

Scout Section Bronze Award



This booklet belongs to:

**ADVENTURE
PLUS!**



SCOUTS
New Zealand

“Getting outdoors and experiencing the scenery, sun and sea is a universal pleasure enjoyed by millions of people on the planet. But for it to be the pleasure we expect, we need to be trained so that it doesn’t become a battle for survival.

The Skill Sheets have been compiled as a training aid that will allow all Scouts in New Zealand to:

- safely experience adventure and enjoy fun in the outdoors,
- develop the skills needed to survive in life, particularly in emergencies,
- care for the environment in which we live and pass it on in good condition to the next generation.

These Scout Skill Sheets are a ‘one stop shop’ of basic information for the members of SCOUTS and their leaders.

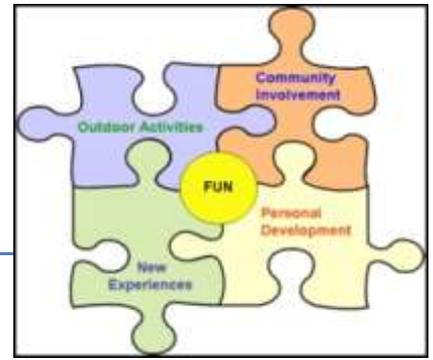
If you follow the guidelines, you will safely visit and enjoy the magnificent scenery that most people see only on TV, the internet, calendars and in magazines. You will also enjoy the friendship of many others as you live your life”.

Enjoy your Scouting.

Kelly Bleakley

National Commissioner
SCOUTS New Zealand

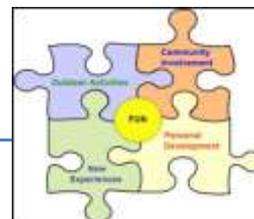
Scout Award Scheme Skill Sheet Contents



Outdoors Cornerstone - Bronze Level

Sheet Title	Contents
1a Campcraft – Hike Tents Sheet 103	<ul style="list-style-type: none"> • How to pitch a hike tent • Storing a tent • Waterproofing a tent
1b Campcraft – Patrol tents Sheet 104	<ul style="list-style-type: none"> • How to pitch a patrol tent • The pole type tent • The frame tent • Adding storm lashings
2 Expeditions - Compass Sheet 105	<ul style="list-style-type: none"> • Eight main compass points • Finding magnetic North • Setting a compass bearing • Find North using your watch • Find North at night
3 Mapping Sheet 106	<ul style="list-style-type: none"> • Reading a NZ Topo 50 map • How to orientate or set a map • The date of the map is important
4 Environment Sheet 107	<ul style="list-style-type: none"> • Know what weather is coming • Look at the weather maps • Identify three native trees and birds • Native trees you could research • NZ native animals and mammals
5 Rope and Knot Skills Sheet 108	<ul style="list-style-type: none"> • Demonstrate three knots and know how to use them • Taking care of pioneering ropes • Clove hitch • Sheep shank • Sheet bend • Bowline • Timber hitch • Reef knot • Round turn and two half hitches • How to hank a thin rope
6 Fires and Fire Safety Sheet 109	<ul style="list-style-type: none"> • Safety requirements for fires • How to lay and light a fire • How to extinguish a fire using water and without water • Types of cooking fires
7 Care and Safety Sheet 110	<ul style="list-style-type: none"> • NZ environmental care code • What personal gear to take to camp • Checking for hazards on a camp site • Helping a tramping friend

Scout Award Scheme Skill Sheet Contents



Community Cornerstone - Bronze Level

Sheet Title	Contents
1 Emergency Preparedness Sheet 111	<ul style="list-style-type: none"> • Rules for swimming pools • Swimming in the sea, river or lake • The buddy system • Create a home emergency plan • Make a home emergency kit • The Water Safety Code
2 First Aid Skills Sheet 112	<ul style="list-style-type: none"> • Burns and Scalds • Treatment for bites and stings • Treatment for minor burns and scalds • Treatment of small wounds, cuts and grazes • Hints for trampers – sore heels
3 Helping others and "My community" Sheet 113	<ul style="list-style-type: none"> • How SCOUTS youth sections fit together • Responsibilities at home • The section leaders in your Group • Opening the Scout meeting • Folding the NZ Ensign • A Sea Scout Flag Break • Flag Down
4 Our World, Our Country Sheet 114	<ul style="list-style-type: none"> • Learning about others • Food from a different culture • Recipes from other countries • Games from other countries

Personal Development Cornerstone - Bronze Level

Sheet Title	Contents
1 Expression and personal challenges Sheet 115	<ul style="list-style-type: none"> • Campfire songs, yells or skits • Scout yells • Lead a skit at a campfire • List of Personal Challenge badges
2 Physical and Social Skills Sheet 116	<ul style="list-style-type: none"> • Exercises to keep fit • Personal hygiene • Hints for personal hygiene

New Experiences Cornerstone - Bronze Level

Sheet Title	Contents
1 New Experiences Sheet 117	<ul style="list-style-type: none"> • Take part in a National Programme activity • Take part in a Group, Zone or Regional event • Cooks a simple meal over a fire • Several recipes for cooking in camp

Scout History

Sheet Title	Contents
1 History of Scouts Sheet 118	<ul style="list-style-type: none"> • The Founder • Scouts in New Zealand • Significant dates in Scouting

SCOUT BRONZE AWARD SKILL SHEET

OUTDOOR CORNERSTONE 1a

CAMPCRAFT: Pitch a hike tent, strike it and store it away.

Date Completed



Note how the tent is packed inside the bag. Pay attention to how the tent is folded so that you can fold it up again correctly.

Parts of A Dome Hike Tent:

- The bag it comes in
- The fly (roof)
- The tent (floor and walls)
- Three flexible rods
- Fifteen or more tent pegs
- Six guy ropes (may be attached)
- One mallet (may be separate)



- Clear the ground of any sticks and stones that might damage the floor of the tent.
- Lay the tent out flat on the ground and make sure the door faces away from the wind.
- Hammer a peg into the loop at each corner to hold the tent down.
- Then add pegs around the floor where the rest of the loops are placed.



- Assemble the two longest fibreglass rods by slipping each segment together.
- Place one end of the rod into the pocket or on the pin at one corner of the floor.
- Gently bend the rod over the floor and insert it into the pocket or pin diagonally opposite. (Some rods are threaded through sleeves in the walls)
- Insert the second rod in the remaining two pockets or pins.



- Lift the tent walls up and use the tabs provided to fix the walls firmly to the flexible rods.
- The tent should now have taken shape.
- Check you have the door facing away from the wind. This helps stop rain entering the tent each time you open the door.
- Note that some tents need the flexible rods threaded through sleeves in the wall and roof.



- Take the fly (roof) of the tent and place it over the flexible rods. Turn the fly around until you get the opening in line with the door.
- Tie the bottom of the fly to the tent pegs around the edge of the floor.
- Insert the third and shorter flexible rod into the seam over the doorway and fix the ends to the two front corners.



- Hammer pegs into the ground about 900mm out from the floor of the tent where the guy lines (ropes) are attached to the fly.
- Tie these ropes to the pegs to keep the fly clear of the walls of the tent.
- The door has been rolled up.
- Some tents have extra poles and ropes to hold up a veranda.

**Hint 1:**

The tent should look like this.

- These tents are not suitable for strong winds.
- If you are expecting strong winds, try and pitch the tent beside a hedge, fence or a shrub that might act as a wind break.
- Never pitch a tent under a tree as a branch could break and fall on the tent and you.

Hint 2:

- The tent must be dry before packing into the bag and storing in the storeroom.
- Strike (dismantle) the tent and dry it in the sun for 15 mins.
- Then fold it up as you saw it when you unpacked it. If you do it correctly it will easily fit into the carry bag.
- Count the pegs to make sure you have collected them all.

Hint 3:

- A tent packed while damp will develop mildew and mould and become unusable within 3 or 4 days.
- If the tent is wet when packing up, strike it and lie it on the ground.
- Place the bag, flexible rods and pegs on the fly, then roll the whole lot up loosely and take it back to the hall where it can be dried and packed.

**Hint 4:**

- Never store a tent on a concrete floor. Chemicals in the concrete will damage the fabric of the tent.
- Always store tents on shelves well above the floor and in a area that is well ventilated and dry.

Hint 5:

- If the seams leak, coat them with a seam sealing compound.
- If a canvas tent leaks, apply a canvas waterproofing liquid to the roof and walls with a roller, garden sprayer or brush and leave to dry.
- Both products are available from all tent suppliers.

Hint 6:

- Always keep the tent in the bag provided.
- When the tent is erected keep the bags and mallet inside the tent so they don't get lost.

SCOUT BRONZE AWARD SKILL SHEET

OUTDOOR CORNERSTONE 1b

CAMPCRAFT: Pitch a Patrol tent, strike it and store it away.

 Date completed

The Pole Type Patrol Tent

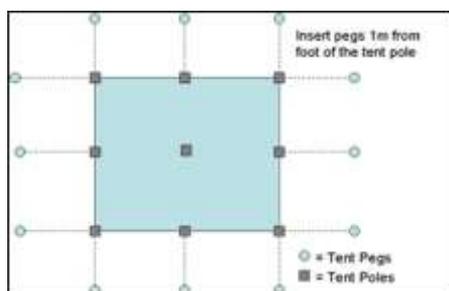
This type of tent dates back many years and Groups throughout NZ have many of these tents.

They are robust and stand up to strong winds particularly well.



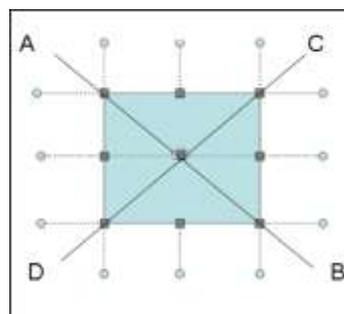
- One of their characteristics is that they can be half poled (meaning removing one section of the poles) to reduce the height so they stand up against the wind much better in a severe storm.
- The down side of this type of tent is that they do not have permanent ground sheets or floors. Many Scout Troops do without the floors unless the weather is exceptionally wet, preferring to camp directly on the grass.
- If you choose to do this, it's wise to use plastic bins with lids to keep personal gear in so it is kept dry. These bins usually slide under camp stretchers.

