R.T.E. In that time a lot of tried and tested ideas have been developed. We outline below some of the more popular and practical ideas that have immerged. All the games can be used by both sexes and over any age range. As can be seen most rely on only a small amount of general equipment normally found around most halls and dens or easily obtained. Undoubtedly, ideals for 'Knockout' games will spring forth when you have problems with equipment, so most 'Knockout' ideas can be changed to suit circumstances. When designing new games the main considerations are Fun, and safety.

Some general points

- A series or programme of games must be planned in advance, be sure all equipment for the selected games is ready and in good order. Have spare items available in case of breakages.
- Work out timing for each game and allow time for travelling to new games and for unforeseen holdups.
- Before each game starts make sure everybody understands the game and it's objective.
- Be sure officials understand the method of scoring.
- It is best to have no more than 4 teams in a competition, as if all teams have to use the same equipment it can take a long time to complete some games.
- Teams should be distinquishable from each other perhaps by way of T-shirts, Patrol flags etc.
- Scoreboard should be clearly visible and continuously up to the minute, so that teams as well as spectators may compare and monitor their relative progress.
- Teams should have 7 or 8 members but 6 will do for most games.
- Have first aid kits readily available - accidents do happen.

Shower bath

One player throws water filled balloons to his partner who stands, on roller skates, on a central board. The player catches the balloons and bursts it. Thrower moves around to next pile and throws them as before, and so on. Game is played to a set time limit. Greatest number caught and burst is winner.

Bouncing bomb

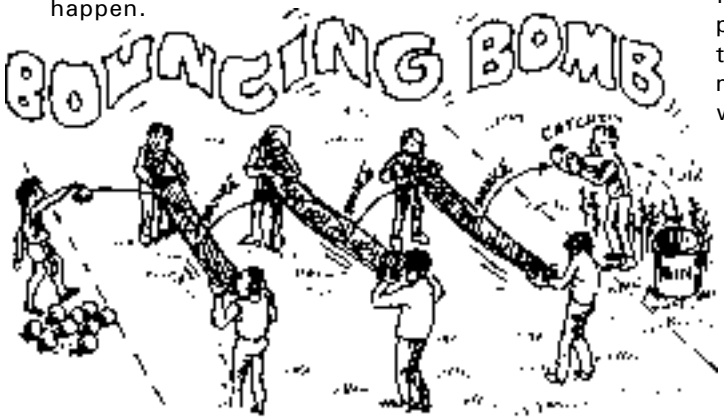
First player throws ball on to board held by first couple, who bounce it on to the next couple and so on to the catcher who places it into the bin. Do this as often as possible in one and half minutes; team to get most balls in bin in time limit is winner.

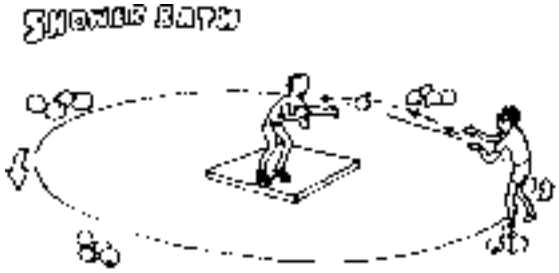
Jumping jacks

This game is for teams of eight players. The aim is to get all the balls in the bin in the shortest time. Eight balls or objects are spaced evenly down the course. First player gets into a sack and bounces down the course. Selects first ball/object, bounces down to the bin and deposits it in the bin, hops out of sack and runs back to start. The second player repeats process picking up object number two and so on.

Under - over

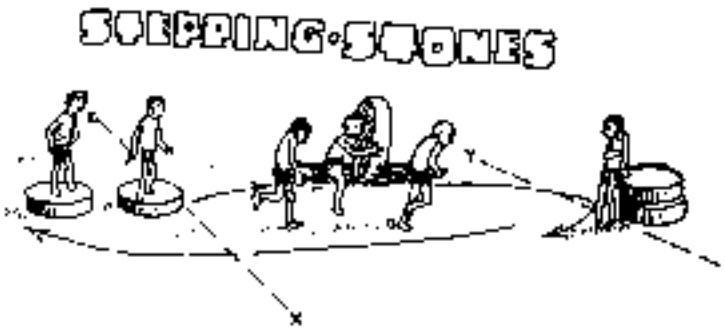
Four players carry a blanket, each holding a corner. They transport remainder of team one by one to finish line. The carriers pass under each obstacle the passenger over each. If the hurdle is knocked down they must rebuild it and renegotiate it. Team with most passengers over finish line in two minutes is winner.





