

Outdoor Survival

Leader Resource



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Welcome!

Welcome to the 4-H Outdoor Survival Project. As a leader you will help members “Learn to do by doing” through hands on activities that will encourage learning and fun! Through this project, members will learn the skills they would need to survive in the great outdoors. Inside of this guide you will find descriptions of activities that you can complete with your members, as well as directions on how to complete the Achievement Day requirements. Any activity in this guide will qualify as a special project.



Project Requirements

The project requirements for Outdoor Survival are:

Map Project	50 marks
Special Project	30 marks
Fire Starter	<u>20 marks</u>
	100 marks

Fire Starter must be made according to the instructions on page 9 of this guide (and page 2 of the members' guide).

Members must also complete a communication project, an agriculture awareness project and a community project in order to finish their 4-H year.



Special Projects

Outdoor survival members are expected to complete a special project. This special project will be completed as a group, and the project leader will give a mark to each member based on interest and participation. The special project can be a game, project or activity that teaches members about outdoor survival skills. Here are some suggestions:

Take a first aid course	Play one of the games in this guide
Build a Debris Shelter	Complete an orienteering scavenger hunt
Build a Tarp Shelter	Build a Campfire

Group Activities

In the following pages there are outlines for a number of activities that can be used throughout this project. These activities can be used as a special project or as fun teaching tools!

First Aid Course

First aid knowledge is essential in today's world, not only for outdoor survival, but in every day life. Many workplaces and volunteer organizations require you to be certified in first aid. The Canadian Red Cross offers a variety of first aid courses varying in length and complexity. Try signing your project group up for a short class so they will be prepared.

Contact Information:
Canadian Red Cross
62 Prince Street
Charlottetown PE C1A 4R2
Tel: (902) 628-6262
Fax: (902) 368-3037

First Aid Coloring Sheets

On the next pages of this book you will find two coloring sheets. These sheets are a good activity for younger members. While they color the pictures, have them pick out the hazards that they see on the beach and around the campsite. Here are some suggestions for the hazards in these pictures.

At the Beach:

- The boy on the seadoo is headed for the buoys
- There is a broken bottle
- The sign says no diving, but the girl is diving
- Inflatable balls sometimes float out of reach and children follow them into deep water
- Only one girl has a floatation device

Campfire:

- The fire is too close to the tent
- The axe is in a dangerous position
- Burning marshmallows could drip and burn someone
- The peg is stick up out of the ground
- Sharp marshmallow sticks

Water Purification Taste Test

The objective of this activity is to determine which kind of purified water tastes the best. There are three major types of purification.

Boiling: is easy and does the job, but you have to have a fire or other heating source, and it has to be cooled to drink.

Chemical Purifiers: are easy to use and relatively inexpensive (you can get a bottle of tablets for less than \$5). The taste is less than ideal, but it does not take long to prepare and does not have to be cooled.

Water Filters: give you the best tasting water, but they are fairly expensive, need replacement parts, and are bulkier to carry.

Why do we have to treat water today?

We treat water to destroy microorganisms, bacteria and parasites that can cause illness and disease in humans. There may not have been as many man made problems with the water in the past, but there were probably natural bacteria and parasites in the water – they were just unaware of it. In the past many people were careful about where they got their water, and usually looked for a spring where the water comes out of the ground fresh and clean.

Building a Fire

Knowing how to build a campfire is essential for surviving outdoors. Fires provide light, heat and sanitization.

Instructions:

1. Find a safe place to build your fire. Look for a flat rocky area with no overhanging branches. Make three wood piles with the following three sizes of wood:

Tinder: Material that will flare up when touched with a match. Pine needles or birch bark from a tree, or little twigs.

Kindling: Sticks that are the width of a pencil and shorter than your arm.

Fuel: Logs the width of your arm, remember find them on the ground not on living trees.

2. Make a small pile of tinder in the fire are and make a kindling teepee over the tinder. Light the tinder with a match and when the kindling is burning, add fuel.



Games to Play

North By Northeast

To play this game, all you need is a compass!

Instructions:

1. The leader gathers the group together. Using the compass, the group determines which way is north. Someone from the group must then select an object that is directly north (e.g. a tree, house, etc.)
2. The group then decides on objects that lie directly south, east and west of where they are standing.
3. Now, with everyone standing in the center of these four objects, the leader calls out one of "North", "South", "East" or "West", and everyone runs to touch the object that lies in that direction. The last one to touch the object is eliminated.
4. After playing a few rounds of the game, you can add objects for other directions (Northeast, Northwest, Southeast, etc) to make it more challenging.

The Giant Compass Game

To play this game, you will need 5 pylons and a compass.

Instructions:

1. Mark each direction (N,S,E,W) with a pylon 25 m away from the center pylon.
2. The members all begin at the center. The leader will close their eyes and call a direction and a certain number of paces.
3. The members follow the call. If the caller opens their eyes, after counting the number of paces, and the members are still moving; they must go back to the center. (This activity is similar to Red Light, Green Light).