Pitching a Pole Tent



1. Spread the tent out on the ground, roof side up.
2. Drive pegs into the ground 1 metre out from each pole and fix the guy ropes from the poles to the pegs. See the diagram for the peg locations.
3. Insert a pole into the eyelet at each corner. Have one person at each corner for this.
4. Place one end of the guys ropes over the top of the poles and the other over the peg.
5. Raise the tent poles into position and tighten the guy ropes.
6. Insert the centre pole(s) last.
7. **Hint:** Make sure the pegs are in line (neater).

Add Storm Lashings To A Tent



Storm lashings make a huge difference to a pole and a frame tent in wild and windy weather.

However, you do need some long lengths of rope and twelve big tent pegs.

This is what you do:

When the tent is up, run a 12mm diameter rope from peg A to peg B, and from C to D, making sure that you loop the rope around the top spike of the centre pole and the corner poles before tying them tightly to very secure pegs at A,B,C, and D.

Hammer in one largish peg at the bottom of each pole around the walls and tie the pole and the bottom of the tent wall to the peg.

The aim is to stop the wind lifting the tent roof off the poles and then thrashing down again and having the spike on the pole rip a hole in the roof of the tent.



The ropes also help to take the strain off the canvas so those loops around the tops of the poles are vital.

Pole tents come in various sizes

Here is an illustration of some pole tents with a single centre pole and some with two or more.

Be Prepared (the Scout Motto)

Don't wait for the weather to change before adding storm lashings and checking the tent pegs.

- Watch the clouds for signs of wind and get the job done before it gets dark, windy or wet.

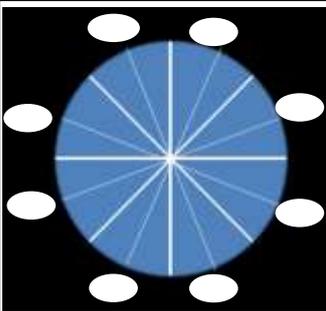
Pitching Frame Tents

The directions are similar to hike tents but with more poles. Storm lashing are also needed for frame tents in severe weather.

EXPEDITIONS: COMPASS POINTS

- Draw the eight main compass points
- Find magnetic 'North'
- Follow a compass course containing at least four bearings

Date Completed



The four main compass points are called the Cardinal points. They were developed hundreds of years ago for sailors who could not read numbers.



Scouts use a Silva Compass which uses numbers.
 N = 0 degrees, NE = 45 degrees
 E = 90 degrees, SE = 135 degrees
 S = 180 degrees, SW = 225 degrees
 W = 270 degrees, NW = 315 degrees
 To set a course to the **West** we would walk on a bearing of 270 degrees.

Remember the 4 main points:
North, East, South, West.

Then you can work out the four inter-cardinal points.

- Halfway between N and E is **NE**.
- Halfway between S and E is **SE**.
- Halfway between S and W is **SW**.
- Halfway between N and W is **NW**.

(Note that **N** and **S** come first e.g. **SE**, **NW**).

Hint: East is where the sun rises each morning
West is where the sun sets each evening.

Finding Magnetic North

The earth's magnetic field causes the red end of the needle to point towards Magnetic North.

Hold the compass in both hands so that the writing is up, the compass level, and the black arrow pointing ahead of you.

The **red end** of the needle will swing round and point to **Magnetic North**.



Setting A Compass Bearing

The dial on the compass (the ring with the numbers on it) can be turned so that you can set a bearing and follow a course.

Here is how you set a bearing for a course of 0 degrees (or North) and then 90 degrees (or East).



- Turn the dial until the N or 0 degrees is pointing to the 'Direction of Travel Arrow' and is below the words 'READ BEARING HERE'

- Hold the compass level with both hands and with your elbows against your hips.
- Turn your body until the red needle is in line with the red arrow on the dial.
- Look up and find an object that is in line with the 'Direction of Travel' arrow and start walking towards North.

Make sure you choose a distant object such as a building, tree or shrub that will **not move** as you walk towards it (such as a cow or a sheep).

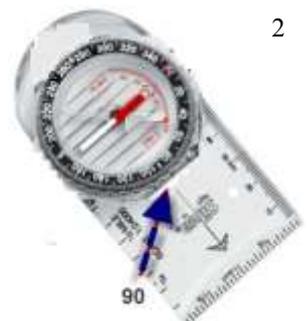
Follow This Simple Compass Course

Follow this course and see where you end up. Remember to keep well away from any cars or sheds as the iron and steel will stop the compass working correctly.

Put something on the ground to mark your starting point.

1. Walk 20 paces on a bearing of 0 degrees.
2. Walk 10 paces on a bearing of 90 degrees
3. Walk 20 paces on a bearing of 180 degrees
4. Walk 10 paces on a bearing of 270 degrees.
5. How far from the starting point are you ?

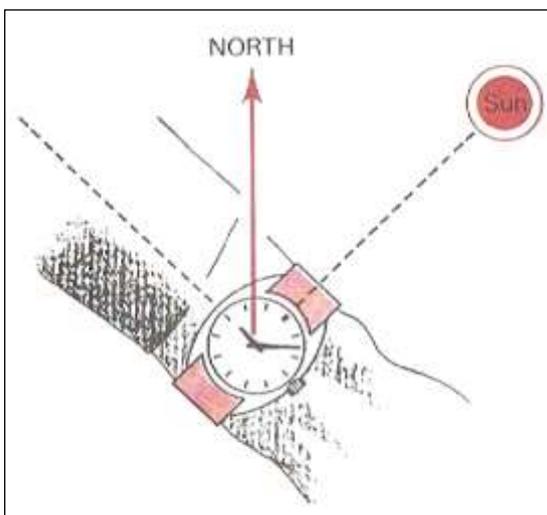
- To set the next bearing which is 90 degrees, turn the dial until the 90 is beneath the words 'READ BEARING HERE'.
- Turn your body again until the red needle is in line with the red arrow.
- Look up, find a distant object in line with the 'Direction of Travel' arrow and walk towards it. You are now walking East.



Find North Using Your Watch

You can find North using your watch if you can see where the sun is.

This is reasonably accurate and can get you out of trouble if you are lost.



Here's how you find North.

1. Point the 12 on your watch at the Sun.
2. Halfway between 12 and the hour hand is North,

Wearing a digital watch?

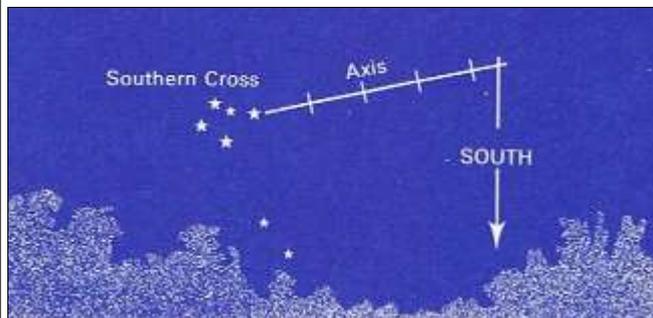
You know the time, so just pretend you can see the hours round the edge of the watch.

Work out where the hours hand should be, and halfway between the imaginary hour hand and the imaginary 12 is North.

Find North at Night

Finding North at night means knowing how to find the 'Southern Cross' and also having a cloudless night sky.

First, ask your Patrol Leader to show you how to locate the 'Southern Cross' in the night sky. It looks a bit like a map of New Zealand.



Once you have located the 'Southern Cross', follow these instructions.

1. Locate the two stars widest apart in the cross.
2. Extend the distance between the stars out four and a half times.
3. You can use a small stick or a pencil to help measure the spacing.
4. Face the point you have measured to be four and a half times the width of the two stars. You are now facing approximately South.
5. Turn around and face the other way. You are now facing approximately North.

Telling Time With A Shadow Stick

Materials

- A stick about 300mm in length
- A permanent marker pen
- 13 pebbles or ice block sticks
- A watch or a clock

This is what you do

1. Find a sunny spot and put the stick in the ground.
2. Place a pebble or ice block stick where the shadow falls each hour.
3. Use a felt pen to write the time on the pebble or stick.

Your sundial is ready to use. When you want to tell the time without a watch or clock, just look for the shadow.

In the picture above, the stones are used to mark each hour from 7am to 7pm. This picture was taken at 9:15 in the morning. Daylight saving will change the times by an hour, but does it matter in camp?

In the beginning, you may find it hard to be very precise. With a bit of practice, you should be able to tell time to the nearest 15 minutes, and maybe even more closely.

This information is courtesy of and adapted from the 'Sciencekidsathome.com' website

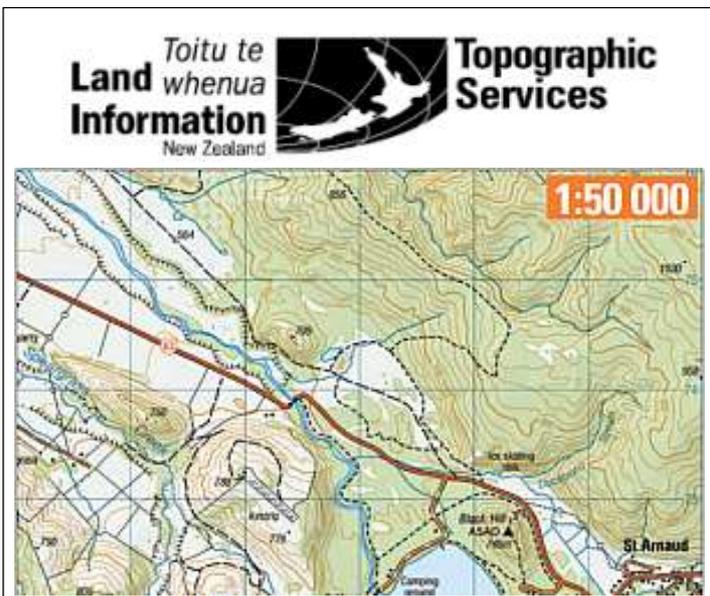
What time is showing here?