Bumpy ride

One player pushes the wheelbarrow in which sits a team mate holding a bucket of water over a course of poles. They empty the remaining water in a bucket. They then run back for more water and repeat course until time limit expires. Winner is team with most water in container.



Stepping stones

Each team stand in line on their box at start line. A team of two people then carry each member and their box to finish line in turn. Boxes are then placed on top of each other and the whole team must stand on top of the boxes in the shortest time.

Slalom Hockey

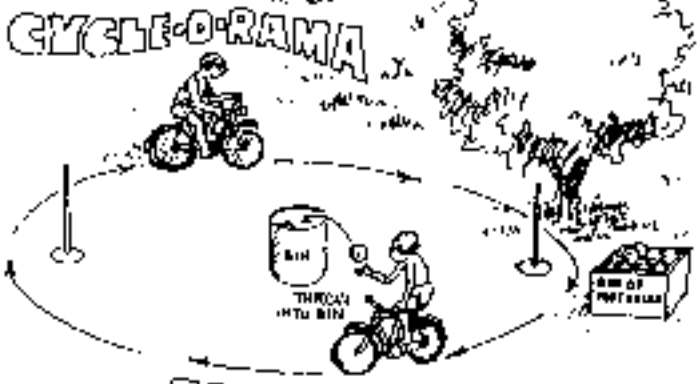
Each player in turn collects a ball and hockey stick, dribbles through a series of slalom obstacles with the hockey stick and on reaching the shooting area aims to score a goal. then runs back for another ball and tries again, person who scores the highest number of goals in 30 seconds is winner.

Obstacles

Players using tin can stiles race down course, over bench, round poles, over steps, bursts balloon and over finish line. The fastest time wins.

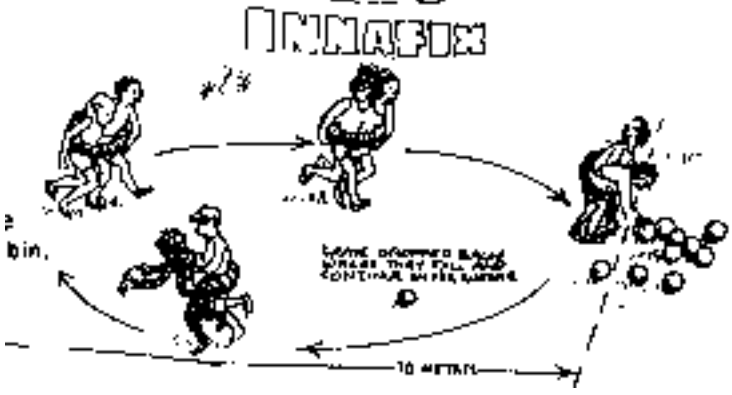
Buck it up

One cyclist supports two buckets at either end of a bar across the handle bars of his bike. As he cycles down the course to the finish line two other players run along side, throwing balls into the buckets. No ball maybe used twice. Team with most balls at finish line is winner.



Cycle - O - Rama

Both cyclists cycle round the two markers. As each passes the box of footballs, he collects one ball and drops it in the bin. Continuing around the markers and collects another and so on. Winner is the cyclist who put the most number of balls in bin.

