

Harford District
2016 Cub Scout Day Camp
June 27 - July 1
Cub-struction

Castaway II Hiking Safety & Survival



Station Volunteer's Guide

Thank you for being a station volunteer! The stations are the heart of camp and truly provide our scouts with an opportunity to try out a new skill (or build on one they know) while having a great time. Our volunteers' knowledge and enthusiasm is what makes our camp great!

To make running the station easier, please take some time to read through the station guide. **While, what is being covered at the station needs to remain as outlined so that the scouts earn the correct achievements, how it is covered is only one of many methods.** If you find a better way to accomplish the requirements or if the method we have outlined doesn't seem to be working...please feel free to change it! This is only a guide...do what works best for you and the scouts coming to your station.

One other thing to keep in mind - some stations will be visited by all ranks. That means you may have 6 year olds through 11 year olds and may have to simplify or intensify the methods to meet the skills and knowledge of all the scouts.

Thanks again - we are glad to have you as part of Harford Day Camp!

Station Procedures

- The first station begins at 10:15 on Monday and 9:15 other days...so you have some time! We've tried to only schedule 2 dens at a time (max. 24 boys) but, there may be times when you have 3. Consult your station schedule so you will know who to expect and when.
- Greet dens as they arrive. Many will have a den cheer, ask to hear it!
- Once all the dens arrive or the start time has come, begin going through the procedures for the station. **It is very important that you start and end on time!** Each time slot lasts 45 minutes. If a den arrives 10 minutes late, they CANNOT stay 10 minutes past the end of the station...that would make you and them late for the next station. If a den doesn't get finished, suggest they come back during a break or take the remaining activity with them to work on at the den.
- **Execute the station with energy and enthusiasm!** Let the scouts do as much for themselves as possible. It doesn't need to be perfect, they just need to Do Their Best!
- Don't forget the beads. Each scout earns a bead at every station for participating. Beads can be given to the den leader for distribution.
- Once the den is finished, begin resetting for the next group.
- Close the station at the end of the day by packing/organizing the supplies and cleaning and disposing of all trash. Let the Program Director responsible for the station (either Tiger/Wolf/Bear or Webelos) know if supplies are running short!

Station Overview

Discussion and hands-on activities will complete this station.

Set-up:

Open bins and:

- 1) Set out items for survival kits.
- 2) Set out items for treating drinking water.
- 3) Set out items for the signal mirror

Break-Down

- 1) Return all materials to the bins.
- 2) Please assure that all bins are closed tightly and place under the tent for the night.
- 3) In the event that rainy weather is expected, please take the bins into the Crouse building for the night.

Station Objectives:

Webelos will learn what items should be in an outdoor survival kit.

Webelos will watch a demonstration on two different ways to remove impurities from drinking water.

Activity 1: Create a survival kit

Supplies: backpack, water bottle, sunscreen, first-aid kit, extra clothing, rain gear, pocketknife, flint & steel, flashlight, map & compass, trail food, signal mirror, whistle, duct tape, large trash bag (there will be 2 bags with one of each item and other things that do not belong).

Divide boys into two groups of 12. With each group working separately have each boy select an item for the kit, explain why it's important for survival, and then put it in the backpack. When there are 12 items beside the backpack, ask if everyone is satisfied they have all the right materials. If not, let them try again. After all are satisfied, go over the list and let them know if they are correct or if there are any items they have wrong.

Activity 2: Treat drinking water to remove impurities - this is a demonstration

Supplies: water from stream or pond, buckets, water bottles, gloves, water purification tablets, bleach, poster

Ask scouts why water needs to be purified when they are backcountry hiking or camping. Some examples:

- Pesticides, fertilizers, chemicals from farms, mines, manufacturing plants
- Hikers who are not environmentally conscious
- Forest animals who do their business near streams

A stream that looks clear can contain all kinds of pollutants and bacteria.

- *Gardia lamblia* - waterborne protozoan that spends part of its life cycle in mammals' intestines & can make humans very ill
- *Cryptosporidium* - can also make humans very ill
- *E.coli* & *salmonella* - can also make humans very ill and can be fatal

Purifying water is the solution.

- Water purification tablets (follow package instructions)
- Chlorine bleach, plain, no added soap or fragrances, 8 drops per gallon of cool water, let stand 30 minutes, if it smells of chlorine you can use it; if not treat again and wait another 30 minutes. If it doesn't smell of chlorine discard it and find another water source.
- Boiling - takes a lot of time and fuel to boil enough water for a group of scouts. Plus the water has to cool and will taste of smoke. Bring to a boil with half inch bubbles and let boil for one minute.

Activity 3: Lost in woods

Supplies: S-T-O-P poster, whistle, signal mirror, aluminum foil squares

Discuss what to do if scout becomes lost in the woods. Review the poster; cover up the answers and see if the scouts can guess them before explaining them.

Discuss how to help searchers find a lost scout.

The universal distress call always comes in threes: 3 shouts, 3 blasts on a whistle.

Make a smoky fire in daytime (toss grass or green leaves on flames to make it smoky), or a bright fire at night.

Spread extra clothes or anything bright in the open to catch eye of rescue pilot.

Pitch a tent or make a shelter.

Use the gear you have to stay warm & dry.

You can last several days without water; several weeks without food.

Signal Mirror Activity:

Tell the boys: On a clear, dry day, a signal mirror can project an attention-getting signal as far as 15 miles. And if you're looking for the signal, expecting it, you can spot it up to 20 miles away. Rescue teams, first responders, air and sea pilots, and military personnel are all trained to recognize intentional reflective signalling as a distress call.

Demonstrate how to make a signal using a mirror. Hold mirror with one hand and extend other hand in front of you. Tilt the mirror until reflected light from the sun fills your empty palm. Make a V with your illuminated fingers and then sight through the V towards an aircraft, or any shiny item. The boys will use a piece of foil to reflect the light.

Break boys into groups of six and give each boy a chance to make a mirror signal. They should only sight on the foil, not on an aircraft that may be in the sky! They also should not direct their signal towards anyone's face.