EXPEDITIONS: USING A MAP

- Use a map key to identify features.
- Orientate a map using common features such as buildings and roads etc.
- Explain the importance of the date the map was published.

Date Completed



Reading A NZ Topo 50 Map

Scouts use the Topo50 series of maps produced by Land Information New Zealand when training and tramping.

The 50 refers to the scale of the map which is:
1cm = 50,000cms.

Think of this as 1cm = 500 metres (half a kilometre).
So 1 cm on the map means half a kilometre on the land.

All the Topo50 maps have a 'Key' running down the left side of the map. This 'Key' lists the symbols used on the map to show hills, valleys, rivers, roads, houses, cliffs and many more such features.

The image overleaf shows a 'Key' from a Topo 50 map and gives you an idea of what the 'Key' looks like.

Look at the 'Key' and learn the symbols for:

- A building
- A river
- Bush land
- A road
- A track

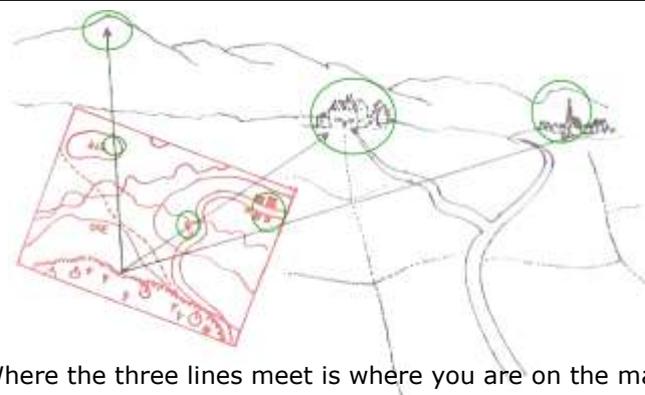
How To Orientate Or 'Set' A Map

A map is used to find your way but first you have to find out where you are on the map.

This is done by finding significant and easily identifiable objects such as hills and rivers shown on the map and then turning the map until it lines up with what you can see in the landscape.

Here are the steps

1. Lay the map on the ground away from any iron.
2. Look at the landscape and identify three main points such as a mountain, a major road, a river.
3. Look down at the map and find the same objects on the map.
4. Turn the map until the objects on the map line up with what you can see in the landscape.

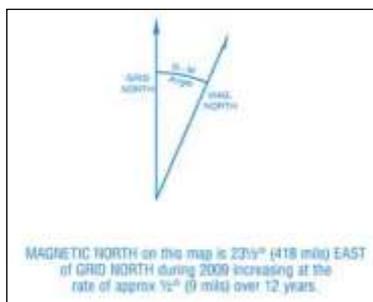


Where the three lines meet is where you are on the map.

The Date Is Important

There are two reasons why you should look at the date the map was published:

1. If the map is several years old, there could well be new roads, tracks and buildings in place that don't show on the map.
2. Magnetic North changes every year and you may need to adjust your bearings to make sure you end up with the map orientated correctly.



The publishing date is found on every map and also tells you the magnetic change.

You will learn more about Magnetic North and the Magnetic Declination when you start work on the Silver Award Scheme.

For now, just remember that the blue grid lines running up and down the map point up to **true** or **grid North**.

The arrow angling out to the right in the image above left is pointing to Magnetic North or **Mag North**.

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ENVIRONMENT:

Date Completed

- Identify three native plants/birds/animals
- Explain why we need to take the weather into consideration when planning and conducting outdoor activities.

Knowing What Weather Is Coming

The Scout motto is '**Be Prepared**' and the reason for this is to ensure our personal safety and that of other people.

- Knowing what weather is coming towards us is important so we can make decisions that will ensure our safety. Bad weather can lead to situations that we would like to avoid, or at least be prepared for.
- Other peoples lives may be put at risk while trying to rescue us. (Search and rescue people and helicopter pilots and crew). Rivers and creeks can flood and be too dangerous to cross, and may trap us with little shelter.
- Banks and tracks can slip and trap us in places exposed to the wind and rain.
- Campsites can flood and high winds can damage our tents and leave us without shelter. Excessive heat from the burning sun can cause us to become ill from lack of water or sunburn.
- Snow and ice can trap us on a site where we are exposed to the cold.
- We may take the wrong sort of clothes and tents, and not be able to keep warm and dry, or have enough shelter from the sun if it's too hot.



Wet weather doesn't necessarily mean we don't go on an activity.

It may mean we take better tents and good wet weather clothing so we are well prepared and can enjoy ourselves without putting ourselves and others at risk of injury or hypothermia (exposure).

**Look At Weather Maps**

You will learn to read weather maps when you start your Silver Award.

But until then, take time to watch the weather forecasts on TV, in the newspaper or on the internet. Start to teach yourself to understand the forecasts and think about what clothing and gear you need to "**be prepared**" while on a Scout activity.



These Scouts were prepared. They had strong waterproof tents and they brought shovels to camp to dig trenches in case it rained. And it did.

Identify Three Native Animals, Trees Or Plants

Scouts believe in being environmentally friendly and in order to achieve this we need to be able to identify what animals, birds or trees are in fact natives.

When you do your research, try and learn about the animals, plants or birds that live in your part of New Zealand.

Once you have learnt about them and where they exist you may be surprised at how many can actually be found in your neighbourhood or on nearby farms.

You can find out more on the website listed below or by visiting the local public or school library.

<http://www.doc.govt.nz/conservation/native-animals/>

NZ Native Birds

There are not many animals native to NZ, but there are many birds. Here are a few that you may like to research.



Tui



Fantail



Morepork



Wood Pigeon



Yellow Eyed Penguin



Wax Eye

Hint:

Remember the Environment Code. "Don't damage vegetation".

Try taking a photo of a tree and leaf and then paste that into an exercise book.

Add information about the tree and then give it to your Scout Leader for comment.

You can also take a photo of the animal and or bird you choose to identify and paste that in the book as well.

Then you have a log book you can add to when you work on your Silver Award Scheme requirements.

Books You Could Ask The Library For

Collins Field Guide to New Zealand Wildlife by Terence Lindsey and Rob Morris.

Reed/Mobil NZ Nature Series Common Birds in NZ by Geoff Moon.

Native Trees You Could Research.

These are often found in parks and reserves.

See if you can locate any near your home and find out more about them.



Kauri tree



Kahikatea tree



Totara tree



Kowhai tree



Manuka tree



Cabbage tree



Black Beech tree



Rimu tree



Matai tree

NZ Native Animals And Mammals



NZ Gecko



Otago Skink



Koura
Freshwater Crayfish)



Weta



Maui Dolphin



Long Tailed Bat



Common Skink

Images courtesy of the Department of Conservation and Wikipedia websites.

OUTDOOR SKILLS: Ropes

Date Completed

- Demonstrate three knots and show how to use them.
- Demonstrate and explain how to hank and care for ropes used for pioneering

Demonstrate Three Knots And Show How To Use Them

Here is a list of a few knots that you should find useful, so choose three and start practicing.

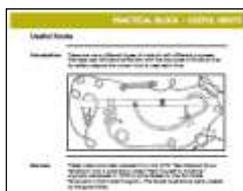
- Your Patrol Leader should be able to teach you these knots.
- Your Scout Leader can download an instruction booklet for you called "**Useful Knots**" on the NZ Scout website.
- You can go to a website called "Grog's Animated Knots" and teach yourself.

<http://www.animatedknots.com/indexscouting.php?>

Taking Care Of Pioneering Ropes

Ropes not treated carefully will rot and break. A breaking rope could cause injuries to people, so always follow these rules when storing ropes after use.

- Rope is best stored hanging up in a dry store room. If in a sack, hang the sack up so the air can circulate through it.
- Always dry ropes before putting them away. Avoid leaving them in the sun or in an oven as this dries out the natural oils and weakens them.
- Regularly check ropes for mildew and rotting. Pick several spots along the length of the rope and unwind the strands to see if rot, wear, chafing or mildew is present. If so, turn it into lashing ropes or put it in the rubbish bin.
- Avoid straining ropes used for rescues or rope bridges. A severe strain (e.g. towing a car etc) may weaken the rope and cause it to fail and injure someone.
- Always secure the end of a rope to stop it fraying or unwinding.
 - Melt the end of synthetic rope with a burning match or fire lighter.
 - Bind the end of the rope with a piece of plastic electricians tape.
 - Tie a sailmakers whipping on each end of the rope.
 - Or back splice the rope at each end. You can find out how to do this in the "**Useful Knots**" instruction booklet.



Clove Hitch

This hitch is used to secure a rope to a spar or pole, where the rope will be pulling at right angles to the spar. It is often used to secure the rope when starting or ending a lashing.

Step	Instructions
	Make a loop with each hand. Note that the ends of the rope are on different sides of the loop.
	Lay the right hand loop over the other making sure that the ends cross over each other and the hitch is formed.
	Slide the loops over the spar or pole and pull tight.

Sheep Shank Knot

Used to strengthen a weak spot in a rope. It may also be used as a pulley to tighten a rope.

Step	Instructions
	Lay the rope on the ground in the shape shown. Make the loop as big as needed to shorten the rope, or to place the worn section in the middle strand.
	At end (A) make a half hitch and slip it over the remaining loop. Do the same at end (B) and tighten.
	It can be wise to insert a stick to stop the loop slipping through the half hitch if safety is an issue.

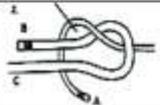
To use as a pulley:

- Tie a half hitch on one end only.
- Take the free end of the rope and pass around an anchor or spar, then up through the free loop on the end of the sheep shank
- Pull the free end back down to tighten the rope.

Continued overleaf

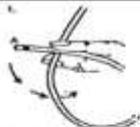
Sheet Bend

This is useful for attaching a rope to an eye-splice or loop in another rope. It also works well for joining two ropes of unequal thickness.

Step	Instructions
	<p>Make a bight (loop) in the end of rope (B). Pass the working end of A up through this bight.</p>
	<p>Take (A) under (B) and (C) and back up.</p>
	<p>Pass (A) down through the loop it has made as shown. You have in effect used the thin rope to jam the loop on the thicker rope. Pull tight by pulling both standing ends in the opposite direction.</p>

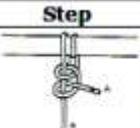
Bowline

This is a rescue knot and is simply a non slip loop knot that can be safely fastened around people to lift or lower them to safety.