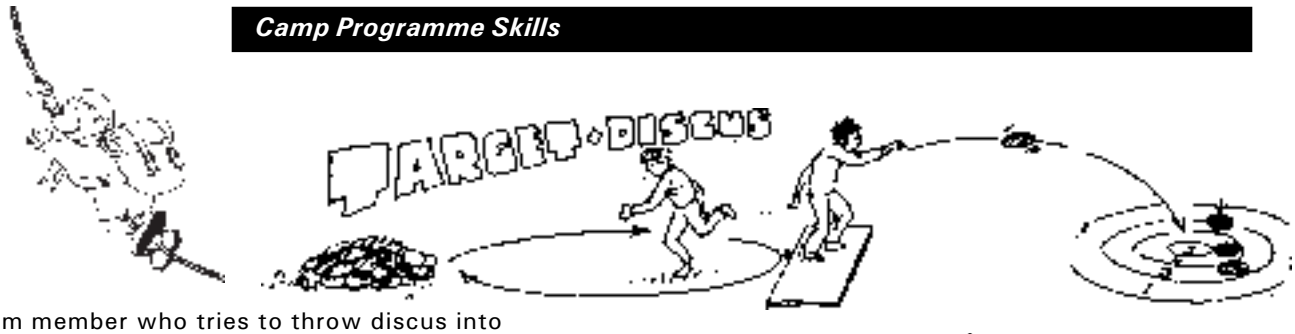


Innafix

Pairs of players squeezed together inside inner tubes, run up and down the course, collecting one football between them at a time and deposit in a bin. Number in bin at end of one and half minutes is winner.

Target discus

One player runs backwards and forwards to supply



other team member who tries to throw discus into target area. Highest score in given time limit is winner.

Froggy waiters

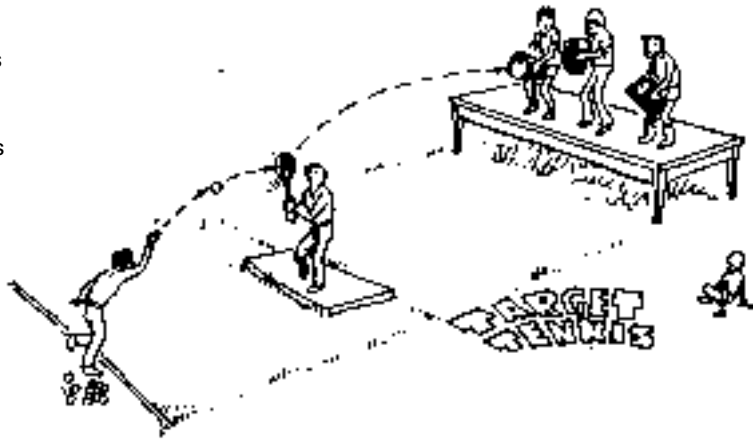
Three players per team, all wearing flippers, carry a tray holding one cup of water down a course. Empty water into measuring container and repeat until allotted time expires.

Target tennis

Three player from the team stand on a platform with buckets. One stands with his back to them and holds tennis racket. The fifth player throws tennis balls to centre man who volleys it over his head to members on platform, who try to catch it in bucket. Most balls caught after 2 minutes is winner

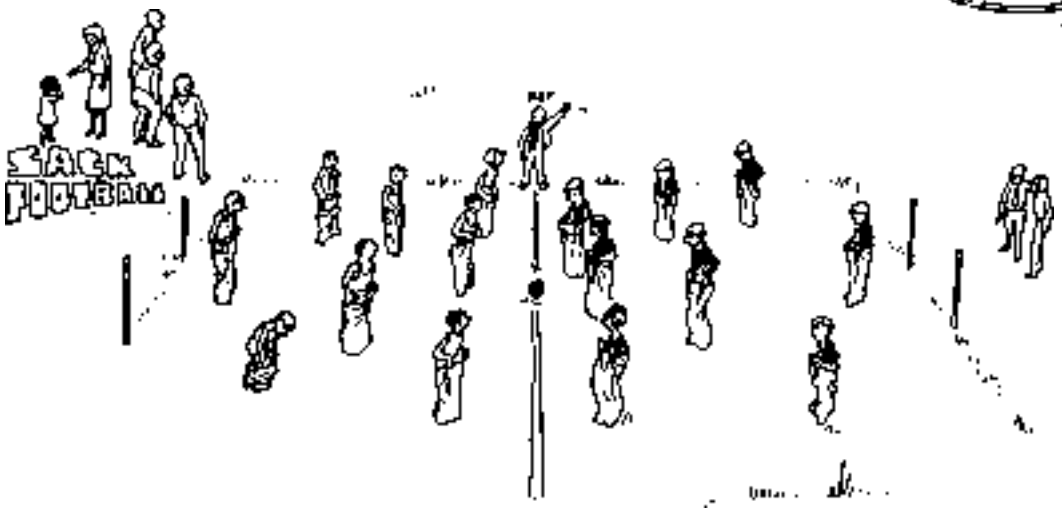
Sack football

Each team line up in sacks with the aim to score goals just as in soccer. First goal scored wins the game. Run knockout competition among a number of teams.



