

# **SAFETY in the BUSH program 1/3/11**

<b>TIME</b>	<b>LEADER</b>	<b>ACTIVITY</b>	<b>MATERIALS</b>
7.00pm	ALL	Opening Parade	Flags
7.05	ALL	Trail Signs NSEW	Chalk
7.12	Kaa	Discussion about how not to get Lost	Packed day pack
7.22	Bags	Whats in the bag Bag's	Packed day pack
7.40	ALL	Grab the supplies	8 Bean bags
7.50	Kaa	Discussion about what to do if you get lost	
8.00	Kaa	COO-EEE Cobber	Mobile phone set to decibel function on media setting
8.10	ALL	Make a cup	24 A4 papers
8.15	ALL	DRINK & BICKIE	Water & biscuits from den
8.25	ALL	Closing Parade	

# ***Discussion points for How not to get lost!***

- NEVER GO BUSHWALKING ALONE( 4 at least )
- Plan your bushwalk, get the right maps, ask people who have been there before if you can, Google!
- Organize the right equipment. Try to have at least **2 maps, G.P.S's & compasses** in the walking group 1 at front 1 at back. **1<sup>st</sup> Aid Kit, Emergency food( & E.P.I.R.B** if you are going to a remote area )
- Tell everyone in the group & people staying at home the walk you plan to do & when, as well when you expect to get back.
- Check the **weather** before leaving & **CANCEL** if walk will become dangerous example **Heavy rain** if near creeks or if it is a **High fire danger** day. Best do it another time.
- Take High energy & healthy foods with plenty of water at least 2 litres per day if water cannot be obtained easily.
- Eat a big meal before you leave.

## **ON THE TRACK**

- Don't go on the track off a road until you know where you are on the map ( use street signs, landmarks or G.P.S )
- **ALWAYS LOOK BACKWARDS** WHEN YOU TAKE A FORK IN THE TRACK ( It looks totally different )
- Mark the way you have gone with G.P.S & trail signs.
- Follow where you are on the map use things like hills & creeks to plot your way.
- Remember things that look different & where they are.

## **TRAIL N.S.E.W SIGNS**

-Mark Hall Floor with Chalk

North / **Go this way** / Arrow

South / **Gone Home** / O with dot

East / **Danger** / 3 vertical lines

West / **Not the Way** / Cross

## **COO-EEE Cobber**

- Form cubs into 1 line at the end of the hall & sit down.
- Set the Decibel meter on Kaa's phone media setting & go to far end of hall.
- One at a time the cubs stand & COO-EEE as loud as they can.
- The cub with the highest reading remains standing until they either get bettered or win

# **DAY PACK CONTENTS**

Map in map bag	Insect repellent
Compass	Small torch
G.P.S	Small knife
Spare batteries	Space blanket
Mobile phone	CD or mirror
Water bottle (full)	Matches in bag
Sandwich	Pocket book
Apple	Pen
Muesli bar	Rope
Raincoat	Spare food
1 <sup>st</sup> Aid kit	Salt sachet
Sunscreen	Day pack

# **What in the bag Bag's**

- Sit cubs crosslegged around the circle in their Sixes
- Bageera empties daypack in the centre of the circle Kaa sets out the chalkboard for scoring.
- Bageera picks up one thing at a time Kaa names it & explains what it may be used for then Bageera puts it back in the day pack.
- When the bag is packed the game begins.
- When Bag's says **LOST** the **1<sup>st</sup>** cub to stand names **ONE** thing in the bag for **ONE** point for their six & may get **ANOTHER** point if they can say what it is for.
- The object is taken out of the bag & placed on the floor Cubs sit back down ready for the next game to start.
- Continue until all objects are named (can hint towards the end)
- Six with most points at end **WINS**

# **Grab the Supplies**

-Form up cubs as for rob the nest & set out floor the same with **8** bean bags.

-Mark up board for point scoring, number off cubs.

-When their number is called cubs must run clockwise around the circle **once** then through the legs of their six to collect **1** bag which they place in their circle & back through their sixes legs & **REPEAT**.

-**1<sup>st</sup>** six to collect **3** bean bags **WINS**

# ***Discussion points for What to do if you get lost!***

- **DON'T PANIC** ! if it is safe sit down & try to figure out where you are with the Map, Compass & G.P.S ( Use the contours of the landscape around you )
- **STAY TOGETHER** ! don't split up.
- If it is unsafe to stay where you are **MARK the WAY** you have taken .Search & Rescue are trained to look for things that are different like broken twigs, upturned rocks etc
- If you cannot find where you are, head for the highest hill or tree that you can & try to work out where you are again
- If you still don't know try calling **112 or 000** & explain what's wrong. Set off **E.P.I.R.B**
- If you can, build **3** fires for rescuers to find you ( Smokey by Day, Bright at night )
- Make a V sign out materials that stand out against the bush
- Make an emergency shelter
- **DO NOT MOVE AT NIGHT** you might accidentally walk off a cliff ( Unless in desert & too hot to move during day )
- Ration your food & water ( try to collect water )
- If you hear a plane or helicopter use you mirror or CD to shine the sun at the plane in series of **3**.
- If you hear people coming for you either Whistle, Yell or COO-EEE 3 times.
- Oh did I forget **DON'T PANIC THINK**