Step	Instructions
	<p>Place the working end (A) over the standing part, with you first finger on top and you thumb under the crossed rope.</p>
	<p>Twist your hand to the right, and flip the working end up through the bight. At the same time push the left hand side of the bight away from you. This makes a small circle (B) through which the end appears.</p>
	<p>Pass (A) around behind the standing part, over the crossed ropes at (C), and down through (B). Pull it tight with care so that it looks like the image below.</p>
	<p>This end is pulled. The finished knot should look like this. It is possible to tie a bowline in the middle of a rope. Search for "Grog's" home page on the internet for information on this.</p>

Round Turn and Two Half Hitches

Used to tie tents guy ropes to tent pegs and ties downs for rope bridges.

Step	Instructions
	<p>Pass the working end of the rope over the post or peg twice for the round turn. Then tie two half hitches as shown in the illustration.</p>

How to Hank a Thin Rope

To 'hank' a rope means coil it so that it doesn't get all tangled when you put it away after use.

1. Start by making a figure of eight loop over your thumb and little finger.
2. Keep looping the rope round your thumb and little finger until you have about four loops of rope left.
3. Carefully slide the looped cord off your fingers and hold it tightly in one hand.
4. Wrap the rope that's left, tightly around the looped rope. When you have one wrap of rope left, tuck the end under the last wrap and pull it tight. It's now ready to be stored.



Reef Knot

This is a fastening knot that lies flat and is used to tie parcels, and first aid slings.

Step	Instructions
	<p>Hold end (A) in your left hand and end (B) in you right. Lay (A) over (B), round over the back and flip it up towards you. (A) is now in your right hand.</p>
	<p>Place (A) again over (B) and flip it up towards you through the circle.</p>
	<p>Pull both ends firmly away from the centre.</p>

Hint: Left over right, then right over left.

Timber Hitch

To start a diagonal lashing

Step	Instructions
	<p>Make a bight in the rope around the timber. Pass the working end (A) behind the standing part and double it back so it wraps around the bight several times. Pull in the direction shown by the arrow to tighten it. To drag the bundle of poles, pull to the right. The knot will not usually slip while tension is on it.</p>

SCOUT BRONZE AWARD SKILL SHEET

OUTDOOR CORNERSTONE 6

OUTDOOR SKILLS: Fires

Date Completed

- Know the safety requirements for laying, lighting and extinguishing a fire.
- Demonstrate safely laying and lighting a fire.

Safety Requirements for Fires



Sitting around a camp fire, or around a cooking fire and warming yourself while your dinner cooks is a very satisfying activity.

However, if the fire gets out of control it can spread rapidly and cause a huge

amount of very costly damage.

Lighting a fire that sets dry grass alight, that then spreads to a forest or to houses and farm buildings can cause millions of dollars of damage.

The families who own the houses and forests get very upset as none of us like having our possessions such as clothes, furnishing, books, toys and computers burned to ashes. Lastly there is the risk of severe burn injuries and even death that can be caused by such events.

So here are a few rules for lighting fires.

1. Never play with matches or lighters. They are not toys. Their sole purpose is to light fires.



2. Always check to see if the Fire Service has banned fires in your neighbourhood.

Most parts of NZ have fire bans in force during summer to try and protect houses, forests and farmland from out of control fires.



3. Check which way the wind is blowing when choosing a site for the fire. Make sure sparks and burning embers will not blow into long dry grass, a forest, tents or buildings and set them alight.



4. Always light your fire on a concrete pad, gravel or an area cleared of grass and sticks for at least a metre beyond the edge of the fire.



5. Always have at least two buckets of water, a shovel, or fire extinguisher within a few metres of the fire to help stop the fire spreading.



How To Lay And Light A Fire

STEP 1

Read the safety requirements and then choose a place to light the fire. Gather the safety equipment and enough dry materials to build the fire.



STEP 2

Dig a shallow pit about 100mm deep and clear any other dry materials that are likely to catch fire. Aim to have a circle about 2 metres across that is clear of flammable material.

Save the turf (grass) for replacing over the fire site later.

If the ground is damp, put a layer of tinfoil on the ground to keep the area under the tinder dry.

Gather the 'tinder' and place it in the centre of the shallow pit and on the tinfoil if using any.

Tinder is strips of dry wood about the thickness of a match or thinner. Look under hedges and bushy trees.

You can make tinder by peeling thin strips of wood off a dead branch. You need about two handfuls. (Lint out of a clothes dryer filter works well)



STEP 3

Gather the firewood and then take sticks of firewood about the thickness of your finger and thinner from the pile and build a 'teepee' over the tinder.

Keep on adding the thinnest pieces until the tinder is all covered. Make sure that you can get a match through the sticks to light the tinder.



STEP 4

Check to see which way the wind is blowing or likely to blow.

Once you know that, place two of the biggest logs either side of the fire, so the wind will blow between them and help the fire burn.

Continued overleaf

How To Lay And Light A Fire, continued**STEP 5**

Place two more logs or branches on top of and across the first two logs as shown in the illustration. Each layer of logs should be shorter than the last layer.

**STEP 6**

Carry on placing branches, each shorter than the last layer, on top of and across the top layer so that a pyramid effect is achieved.

Light the fire on the side facing the wind. Carefully insert a burning match or a firelighter between the logs until the tinder starts to burn.

Hint: If you have plenty of matches, hold three together and light them. This will give a very hot flame that wind is unlikely to blow out, and will also ignite the tinder quickly. You can also buy long matches. These are ideal for reaching into the fire to light the tinder.

**STEP 7**

This illustration shows the pyramid effect you should be trying to achieve.

For a cooking fire, aim for the fire base to measure about

45cm x 45cm.

Once it burns down you can sit the billy or pan on the big logs either side of the fire.

For a campfire (see photo above) that is to last about 40 mins, a fire base of about 80cm x 80cm should be fine for about 60 people.

STEP 8**Warning**

Never leave a fire burning unattended. Fires are dangerous and someone must be close by and watching it all the time.

If everyone has to leave camp, put the fire out by splashing water on it until the embers stop steaming.

Extinguishing A Fire

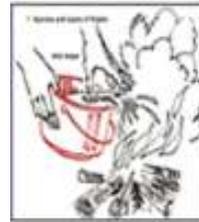
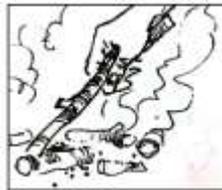
This is an important task for several reasons.

1. A fire must not be left unattended in case it spreads and causes damage to land and property.
2. Hot embers can last for hours and people could walk on them and burn their feet.

Scouts are known for leaving nothing but footprints at a camp site, so we need to clean the fire up and make the site safe.

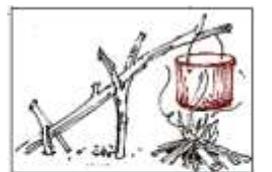
Extinguish A Fire Using Water

1. Sprinkle with water using the back of your hand.
2. Spread the embers with a stick
3. Then sprinkle with water again until steam and smoke stop rising from the embers.
4. Replace the turf and press it down with your shoes so that the site looks as it did when you

**Extinguish A Fire Without Water**

1. Spread the embers with a stick.
2. Scrape the burning embers off the wood with a stick and let them cool.
3. Once the embers cool down and no more smoke is visible, cover them with earth and stamp it down.

Replace the turf and press it down so the site looks as it did when you arrived.

Types Of Cooking Fires

OUTDOOR SKILLS: Care and Safety

Date Completed

- Show an awareness of the DOC Environmental Care Code
- Identify the hazards on a given site or activity.
- Demonstrate and pack appropriate clothing for a weekend camp.
- Explain to a leader how to help a friend in trouble on a tramp, without putting your own or others lives at risk.

New Zealand Environmental Care Code**Toitu te whenua (Leave the land undisturbed)**

*Printed courtesy of the
New Zealand Department
of Conservation*

**Protect plants and wildlife**

Treat New Zealand's forests and birds with care and respect. They are unique and often rare.

**Remove rubbish**

Litter is unattractive, harmful to wildlife and can increase vermin and disease. Plan your visits to reduce rubbish, and carry out what you carry in.

**Keep streams and lakes clean**

When cleaning and washing, take the water and wash well away from the water source. Because soaps and detergents are harmful to water-life, drain used water into the soil and allow the soil to filter it.

**Take care with stoves and fires**

Portable fuel stoves are less harmful to the environment and are more efficient than fires.

If you do use a fire, keep it small, use only dead wood and make sure it is out by dousing it with lots of water and covering the ashes before leaving.

**Camp carefully**

When camping, leave no trace of your visit.

**Respect our cultural heritage**

Many places in New Zealand have a spiritual and historical significance. Treat these places with consideration and respect.

**Keep to the track**

By keeping to the track, where one exists, you lessen the chance of damaging fragile plants.

**Consider other people**

Be considerate of other visitors

Remember

Protect the environment for your own sake, for the sake of those who come after you, and for the environment itself.

"The land is the property of a great family, some of whom are living, a few of whom are dead, most of whom are yet to come".

What Personal Gear Should You Take to Camp?

Work through the gear list below, then look at the illustration below that shows how to fit and pack it into your backpack.

Illustrations courtesy of UK Scouts

Here is a suggested list of things which would be suitable to take. This list is not exhaustive, but it provides a starting point.

Footwear

- Hiking or walking boots or sneakers
- Socks

Clothes

- Underwear
- T Shirts
- Trousers
- Jumper / sweater
- Shorts
- Night clothes
- Swimwear
- Gloves
- Hat
- Rescue blanket
- Wet weather gear
- Sleeping bag
- Bed roll/ground sheet

Other

- Wash kit
- Troop scarf
- Tea towel
- Plates
- Knife, fork spoon
- Mug
- Billy or pan
- Torch
- Plastic Bag
- Cooker
- Matches
- Candle
- Towel
- Personal emergency and first aid kit
- Tent or shelter
- 10m of 6mm cord



Low centre of gravity Heavy rucsac High centre of gravity Lighter rucsac



- The heavy gear must always be in the top half of the pack as it is much easier and safer to carry it nearer your shoulders.
- Don't ever carry a pack you feel is too heavy to be comfortable. It's unsafe and you risk serious injury.