Wheelbarrow netball

One player picks up a ball and climbs into a wheelbarrow which is pushed by team member to shooting area. The passenger must get out of barrow try to net the ball , return to wheelbarrow and repeat process. Most balls netted is winner in set time limit.



Experiencing Nature

The wilderness inspires feelings of awe and wonder, and one's intimate contact with this environment leads to thoughts about spiritual meanings and eternal processes. Individuals feel better acquainted with their own thoughts and feelings, and they feel "different" in some way - calmer, at peace with themselves, " more beautiful on the inside and unstifled". They appreciate the slow pace of things, and they appreciate their privacy and the chance to attend to their own thoughts.
Kaplan and Talbot: 1983

Wild, remote and wilderness areas have always attracted many people. Adventures in our local wilderness either by hiking or camping can create a magical and memorable experience for those who take part. The magic of sleeping in a bivouac under the night sky. The exhilaration of standing on top of a mountain or seeing the beauty of sunrise and sunset over a wild landscape. We as Scouts have more opportunities than others to experience such adventures. These adventures will put us in close contact with our environment and instill in us a greater appreciation of the elements which make it. Although it is more likely that in such situations you will ponder on the greatness of creation and its wild beauty it is possible to experience and appreciate such experiences closer to home.

Have you ever been in a natural situation when you have experienced something special even wonderful. A realising of the world around you and the part you play in it. The presence of God, the wonderment of God's creation, you seem to lose awareness of yourself, so absorbed were you by the experience. Such experiences may only happen to you once in a lifetime while others may experience such a trill every day. These experiences called peak experiences by psychologists happen to most people at some time or another.

Scouts are more likely to be high peakers as a result of their exposure to the natural environment.

High peakers are more likely to

Find their lives more meaningful

- meditate on life more frequently
- Know the meaning and purpose of life more consistently feel more confident and self assured
-

Baden Powell recognised the value of such experiences and it is one of the primary reason why our programme is based in the out of doors. By providing young people with opportunities to be outdoors in a wilderness and wild countryside areas the likelihood of a young person experiencing a peak experience are heightened. Baden Powell called this element of Scouting woodcraft and described it as an understanding and appreciation of the world around us. This had been interpreted over the years to mean knowing the names of plants, trees, etc. Woodcraft is more than a knowledge of the names of plants etc but a deeper and more meaningful relationship with it. It is the experiencing of nature through all the senses that provides the mind with a more intensified picture of our surrounding which will enable us to harmonize with the life of the planet.

These exercises will enable you to introduce nature to your section. By using these exercises there is a greater chance that it will ignite the spark in the participants of those elements which will lead to a peak experience.

seeing, hearing, feeling, smelling and tasting. It is

Seeing

The hand - oak exercise

Comparing the lines on our hand with the structure , branches , roots of a tree, to highlight the symmetry in humans which can also be seen in other living things.

Shapes -

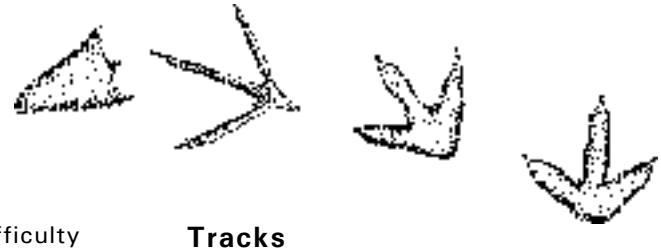
this exercise is similar to the above, however in this case give each person a random shape / line drawn on apiece of paper and get them to find something in the area that matches the shape(need not be the same size - could even be the form of a hill.
(Comparison of humans to trees, shape of trees. diversity of life living on tree)

Camouflage exercise

Hiding yourself in a wood or undergrowth using natural materials to disguise shape. In setting up this exercise it is important that you do not disturb the habitat. You should only use loose material to disguise shape such as leaves, fallen branches and cuts and grooves in the ground. It is important to point out that this is not a military exercise but an activity which makes us more aware of animal camouflage.
(Diversity of animals 'hiding in the wood' , life and death in the woods, insects, lines and patterns, how animals survive, hunting)

