

Guide

Camp Skills



Year 1

This booklet is a guide line of what should be covered during in each session. How each session is taught is up to the facilitator. Some hands on training should be done for each section.

Location

Guide Camp Skills will be held in 2 locations each year in NB or PEI. The hosting area will be responsible for finding a location and facilitators for the event. Camp Skills will be held in June of each year. Camp Skills will be held rain or shine so the location will need to accommodate the event regardless of the weather.

Registration

Registration will be held from 9:00-9:30 on the day of the event. Each unit will need to check in with the register upon their arrival. Each patrol will be assigned to a group for the day. They will travel from station to station with this assigned group. The cost of the event is \$5 and is to be paid when the unit is registered.

Schedule

	Tents	Shelters	Compass & Trail signs	Knots & Gadgets
9:30-10:50	Group A	Group B	Group C	Group D
10:50-12:20	Group D	Group A	Group B	Group C
12:20-12:50	Lunch & Traders			
12:50-2:20	Group C	Group D	Group A	Group B
2:20-3:50	Group B	Group C	Group D	Group A
3:50	Closing			

Crest

Crests will be provided by Provincial Camping Exec for you to hand out to each girl registered for the Camp Skills Event. All unused crests are to be returned after the event is completed.

Tents

Pitching a Tent:

- 1) Lay out tarp
- 2) Unfold tent and lay it out on top of tarp.
- 3) Carefully feed the tent poles through outside casing on the top of the tent – going diagonally from one person to another.
- 4) Using the top pole put one end in the tent bottom corner flap outside hold. One person holds the top pole up while the other person (s) puts the pole into the correct hole. Repeat this process on the other pole. The tent is now standing.
- 5) Once the tent is up, tie or fasten the poles to the tent.
- 6) If your tent's fly has a pole, attach it to the fly. Throw the fly over the tent and clip or tie the fly to the tent, peg down the fly if required.
- 7) Peg all guide lines all the way around the tent.

Striking the Tent:

- 1) Clean the tent and close windows and doors. Leave 1 door unzipped slightly to allow air to escape
- 2) Repeat the above process in reverse.
- 3) Make sure that the pegs and poles are placed in a single spot as they are removed.
- 4) Place the poles and pegs into their respective bags.
- 5) Lay the fly over the flat tent
- 6) Carefully fold the tent using your body to squeeze out the extra air.
- 7) Lay the poles on the tent and roll inside of the tent.
- 8) Put the tent in the bag.

Tent Maintenance

- 1) Clean any dirty areas with soap and water
- 2) Check the tent for any tears or zipper problems and mend if necessary
- 3) Replace any broken or weak poles and inspect the shock cords.
- 4) Remove dirt from pegs and replace broken pegs.
- 5) Return all equipment to its bags. Place a tag on the bag with the date the equipment was checked and note any problems.

Tent Repairs

- 1) If the zipper on your tent door is starting to separate, try a gentle squeeze on the narrow end of the zipper head with a pair of pliers. Caution must be used as too much pressure will result in the zipper head breaking.
- 2) Keep a few different size zip cables ties in your repair kit. If you lose the pull tab off of a zipper a zip tie works great for a replacement.
- 3) Duct tape also works great for a quick repair to a hole or rips in your tent.

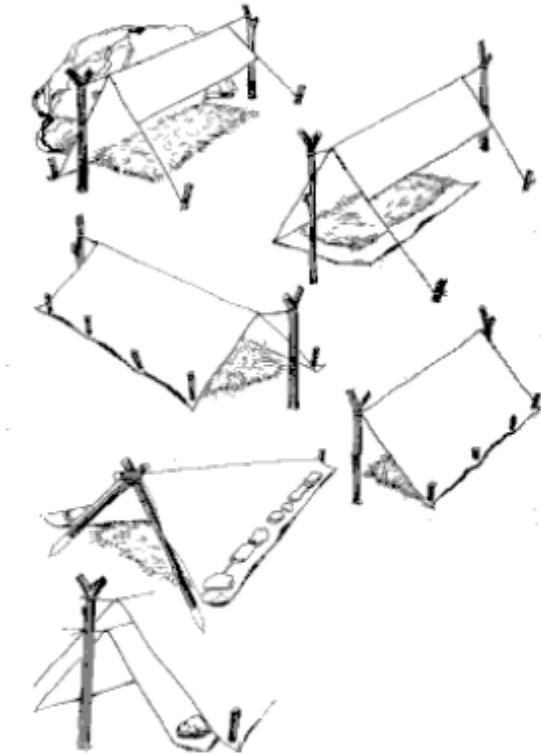
Equipment Needed:

- 1) Tents (1 for every 5 girls)
- 2) Tarps for under tents
- 3) Old tent to show how to do repairs
- 4) Duct tape
- 5) Cable ties

Shelters

Use a tarp to make a shelter. Observe your surroundings to select a proper location.

