Obstacle Course Training

Obstacle courses are a great way to train your Patrol Leaders with practical exercises The course consists of five obstacles, that should be set up prior to their use by members of your team. The obstacles should be set apart from each other so that the Patrol can work in isolation. There is no correct solution to any of these problems.

Each Patrol may have the same approach or indeed a different approach to each problem. The purpose of the exercise is to examine and promote the use of teamwork and co-operation skills, therefore the obstacle will provide the Patrol Leader with an opportunity to show his /her Patrol in action utilising all the skills.

Each obstacle should be ?manned? by a Scouter the scouter should explain the problem to the Patrol Leader on their arrival at the obstacle. The Scouter should act as time keeper and rule master. The time limit must be strictly adhered to. The scouter should give time countdowns at suitable time intervals. At the end of the obstacle the Scouter should direct the Patrol to their next obstacle.

The last Patrol to visit an obstacle should assist in the stripping down of the obstacle and in helping to return the equipment to the stores.

The Obstacles

Happy Landings

A parachutist has landed in a tree. He is unconscious but only barely breathing possibly due to the fact that the cords of the parachute are tied and tangled around his chest and throat. He also appears to have broken arms and legs. Your Patrol has arrived at the scene and must get the injured parachutist to the ground as quickly as possible to render first aid.

Equipment available:-2 No. ropes, 2 No. pulleys

Set up instructions

Obtain a dummy or mannequin and place in a tree at least 10 ft above the ground. The dummy should be heavy. The dummy should also appear as if it has parachuted into its location this can be done by wrapping the dummy in sisal and perhaps a piece of nylon cloth. In set up this obstacle remember that it has to be set up for each Patrol (Five times) so don?t get to complicated in its setup. You may need two Scouter manning this obstacle for this purpose.

White Out

You and your Patrol have been caught out in a dense fog. So bad is the weather conditions that you cannot see the hand in front of your face. The problem to erect your tent as quickly as possible and get your Patrol undercover until such time as conditions improve.

Equipment: Icelandic tent

Set up instructions

In order to run this obstacle you will require eight set of swimming goggles and a jar of Vaseline. The Vaseline is spread over the goggles so that it is impossible to see through them. It will be possible for the Patrol to see extremely blurred images at close range. This is an exercise in organisation. They have done it before so know what to do.

The Great Escape

You and your Patrol have managed to escape from your captures and now face the final obstacle to freedom - the electrified gate. You have with you a barrel and a plank which you can use but you have to take with you as you need it to build a raft to effect your escape on the opposite side of the fence.

You must bring the barrel and plank with you.

You cannot go under the fence.

You must operate you escape from six feet on either side of the fence.

If one of your Patrol is unfortunate to touch the fence then they must be removed from the area and receive artificial respiration for one minute before he and his first aider can return to the fence.

Set up instruction

A wooden trestle is erected as shown with the crossbars approx. six feet from the ground. An area of six feet on each side of the fence should be marked out. The plank should be a scaffolding plank about 14 feet long. The problem for most patrols will be to get the barrel over the fence. The throwing of the barrel and plank over the fence should be discouraged - Patrols should be asked to use their imagination rather than brute ignorance to overcome the problem. The Patrol can go through the X of the trestle if they wish but not under it.

Alligator Swamp

You have arrived at a swamp which is infested with alligators within the swamp is a number of small islands created by large tuffs of grass. On the ground beside the swamp is a short plank which originally belonged to the bridge that crossed the swamp. The problem to get your Patrol to safety. You can only stand on the tuffs of grass and cross between them by means of the plank. you cannot jump between the tuffs.

Set up instructions

Set up the swamp area as shown in diagram. The tuffs of grass are car tyres which are spaced as shown. The plank will not reach to every tuff therefore there is a correct route through the swamp. The swamp has one entry point and one exit point. The problem for the Patrol is how it is going to get the whole Patrol to safety. In order to do that the whole Patrol must be taken along as they go, resulting in at least four people on each tuff and this can result in some great fun. However, it should be pointed out to the patrol that feeding time in the swamp is in 15 minutes and alligators can jump up onto the tuffs. The plank should be about eight foot long.

The Fire Raft

This obstacle can be done in two ways depending on the location used.

Location 1 - tree

You and your patrol must construct a small raft on which a small fire should be lit. This raft should be capable of floating in the basin of water provided. When this is completed the basin containing the raft, and fire lighting must be hauled up the tree , over a branch and returned to the ground without extinguishing the fire.

Equipment: Metal basin, rope, pulley, raft materials, tinder and matches

Location 2 - river bank

You and your Patrol must construct a raft on which a small fire should be built. You should then float the raft across the river so that it burns through the string stretched across it.

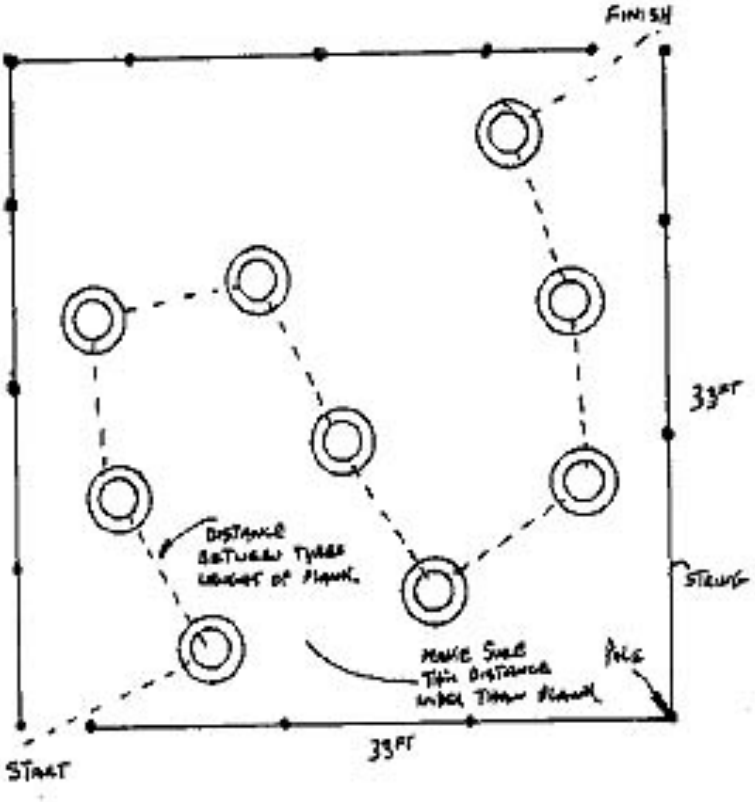
Equipment: Raft materials, Tinder and matches, String

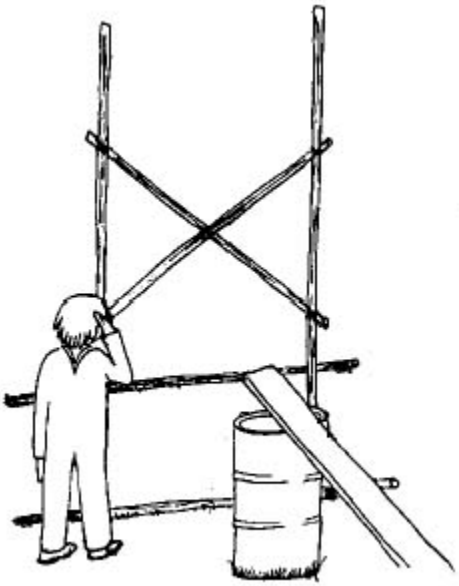
Setup instructions

The location of the obstacle will determine what has to be done to set up this obstacle. If a tree is to be used then you should use a tree which has two branches one above the other at a reasonable height. If a metal basin cannot be found then use a biscuit tin or large billy. If a riverbank is to be

used as the location then pick a spot on the river where the river flows reasonable fast. This will add to the difficulty of the task, in that, the raft will have to be controlled for long enough for it to burn through the string. At this location stretch a piece of string across the river about a foot off the surface of the water. Two marker should be put in the middle of the string to mark the spot where it is to be burnt. It maybe a good idea to set up the five pieces of string at once to save you the trouble of crossing the river every time the string is burnt.