Stalking

Using camouflage and stealth to move or sneak up on some animal or person. This exercise can also be done by using a blindfold . This will allow the participants to use other senses rather than sight to



discover the location of their prey. The difficulty with the blindfold method is that the participant must distinguish between normal forest noises and those made by their prey.
(Animals hunting - cat and a bird - noise in a forest distinct sounds, smell / scents of animals, using cover)

The layers of the forest
Lie down, crouch, climb a tree and look at the forest from different perspectives. This activity can easily be adopted to suit many other habitats.
(Discovering the many perspectives of a forest)

Ant farm / worm farm/ rooting log
Observation of insects, worms , and slugs in various forms and at different levels - under leaves etc.
(to show different levels in a forest insect play their part breaking down leaves, branches, etc to richen soil - this is the recycling of nature, it is also important that humans recycle their waste.)

Colour Palette
Collect small specks of colour in an area to show the array of colours present in an area. These specks can be collected by place them on a piece of sticky paper or label.

Colour matching
Pieces of coloured wool are given out to the participants and they are asked to match the colour with something natural. Or your could hide different colours against vegetation and the participants are asked to collect as many of the hidden colours as possible - you should point out that the bright coloured one are all easily identified and easily collected but that it is harder to find those which match the vegetation.
(Variety of colours present in a particular area and their collective effect in producing the colour seen - it is not one colour green but the 40 shades of green)

Mirror Walk
Walking along a track holding a mirror at your waist. Mirror can also be held under your chin. It is possible to combine this exercise with the hand- oak exercise to pretend to be a squirrel and 'walk along the branches'
(Discovery of the world above - tree patterns, birds, stars, cloud formations)

Tracks
Finding and discovering tracks - what can tracks tell us - animal and human. This may be done in a sand pit. **(The variety of tracks that can be seen , weight to depth relationship, water and mud, what can tracks tell us - directions, how many, what is happening)**

Hearing

Time alone
Standing silent and alone in the forest, with no one else in sight for a time of 10 minutes. participants could be asked to make a sound map/sound recording on a card. These cards could be placed on a map of the area later. A variation of this exercise is to blindfold the participants.
(Oneness with nature, the sound of the forest, the wind, river rushing by, bird sounds , animals, insects)

Blindfold trail and rope walk
Participants are paired and take turn to follow a rope through the woods while blindfolded.
(This activity will help to heighten the awareness of our other senses other than sight.)

Silent movement

Each participant is challenged to attempt to move across a piece of ground without making a sound. In setting up this exercise you should make sure that a number of different terrains are crossed such as sand, mud, forest floor - find which is quietest.
(Animals move silently to escape detection - mostly predators who stick to paths as they are quietest/ quickest, birds of prey fly silently, birds flying off noisily as alarm call to others)

Bird noises

Listening for the distinct noises of birds and trying to discover different sounds. Participants asked to try and repeat sounds, or you could try and record the songs of birds and identify later.
(The variety of bird life present in a forest and how they play a part in the sounds of the forest. Some may be mating calls, what sound is from what bird.)

The wind

What direction is the wind blowing from. Feeling the wind on your face. Wind in the trees. The speed of the wind. The part wind plays in the forest.
(Seed dispersal, blowing down of dead trees, pollination of flowers and plants, wind and rain in soil erosion, fire in the forest. Ventilation of forest.)

Human sounds

Participants are asked to become aware of the noise they make in a forest as they move through it.
(Humans make sounds. The sounds we make scare of animals, prevent us from hearing the sounds of the forest. The sound we make compared to the sounds the forest make. A storm in a forest is like humans shouting and screaming.)

Touch

Lying on the ground

Participants are asked to lie on the ground for two minutes and sense what is happening perhaps by closing their eyes. Open your senses to the experience.
(How grass feels - is it alive. The temperature of the ground - cold /hot/damp/hard /soft . What can be seen overhead the clouds passing by, rain falling on your face, the wind - shelter. The small insects working in the grass, the smell of grass and soil.

My friend the tree

Participants are blindfolded and introduced to some new friends - trees. They must hug a tree , fell the bark of the tree, feel the shape of the leaves, the fine ribs of the leaf structure. The smell of the tree. The movement if any in the tree. Participants are introduced to a number of different trees. This exercise is best done in pairs, with each changing roles. Care should also be taken no to disturb young trees and scrubs as well as leaves.
(The shape of trees, the difference between trees, a friend in need - mans relationship with trees over the years and today such as shelter, furniture, heat, food etc. The other life that depends on a tree - insects, animals, birds etc.