- 1) Make use of natural shelter to help as a wind break.
- 2) Stake or weigh down edges. If it is long enough, curl the sheeting below you, running downhill.
- 3) Use dry grass as bedding. A closely woven fabric will keep out most rain if set at a steep angle.
- 4) Fit one shelter within another – rain rarely penetrates both layers. Avoid touching the inner surface of woven fabric during rain this draws water through.



Equipment Needed:

- 1) Tarps
- 2) Plastic
- 3) Rope
- 4) Poles
- 5) Duct tape

Compass & Trail Signs

Compass

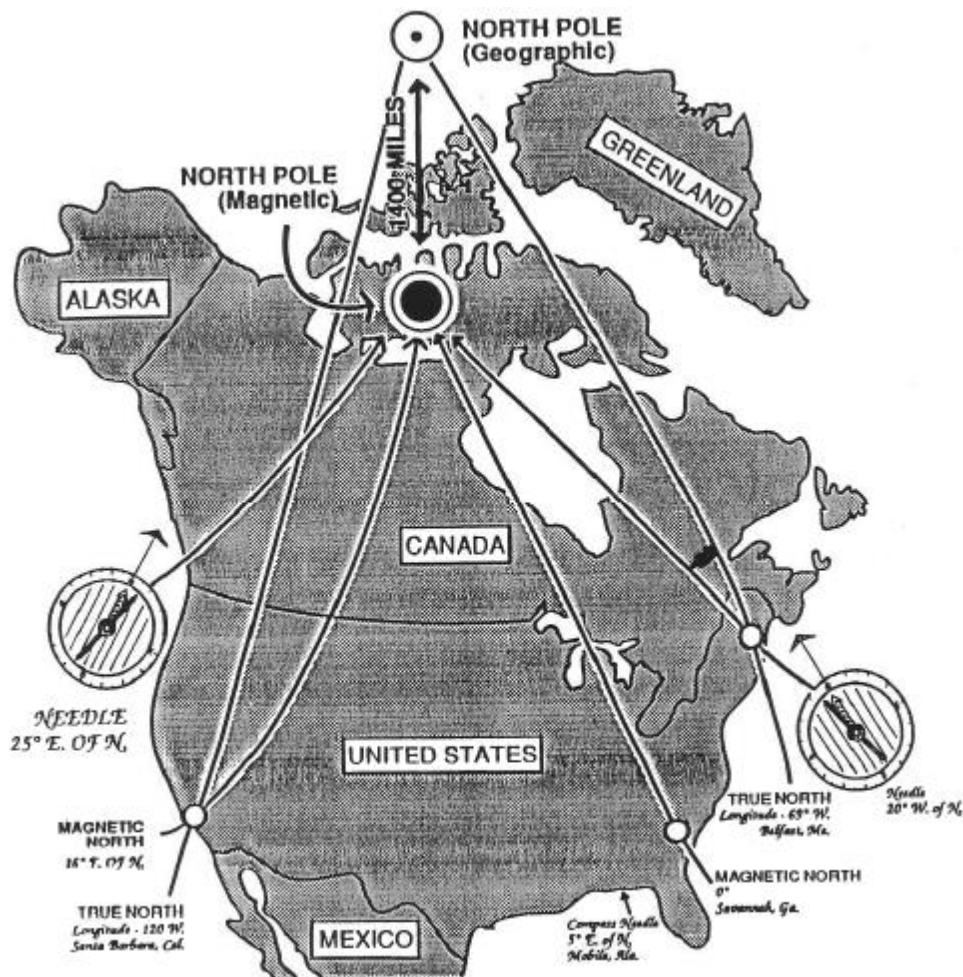
The Compass is an instrument used to tell direction and although there are a few different types they all basically work the same way.