- Always place a plastic rubbish bag in your pack as a waterproof liner and put your clothes etc inside it.
- A waterproof bedroll and raincoat can be strapped outside and on top of the pack if short of space.

Checking for Hazards on a Site

Here is a checklist of possible hazards you may encounter. With your Patrol Leader, choose a park or field and pretend that you are going to camp there. Work through the checklist to see if you think it will be OK to camp on this site. Put a Y or a N in each box.

- Will your gear be safe from vandals?
- Will the tent floors be dry in rainy weather?
- Is there enough shelter from the wind?
- Will the tents be clear of any falling branches?
- Can you hammer tent pegs into the ground?
- Is there safe water for drinking and cooking?
- Is there safe space for a cooking stove or fire?
- Can you get a loaded car near the site safely?
- Can you pitch the tents at least 3 metres apart?
- Knowing all this, should you camp on this site?

Helping a Tramping Friend

Think carefully about what is the best action before deciding what to do. Assume your friend is hurt but can still hobble very slowly. What can you do to help without risking your own health?

1. Share what you can out of the friend's pack amongst the other trampers.
2. Do not try and carry two packs as you may injure yourself and make matters much worse.
3. Take frequent rests so no one gets over tired. Better to get home late than have exhausted people making bad decisions.
4. If needed, set up a comfortable camp well before dark, have a good hot meal and let the injured person have a long rest overnight.
5. Above all, keep the party together unless you need to send two people out for help.

EMERGENCY PREPAREDNESS SKILLS

- Draw up a list of sensible rules to be followed when swimming in pools.
- Describe the Buddy System and explain how it works.
- Prepare an evacuation procedure and list items needed in a home emergency kit.

Date Completed

Make a List of Rules for Pools

Here are a few suggestions to help you make your own list of possible rules. What should be added?



Change into a swim suit and go to the toilet before entering the pool. Keep the pool water clean and safe for everyone.



Read any existing rules carefully. One important rule is that "people under 10 years of age in a pool must be supervised by a person 16 years and over".



Don't run around the pool. You may trip or slip on the wet deck or paving and injure yourself and others.



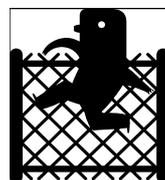
Don't jump into the pool and 'bomb' people. You may injure them and yourself.



Don't dive into a pool unless it is a special diving pool. Public and home pools are usually shallow and you could injure yourself or the person you accidentally land on.



Never swim alone. Use the 'buddy system' and make sure your buddy is always OK and safe.



If the pool is fenced, make sure the gate is kept shut so small children are kept safe and cannot fall into the pool.



If small children are wearing flotation aids make sure they are not distressed or hurt by your actions. Never push people into a pool or pull them under the water.

What has been left out, or what can be removed from these suggested pool rules? Explain your reasons.

Swimming in the Sea, River or Lake

Here are a few guidelines when swimming in the sea, rivers or lakes.



Flotation aids such as tubes and air beds will quickly be driven into deep water by the wind, tides, and currents and get you into serious danger.



Always swim between the flags on a beach and take notice of the life guards directions.



Never dive into unknown water. There may be rocks, a sandbar or sunken tree trunks that may cause you serious injury or death.



Do not enter fast flowing rivers or streams, especially if they are discoloured, and never swim above a waterfall or near rapids. All these are dangerous.

Learn to recognise rips and currents at the beach. Watch out for:

- Calm patches
- Rippled or 'criss crossed' water
- Discoloured water caused by a mix of deep and shallow water, and sand picked up by the rip.

**The Buddy System**

The 'Buddy' System tries to make sure everyone in the group or patrol is looked after and kept safe.

This is achieved by pairing Scouts up so that two people constantly look out for each other and make sure they are OK.

This is important when swimming and tramping as in both cases, a person can very easily disappear or be left behind unless someone is looking out for them.



Page 1 of 2

NEVER SWIM ALONE

Create a Home Emergency Plan

Here are a few tips for things you should include in your plan. Plan around these emergencies.



1. How are you going to make sure everyone in the family knows how the plan works?
2. Where are you going to meet once you are all out of the house?
3. If the house is full of smoke, how is everyone going to see the way out?
4. How do you know if the smoke alarms are always working ?
5. If anyone wears hearing aids or is blind, who is going to waken them and get them to safety?
6. If anyone takes medicine that makes them sleepy who knows to waken them and get them to safety?
7. How often will the family practice evacuating the house, especially pretending the house is full of smoke?
8. Who knows where important family papers are kept and may be able to collect them?
9. Who is responsible for collecting the emergency kit and taking it outside?
10. Who is responsible for keeping the emergency kit checked and items replaced if out of date?
11. What should the family do first if an earthquake occurs?
12. Where are you keeping the plan after all this effort?

A Home Emergency Kit

Create a list of the things that should ideally be included in a kit your family could pick up and take with them in an evacuation.

1. For help, look inside the back cover of the **Yellow Pages phone book** or search the internet for a **"Sample Civil Defence Survival Kit"**.
2. Work with your family to make sure you include everything including essential medication for the family and a first aid kit.
3. If your family already has an emergency kit, check it against your list to see that it's complete.
4. If you have already done a plan at school or at Cubs, check it to make sure it is up to date and then discuss it with your Scout Leader.
5. This badge is available once you have completed this activity.



Our thanks to Water Safe Auckland Inc for reviewing the 'Rules for Swimming Pools', and the 'Sea, River and Lake' guidelines on the previous page.

They also shared this 'Water Safety Code' with us.

The Water Safety Code

- 1 Be prepared**
 Learn to swim and survive and set rules for safe play in the water. Always use safe and correct equipment. Know the weather and water conditions before you get in.
- 2 Watch out for yourself and others**
 Always pay close attention to children you are supervising in or near water. Swim with others and in areas where lifeguards are present.
- 3 Be aware of the dangers**
 Enter shallow and unknown water feet first and obey all safety signs and warning flags. Do not enter the water after drinking alcohol.
- 4 Know your limits**
 Challenge yourself within your physical limits and experience. Learn safe ways of rescuing others without putting yourself in danger.

FIRST AID SKILLS

- Know the difference between and treatment for burns and scalds.
- Know how to clean and dress a simple cut or graze.
- Know the treatment for bites and stings.

Date Completed

Burns and Scalds

There is a difference between a burn and a scald.

- **Burns** are caused by **dry heat**
- **Scalds** are caused by **wet heat**.

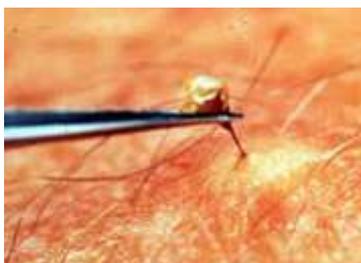
Here are some examples of burns and scalds:

Sunburn,	Steam,
Fire,	Hot water,
Friction,	Hot cooking fat,
Rope,	Inhalation of hot gases.
Electricity	

Treatment for Stings and Bites

- Identify where the patient has been stung.

- Try to get the sting out as quickly as possible.



Use your nail, the back of a knife

blade or thin cardboard; flick the sting away from the patient and you. Wasps don't leave a sting so there is nothing to remove.

- Ask the patient if they are allergic. If so, call for help if needed. Dial 111 or take to a nearby doctor immediately.
- Cool the area with running water or a cold pack.
- Elevate the area and look for further swelling.
- If the area starts to swell and patients develops breathing problems; lay patient down with the legs up, call 111, ask the patient if they have medication and assist them in using it.



Bee



Wasp

Animal Bites

Anyone bitten by an animal must be taken to the nearest Doctor immediately. These bites are infectious and need medical urgent treatment.

Treatment for Minor Burns and Scalds

Always make sure you are safe before treating a first aid patient.

Remember – BBBCCC

- **Burn Stopped** – Stop the burning if the patient is on fire. Stop running - Drop onto the ground. Roll on the ground until the flames are out. (Remember: Stop, Drop, Roll)

- **Breathing Maintained** – Make sure your patient is breathing. Check ABC (Airway, Bleeding, Circulation)



- **Body Examined** – Check the patient and see where you need to cool. Remove rings, watches, and clothing. If clothing is stuck on, cut around it. Don't pull it off.



- **Cool** – Run cool water over the area for 10-20 minutes.
- **Cover** – Cover lightly with cling film to prevent infection, and exposure to air. Air causes pain if the burn is not covered.
- **Care** – Call 111 if :
 - the patient is old or young,
 - the burn is deep or covers more than 10% of the body,
 - involves the hands, feet, face or groin area ,
 - inhalation burns causing swelling of the airway,
 - burns from lighting or electricity.

Note – For minor burns you only need to use the **cool** and **cover** treatment.

Information provided by First Training Ltd, Glen Eden, Auckland in July 2012.

Treatment of Small Wounds, Cuts or Grazes

- **Always wear gloves** if treating another person.
- **Stop bleeding** with direct pressure and elevation. Direct pressure for at least five minutes and elevate above the heart.
- **Clean with clean running water** or saline solution from your first aid kit.



Dry the area with a clean sterile dressing.



- **Cover the wound** with a plaster.



If area is too large, cover with a sterile wound dressing. Use a bandage to hold it in place.



Free Hint for Trampers

Painful heels?

Don't wait for a blister to form.

As soon as your heel starts to feel uncomfortable, stop the tramping party, take your boot and sock off and apply a blister patch from your personal first aid kit to the painful area.



Some trampers who know they are going to get a sore heel, stick plain sticking plaster or a blister patch over their heels **before** they start tramping.

Warning

Once a blister forms, you are in trouble.

If you keep walking on it without applying a wound dressing or a patch, bleeding will start and an infection may occur. Before long you may not be able to walk very well, if at all.

When this happens it slows the tramping party down, may cause them to spend an unplanned night out. Eventually you may have to be helped to get home.