River walk

Participants are asked to take off their shoes and socks and walk in a stream. The stream must have fast flowing and quite sections including pond sections. It is likely to be cold which will focus the senses very quickly. This exercise maybe seasonal and is probably best done in the late spring and summer.
(the purpose of this exercise is for the participants to experience the different flows of a river and discover how they play a part in the life of the forest. Fast flowing- very hard to stand up or life to hold on such as seeds, plants. Quite section - sand deposits, plant life, fish, mud between your toes. Pond section - muddy, gas from decaying plants, leaves, frogs, bogs etc. Irrigation - water essential for life . Build dams to show how river will find new pathways. Power of the river - moving stones , soil erosion, electric power, mills)

Stones
Participants asked to find different stones - round and smooth, soft and hard, different colours different types. **(How soil is made, effect of cold and heat, different types in one area. Part played by river and wind and rain)**

Taste

Water Tasting
Participants are asked to taste water at different places on a river. Only small amounts of water should be taken and care should be taken to ensure that water is drinkable.
(Fast flowing - fresher, Quite, pond - stagnant / acid)

Food of the forest
Participants invited to taste edible plants, nuts, berries and seeds. This exercise is seasonal and it is suggested that you consult a copy of the handbook - *Food for Free. R Mabey - Collins 1992 for detailed guidance.*
(forest as provider for man and animals)

Smell

Fresh Air
Participant asked to fill their lungs with fresh air
(this will have a therapeutic effect on participants)

Deep forest - open forest
Smell the difference between the smells in a dark area deep in the forest and the smells in an open forest
(smells caused by plants and decaying matter, also effected by dampness)

Plants
The variety of different smells from plants of all kinds - plants to look out for include wild garlic, mint (in marshy areas), laurel leaves (almond when crushed), conifer tree sap.
(why do plants smell etc - bees attracted by smell or warded off by smell and taste. Plants used for cooking - spices/herbs)

Animals/ Humans
Participant asked to find different smells, smells that exist from animals such as wool or fur, smell of humans - How do we smell to animals
(smell used by animals to define area of control etc. Smell as a means of defence, disguising smells - deodorants by humans, mud by animals. Blood hounds and fox hunting.

Other exercises or activities which could be used to heighten awareness to other details.

Sun / Shade
An exercise perhaps with the assistance of an umbrella to point out such things as
Rain cover and its effect on plant growth and light levels
Sunlight penetration and the effect on plants - long stems etc as they try to reach light
The shape of the earth and its relationship to the sun - how the light changes at time of year - seasons.
How plants know how to function - daytime, nighttime, spring, winter, summer, autumn.
Building a sundial to show time of day

Interdependence
An exercise which will demonstrate how everything in the forest is interdependent on each other. Perhaps something like a cogs and wheels game, or building human pyramid

Learning from nature
Can animals teach us anything - ant colony, bee hive - working together, teamwork, survival skills etc.

Construction
An exercise in construction skills that will mirror nature - things such as building tower and the need for a proper base - trees and root structure. Making nets - root structure holding soil together etc.

Spare Time Activities

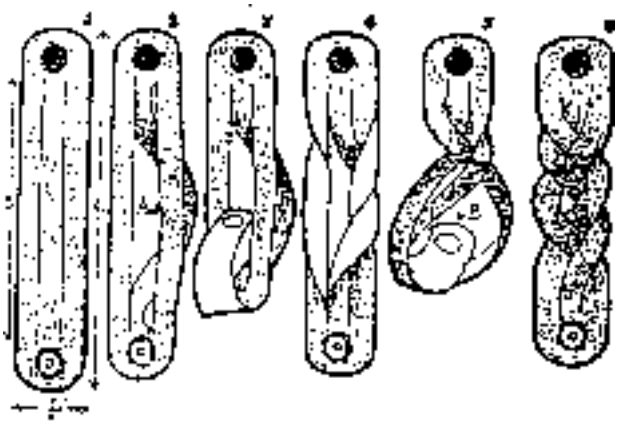
A selection of projects to keep your Scouts busy in those spare moments at camp