Swamp Map





Bring Them Back Alive

"Bring them back alive" was the title one of the most popular bases on this years Melvin Trophy 2000 held in Larch Hill. The theme of the base was one of rescue. Each Patrol had to first find a parachutist who had dropped behind enemy lines and bring him to safety through enemy country. Having found the injured party they had to construct a stretcher to bring him to the nearest trail. Once there the Leader working with the Patrol used the incidents to create an individual adventure for each Patrol. Each Leader had their own little extras - like diving into ditches every time they came along another Patrol or donning camouflage make up and stuffing branches and leaves in their clothing to disguise them while crawling through undergrowth.

1. Light a fire with flint and steel
2. Make a cup of tea for the casualty
3. Build a shelter to protect casualty from heavy downpour
4. Fly a kite to signal your rescue base that casualty has been found.
5. Send a signal using Morse code and signal mirror.
6. Decode the intercepted enemy message.
7. Get pass the guards without being seen or heard.
8. Use tools provided to get your team under the obstacle

It is necessary to proceed with care over the next stage of your journey. Using signalling mirrors transmit messages to each other using Morse code.

A late night mission to the enemy camp by members of your party have recovered a coded message transmission from the radio desk. Decode the message.

You have come upon an enemy check point right in your path. It is not possible due to time restrictions to detour. It is decided to proceed with stealth and hope you are not spotted.

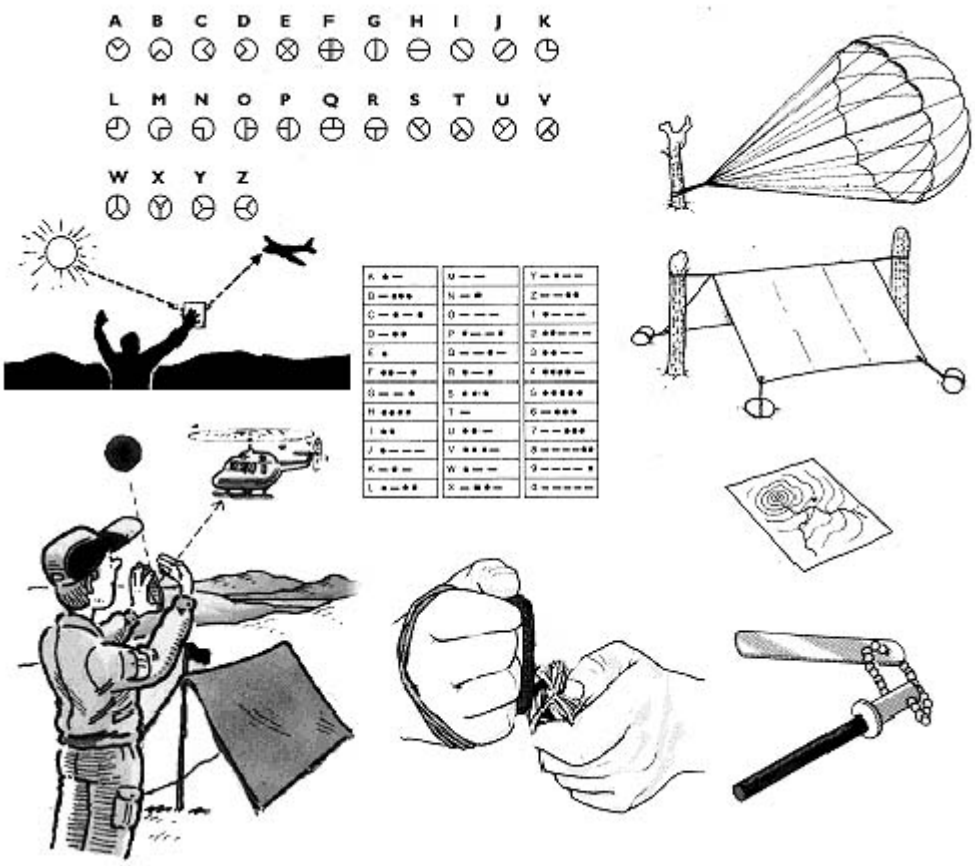
A number of surveillance cameras have been spotted on the trail ahead. Dispatch a number of your Patrol to disable them. Stealth is required so as not to alert the enemy.

As a result of a river crossing all your matches have become damp. Create a fire using the flint and steel device in your survival kit to make a fire to dry off your clothing.

Your journey to safety is a long one and in order to reassure your injured comrade you will need to make up some hot soup to keep his spirits up and aid his recovery.

Your recovery crew are waiting offshore for your signal. Flares are out of the question as they would alert the enemy. Fly a kite to signal that you have recovered the casualty and are making your way to pick up point.

The weather forecast does not look good and large black clouds are gathering over your head. Construct a temporary shelter with plastic sheeting provided to protect your casualty from the worst of the downpour.



BRinG Them BacK ALIVE

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Incident Challenge Hike

The incident challenge hike contained in the Join in Centenary pack is ideal for introducing adventure into your Troop Programme in April. Here are some additional ideas for 'incidents' you can use in your hike, as well as some creative ways of linking one incident to the other by way of 'trails.' All guaranteed to test your Scouts' skills and their problem solving ability…

Simulated Casualty

Stage a road or camp accident (e.g. a Scout has fallen out of a tree), or other emergency (e.g. rescue from smoke-filled shelter; or rescue parachutist who has landed in a tree). Patrols have to deal with the situation appropriately, using their first aid training and knowledge.

Rickety Gate

The patrol must cross a five-bar-type gate without touching it. They can use anything they find lying around to help them.

(Make sure you have previously concealed or 'strategically placed' two short pioneering poles nearby!)

Foreign Cooking

Provide all the ingredients and utensils to cook a simple recipe – but provide the recipe in a foreign language!

Obstacle Course

For example, suspend a row of car tyres from a tree. The patrol has to crawl through the tyres without touching the ground

Catch The Snapper

'Set' a spring-loaded mousetrap 6 metres away on a flat surface. Give the patrol lashing lengths and poles. They must retrieve the mousetrap, without setting it off, and without crossing over the 6 metre line.

Cross The Chasm

The Patrol are given equipment to make an A-frame (3 pioneering poles, lashing length; 1 long length of rope). Working from a base line they must construct an A-frame and use it to transport all of their patrol across the "chasm" (a 2.5m-wide area you have previously marked out)

What's The Taste?

Blindfold all members of the patrol and give them a selection of different flavoured crisps, chocolate bars, sweets, etc. Ask them to identify them correctly from taste alone.

Matchbox Stuff

Give the patrol (or each individual member) an empty matchbox and get them to fill it with as many different, identifiable, objects as possible within the set time.

Trails

Use these trails to link up the various incidents in your challenge hike. Many of these involve placing objects along the planned route, so will need to be prepared in advance of the hike.

1. A Kim's Game en route. Conceal a number of un-natural objects along a route – e.g. a shoe in a bush, a tea towel on a fence, a car tyre on a gate, a washing-up bowl in a tree. At the end of the trail ask Scouts what unnatural things they have observed.

2. Put clues inside inflated balloons and float them on the surface of a small pool. Scouts canoe out to retrieve them.

3. Drill 20 holes in a 1.5m length of drainpipe, which has been sealed at bottom end. Put clue inside film canister and drop sealed canister (so it's watertight) into drainpipe. Patrols have to fill drainpipe with water to float the canister to the top to retrieve clue.

4. Use codes of your own devising.

5. Use Braille alphabet, or some other form non-verbal communication

6. String trail

7. Tracking signs

8. Strip map. Produce a map (photocopy of OS map) where only 1 inch either side of route to be taken is included.

9. Take patrol, all blindfolded, in vehicle to next incident point and ask them to identify where they are by what they can remember of the route.