"Be Prepared" and stop blisters before they form.

'HELPING OTHERS' AND 'MY COMMUNITY' SKILLS

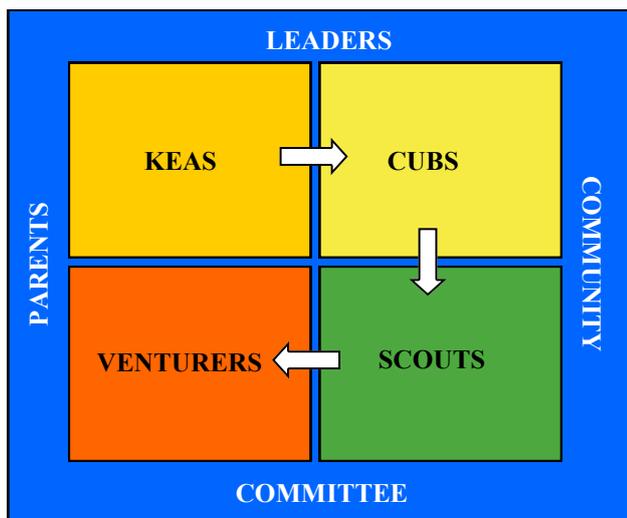
Date Completed

- Carry out a responsibility at home for at least eight hours a week.
- Explain how the youth sections in the Scout Group fit together.
- List the Section Leaders and the management in your Scout Group.
- Demonstrate how Scouts fold, break and lower the flag at meetings.

How Youth Sections Fit Together

The Scout Group is made up of four youth sections that young people may join, leave and rejoin as needed.

A SCOUT GROUP



The four youth sections, plus leaders, committee and parents make up the Scout Group and to succeed, the Group also needs the support of the local community to help provide a hall and equipment.

- Keas: for boys and girls in school years 1 to 3
- Cubs: for boys and girls in school years 4 to 6
- Scouts: for boys and girls school years 7 to 10
- Venturers: for boys and girls school yrs 11 to 13

Responsibilities at Home

Here are a few suggestions you could discuss with your parents or caregiver about how you can help with the work around the house.

We all need to help with the household tasks and lessen the work for our parents.

- Wash or dry the dishes each evening.
- Stack or empty the dishwasher.
- Help with the laundry.
- Make your own bed when you get up each day.
- Hang your clothes up and tidy your bedroom before going to bed each night.
- Put the rubbish out.
- Set and then clear the dinner table each night.
- Mow the lawns.
- Help with preparing and cooking dinner each week.



Remember, a family is a team that shares the work. You need to work for at least eight hours each week to achieve this part of the Award Scheme so you may have several tasks to do.

The intention is that you will carry on helping your parents until you are old enough to leave home. This is so you will 'be prepared' for when you leave home and have to look after yourself.

The Section Leaders in the Scout Group

Write the leader's name in each box.

The Group Leader is:

--

The Kea Leaders are:

The Cub Leaders are:

The Scout Leaders are:

The Venturer Leaders are:

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Opening the Scout Meeting

Flag break is the traditional way Scouts start their weekly meetings and camps.

Breaking the flag is the Scout way of symbolically acknowledging our Scout Promise to do our duty to God and the Queen.

Raising the Flag

The wooden toggle at the top of the flag is attached to the end of the halyard and used for raising the flag (A). This halyard is firmly tied to the tie down (B) which is located about Scout shoulder height on the pole.

The other end of the halyard is attached to the looped end of the rope around the flag and tied off, but left slack (C) so as not to accidentally break the flag.



Once raised, a sharp tug on the loose halyard pulls the loop of rope out and 'breaks' or unfurls the flag.

Breaking the flag

1. The Troop forms up in a half circle in front of the flag pole.
2. The Duty Patrol Leader stands beside the flagpole and calls the troop to attention.
3. The Scout Leader asks a Duty Patrol member to march forward and break the flag.
4. The Patrol member marches smartly to and stands at attention one arms length from and facing the flag pole.
5. The Patrol Member reaches out and firmly tugs the loose halyard so that the flag unfurls.
6. The Patrol member takes one pace back and salutes the flag, The Troop also salute the flag.
7. The Duty Patrol member about turns and marches smartly back to the Patrol.

The Scout Leader stands everyone at ease.

Folding the New Zealand Ensign



The easiest way to fold a flag is like a bed sheet.

Step 1: Fold the flag lengthwise twice

Step 2: Either roll or fold the flag from the 'star' end towards the rope end.

Step 3: Wrap the longest length of rope attached to the flag, tightly around the folded flag and tuck a loop under the rope as shown in illustration 3.

This keeps the rope tight and stops the flag breaking when you raise it up the flagpole.

Important note:

Tradition has it that to let the flag touch or lie on the floor or ground is being disrespectful to the law of our land and to the Queen. Scouts try hard to not let the flag touch the floor or ground.

Sea Scout Flag Break

Sea Scouts follow Naval tradition and don't roll the flag before hoisting it.

The Duty Patrol member marches forward and takes the flag which is tucked over the tie down and quickly raises the flag.

The halyard is then quickly secured by the Patrol member who winds it round the tie down and then steps back and salutes the flag.



Flag Down (all troops)

1. The troop forms up in a half circle and at attention.
2. The Duty Patrol member marches forward and quickly lowers the flag making sure it is kept off the floor.
3. The flag is tucked over the tie down and the halyard secured by winding it around the tie down.
4. The Duty Patrol member about turns and marches smartly back to the Patrol.
5. If the flag is to be folded, this is done after the meeting closes, with the flag being raised and left for the next meeting.

'OUR WORLD OUR COUNTRY' SKILLS

- Prepare and/or taste food from a different culture
- Learn a song, game, activity or words from another culture in your community

Date Completed

Learning About Others Helps Us Grow

If the world is going to work towards peace and no more wars, then we all have to have a better understanding of other cultures.

We need to learn not to judge other cultures, but to accept and understand that people are different and always will be.

One Scout Zone in New Zealand has eighty different ethnic groups living in their part of the city, each with their own culture, food and religious preferences.

Scouts with **30 million members** is the biggest youth 'Movement' in the world and it embraces many hundreds of different cultures making it one of the most powerful unifying forces in the world today.

Scouts hold world Jamborees of 40,000 people to help give us all the chance to mix and mingle and get to understand one another.

On a much smaller scale, at New Zealand Jamborees you are encouraged to invite people from other Troops and countries to come and have a meal with your Troop as this is a perfect way to get to know them.

Your Challenge

Your challenge for the Award scheme is to learn a game, a few words, and a song or activity from another culture.

Look for someone at school, a neighbour or family friends who comes from another country and ask them to teach you something from their culture that you can demonstrate to your Patrol. See overleaf for ideas.

**Food From a Different Culture**

Why don't people all over the world eat the same food?

The answer is quite simple. Many foods won't grow in the climatic conditions in other countries. New Zealand is ideally suited to grazing cows, sheep and beef cattle which means that we tend to have a diet strong in dairy foods and red meats. We also grow potatoes,

carrots, pumpkins, cabbages and similar vegetables quite easily.

Some countries cannot grow our vegetables or raise our type of animals as they don't have suitable land or grasses.

Instead they grow rice and similar grains that don't grow effectively in our country. They also raise chickens and similar birds as a source of meat. Others have fish instead of red meat as their country is by the sea.

Countries near the equator where it is very hot have a preference for curries and spices that were used in earlier times to help preserve the meat because they didn't have access to chillers etc to keep the meat fresh.

In other words, people eat what they can grow and store effectively and that is why food preferences vary throughout the world. People like what they have grown up and become familiar with, so when they shift to another country, they tend to want to still eat those familiar foods when they can get them.

Your Challenge

Find someone in your Troop, in your community or a family friend:

- Ask them for a recipe or to show you how to cook a simple meal that they eat in their homeland.
- Ask them to explain when they were likely to eat this food. Was it saved for a special occasion ?



Recipe Ideas From Other Countries

Carribbean Kebabs

Ingredients

- 12 bamboo or stainless steel cooking skewers
- 1/2 a pineapple or 1 medium can of pineapple pieces
- 1 medium red pepper
- 3 chicken breasts skinned and cut in 25mm cubes
- 1/2 cup of mango chutney or a similar chutney
- 2 tablespoons orange juice or pineapple juice
- 1 teaspoon of vanilla
- 1/4 teaspoon ground nutmeg

Preparation

1. To prevent burning, soak the wooden skewers in water at least 20 minutes before assembling the kebabs.
2. Peel and core pineapple. Cut the pineapple into 25mm chunks. Thread pepper slices, pineapple and chicken cubes onto skewers. Place in shallow baking dish.
3. Combine chutney, orange juice, vanilla and nutmeg in small bowl. Mix well. Pour over kebabs and cover. Refrigerate up for 3 to 4 hours before cooking.
4. Preheat BBQ and spray with cooking oil. Place kebabs on the grill at a **low** heat and discard any leftover marinade. Cook for 4 to 5 minutes on each side or until chicken is cooked right through and not pink in centre.



Japanese Onion and Tuna Noodles

Ingredients: for two

- 100 grams noodles
- 2 spring onions
- 1 can of tuna
- 2 tbsp soy sauce
- 2 tsp butter
- 1 tsp salt



Preparation:

1. Thinly slice the spring onions.
2. Boil lots of water in a large pot and add salt. Cook noodles in the boiling water, according to package directions and drain. Can use spaghetti if desired.
3. Put butter over the noodles, stir lightly.
4. Serve noodles on plates.
5. Place sliced onions and tuna on top.
6. Pour soy sauce over the toppings before eating.

'Mr Daruma Fell Down'

(A Japanese Game of Tag)

How to play the game

First, the person who is 'it' (the tagger) yells to other children, "Mr. Daruma fell down!" When the tagger yells, the other children run as far away as possible while he turns his back to them.

Next he calls out again, "Mr. Daruma fell down!" After that, he turns around and looks for the other children because he has to 'catch' them by seeing them move.