Making or re - plaiting a plaited woggle

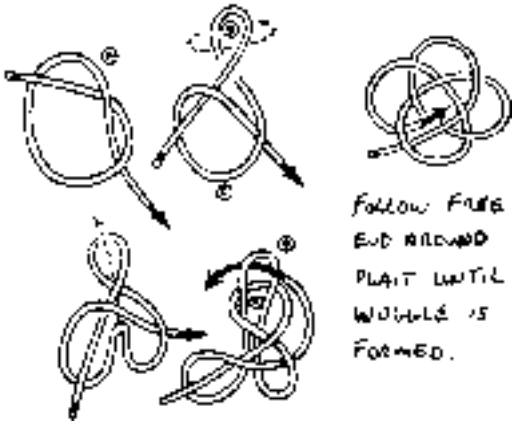
Many of us have unplaited one of these woggles at some time or otherin our Scouting lives and then played for hours trying to get it back together again. Well, here the secret is revealed. You can of course make a new woggle by using a strip of leather and cutting slits in it as shown, and make your own woggle.

In each diagram the shaded area indicates the front of the woggle.

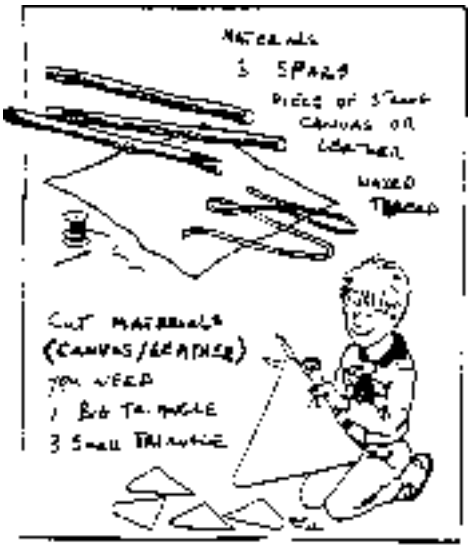
1. Fold the centre strip behind the right strip.
2. Pass the bottom from the front through the gap marked 'A'
3. You now havea weird looking plait as in diagram 4.
4. Make another plait as shown in diagram 5 and again pass the bottom from the front through the gap marked 'B'
5. Straighten up the completed plait and your woggle is complete or fixed.