Parts of the compass:



When the compass is used along with a map of the area, you are able to go to any location on the map and return with confidence and safety.

The magnetized needle on the compass, when held at level, swings freely and the end colored in red known as the pointer always points toward the magnetic North Pole.



This becomes a point of reference for the person using the compass and he or she can go in 360 different directions.

Points on the Compass:

N=360 degrees	NE=45 degrees
E=90 degrees	SE=135 degrees

S=180 degrees SW=125 degrees
W=270 degrees NW=315 degrees

When using the compass to find the direction of travel and with the dial set on the chosen bearing: (a) hold it level on the palm of your hand; (b) be sure the direction of travel arrow on the base plate is pointed away from your body; (c) assume the compass is not part of your body until the arrow head on the dial lines up under the red end of the needle; (d) look up and ahead and pick out a landmark as far away as possible. Put the compass away and head for that landmark. When you reach it, repeat the process and find another mark to go another distance. Short sightings tend to put you off course.

CAUTION: When taking a sighting, remember the magnetized needle can be attracted to nearby metal objects such as zippers, watches, belt buckles etc.

For the return trip, simply turn the dial to its reverse bearing and follow the same procedures as before. Write the bearing down in case the dial is turned.

The Map: A map is a reduced picture of a portion of the earth's surface as seen from above. There are countless varieties of maps and uses for them. Most popular in New Brunswick for recreationists is the "Topographic Series". You can observe from the colors and dark contour lines whether the area you wish to visit is flat or hilly, has a lot of roads or none at all; is forested or open tundra-type, and other useful features. It has a grid system with Longitude or Meridian lines which run through the Geographic North and South Poles of the earth. It has lines of Latitude or Parallels which run East and West, parallel to the equator. Using this cross references, any location can be defined on the map.

A scale is given – usually with North at the top of the map and South at the bottom, West on the left side and East on the right.

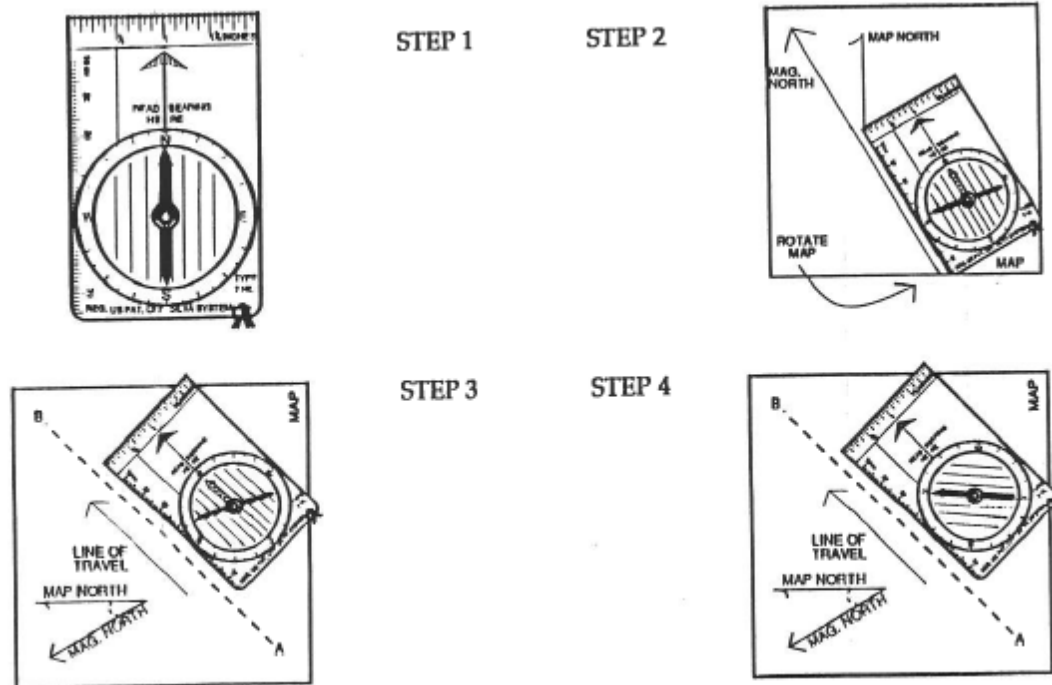
The North referred to is the Geographic North Pole which is stable and never changes. Remember that the compass needle is pointing to the magnetic North which changes gradually every year. The difference between the map orientation and the compass orientation is called "Declination" and is measured in degrees. Notice on the Topographic map the angle of "Declination" is printed for you. To orient or line up your map correctly with the area you are travelling:

Step 1 Turn compass dial to 0 reading to the index line on the base plate.