Orienteering Scavenger Hunt

Instructions:

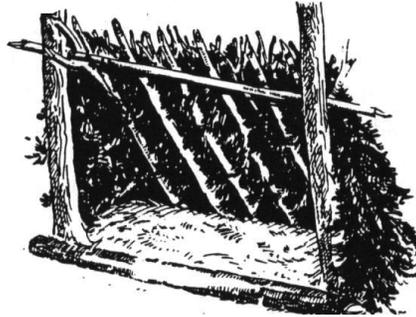
1. Set up a scavenger hunt prior to members arriving by placing consecutive clues at specific locations. Include clues based on their navigation knowledge.
2. Examples include:
 - Take 50 paces north
 - Follow the compass bearing NE to the big tree
 - Go to the southeast corner of the building
 - Take the road until it turns west
 - Run 1/2 a mile SW in the field
 - Walk one mile SSE as marked on the map
3. Send the group on their way!

This is a good activity to prepare members for creating their Map Projects for Achievement Day.

Build a Shelter

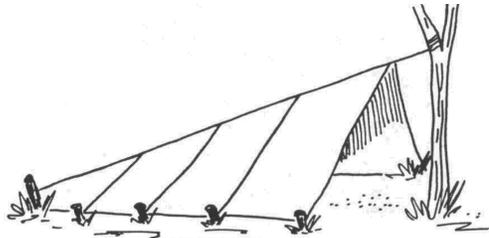
Lean-To

To build a lean-to, you need two trees to act as end poles. Select an area where the wind blows *across* the to end poles, and not *between* them. Attach a long ridgepole between the two trees four to six feet high. Construct the lean to like a large hockey net with sticks lined up leaning against the ridgepole. Cover its with branches and sticks that are still covered in leaves.



Tarp Shelter

A tarp shelter is the simplest shelter to build, if you have the supplies. Tie a rope as high as possible between two trees. The trees should be at least two or three meters apart. Drape the tarp over the rope so the that the sides on either side of the rope are equal. Use large rocks to hold down the corners of the tarp.



Debris Shelter

To build a debris shelter, you first need to lean a long pole or branch against a tree. Then branches and deadwood are leaned against the long branch to form a sloped roof. The shelter is then covered with leaves, grass, sod, pine boughs or anything else you can find on the ground. Pile these materials as thick as possible. The thicker it is, the more waterproof the shelter will be.



Things to Make

First Aid Kit

Having a first aid kit on hand is always a good idea in case of emergency. Help your group to build their own first aid kits to keep in their homes, cars, etc. If you don't have the time or supplies to make the kits, simply spend some time going over the items they would need to make one at home. First aid kits should be kept in easy to find locations and should be kept in solid containers that will not leak.

These are a few items that can be included in a first aid kit:

- Vinyl gloves
- CPR mask
- Soap or sanitizer
- Scissors
- Paper and pencil
- Non stick and absorbent dressings
- Medical tape
- Various band-aids
- Tweezers
- Sling
- Burn Ointment
- Antiseptic solution

See if the group can come up with any other items that they could use.

Survival/Repair Kit

A survival kit is basically a kit containing items that someone would need to stay comfortable and safe while camping or hiking. It is important to know what items should be kept in the survival kit, but also to know the uses for those items.

Some survival kit items to discuss are:

- Matches
- Whistle (to call for help or discourage wild animals)
- Flashlight
- Multi tool
- Duct Tape (securing tarp, fixing rips, holding things together)
- Safety pins
- Candles (for light, warmth, warming water in a can)
- Needle and thread
- Tarp (shelter, blanket, ground cover, water collector)
- Compass
- Rope
- Blanket
- Tin Can (for holding the candle, or boiling water)
- Non-perishable food items

Achievement Day Requirements

Fire Starters

For Achievement Day, members must make their own homemade Fire Starters. You must display at least one "Fire Starter".

To make your Fire Starters, you will need:

- A clean, empty can
- Crayons or old candles
- A pot
- Newspaper
- Strings, scissors

Instructions

Fill the can half full with crayons or candles and melt the wax. Roll sheets of newspaper lengthways tightly. Ties bows of string every 4 or 5 cm along the length. Leave a bit of string hanging from the bows. Cut the newspaper roll between each string to form little packets of paper. Hold the string ties and dip the packets into the melted wax and let cool.

Map Project

Put your map drawing skills to the test! Choose an area that is familiar to you, such as your yard, farm or a park near your house. On an 8 1/2 x 11 inch sheet of paper, draw and color a map of the area. Using this map you are going to write out and draw the directions from one point to another on your map.

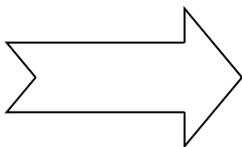
Example:

Directions from the Oak Tree to my Front Door

1. Starting at the Oak Tree, walk North until you reach the white fence.
2. At the white fence turn East and follow the fence for 20 paces.
3. Head Southeast until you reach the blue van.
4. Now walk 15 paces to the West, and you have found my front door!

You must write out the directions on a separate piece of paper, and draw the path on your map. Also, make sure you take pictures of important landmarks on you path (eg: Oak Tree, White Fence, Blue Van, etc.). When you are finished make sure to put everything together in a folder or binder to keep it all together. This binder is the item that you will send on the exhibition circuit

*******This Map Project will be your Exhibition Item for the summer*******



Don't forget...

Your group must also complete a special project, and write a one page report describing what you did. These reports are to be displayed at Achievement Day.