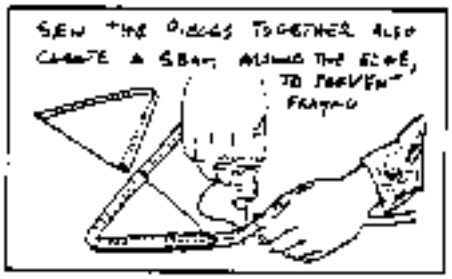


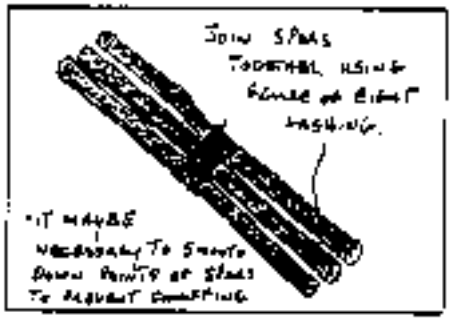
Turks Head woggle

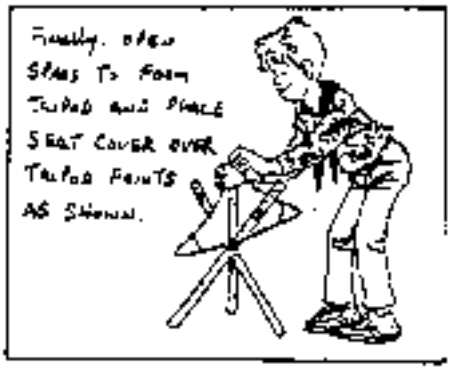


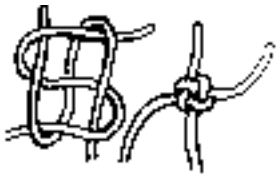
Folding Tripod Seat



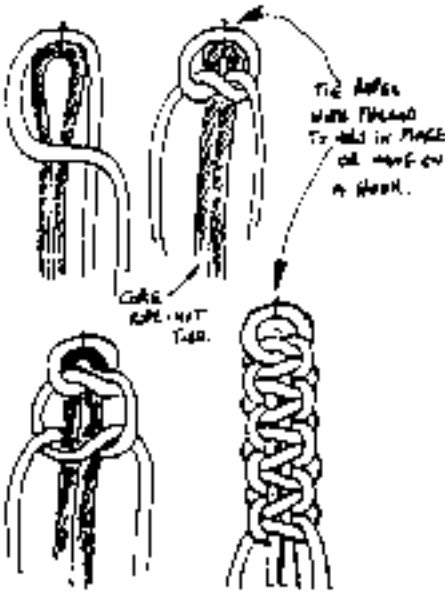


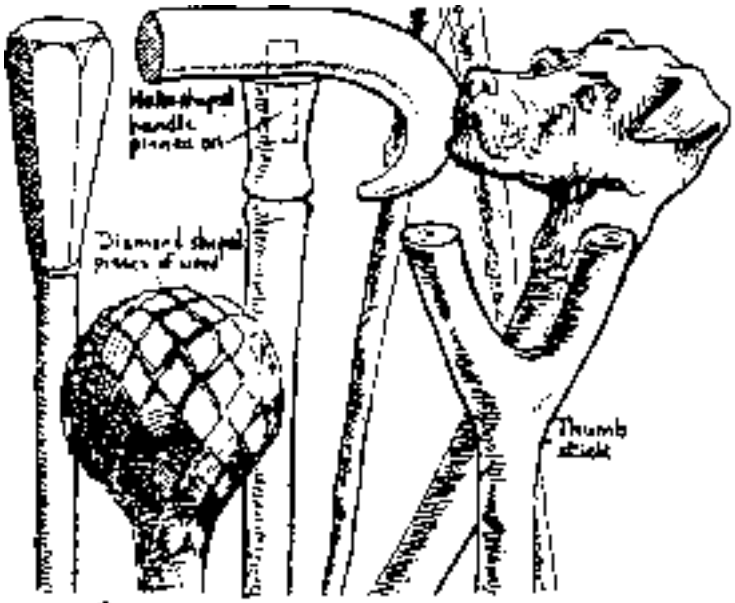






Square knot Lanyard

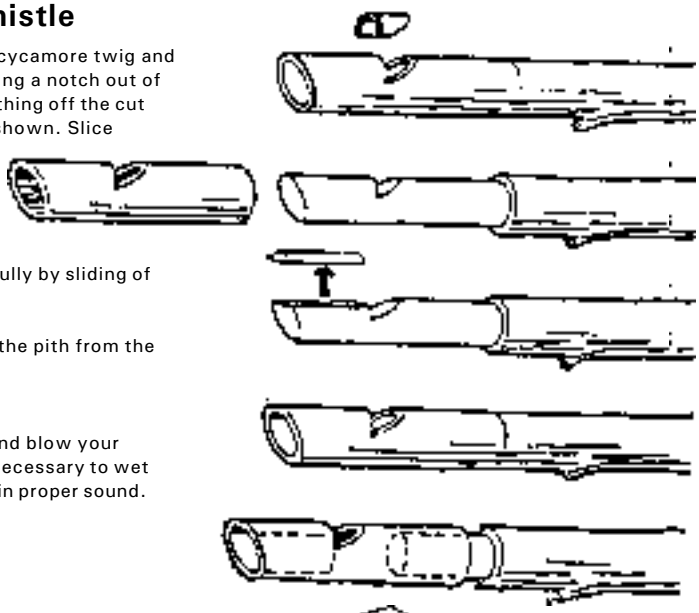




Carve a walking stick

Make a Whistle

Select a piece of scycamore twig and cut as shown - taking a notch out of the twig and smoothing off the cut edge in a slant as shown. Slice around the bark.

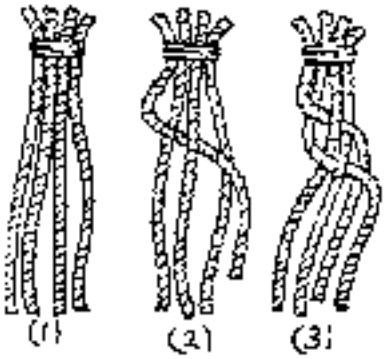


Remove bark carefully by sliding of twig

Slice of a sliver of the pith from the top to the notch.

Replace the bark and blow your whistle. It maybe necessary to wet the whistle to obtain proper sound.

Sennits



Carve the classic