Step 2 Place long edge of compass base plate along magnetic North/South line on map and turn map until this lines up with Compass needle in its North-pointing position. Your map is orientated or lined up properly with the area it represents.

Step 3 Lay long edge of compass base plate along your proposed line of travel with direction of travel arrow pointing in the direction you wish to travel

Step 4 Turn compass dial until its arrowhead is lined up under the RED END of the compass needle and read the bearing where the index line matches the number on the dial.



Once the basics have been covered, compass games can be played to get the girls more familiar with the information they have just learned.





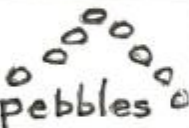










See back of booklet for some ideas.

Equipment Needed:

- 1) compass
- 2) Compass Games

Trail Signs

Trails can be laid so that others can follow you or to help aid you in finding your way home. Follow the direction the arrows point. Use sticks, rocks, or other objects. Do not destroy living vegetation.

STRAIGHT AHEAD	TURN RIGHT	TURN LEFT	Do NOT Go THIS WAY
 rocks			
 pebbles			
 sticks			
 grass			

At the end of the trail make the sign
for gone home.



Knots, Lashing & Gadgets

Knots

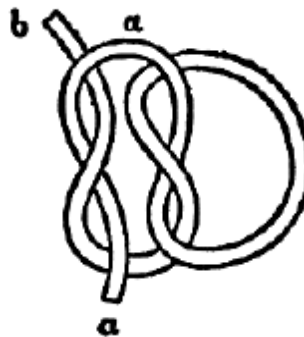
Sheepshank

This knot is used to shorten a rope that is fastened at both ends. Take up the slack, then make an underhand loop and slide it over the bight and pull tight. Do the same to the other end to complete the knot. The sheepshank is only a temporary knot as it stands but it can be made more permanent by adding a second half hitch to each end.



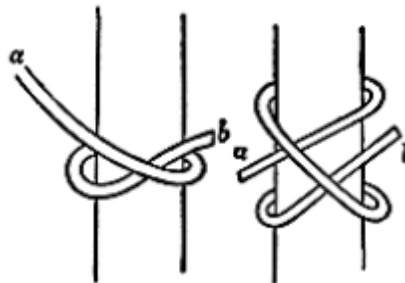
Reef Knot

This is used to join the two ends of the same rope or bandage. ("Right over left – left over right") This is an easy knot to tie. It is good for securing non-critical items. It should not be trusted to join two ropes together or to hold down something that absolutely has to stay put. This knot will "capsize" or jam under load and will also untie itself under movement.



Clove Hitch

This is a good binding knot but should be used with caution because it can slip or come undone if the object it is tied to rotates or if constant pressure is not maintained on the line.



Bowline

The Bowline is one of the most useful knots. If you were to commit only one knot to memory, this should probably be the one. The bowline forms a secure loop that will not jam and is easy to tie and untie. It can be tied around objects, can be tied into any size loop, and even after being under load can be untied easily.



Sheet Bend

The Sheet Bend is a good knot for tying two lines together. Strong and easy to tie, it works particularly well joining lines of differing sizes. In its doubled form this knot will even hold in slippery nylon rope.



Lashing

Square lashings

Used for joining sticks at right angles. Make a clove hitch to start at the top. Bring the working end down over the horizontal stick and behind the vertical stick. After 3 or 4 circuits go around, under the horizontal stick (frapping). Tie off your end with a clove hitch or a reef knot.



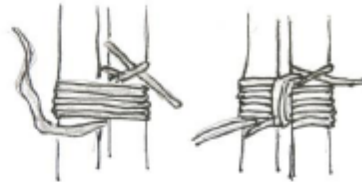
Diagonal lashings

Used when the spars (sticks) do not cross at right angles or when spars need to be pulled towards one another for tying. Begin with a timber hitch or clove hitch. Lash in the same method as the square lashing except that you move diagonally over the centre. Start with a clove hitch on the top spar. Go over the centre then wrap it under the bottom spar. You will be making a cross on the top spar. After 3 or 4 rounds, wrap in a circular motion between the two sticks.



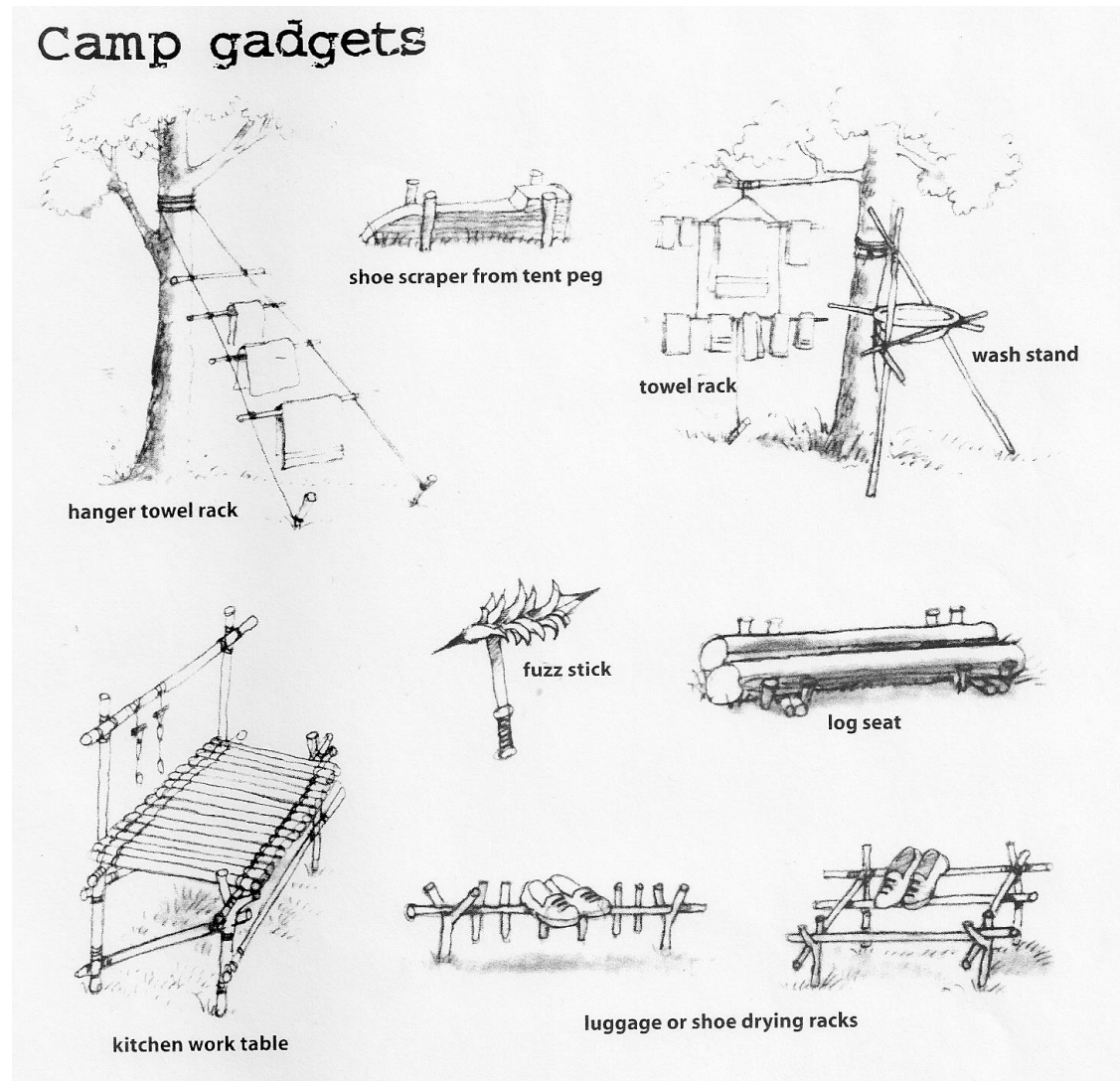
Shear Lashing

Use shear lashing to tie two or more poles together in a parallel fashion. For example, you may need a long pole but have only short ones. Shear lash them. Lay the poles beside each other as shown. Start with a clove hitch on one pole. Wind the cord around both poles tightly for about 10 cm (or more, depending on the size of the poles). Frap and end with a clove hitch on one pole. Tuck the end in. This can also be used in making a tripod.