10. Patrol navigates the driver to their next checkpoint, but they don't realise that the driver always does the opposite of what the patrol says (e.g. turns left when told to turn right)

Challenges

Human Pyramid

Challenge teams to build a human pyramid from rows of kneeling people. Which team can build the highest pyramid?

Skin the Snake

Team members stand one behind the other with legs apart and pass their right hands between the legs to grasp the left hands of those behind. Starting at the back, members crawl through the legs of those in front of them, without losing hand grip, until the whole team is standing in a line holding hands.

Chair Balancing

Challenge an entire team to stand on one chair unsupported by walls, ropes or third parties. If you don't have a chair handy, improvise.

Bean Walk

Each member of the team stands behind a base line holding a large tin of baked beans in each hand. The object is to place one of the tins as far away from the line as possible without any part of the body touching the ground in front of the line. The winning team is the one with the most distant bean can after all members have had a go.

Broomstick Twist

A contestant holds a broomstick against his or her body with nose touching the end of the stick. The person must quickly spin around six times, immediately place the stick on the ground, and attempt to jump over it. The winner is whoever succeeds. Good luck.

Team Stacking

Teams must find a way for one member to support the entire weight of the team for 10 seconds. No external means of support allowed.

Human Knot

Team members stand in a circle, arms outstretched and pointing into the centre of the circle. Each person takes the hands of two different people across the circle until all hands are linked. Then the team tries to untie the human knot by stepping over and moving under each other's arms without releasing hands at any time. Great fun that brings out a team's natural leaders.

Inuit Challenges

These northern challenges for individuals, pairs and small groups seem deceptively simple when you read a description, but give them a try and you'll quickly realize how fit you need to be. Stage them on soft, grassy ground or make sure you provide gym mats for soft landings.

Toe Hang

This requires a team of three - two to hold a pole between them about 1.2 metres from the ground, and one to hang by the toes from the pole. With feet together, toes hooked over the pole, and arms locked behind the knees, the competitor tries to lift his or her body completely off the ground. The longest toe hang wins.

Airplane requires a "plane" and three pilots. The airplane lies face down on the ground with arms straight out at the sides and feet together. One team-mate grasps the person's feet and each of the others grasps an arm to lift the plane 60 to 90 cm off the ground and carry it as far as possible. Airplanes must keep the body rigid: sagging, bending arms at the elbow, or dropping shoulders below arm level terminates the flight. The farthest flight wins.

Foot pull is a two-person contest. The two sit facing each other across a line with one leg straight out in front, the other bent at the knee, and arms placed on the ground slightly behind the body for support. There should be 60 cm to 90 cm distance between the feet of the straight legs. Tie together the contestants' outstretched feet and give the signal to start pulling. The winner is the one who pulls his or her opponent's foot across the line.

Arm pull is another "tug-o-war" between two contestants. They sit facing each other with one leg bent and the other straight, hook their right arms at the elbow, and grasp the ankle of the opponent's bent leg with the left hand. On signal, they begin pulling slowly and steadily at the elbow, trying to pull over their opponent or to force the opponent's hand to touch the puller's chest.

For the Muskox Fight, two opponents get down on all fours in a 2.4 metre circle. They place their heads under the collarbones of their opponents, tuck them in, and try to push each other out of the circle. Caution them to push straight. Stop the action if it appears that a muskox is trying to twist the head of an opponent.

You might already be familiar with Leg Wrestling. Two competitors lie on their backs with heads pointing in opposite directions and outside legs bent, feet resting on the ground. They link inside arms at the elbow and each grasps the wrist of his or her linked arm with the free hand. On signal they raise their inside legs, lock them at the knee, and pull them down to try to flip over their opponent.

To provide Inuit high-kicking challenges, you need a portable stand from which you can suspend a soft target on a rope and easily adjust the target's height from the ground. The traditional target is a small stuffed fur sack called "the seal", but a bean bag will do.

For the One Foot High Kick, the starting position can be right under the target or from any distance up to 3 metres away. Start with the target low enough to give a realistic chance of success and raise it slightly for each successive jump. The competitor walks or runs toward the target, jumps from a two-footed take-off, kicks the target with one foot only, and lands on the same foot with which he kicked the target. It's easier to maintain your balance if you allow a little bounce on the landing foot before placing down the other foot. The winner is the one who manages the highest kick. According to our sources, the record is a little over 2.7 metres.

The One Foot Hop Kick is a bit more demanding. The start is the same as for the high kick, but the approach is made hopping on one foot only, with no changes allowed. The jump, kick, and landing must all be made on the hopping foot.

Giant Knot:

Six Scout team; judged on time. Given a 10 metre rope, tie a clove hitch to a post in the middle of a 7 metre circle. You may not enter the circle.

At your Court of Honour, place a pencil in a block of wood and give the PLs a piece of string with which to work out the best method. Then have them try their solutions in full scale.

The Giant Knot might be a round turn and two half hitches. Or it might challenge Scouts to secure two 10 m ropes to the pole. Look up the fisherman's knot.

Log Hoist:

One Scout; judged on time. Throw a 10 m rope over a 2.5 m crossbar 5 m away. Run up and tie a timber hitch to a log (50 cm long). Hoist the log free of the ground and hitch the rope to a peg at your starting point. The log must remain clear of the ground.

Log Pull Relay:

Six Scout team with a 3 m rope; judged on time. Teams are arranged three Scouts at each end of the course. The first Scout ties the rope to a log and pulls the log to the other end of the course to be pulled back by the second Scout, and so on. The timber hitch is a fast knot to tie but, if they make it a single, they must keep on the tension at all times.

Bell Ring:

10 Scout team; judged on time. Given no equipment, ring a bell hung 3.5 m above ground. You must ring the bell with your hand.

Life Line:

Three Scout team; judged on the number of successful throws. Throw an 11 metre rope over a 9 m distance to land between two pegs set a metre apart. Each Scout has two throws.

No-Match Firelighting:

Two Scout team with materials supplied by troop; judged on the time it takes to get a self-sustaining flame in kindling. Flint, glass, steel wool, etc., are permitted but no matches, lighters, or commercial scratch lighters. You need good tinder here. I remember a Scout who used the gauze padding from the cast on his leg!

Bucksaw:

Four Scout team with troop saw (two-man crosscut saws not permitted); judged on time taken to cut through a timber 15 cm x 15 cm.Two Scouts hold the timber, two Scouts use the saw. Scouts may change places.

Your PLs may benefit from a few tips:

put the two heaviest Scouts on the log to anchor it; don't try to cut through a knot; avoid pushing on the saw, which only makes it bind. Use a 75 cm saw so you can get good strokes, and put in a new blade. The troop saw probably needs one anyway.

Six Knot Relay:

Six Scout team; judged on time taken to tie knots correctly. In turn, each Scout runs 10 m, ties a knot, and returns to tag off the next Scout. The six knots are the reef, bowline, sheet bend, clove hitch, round turn and two half hitches, and sheep shank.

String Burn:

Two Scout team with wood and matches supplied by troop; judged on time it takes fire to burn through string. Stretch a wire 30 cm above ground and a string 45 cm above ground. The fire lay must be kept below the wire.

How High:

Three Scout team; judged on accuracy. Use various methods to estimate the height of a pole.

Fast Compass:

Four Scout team with compasses supplied by troop; judged on the number of correct readings in three minutes. Lay out a circle with about 20 numbered pegs around its perimeter. In turn, each Scout goes to the centre of the circle and is given a compass reading. He writes down the number of the peg in the direction he has been given.

How Wide:

Six Scout team; judged on accuracy. On a field, draw two lines 20 to 40 m apart to represent the banks of a river. Using various methods, Scouts estimate the distance between the lines.

How High the Hill:

Six Scout team; judged on accuracy. Scouts estimate the height of a hill. They may climb it to do so. What do your patrol leaders say about the best way to make the estimate?

Pole Raising:

Six Scout team; judged on time. There is a 5 m pole in a 10 m circle with one end of the pole touching the edge of the circle. You have two 30 m ropes. Without entering the circle, erect the pole in the centre of the circle.

Blindfold Bowline-Reef:

Four Scout team; judged on time to complete correctly. Scouts are blindfolded and forbidden to talk. All four first tie a bowline on themselves, then numbers one and two Scouts tie together their ropes with a reef knot while numbers three and four do the same.

Baseline Compass Course:

Four Scout team; judged on accuracy. Set up a three leg course that leaves a given peg on the baseline and returns to a different peg on the baseline.

Tripod Chair:

Six Scout team; judged on time. Lash and erect a tripod from three poles 4.3 m long. Test by suspending a rope with a boson’s chair (bowline on a bight) from the top. One Scout must sit in the chair and remain clear of the ground. Can Race:

One Scout; judged on distance travelled in two minutes. Given two large juice cans, move from point A to point B without letting your feet touch the ground.

Tire Obstacle Race:

Two Scout team; judged on time. Scouts travel through a series of tires suspended at different levels from stout rope.

Stilt Race:

Two Scout team; judged on total distance travelled in three minutes. Supply stilts with step placed 45 cm off the ground.

Kim's Game:

Four Scout team; judged on number of accurate observations. You have a minute to view 25 items and three minutes to list them.

Atomic Bucket:

Four Scout team judged on time to complete. A bucket half full of water sits on top of a 30 cm high post. Two Scouts. using two staves as a stretcher, must move the bucket 15 m to the top of a post 120 cm high. The other two Scouts reverse the procedure. An upset bucket means game over!

Leaky Can Race:

Four Scout team; judged on the amount of water in the bucket after three minutes. Place a bucket 10 m away from a tub of water and give each team a small can with a hole drilled in the side near the bottom.Team members take turns to fill the can with water, race to the bucket to empty it, and return to give the can to the next Scout.

Styro Cup Relay:

Six Scout team; judged on time and the amount of water remaining in the cup. Place three Scouts at each end of a 30 m course. Hand the first Scout a styrofoam cup full of water. The team runs a relay race carrying the cup of water over the course.

Obstacle Course

Equipment: Many and Varied

Description: The premise of this game is simple. Allow the players 10 minutes to set up an obstacle course with various challenges using any materials to hand. Then time each player around the obstacle course. The best time wins

Variations: Allow teams to set up obstacles for the other teams

Oil Drum Ball:

Three Scout team; judged on score. Give each Scout two tries at throwing a tennis ball into an oil drum placed 9 m away from the throwing line.

It's obvious that the challenges offer troops ways to win points, but we consider all the Scouts at a camporee winners and do not declare a top troop. Instead, we make awards in three categories:

gold for the 10% of the troops who gained top points, silver for the next 10%, and bronze for all the others. We hand out the awards alphabetically, without announcing points. We think it's important that, instead of aiming to be "the best troop in the world", Scouts work towards making their troop the very best it can be.

Fire Building Competition

The other game was one that we used last month for a small troop with several relatively young Scouts. Firebuilding was a new thing for them, and we wanted to see how well they'd caught on to techniques, etc. Rather than the old "first to burn through the string" type of contest, we juiced it up a bit and made it interesting for the older boys with the following twist: in addition to getting a fire going, each team should build a launcher to fire water balloons at the other team's fire. We didn't have a whole lot of time to let them work at the launchers, so for us, these were just overturned picnic tables with rubber slingshots strung between the picnic table legs. Old tire innertubes provided the rubber strips. One of our leaders brought some old tractor inner tubes from his family's farm, but I think a bicycle inner tube would have worked even better.

This game actually went rather well - the real objective of getting the Scouts to do some fire building was met (both teams' fires were easily built and kept going). We made up a couple of rules that helped keep some order in the chaos: the team fire had to be going before the team was allowed to launch a balloon; each team was only given two water balloons to fire at one time - they had to return the bits of broken balloon to get replacement balloons. (When we left the site where we did this game, there was no trace of any broken balloon bits whatsoever.)

A couple of hints though - we used a collapsible plastic water jug to fill the balloons - it was kind of tough to do and I fell behind the Scouts as they were firing - try to have as many as possible filled up before you start the game. Water pressure is something one tends to take for granted in the city, but at a campsite it can be a bit of challenge to get water balloons filled. Secondly, have a pretty good idea how your launcher will work; there are several designs around, if you have time to let the Scouts build them. With the rubber slingshot idea, rope that was tied through holes in the ends of the rubber tended to pull through the ends of the strips. We'll have a better design for next time though. :-)

One great story came out of the game - one team's balloon managed to land squarely in the middle of the other team's fire. But they'ld already discovered that half full balloons flew much better than full ones, so the darned water balloon didn't burst when it hit the fire! Better yet, even though flames were all around the balloon, the water inside kept it cool so that it didn't burst! Everybody ran up to see this silly water balloon in the middle of a roaring fire (very much the boiling water in the paper cup principle), when suddenly the top of the balloon popped and a little stream of water spurted out. The top even started to rotate a little - just like a miniature lawn sprinkler. There wasn't enough water to put out the fire, but it certainly made an impact and got a big cheer! After that, the game kind of degenerated into lobbing a few remaining water balloons around but it was a warm spring day and everybody had a lot of fun.

Soccer Kick:

Four Scout team; judged on score. Give each Scout two chances to kick a soccer ball through a hulahoop standing vertically 10 m from the kick line.

Mine Field

Equipment: Various Objects, Chairs, Tables etc.

Description: The majority of the hall (except for two ends) is designated as a minefield. Anybody stepping in the minefield is blown up and must sit out the game. The players are divided into teams, and each team is given the same amount of materials (e.g. a few chairs, a table, rope, stave, some objects to transfer). The idea of the game is for the players to cooperate as a team to get their objects across to the other side of the minefield, using only what they have been given, in the shortest possible time (only the chairs and tables may touch the minefield, any other objects touching it are lost)

Notes: The basic premise is to use the chairs as stepping stones. If you give them too many chairs the game is too easy. There should certainly be less chairs than players in the team. The tables should ideally be used as a fixed stop-off point. To make the game harder, give them more awkward objects to carry.

Distance Clove Hitch

Equipment: Long Rope, Tree or Pole

Description: Using a very long rope and either a tree or a pole, the object of this game is to tie a clove hitch around the tree (pole) without getting near the tree. Draw a circle around the object that the knot is to be tied to and tell the players that they must not go inside that circle. The knot can be tied, but only through the cooperation and teamwork of the players.

Notes: Hint: One boy is a runner and the other stands in one spot

Human Knot

Equipment: None

Got untangle the knot. Grips may change and palms may pivot on one another, but contact must be maintained. If time is running out, the problem can be simplified by breaking one grip and asking the group to form a single line instead of a circle

Description: Ask a group of ten or thirteen people to form a tight circle. Have each person extend both hands into the center, and grasp the hand of two different people. When this is completed, the group must then untangle the knot they have created. Physical hand-to-hand contact may not be broken

Trading Post

Equipment: Lots of varied 'building' materials, 'Currency'

Description: The players are divided into teams and each team is given the same amount of currency (e.g. beads, cardboard squares). A trading post is set up with areas where the teams can buy raw materials (paper, card, scissors, pens etc.), an area for selling items they have made and a bank. They then have to decide what they are going to buy from the trading post in order to make something to sell back for a profit. Most things that the trading post buys back should result in a profit, but you should put in some items that produce no profit or even a loss. Play continues for a set time. The team with the most currency are the winners

Notes: This can be adapted to fit any theme by building related items. The game works best if pre-made examples are available for inspection by the players. Periodically introduce ‘special offers’, ‘contracts'. Vary the price according to demand.

All Aboard

Equipment: 2-foot square Platform or Table

Description: The goal of this challenge is to get a group of twelve to sixteen people on a two-foot square platform without anyone touching the ground.

Each person must have both feet off the ground. Everyone in the group must remain on the platform for at least 10 seconds. Participants can not lay on top of each other, forming a dog pile, as a solution to this activity. Play continues for a set time

Variations: Use hula-hoops instead of platforms

Blind Square

Equipment: Large rope tied in a circle

Description: The object of this game is to have a group of at least eight players form a perfect square while blindfolded. After the players have put on blindfolds, place a rope that is tied in a circle, in each person's hands. Players must then form the rope into the shape of a square. When they believe the square has been formed, they place the rope carefully on the ground and remove their blindfolds. All players must have at least one hand on the rope at all times

Cliff-Top Rescue Simulation

You are out walking along a cliff-top footpath with some friends when you hear cries for help.

You arrive at a site where there is a small tent.

One person is screaming hysterically “Help! Help! Help!”. He will not say why.

You notice that there is a gas stove lit & lying on its side with a pan upturned alongside.

You notice that the person is holding his arm.

Eventually you manage to find out from the person that his friend has fallen over the cliff.

You notice that there is a climbing rope by the tent.

The person down the cliff picked up the pan of boiling soup and stumbled, spilling soup over himself and his friend. He then slipped over the edge of the cliff.

Activities for the Pack on a First Aid Night:

Have a Leader or senior Cub walk into the room and complain or act out one of the above conditions. Choose a Cub who knows the answer and have him play the First Aider. Make sure he/she gets someone to go for help. Make sure everyone plays in the game.

With the Cubs build a Pack First Aid Kit. Some of the items could include:

- Antiseptic ointment
- Insect repellent
- Sunscreen
- Ointment for insect bites and sunburn
- Cough medicine
- Throat lozenges
- Tweezers (for removing splinters)
- Fingernail clips
- Bandage scissors
- Nail file
- Soap
- Safety pins
- Salt
- Whistle
- Triangular bandage
- Sterile roll cling gauze bandages
- Various adhesive band-aids
- Wet towelettes [baby wipes]
- Alcohol swabs
- Adhesive tape to secure bandages
- Cotton balls and/or Q-tips
- Small flashlight
- Small insulating blanket
- Drinking cup
- Paper & pencil
- First Aid book
- Coins to make phone calls
- Phone numbers for police, hospital and parents

Collect all the above objects and place in a bag. Add other items such as a plastic bowl, spoon, Nintendo game, music CD etc. Arrange the Cubs in a circle around you. Pick one item at a time out of the bag and have the Cubs select which would be best for the First Aid Kit. Have them explain why the item is useful and how it is used. Combine with the above role-playing game and use some of the items in the kit to assist in giving First Aid.

Desert Island Exercise

In order to set up this project you must first mark out islands on which your Patrols can be marooned (15mts X 15mts).

On the island should be placed all the equipment necessary to complete the tasks. Below are listed a number of tasks that the Patrol have to do in the time limit. You can vary the list of tasks to suit your own situation or run the exercise at different times with the tasks changing each time the 'island is visited'

Instructions

Your Patrol has been marooned on a desert island and you must do the following tasks within 60 minutes.

Light a fire with flint and steel.

Send an S.O.S. message by smoke signal

Cook food provided without utensils.

Erect a flagpole and fly a flag.

Construct and fly a kite

Construct a line thrower

Once marooned on the island nobody can leave the island until the allotted time has elasped.

Incidents

River transporter

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

Electric fence

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

Mug Tree

Two buckets are connected via a single pulley. The bucket on the ground is full of water, the bucket up the tree is empty. Attached to branches so that they just reach the branch below are mugs. The top mug will reach the top bucket, and the bottom mug will reach the bucket on the ground.

The problem for the Patrol is to get the two buckets to balance exactly (meeting halfway) by transferring water up the tree from mug to mug. The Scouts should strategically position themselves up the tree so that it is possible to collect water from the bottom bucket and pass it up the tree to the empty bucket.

Motyron

Arrange eight used tyres (large tyres) so that they hang at varying heights from strong rope or a spar. (You may find that a local tyre dealer will let you have a lend of some used tyres) The object is to get your whole Patrol through them in the quickest time.

Haute cuisine

In 20 mins red ants will come out at dusk arrives. They are very dangerous but are not known to climb above 2 metres up trees. You are to get your whole Patrol above the danger zone, and prepare and eat supper consisting of tea, and sausage sandwiches. (gas stoves should be used, but a small platform should be constructed to cook on). If you cannot get your whole Patrol up one tree, distributing supper should prove interesting.

Funfair

The see - saw at a funfair has broken down. Make a new one from the material at your disposal.

Equipment: two spars for the cross legs, long spar for the top bar, 4 pickets, long plank or long spar for the see - saw, ropes and a couple of decoys.

Blindfold string trail

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

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

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

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

The ignorant native

This requires a versatile Assistant Scout Leader

Your Patrol is stranded on one side of a river bank. The river is deep and fast flowing. On the opposite bank is a tree, and leaning against it is a friendly (but 'thick') native who doesn't speak English. You have with you a long rope, and you notice that there is a convenient tree on your side of the river. What you have to do is persuade the native to tie the end of your rope around his tree with a round turn and two half hitches at a height that will allow your Patrol to cross the river.

The `native` does not speak any other language your Patrol might try, and you will not only have to mime to him what you want him to do, but also get him to do it, and what if he misunderstands you ....

(it is important that you select someone carefully to play the role of the ignorant native because to be play someone who is really ignorant requires considerable ability.)

Tree camouflage

Camouflage your Patrol and gear which includes this (an object which is heavy and bulky) in this tree at least 10 feet above the ground. Storms are expected so make a tree shelter.

Equipment: Heavy, bulky object. rope.

Snake pit

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

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

Time piece

Construct from natural materials an article that will measure time. This must not depend on the sun, moon or any other planetary object.
Equipment: what the Patrol request within reason.

Telephone cable

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

Equipment: what the Patrol request within reason.

Bulk transporter

For this incident, the Patrol must first build the transporter (see sketch) which is specially designed to carry a radioactive liquid (water in a basin) to safety over an obstacle course.

Noises off

In times of emergency it may be necessary to concentrate on the job in hand under difficult circumstances, so for this incident the Patrol are given a simple project to do, during which all sorts of distractions are provided. A suitable project maybe to encypher a message in morse code and send it on a morse key over a distance. The morse buzzer may also have to be connected up.

Alligator Swamp

You have arrived at a swamp which is infested with alligators. Within the swamp is a number of small islands created by tuffs of grass. On the ground beside the swamp is a short plank which originally belonged to a bridge that crossed the swamp. The problem is to get your Patrol to safety at the other side of the swamp. You can only stand on the tuffs of grass and cross between them by means of the plank. You cannot jump between the tuffs, nor can you throw the plank across the swamp, therefore you must bring the whole Patrol across as one group.

Foreigner

The Patrol meets a foreigner who is in distress but can speak no English. They must try and help him.

Rescue Work

House on fire

There are many variations of this incident depending on the buildings available. Smoke can be produced by lighting a fire in a steel bucket and covering it with grass but it maybe necessary to wait for about 15 minutes for the building to fill up to make an effective incident. The incident may involve some of the following: calling the Fire Brigade and taking appropriate action; searching for casualties including crawling through smoke and taking the appropriate safety precautions; putting the fire out; moving casualty or lowering by rope and applying first aid treatment for burns or asphyxia. The casualty should be in such a position that he can only be reached by crawling through the building but at the same time he has plenty of fresh air to breath while waiting.

It should be pointed out that this is only an exercise in teambuilding. It should be pointed out to all Scouts that in the case of a fire they should get out of the building as quickly as possible and not go back inside for any reason.

Cliff rescue

This may involve abseiling down the cliff to the casualty and moving him/her to the top or bottom. If the casualty is to be lowered by rope then a fireman's chair knot or better still a triple bowline should be used. Anyone climbing down the cliff should be protected by a safety line fastened around their waist.