- When a child moves and is seen, he or she is caught he has to go to jail.
- The other children have to get close to the tagger and hit his back; however, they cannot move when the tagger looks at them.
- Therefore, they have to run as fast as possible while the tagger's back is turned and he is yelling, "Mr. Daruma fell down!"
- Whenever a child hits the tagger's back, other children can escape from the jail.
- When the tagger catches all but one child, the game is almost over. In that part, the tagger is given many chances to catch the child because he or she can yell quickly.
- When the tagger has tagged everyone, a new game starts.
- Then, a new tagger is selected by a leader.

'Keep the Ball' Game (Mexico)

How to Play It: To play this game, you form two teams. There is no limit on the number of players. It's played with your hands and with your feet.

You play with a soft ball and before the game, you decide the rules: for example, the time of the game and the field size.

The game starts when somebody throws the ball up to the sky.

- The player who catches the ball has to keep the ball for the team.
- The players throw the ball to their partners and each person on the opposite team has to try to 'steal' the ball. The ball has to keep moving.
- You can't return the ball to the person who gives it to you. When the time is up, the team that has kept the ball wins.
- *Keep the Ball* is a game that keeps you moving all the time.

EXPRESSION AND PERSONAL CHALLENGE SKILLS

Date Completed

- On your own or with other Scouts or leaders, lead a campfire song, yell or skit.
- Complete a Personal Challenge of your choice from the Personal Development list.

Campfire Song, Yell or Skit

You can do this on your own, or ask your Patrol members to help you. Once you have practiced, get your Patrol together and try out your new skill. Here are some options for you to choose from.

Campfire Songs

If you like singing, you may like to try singing this solo. If you are not so keen on that, teach your Patrol members to sing along with you. Here are three simple Scout songs you could try. If you want a wider choice, ask your Scout Leader to get you a copy of the Campfire training notes on from the Scout Website.

Campfire's Burning

Campfire's burning,
Campfire's burning
Draw nearer, draw nearer,
In the gloaming, in the gloaming,
Come sing and be merry.

**I Hear Footsteps**

I hear footsteps, I hear footsteps,
Hark who's there, Hark who's there,
I think it is the Camp Chief,
I think it is the Camp Chief,
Stand up do, Stand up do.



Go to this website to hear the tunes
<http://www.49thscoutgroup.co.uk/>

Lead A Scout 'Skit' At A Campfire

You may choose to lead a 'skit' for the Troop. Your Leader may have a book of 'skits' you can look through.

You can also find many funny 'skits' on Scout sites on the internet. Check with your Scout Leader before trying them at a campfire to make sure the 'skit' is appropriate though.

Scout Yells**Fly Yell**

There ain't no flies on us
There ain't no flies on us
There may be flies on some of you
guys, but there ain't no flies on us!



Split in to groups: *1st group chants the words and point to the 2nd group. At the end of the verse, the 2nd group responds to the first. The singing gets louder each time.*

Train Yell

Repeat each line, getting faster
and faster until you feel you are
fast enough for the next line.
Should sound like a steam train
starting.



Bread and Butter (4 or more times)

Cheese and Biscuits (4 or more times)

Fish and Chips (4 or more times)

Soup (ssssoooouuuuupppp)

(This is meant to sound like a steam engine whistle)

Bravo Yell

SCOUTS traditionally don't clap at campfires. Instead they use yells like BRAVO after someone performs a skit or an item.

It's important to acknowledge the efforts of others and to encourage them to take part again next time.

Give me a B (*response is a B shouted loudly*)
Give me an R (*response is a R shouted loudly*)
Give me an A (*response is a A shouted loudly*)
Give me a V (*response is a V shouted loudly*)
Give me an O (*response is a O shouted loudly*)
What have we got? (*Everyone shouts BRAVO*)

This is often used to acknowledge someone who has done well, done a good turn, or achieved a special badge that is difficult to earn.

SCOUT SECTION PERSONAL CHALLENGE BADGES

Personal Challenge Badges can be the most satisfying part of the Scout Award Scheme. You can choose for yourself the challenges you wish to undertake.

There are over 50 Personal Challenge Badges to choose from. If you want to do your own thing, you can tackle the "Your own choice" Personal Challenge Badge where you select and create your own badge with assistance from the Scout Leaders.

For the Bronze Award *choose one from the **Personal Development Cornerstone** list*

Community Cornerstone

Civil Defence
Emergencies
Fire Fighting
First Aid
Life Saving
Local History
Maori Life

New Experiences Cornerstone

Your own choice

Outdoors Cornerstone

Angling
Athletics
Boatman
Bushcraft
Camp Cook
Camp Warden
Camping
Canoeing
Caving
Conservation
Cooking
Coxswain
Cycling
Exploring
Gardening
Hiking
Horse Riding
Marine Navigation
Master at Arms
Meteorology
Navigating
Aircraft Spotting
Airmanship 1 & 2
Air Navigation and Meteorology 1 & 2
Aircraft Technical Knowledge 1 & 2

Outdoors Cornerstone, continued

Oarsman
Sailor
Skiing
Sport
Survival Camping
Swimming

Personal Development Cornerstone

Arts and Crafts includes:

- Art
- Basket Weaving
- Bookbinding
- Carving
- Craftsperson
- Model Making
- Pottery
- Printmaking
- Sculpture

Book Reading
Chemistry
Collecting
Computers
Debating
Drama / Playacting
Entertaining
Faith Awareness
Gang Show
Music
Photography
Presenter / Public Speaker
Radio Electronics
Writing

The requirements for each of these badges is found in the back section of the Scout Award Scheme booklet

PHYSICAL AND SOCIAL SKILLS

- Demonstrate to the leader, exercises to do each day to keep fit.
- Explain consequences of not maintaining a good standard of personal hygiene.

Date Completed

Some Exercises You Can Try To Keep Fit

If you are playing sport regularly, walking to and from school and or skateboarding or cycling every day, you may not need to do any other exercise.



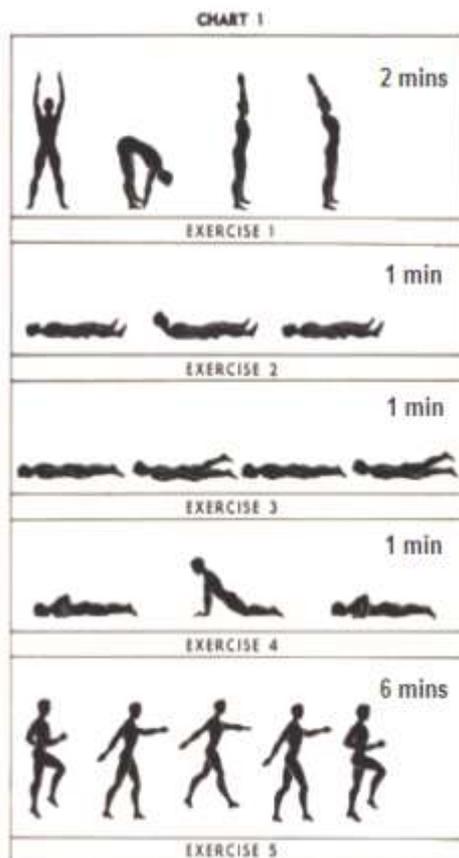
But if you are taking a bus or car to school and not playing sport then you might like to consider these exercises to start you on the road to increased fitness.

- **Check with your parents first before trying any exercise routines to ensure there are no medical reasons preventing you from doing these.**
- These exercises are about getting fit. They are not designed for losing weight. They are the basic level 5BX exercises originally designed for

Description

- 1) Feet astride, arms upward. Forward bend to floor, touching, stretch upward and backward. Do not strain to keep knees straight.
- 2) Back lying, feet 6 inches apart, arms at sides. Sit up just far enough to see your heels. Keep legs straight, head and shoulders must clear the floor.
- 3) Front lying, palms placed under the thighs. Raise head and one leg, repeat using legs alternately. Keep leg straight at the knee, thighs must clear the palms. Count one when second leg touches the floor.
- 4) Front lying, hands under the shoulders, palms flat on the floor. Straighten arms lifting upper body, keeping the knees on the floor. Bend arms to lower body. Keep the body straight from the knees, arms must be fully extended, and chest must touch the floor to complete one movement.
- 5) **Stationary run.** Count a step each time left foot touches floor. Lift feet approximately 4 inches off floor. Every 75 steps do 10 "scissor jumps". Repeat the sequence until the required number of steps is completed.

Scissor jumps - stand with right leg and left arm extended forward, and left leg and right arm extended backward. Jump up, and change position of arms and legs before landing. Arms shoulder high.



If you do regular exercises at the School Gym, then demonstrate those to your Scout Leader. If not then you may try the exercises above provided your parents agree to you doing so.

You should be aiming to develop a habit of doing daily exercise that will carry on for the rest of your life. Regular daily exercise will help you avoid developing diabetes and heart disease as you approach old age.

Personal Hygiene

Have you ever had to sit next to a person who smells?



Not nice is it?

None of us would like to have anyone think we smell, so it is up to us to make sure we keep ourselves smelling fresh and have people want to be our friend.

Here are seven basic actions we can take.

1. Shower or bathe every day or every other day.
2. Wash our hair daily or every other day.
3. Use deodorant or antiperspirant as needed
4. Brush teeth twice daily
5. Wear clean socks and underwear every day
6. Keep your shoes clean
7. Hang your clothes on a hanger to air them when not wearing them

The social consequences of not keeping ourselves and our clothes clean and looking tidy are quite severe.

If we smell, people will avoid us. If we look dirty and untidy the same thing will happen.

Hints For Personal Hygiene

Showering or Bathing

Perspiration gathers on our skin, especially under our arms and groin and after one day begins to smell quite unpleasant.

Dust and dirt also sticks to our skin and adds to the mix. The end result is not only an unpleasant smell but the harmful bacteria that gathers will invade our body if we suffer a cut or graze.

It pays to shower at least every second day if not every day, to help minimize the risk of an infection and sickness. Wash your feet well at least once a day and dry them thoroughly.



Washing Your Hair

Hair follicles (which the hair grows) produce oil which keeps the hair smooth. You also have sweat glands in your scalp, and dead skin cells come off the scalp and become dandruff.

The oil, sweat and dead cells all add together and can make hair greasy and look dirty unless you wash it every second day or so.