Gadgets

Camp gadgets



Equipment Needed:

- 1) Rope & String
- 2) Poles

Compass Games

A) Compass Directions

Here are some additional activities to help you practice your compass directions.

Activity A1: Directions Game (for any number of players)



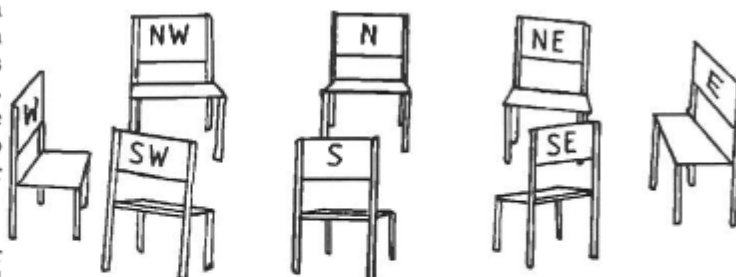
You need eight papers, each marked with a compass point.

Find North with a real compass and tape the 'N' paper to the wall or a chair in that direction. Find the other seven directions and tape the papers around the playing area. Players run around until the leader signals them to freeze and listen. The leader calls out a direction and the players run to it. Explain that it is not a good idea to follow everyone else because they may not be right!

After a few tries, remove all of the cards except 'N', 'S', 'E' and 'W' and play the game again. After a few more rounds, remove all of the cards except 'N' and continue to play. Brownies and Guides really enjoy this game and there is usually lots of excitement as they learn the relationship of the compass points.

Activity A2: Compass Chairs

Mark a big circle on the floor with chalk, about five metres in diameter. Place eight chairs around the edge of the circle, making sure there is enough space between each chair for players to run through. Mark each chair with compass points as shown.



Players line up behind the leader who runs with the players around the outside of the circle of chairs.

At intervals the leader calls out a compass point. As she calls the point, the players race to the chair marked with that point and the player who gets there first sits down and remains seated. The other players continue to run behind the leader. If the same point is called again, a second girl sits on the knees of the first.

With Brownies or Guides, it would be fun to see which Circle or Patrol is seated first.

Activity A7: "Simon Says" Compass Points

Everyone knows the game "Simon Says" — each time "Simon Says" do something, the players must do it. However, if the command is made without first saying, "Simon Says", the players do not move.

In this version of the game, "Simon Says" compass directions.

For example, when Simon Says "The Wind blows North," everyone turns to the North. But, if the leader simply says "The Wind blows North," no one moves.

You can make this game competitive by having forfeits for players who do the wrong action; for example, putting one hand on the head, putting two hands on, then out.



Activity A8: The Curious Traveller

This game could be a surprise to the girls to review what they have learned. The leader reads each sentence and the girls carry out the actions.

1. The traveller stood up and jumped to get warm.
2. He looked to the North.
3. Then he looked to the South and hopped on his right foot.
4. Then to the East.
5. And to the West and hopped on his left foot.
6. He then turned around and faced North, clapping his hands above his head 3 times.
7. Then he faced West.
8. Then he faced South, put his hands on his hips and bent his knees.
9. Then he turned to the East and bowed low.
10. Then he stood on tiptoe to see over his neighbour's shoulder.
11. But he could see nothing; (Leader pauses, then with a sigh) . . .
12. So he sat down.

Activity A9: Compass Codes

Draw a large circle on a piece of paper and write the compass points around the outside of the circle. Inside the circle, write letters of the alphabet inwards from the compass points as shown in the example.

Make up a message but write it in code by using compass points. The letters are numbered from the centre outwards; e.g., the letter 'A' is 3 North; 'B' is 1 Northeast; 'C' is 4 East and so on.

This game can be played anywhere and can be as easy or as complicated as you wish to make it.

Using the above example, can you solve the following message?
3 SW 2 NW 2 S 2S 2 NW 1 SW 3 SE 3E

Answers on page 40 (Compass Codes)