It is not necessary to do this activity on top of a 100 foot cliff a small out crop or steep hill will provide the same conditions. Remember this is a training exercise you do not want to put your Patrols in danger or create your own real incident due to carelessness.

Casualty in tree

This is a variation of the last incident for use when a cliff is available. To make the situation plausible the casualty could be an airman or parachutist. As with the previous incident the `injury' should be minor such as a broken arm.

Stretchers

The making and construction of stretchers provide the opportunity to develop a number of incidents. A good stretcher is hard to make therefore it may be necessary to give some preliminary instruction to your Patrols. The carrying of an injured person over difficult ground or an obstacle course will provide the Patrol with a teambuilding exercise in itself aside from the building of the stretcher and the care of the injured person.

Frightened child in a tree

The Patrol have to deal with a child who has climbed a tree and has become too frightened to get down.

Ice breaking

Rather more imagination is required to set up this incident. A hole is required so that part of the casualty is above the ground and ladder or something similar should be available but it need not be placed in too obvious a position.

Further ideas

Rescue from a swamp

Drowning

Electric shock

Rescue from island or flooding

underground rescue

Rescue of person trapped in derelict building.

A problem

Allow 5 minutes for the solution to this problem. The retreating enemy have sabotaged the pontoon bridge by removing all the manhole covers from the pontoons. At the moment the manhole are above the water level, but as soon as vehicles come to the bridge, the pontoons will be depressed and will flood. A long line of vehicles is waiting to cross the river in pursuit of the enemy. You are in charge. You have no way of replacing the manhole covers. What would you do?

Chain reactor

Let each Patrol construct a ` Chain-Reactor System' which from the initial impulse will trigger-off a series of movements of the greatest possible variety: e.g. a string is burnt through by a candle flame and releases a weight which raises a miniature portcullis which allows a stream of pebbles to cataract down a channel and into a tin which upsets the balance of a lever which sets a pendulum going which ....and so on. The `Reactor-System' which has the greatest variety of movement and lasts longest is the winner.

Water transfer

A `channel' about three metres across. In the middle, two billy cans without handles, one containing water. Staves and sisal are provided.

Instructions - Working from both sides of the channel, pour water from one billy to the other and back without spilling a single drop.

On flat ground mark out with sisal and tent pegs a river 4 metres wide. On the far bank, opposite each Patrol place three plastic bottles filled with water and tied loosely together at the necks.

On the near side provide each Patrol with an identical assortment of light spars, cordage and soft wire.

Instructions - Without crossing the river, improvise an apparatus which will enable you to recover the bottles without spilling any of their contents.

Precision activities

The purpose of this exercise is to test the ability of your Patrol Leaders to convey precise verbal instructions to their Patrols and then carry them into effect.

Begin the activity by calling the Patrol Leaders together and informing them that you are about to issue a series of precise instructions which must be carried out to the letter by their Patrols.

Allow the Patrol Leaders to brief their Patrols, then call them back for their first instruction.

The following are suggestions only. You could have fun dreaming up your own `Precision Activities'. The aim should be to create an impression of great urgency, so that the Patrols react at twice the normal speed. Instructions should follow in quick succession, allowing the Patrols no time to relax.

1. In exactly one minute from now the room will be plunged into darkness for the space of sixty seconds. You therefore have one minute to organise yourselves so that , when the lights go out - not before, you can build a human pyramid three Scouts high which will still be intact when the lights go on again.

2. Without using knots, join six ropes together to make the longest line possible which will hold together when held by its extremities clear of the ground. (One way of doing this is to tuck each rope under the lay of the other twice)

3. Organise your Patrol so that when the signal is given in about 3 minutes time all the following tasks can be carried out simultaneously in one minute or less:

- Set a map with the compass provided

- Put a bandage around an injured knee

- Make a tripod with three poles and a length of light rope.

- With a handkerchief only, demonstrate how you would drag an unconscious person from a smoke filled room.

- Without the aid of a compass, draw a arrow that will point NNE

4. You have exactly three minutes to organise a relay race in which each Scout in the Patrol carries every other Scout from one end of the hall to the other. Be ready to go when the signal is given.

5. You have 2 minutes in which to master the first circle of the semaphore code as a Patrol. Be prepared to prove your efficiency by reading accurately a number of words transmitted in quick succession from the far end of the room.

Lighted candle

Mark out an area about six metres in diameter and place in the centre, about one meter apart, two jam jars, one containing a lighted candle. Provide ample sisal twine.

Instructions- Working outside the area, reverse the position of each jam jar in relation to each other. If the light goes out, your failure will be complete. You have been warned!

The Disturbed Hornets

An explorer has fallen from a tree knocking himself unconscious and breaking his left arm above the elbow. First aid must be given where he lies and he can only be moved on an improvised stretcher. In falling he has disturbed a nest of vicious hornets, whose sting is known to be fatal. The swarm is hovering in an angry horde just five feet above the injured man and are descending at a rate of 12 inches every minute. The rate of descent can only be slowed down by dense clouds of smoke.

Flood Warning

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

Prussik Knot

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

Cross cut

Working from outside a circle approx. 12 feet in diameter created by pegging out sisal on the ground cut a stake with a bowsaw. Patrols are provided with a bowsaw and sisal.

Time bomb

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

The island

The problem is to cross a pond to an island. The planks available are each two short to reach the island by about 2 - 3 feet. No other equipment is available except the two planks.

Nerve tester

This exercise is a version of the blindfold trail. It will be necessary to build a nerve tester circuit with an electrical buzzer and some cable

In this exercise the Patrol must negotiate a short obstacle course as well as keep the nerve tester loop from touching the `live' wire. An extra difficulty is to blindfold the Patrol members except the Patrol Leader and the Assistant Patrol Leader. The course should only be about 30 - 40 feet long as this is a difficult obstacle to overcome successfully.

Radioactive Drums

Radioactive material in drums must be kept stable to ensure safety. This is achieved by placing the drums, 9 in total, in a square 3 drums by 3 drums. The drums have a radioactive value printed on them, 5, 6, 7, 8, 10, 12, 13, 14, 15. To ensure safety, however, the drums must total 30 on each branch (vertically, horizontally, and diagonally)

The wire

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

Weight Lifting

A straightforward exercise in block and tackle skills. It is surprising the number of Patrols who find it extremely difficult to lift a weight when it cannot be lifted by brute force alone.

In this problem the Patrol must rescue a man who has been trapped under a large slab of concrete on a building site. When he has been rescued first aid has to be administered as required.

Most Patrols fail to complete this exercise due to improper knowledge in how to rig a pulley system.

Disease Control

A container in a germ warfare laboratory has been opened in an unsafe environment. The problem is to put the lid on the jar and replace the jar in a metal box. You cannot enter the room (a pegged out area 10 ft around the objects)

Equipment available - string, a rubber band, and one or two coat hangers

The obstacle

A trestle frame is constructed as shown. The Patrol must pass over and through the frame and bring what ever equipment used with them. No part of the frame can be touched. The Patrol must work from an area 6 feet from the frame on each side.

Equipment available - a barrel, and a 12 foot plank.

Acid Drum

A drum of acid has fallen of the back of a truck and landed on a bridge. Acid has seeped from the drum and has prevented access to it from 15 feet in every direction. The problem is to lift the drum onto a special sealer (piece of cardboard). Time is short as the acid is eating through the steel of the bridge.

Equipment available - a rope and two poles.

The obstacle

A trestle frame is constructed as shown. The Patrol must pass over and through the frame and bring what ever equipment used with them. No part of the frame can be touched. The Patrol must work from an area 6 feet from the frame on each side.

Equipment available - a barrel, and a 12 foot plank.

Brickhenge

The problem for the Patrol is to build a miniature Stone henge, using bricks. The idea is to build the model using labour saving devices as shown in the sketches below. The bricks should not be touched by hand at any stage of the operation

Stage 1 is to mark out a plan of the model on the ground (radius 1 metre) to represent part of the stonehenge monument.

Stage 2 is the moving into position of the bricks. The bricks maybe moved by using cane or dowel rollers and thin string or wool for pushing. Thin sticks can be used for maneuvering or pushing.

Stage 3 Each brick has to be lifted into position using a series of levers or pulley methods. As with stage 2 only light string or wool is provided to complete the task.

Stage 4 The upright bricks can then be buried in sand or clay so that the capping stones can be placed on top of the uprights or a wooden ram built.

This exercise is designed to show how stoneage people built these great monuments and structures. Your patrols will be trying to reconstruct this feat in miniature, therefore it is important that they do not have `strong' materials for completing the task, thus the suggestion that wool or light string is used. Extra marks should be given to those Patrols that bind the wool together to give it more strength and employ levering methods to lift the blocks into position

Inter Patrol Challenge

The following challenge is not only fun for the Scouts, but is also a good way for you to assess their general knowledge of basic Scouting skills. It takes about an hour to complete (depending upon their capabilities), but will require some preparation work by yourself beforehand, plus time to set up and clear away afterwards.

Team Numbers

Teams must be a minimum of 4.

Equipment

The equipment you will need is as follows :

- 3 Scout staves per Patrol
- Decent ropes for lashings, plus old rope which you don't mind losing.
- 1 Tin can per Patrol (half full of water)
- Pens / Pencils and paper per Patrol
- Matches (3 live, and many used ones per Patrol)
- Instruction / Answer sheets (as detailed)

Introduction for Leaders.

Each Patrol is given the first set of instructions / question sheet, which direct them to do certain things, answer certain questions and go to a certain place. When they reach the next place they will then receive their next set of instructions, questions and certain items of equipment, but only if they have completed the task given to them in the previous instructions and answered the questions on that sheet (how fully the questions need to be answered is up to you).

The Instruction / Question sheets here refer to the locations as location A, B, C, etc. as we do not know where your locations will be. A good idea is to verbally tell the Scouts where the locations are when you give them the appropriate pieces of paper.

Giving them the instructions in sealed envelopes also adds to the mystery and fun and you may also write the next location details on the envelope - perhaps using a simple map and grid system. The number of leaders you will need will depend upon how far apart the locations are. Outdoor locations are best, especially as fire is involved in one of the tasks.

You may also need a leader to oversee various parts of the challenge to ensure there is no cheating (if you have a shortage a leaders, you could double up on the locations i.e. make A and D the same place, B and E the same place etc.)

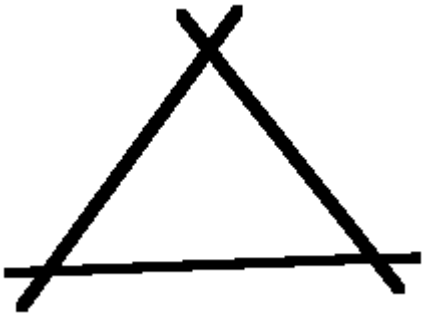
The following are the instructions and questions which should be given to the Scouts at each point. The various answers are at the end, though you can of course substitute your own Questions and Answers to suit whatever knowledge or skills you are assessing.

Inter Patrol Challenge

START / Instruction Sheet One

(Equipment : You now have 3 staves and 3 lashing ropes)

Using 3 Scout Staves and Square lashings construct a framework as shown.



Once this is done use the frame to carry at least 1 member of the Patrol to Location A - you may swap over the person who is being carried during the journey.

When you get to Location A, you will be given your next set of instructions provided that your lashings are intact (if they come lose, you may re-tie them) and you have completed the following questions :

1A	What is the 5 letter name for the rhythmic flow of blood around the body?
1B	What 3 things are needed to help stop external bleeding?
1C	What do you call someone who has been injured in a road accident?
1D	What is the difference in the treatment for a burn and for a scald?
1E	Should you warm a hypothermia victim up quickly or slowly?

Inter Patrol Challenge

LOCATION A / Instruction Sheet Two.

Carrying a different member of the Patrol on the frame you have made, proceed to location B. At location B you will be given your next set of instructions, provided that :

Everyone in the Patrol has been carried at least once

Your lashings are still intact (if they come lose then you must do them again)

You have answered the following questions :

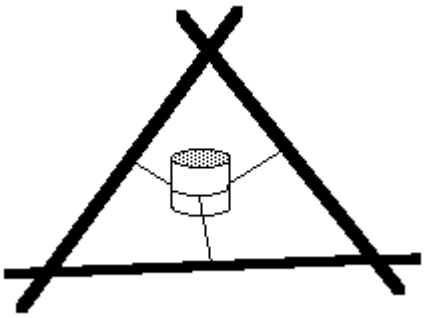
2A	Starting at North, and working clockwise, what are the 16 main points of the compass?
2B	Name the 3 types of North (think of a map and compass)
2C	What is the equivalent bearings for these points of the compass : • North East • South • West South West
2D	To what points of the compass do these bearings relate : • 112.5 degrees • 315 degrees • 337.5 degrees

Inter Patrol Challenge

LOCATION B / Instruction Sheet Three

(Equipment : You now have a half full Tin can and some old rope)

At last you can stop carrying one of your Patrol. But you still need the frame - place the Tin Can on the floor and the frame around it - Once you have done this you are not allowed to touch the can again. This is because it is full of Radioactive waste, and your frame is now a Radioactive Material Transporter. Without touching the can or spilling any waste, tie the can to the transporter so that it is tied to each spar (as shown left).



Take the transporter and waste to Location C, where you will be given your final set of instructions. You will only get your instructions if the frame does not touch the floor and no waste is spilled on the way, and you must also complete the following questions :

3A	Answer the following questions using the 24 hour clock • What time does News at Ten start? • What is 15 hours past midnight? • What is 13 hours before midnight?
3B	Name the 4 main Scout Awards?
3C	Morse and Semaphore are types of what?
3D	Name the 4 main training sections in Scouting, including the correct collective name (such as a Scout TROOP)
3E	Trench, Alter, Star and Reflector are all types of what?

Inter Patrol Challenge

LOCATION C / Instruction Sheet Four

(Equipment : You now have 3 live, and a number of dead matches)

The ropes on your transporter are now also radioactive, so you cannot touch them (you can only touch the spars). Still taking care not to let the frame or the waste touch the floor, take your waste and transporter to location D. At location D you must deposit your Radioactive canister - but as you cannot touch the ropes, you must use the matches to burn through the ropes used to tie the canister to the frame - deposit the canister on the floor with letting the frame touch the floor, spilling any waste or touching the ropes. Once this is done undo your frame and take the ropes and spars to the finish point at Location E. Once you reach location E you will have finished - provided you complete the following :

Answer the following :

4A	Write down the following • The Scout Motto • The Scout Promise • The Scout Laws

Inter Patrol Challenge

Answers to questions:

1A	PULSE
1B	Pressure (applied to the wound), Elevation (above the heart), Re-assurance (to lower blood pressure)
1C	An Ambulance
1D	There is little real difference. Remove any latent sources of heat such as scalding wet clothing, molten plastic etc & cool the wound for 10 minutes. Hospitalise serious cases.
1E	Slowly (Quickly draws blood from the heart and vital organs)
2A	N, NNE, NE, ENE, E, ESE, SE, SSE, S, SSW, SW, WSW, W, WNW, NW, NNW
2B	Magnetic, True and Grid
2C	45 degrees, 180 degrees, 247.5 degrees
2D	ESE, NW, NNW
3A	22:00, 15:00, 11:00
3B	Scout Award, Explorer Award, Pathfinder Award & Chief Scouts Award
3C	Communications CODES
3D	Beaver Colony, Cub Pack, Scout Troop, Venture Unit
3E	Fires
4A	If you don't know the answers, how do you expect the Scouts to!

Just Seconds to Think and Act

Looking for an activity that provides a chance to learn by doing, involves variety, provides quick feedback on results and is (above all) fun? The following suggestion answers all these requirements.

This activity involves Scouts in a series of emergency situations with which they must deal correctly and quickly.

The great thing about it is the activities require no intricate preparations and can be run by a parent, an Explorer, or Networker. All the information needed is contained within each situation.

This activity is intended for a patrol to tackle together. It can be used for inter-patrol competition, testing, or instruction and testing.

The best way to handle it is for each patrol to work in separate rooms. If this is not possible, a large meeting hall that provides room for a patrol to spread out and still be somewhat separate from the other patrols will do. Toothpicks or matchsticks provide a tangible token for scoring.

Judges' Instructions

Judges should be waiting for the patrol when they arrive at the hall where the activities will take place. Each judge should have copies of the activities in writing and a few dozen toothpicks or matchsticks. (Each toothpick or matchstick counts as one point.)

When the patrol arrives, have the Scouts sit down in a row, with their backs to the wall. Explain that a series of emergency situations will be read to them. After the description of the emergency, the following phrase will be read: "Just seconds to think and act- go!" Explain that they must not act until they hear the word "go". When they do hear "go", they must demonstrate the proper action in the emergency.

One toothpick or matchstick is given for each emergency handled correctly. Following each emergency described here is the correct action to be taken.

Do not let the patrols see the sheets with the problems and answers. After the patrol has demonstrated or explained what action they would take, tell them what should have been done. The most important part of this activity is learning the correct action to take in an emergency.

Points are awarded only if more than half of the patrol reacted correctly as soon as the "go" signal was given.

Ice Rescue

Read aloud--once:

Your patrol is at a winter camp near an ice-covered lake. One of the Scouts disobeys orders and goes out onto the ice. It breaks. He is struggling in the freezing water.

Send your smallest Scout to the other end of the room. He is the victim. (Wait until this is done.)

The tallest Scout in the patrol runs out to rescue him. When he gets close, the ice breaks under him too. Now there are two Scouts in the water. (Wait until this is done.)

Demonstrate how you would handle this situation.

JUST SECONDS TO THINK AND ACT-- GO!

Correct Action:

The Scouts should lie flat on their stomachs and form a human chain. Each Scout holds the ankles of the person ahead and the "chain" worms its way to the victim. This approach spreads the weight over a larger surface.

Give one toothpick or match if the patrol does as indicated. If not explain what should have been done.

Nosebleed

Read aloud--once:

Each of you has a nosebleed. Demonstrate how you handle this situation.

JUST SECONDS TO THINK AND ACT--GO!

Correct Action:

Each Scout should sit down and lean slightly forward. Breathing through the mouth, each Scout should press his nostrils firmly together.

One toothpick or matchstick if half act correctly.

Lightning

Read aloud--once:

This room is a big open field. This chair in the centre of the room (place chair in centre of room) is a tall tree. Your patrol is hiking across the field. The sky has just darkened and there is the sound of thunder. You have just seen flashes of lightning.

Each of you demonstrate what you would do.

JUST SECONDS TO THINK AND ACT--GO!

Correct Action:

Scouts should get away from tree and keep low to the ground. Find a depression or ditch if possible.

One toothpick or matchstick if half of the patrol take correct action.

Accidental Hypothermia

Read aloud--once:

Your patrol is on a hike. The air temperature is around 10 degrees C. There is a cool breeze blowing. Earlier, there had been some rain but now there's just a fine drizzle.

You meet another person on the trail. The tallest Scout in the patrol to act as this person.

(Wait until this is done).

When you greet him, he replies that it sure is a cold day. You notice that he is shivering and seems to have difficulty speaking. His clothes are wet. Demonstrate what you would do.

JUST SECONDS TO THINK AND ACT--GO!

Correct Action:

Get victim out of wind and rain. Insulate him from the ground and replace wet clothing. Put victim into a pre-warmed sleeping bag. As victim is conscious, give him hot fluids such as soup or tea. Build a fire for warmth and huddle close for body heat. Do not rub or massage.

One toothpick or matchstick if action taken by half of the patrol is correct. Lose one toothpick if victim is massaged.

Fire No. 1

Read aloud--once:

Your patrol is working on the Citizen achievement badge and have just stopped overnight at a hotel. There are two Scouts to a room. (Scouts pair off as roommates). Each pair get near a door and then lie down. You are in bed asleep. The Scout on the right of each pair wakes up. You smell smoke and the room seems warm. Demonstrate the first two things you would do.

JUST SECONDS TO THINK AND ACT--GO!

Correct Action: The Scout should:

a) feel the door but not open it
b) wake roommate
One toothpick or matchstick if half of the patrol takes the correct action.

Fire No. 2

Read aloud--once:

Your patrol is in camp. You have just finished refuelling the camp stove with naphtha. You strike a match, open the valve and apply the flame to the burner. The stove bursts into flame.

Demonstrate and explain what action you'd take.

JUST SECONDS TO THINK AND ACT--GO!

Correct Action:

Cover stove with anything which will smother the flames, towel, sacking, tarpaulin. Do not use water. Turn off the valve.

One toothpick or matchstick if half of the patrol acts correctly.

Fire in Tall Building

Read aloud--once:

Your patrol is visiting the tallest building in Canada. You are on the top floor. The door of this room is the elevator. The other door (or corner) is the stairs. Suddenly an office opens and a woman comes into the corridor. She says: "There's a fire four floors below us. Everybody must leave the building."

JUST SECONDS TO THINK AND ACT--GO!

Correct Action:

The Scout should go to the stair door, feel it and then open it. No one should enter the elevator. Explain to the Scout that automatic elevator buttons are often heat activated and as a result the elevator will take passengers straight to the fire floor. Then the doors won't close because the smoke puts the electric eye out of action. The elevator shaft will act like a chimney flue and suck flames and smoke into the elevator car.

One toothpick if half of patrol goes to the stairs but lose one of the toothpicks if anyone gets into the elevator

TOP SECRET

Gpmmpxjoh uif sfdfou ufsspsjtu buspdjujftbspvoe uif xpsme, ju ibt dpnf up pvs buufoujpo uibu uifsf jt b ufsspsjtu dfmm pqfsbujoh jo Iveefstgjfme.

Nfncfst pg uijt pshbojtbujpo xfsf sfdfoumz tffo jo uif Dsptmboe Ijmm bsfb.

Pof pg uif hspvq jt:

- small to medium height;
- short, gingerish hair;
- has a slight limp;
- is generally smiling;
- is thought to be called Mr Zola, with a forename of Gorgon.

Uif puifs tvtqfdu jt:

- tall;
- thin;
- wears spectacles;
- short to medium dark hair;
- is thought to be called Mr Whetwun, with a forename of Ivor.

Po op bddpvou bqqspbdi uiftf nfo.

Zpvs ubtl jt up gjoe uifn boe lffq uifn voefs tvswfjmmbodf.

Sfnfncfs, uijt bsfb jt ijhimz ebohfspvt. Uifsf bsf tznqbuitfst fwfszxifsf. Voefs op djsdvntbodft nvtu zpv hp bozxufsf bmpof.

You MUST be back at MI9’s HQ no later than 8 o’clock.

TOP SECRET

Following the recent terrorist atrocities around the world, it has come to our attention that there is a terrorist cell operating in Huddersfield.

Members of this organisation were recently seen in the Crosland Hill area.

One of the group is:

- small to medium height;
- short, gingerish hair;
- has a slight limp;
- is generally smiling;
- is thought to be called Mr Zola, with a forename of Gorgon.

The other suspect is:

- tall;
- thin;
- wears spectacles;
- short to medium dark hair;
- is thought to be called Mr Whetwun, with a forename of Ivor.

On no account approach these men.

Your task is to find them and keep them under surveillance.

Remember, this area is highly dangerous. There are sympathisers everywhere. Under no circumstances must you go anyhere alone.

You MUST be back at MI9's HQ no later than 8 o'clock.