Deodorants or Antiperspirants

You may not need these until you become a teenager. At that time your body develops and your sweat glands become more active.

Ask your parents if you think you need to start using these.



Brushing Your Teeth

You should brush your teeth twice a day, after breakfast and before you go to bed.

During the day, fill your mouth with water and swish it around to get rid of anything sticking to your teeth.

Not only will this keep your breath fresh, it will help minimize tooth decay and a trip to the dentist.



Changing your Underclothes and Socks

Underclothes are right next to your skin and collect dead skin cells, sweat and possibly other unmentionable stains.

Overnight bacteria start to work on these stains so your clothes do not smell as nice on the second day of wearing.



Keep Your Shoes Clean

Sweat gets into your shoes and then bacteria arrive which love the moist leather or fabric so much that they tell all their friends to come round and party!



If you have one pair of shoes for school then try to get them off as soon as you get home so that they can air and dry out overnight. (As you get older, somewhere outside in the fresh air would be a good place!).

If you have more than one pair, then use them on alternate days to give them a better chance of drying out.

Keep your shoes clean by brushing, polishing or washing. They will look better, last longer and be less likely to smell.

Some sneakers (not shoes) are machine washable so put them in the washing machine or soak them in a bucket of water and detergent once a month or as needed.

Hang Your Clothes Up

This allows the air to circulate through your clothes and helps freshen them up. It also stops them becoming creased.



But most of all, it helps stop adults growling at you about the mess in your bedroom.

SCOUT BRONZE AWARD SKILL SHEET

NEW EXPERIENCES CORNERSTONE 1

NEW EXPERIENCES

- Challenge - Cook a simple meal over an open fire.
- Take part in a National Programme activity
- Group, Zone or Regional event - Take part in an activity away from the hall.

Date Completed

Take Part In A National Programme Activity

This is intended to be an outdoor activity that is part of the National Programme. It could be a game, a walk, a short tramp, or a pioneering activity with ropes etc. The list is almost endless.

The main things is that it is outside and a new experience for you, and is carried out with Patrol members or with the whole Troop.

You should find that you can earn this part of the Award Scheme by just taking part in the normal week night programme.

Group, Zone or Regional Event

Get to know Scouts from other Sections or Groups in the Zone or Region. The activity must be held away from the normal Scout hall or meeting place. Examples of suitable activities might be to attend :

- A Mudslide day
- A Zone Raft Race
- A Zone or Regional camp
- A Scout training course
- A Group fundraising
- A Group camp



Cook A Simple Meal Over A Fire

If you did these in the Cub Section ask your Scout Leader to mark this activity as done.

If you weren't a Cub then there are some hints on how to use a fire safely and effectively and some recipes on the next page.



Not good for cooking.



Good for cooking.

Flames are good for a campfire and singing songs, but are dangerous for cooking because you cannot get close to the fire and may risk getting burnt.

Embers make a very good fire for cooking because you can get closer and your food is less likely to get burnt.

- Always wait for the flames to die down before cooking your meal.
- Always have a bucket of water next to the fire
 - to put the fire out if needed,
 - to put your hand, feet, leg or arm in if you get burnt. It cools and eases the burn.
- Always light fires on bare sand or a fire pit.
- Never light a fire on grass or near shrubs.
- Never light a fire unless an adult is present.

Cooking A Sausage On A Skewer

This is the real Scout way of cooking sausages.

Use a kebab skewer, or a long metal fork and thread the sausage onto the prong as shown in the photo.



Notice how the fire has no flames showing. This fire will cook the sausages (and toast) quickly without burning them or your fingers.

You can use a thin green stick off a willow tree to hold the sausage, but don't cut branches off trees if you don't need to.

Cooking an Apple in Tinfoil

Cut the core out of the apple and fill the hole with raisins.

Wrap the apple (or Banana) in two layers of foil and carefully place in



the embers.

There should be no flames showing.

After 10 mins, roll the apple over to cook the other side for 5 mins, rake it out of the fire and let it cool before eating.



SCOUT BRONZE AWARD SKILL SHEET

NEW EXPERIENCES CORNERSTONE 1

A Sneaky Two Course Burger Meal

This option means you can make some soup and then also have a meat patty burger using the foil packet the soup came in to cook the meat.



Make sure the soup brand you buy doesn't have a plastic liner. 'Cup of soup' packets are not suitable for this reason.

The Soup Course

- Open the top of the packet carefully so as to not damage the foil.
- Take out half the soup powder and tip it into a cup and pour in boiling or near boiling water and stir. This is your first course.

The Main Course

- Mix the remainder of the soup powder with mince or sausage meat.
- Put the meat mix into the empty soup packet and flatten it so it forms a patty shape.
- Fold the end of the packet over several times to seal it and then place it in the embers for about 10 mins. Turn it over and leave it for another 5 mins or so.
- Remove it from the embers and let the packet cool. Ease the packet open, put the patty between two slices of bread, add tomato sauce and you have a burger.

A Quick Spaghetti On Toast Meal

This meal requires a small can of Spaghetti or Baked Beans, a slice of bread and the embers of a fire, or a BBQ set at low heat.

Open the can but leave the lid attached so you can leave it down while heating.



It's really important you open the can before placing it on the embers or the heat will cause it to expand, burst and injure people.

Wriggle the opened can into the embers to make sure it is sitting firmly and won't fall over. Or sit it on the BBQ set at a low heat.

When the sauce has bubbled gently for 3 minutes it should be ready. Don't overheat and burn the beans. Put a slice of bread on a long fork and toast it over the embers while the can is cooling.

Tip the contents of the can onto the toast, cool and eat. It can't be any easier than this.

An Orange Juice And Two Egg Lunch

This is a fun meal to make.

1. Cut an orange in half and use a spoon to eat the flesh. This is the first course. Scrape all the flesh out so each half orange is totally empty and white.
2. Break an egg into each empty half of the orange.
3. Add a pinch of salt and a little pepper.
4. You can break up the yolk and stir it into the egg white with the spoon if you wish.
5. Place the two half oranges in the embers and wait until the whites set. The orange will burn but not the egg.
6. If you like the yolk hard then leave it to cook a little longer.
7. Remove the oranges from the embers and leave to cool before eating with a spoon.

**An Egg In A Potato Meal**

This meal requires tinfoil if you want to eat the potato as well as the egg. It takes about 30 minutes to cook.

1. Cut the top off a largish potato and hollow it out with a spoon.
2. Put some chopped ham or bacon and a little grated cheese in the bottom of the potato.
3. Break an egg into the potato, add a pinch of salt and then place the top of the potato back on. Two tooth picks would help hold it in place.
4. Carefully place the potato and egg in the embers for about 30 mins.
5. Remove from the embers, cool and eat.



The Founder

Scouting was founded over 100 years ago by Robert Baden-Powell, known to us as B-P. He was born on 22nd February 1857, the date which we celebrate annually as "Founder's Day".



Army Officer at 17 years of age

As a young army officer in the Boer War, he successfully used small units or patrols working together under a leader during the successful defence of the town of Mafeking.

On his return to England he found that his methods of training soldiers were being used by youth leaders and teachers all over the country. B-P was persuaded to work out a scheme to provide greater variety in the training of boys in good citizenship.

First Scout Camp

In 1907 he led an experimental camp on Brownsea Island, to try out his ideas, and 'Scouting for Boys' was published in 1908 in six fortnightly parts.



Sales of the book were tremendous and boys formed themselves into Scout Patrols to try out his ideas. Scouting spread throughout the British Commonwealth and to other countries until it was established in practically all parts of the free world.

The first Jamboree

The first international Scout Jamboree took place at Olympia, London in 1920. At its closing ceremony, B-P was unanimously acclaimed as Chief Scout of the World.

In 1933 he was made a peer and took the title of Lord Baden-Powell of Gilwell (Gilwell Park being the International Training Centre for Scout Leaders).

Buried in Kenya

On the 8th January 1941, Baden-Powell died at the age of 83. He is buried in a simple grave at Nyeri within the sight of Mount Kenya. Much has been written about B-P and his exploits. Further details are available in books and via the web. One suggested site is:

www.scout.org/en/about_scouting/facts_figures/baden_powell

Early Scouting In New Zealand



Scouting was established in the suburb of Kaiapoi in Christchurch, New Zealand, by Major Cossgrove (later Colonel).



Copies of 'Scouting for Boys' reached New Zealand and patrols of Scouts quickly formed with the first Patrol officially becoming part of the NZ Scout Movement.

The Patrol, led by Scout Leader Mr Mallasch, was officially invested on July 3 1908, by Major Cossgrove who went on to become the first Chief Scout of New Zealand.

Training course

The Scout Section's Practical Outdoor Skills course is called the **Cossgrove Course**. Today the principles of SCOUTS New Zealand are as relevant as ever and provide an opportunity for young people around the world to learn and grow. This system is used just as successfully in today's corporate world.

Some significant dates in SCOUTS

- 1907 Brownsea Island Camp held, Scouts started
- 1908 Scouting for Boys published
- 1909 Sea Scouts started
- 1912 Baden-Powell visited New Zealand
- 1916 Cubs started to cater for younger brothers
- 1918 Rover Scouts started
- 1919 Establishment of formal UK leader training
- 1920 First World Jamboree held in London
- 1922 Rovering to Success published
- 1924 First NZ Woodbadge leader training course
- 1926 First NZ Jamboree held in Dunedin
- 1928 Scout Group system established
- 1941 Lord Baden-Powell died in Kenya
- 1943 Tatum Park (Levin) setup as Training Centre
- 1945 First Sea Scout Regatta held in Picton
- 1957 50 years of Scouts celebrated
- Venturers established in NZ
- 1979 Girls admitted to the Venturer section
- Kea Scouts started in New Zealand
- 1981 1st National Venture held in Hastings
- 1987 Girls admitted to the Scout Section
- 1989 Girls admitted to all sections.
- 1997 1st Official Jamboree of the internet
- 2007 Centenary of SCOUTS
 - 150th anniversary of BPs birth
 - 21st World Jamboree (UK), 40,000 attended
 - NZ changes to programme and structure
- 2008 160th country joins SCOUTS
- 2011 NZ introduces a new Uniform

My Notes: