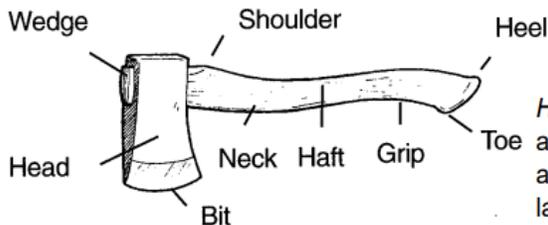




AXE & SAW



Hand-axe - For use with one hand, it is used to cut and trim small firewood, thin branches and twigs and should not be used on live wood. Any wood larger than three inches in diameter (about the size of your wrist) should be cut using a bow saw (see opposite).

Care of the axe

- Mask the axe when not in use, using a correctly fitting mask and not by sticking it in the ground. An axe may be masked temporarily in the chopping block but make sure that the blade follows the grain of the wood, is secure in the wood, and that the haft is not overhanging the block and can trip anyone.
- In camp, keep all axes and saws dry. Never leave them out overnight. Fit the mask or sheath and keep them out of the way in a store tent (but not just inside where someone might kneel or step on them going into the tent!).
- Sharpen the axe with a round carborundum stone (available in different grades of coarseness). You should start with a coarse stone and then finish with a fine stone depending on how much sharpening the axe requires. (It should be used with oil.) Move the stone round in small circles on each side of the axe face. Keep your fingers away from the bit.
- Keep the axe head greased to prevent it rusting and oil a wooden handle regularly with linseed oil.
- Replace a damaged haft with a new one never attempt to repair it.



Tricks of the trade

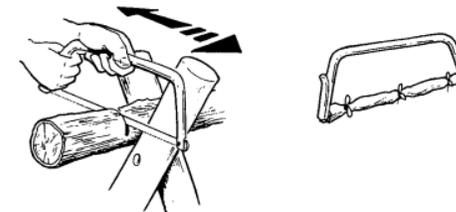
- Like any tool, if it is well looked after, it will do its job better and last longer!
- Always use an axe within the marked out chopping area. Don't take it along to the source of wood. A bow saw would be more effective here.
- Enforce the chopping area as a 'no go' area for anyone not properly trained or clothed.
- Chop enough wood to keep the fire wood pile stocked but do not over stock the pile.
- Always mask an axe or saw when not in use.



Bow Saw - Not strictly an axe of course, but often used in conjunction with axes for preparing firewood. You may come across a variation of the bow saw, for example, the bush or 'sandvic' saw. Bow saws are used for wood too large for using a hand-axe and are often safer and easier than the felling axe for cutting small timber. They should be greased to prevent them from rusting and, as blades are relatively cheap, it is advisable to replace the blades rather than attempting to sharpen them!

Using a bow saw

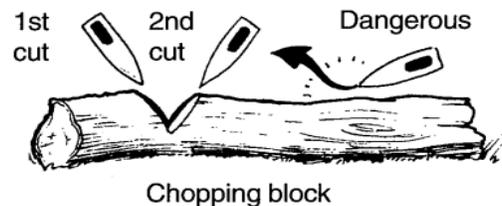
1. Make sure that the wood is held firmly - if you must use your hand for this, keep it well away from the blade.



2. Start slowly, pulling the blade backward towards you until the blade is well into the wood. Then push and pull in a steady rhythm using the whole length of the blade.
3. Always mask the saw after use - either use a plastic 'clip-on' mask or tie a length of sacking around the blade.

Procedure

1. Crouch (or kneel on one knee) behind the chopping block.
2. Hold the wood to be chopped with one hand.
3. With the other hand grip the hand-axe on the lower part of the haft, on the 'grip'. Hold the axe firmly but not rigidly. Note: only hold the hand-axe with one hand.



4. Chop the wood by keeping the axe and the lower part of the arm straight and bending your arm at the elbow rather than the wrist or shoulder. Chop at 45 degree angles to the length of the wood making alternate left and right cuts to create a small 'V'. The 'V' will get wider as you cut through the wood, creating the chippings, until it is cut in half. Do not try to cut at right angles to the length of the wood; this will make the axe bounce.
5. Always watch the point at which you are aiming. Indeed, when practising, it is a good idea to put a chalk mark on the log and try to hit that.
6. Clear chippings away regularly and use them for kindling (that is, small pieces of wood suitable for starting a fire).

Safety guidelines

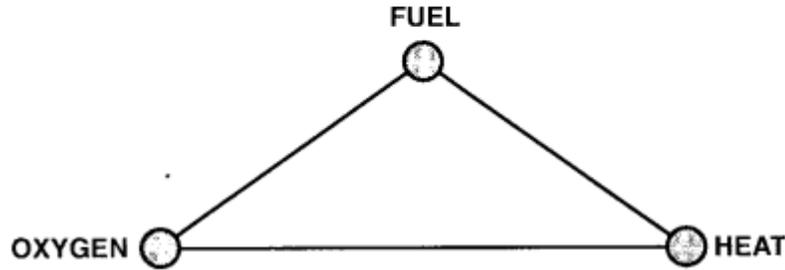
- To prevent the axe being snared in clothing you should not wear scarves, ties, lanyards or any loose clothing;
- Wear strong leather boots, rather than trainers or soft shoes;
- Clear the ground nearby and make sure there are no overhanging branches, ropes, people or other obstructions within three axe lengths of you (that is one outstretched arm and the length of three axes). Never ask anyone to hold the wood you are cutting;
- Inspect the axe before use. Never use it if the head and haft do not line up straight, if the haft is split, chipped or otherwise damaged or broken, or if the head is loose;
- Never use a blunt axe - it can slip or bounce off of wood yet can still penetrate flesh;
- Always use a chopping block below the wood to be chopped and don't let the axe go into the ground;
- Chop directly over the chopping block. The part to be cut should be resting on the block;
- Always stop when feeling tired. If you carry on, you are more likely to miss and cause a serious injury;
- Mask the axe when not in use;
- Carry the axe cradled upside down in your hand with your arm by your side. Make sure the axe bit is facing forward with your fingers out of the way so that if you fall the axe would go into the ground;
- Pass the axe to someone else by standing side by side, facing the same direction. Pass the head first.



FIRE LIGHTING

Essential Elements

There are three elements needed to make a fire:



Altar Fire - Some camp sites do not allow ground fires so an altar fire is a useful alternative. An altar fire may be built from substantial logs laid at right angles to one another. The top layer consists of a number of logs side by side and covered with mud. The mud provides a base that will not catch alight and the fire is built on this base. Altar fires may also be built out of metal or be permanent, free standing on site.

Safety Rules

- No matter what happens, don't panic!
- Never use paraffin, petrol or methylated spirits to light or revive a fire.
- Choose the site of your fire with care - especially if you are in camp where it will be in a permanent place for a weekend or longer.
- Get everything ready before lighting any matches.
- Never leave a fire unattended.
- Never underestimate a fire or the strength of the wind.
- It is a wise precaution to keep handy a bucket of water, earth or fire beaters for use in an emergency. This is especially true in periods of extended hot, dry weather.

PUTTING OUT THE FIRE AND CLEARING UP

You must always make sure that any fire you have lit is well and truly put out. There are two main methods:

With water - Let the fire die down. Spread out sticks and coals, sprinkle with water being careful that it does not turn to steam and scald you.

In both cases, check thoroughly and make sure that the fire is out. Any fire pits must be thoroughly cleared out and re-filled with the earth before turf is replaced.

Tricks of the trade

- Never use paraffin, petrol or methylated spirits to light or revive a fire.
- Use a left over candle end to build a wigwam shape around (see Teach Yourself for details). Get everything ready first. The kindling (thin twigs and sticks) is very important. If it has rained recently, dry kindling will still be found under bushes, trees and so on. Keep your kindling dry while hunting for larger twigs and small sticks.
- Feed a fire - don't smother it. Fires are fickle and tend to go out if they are not looked after in the early stages.
- Replenish fuel frequently, remembering that it is important not to allow the fire to become too 'dead'.
- Leave the fire place as you found it, so that there is no trace that you have been there.
- For real emergencies, always keep a supply of waxed matches and take ready made fire lighters.
- If you are intending to cook on your fire, it should not only be 'smokeless' but also 'flameless'. Hot embers give a constant heat suitable for cooking. Do not cook over flames.

CAMP COOKING

Wood fires are generally better:

- When large numbers are being catered for;
- For camps lasting more than two nights on the same site;
- For food with a cooking time more than about half an hour;
- When part of the purpose of the camp is to encourage the understanding of different cooking techniques.

Stewing - Cooking in water below boiling point. This is the term used for bringing food to boiling point, and then simmering it at a temperature just below boiling point without letting it bubble furiously. An old saying 'a stew boiled is a stew spoiled' sums it up very well! It is normally used as a means of cooking meat or fruit. In the case of meat, at least an hour is required after the liquid comes to the boil. Root vegetables are normally included in a meat stew, but the softer ones, such as potatoes must be added part way through the cooking to avoid overcooking them and reducing them to pulp. Meat stews need the addition of stock cubes, and there is also a wide range of powdered sauce mixes which, as previously mentioned, can make a great difference. Sugar has to be added to all stewed fruit. For any stew, long simmering times require good fire management.

Frying - Cooking over heat with a film of fat covering the bottom of the pan. This is often assumed to be the most common method of cooking at camp: in fact it is the most difficult cooking method to do well. The main problem is maintaining a moderate heat source over a large enough cooking area to allow more than two or three people to be served together. A fire can provide a large enough cooking area, but it can be difficult to hold the critical temperature needed for more than a few minutes. Stoves have a flame that can be more readily controlled

Measuring quantities

We take measuring ingredients at home for granted as we have the equipment that will do the job! However, at camp, we may be limited in what equipment is available. Here are a few hints on what can be used: 25g (1 oz.) flour, cocoa, custard powder = a well-heaped tablespoon.
25g (1 oz.) sugar, rice, butter, fat = a level tablespoon.
250ml (half a pint) liquid = a normal camp mug full.

It is also possible to use a 'camp mug' for measuring all sorts of things. For example, when lightly filled, it will hold the following approximate weights:

125g (5 oz.)	flour
200g (8 oz.)	sugar
100g (4 oz.)	grated cheese
175g (7 oz.)	rice
150g (6 oz.)	dried fruit

Wherever possible, of course, ingredients can be prepared or weighed at home before leaving for camp, or other containers can be checked for how much they hold.

Tricks of the trade

- Always wash your hands before handling food;
- Keep the insides of cooking utensils scrupulously clean;
- If you use frozen food, ensure that it is completely thawed before use;
- If frying on a wood fire, use a covered frying pan, or splatter guard;
- If you are using a portable stove, make sure that you have enough fuel before you start cooking;

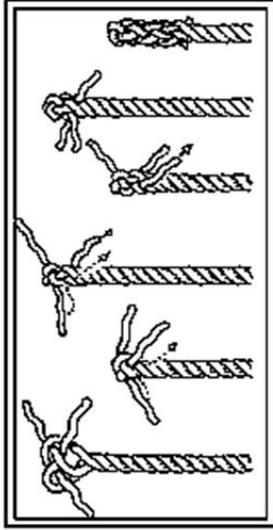
- If you are using a wood fire, ensure that the grid will take the weight of the utensils safely;
- If you are using a wood fire, make sure that you light it in plenty of time - it's not like switching on an oven!
- The best cooking fires are not only smokeless but also virtually flameless. A good bed of hot ashes gives a constant heat - and constant heat is a secret of good cooking.
- If you are using a wood fire, coat the outside of cooking utensils with detergent before using - it makes them much easier to clean afterwards;
- Keep a container of hot water on the fire or stove whenever you are working in the camp kitchen - you will always have an instant supply for washing-up water and cups of tea;
- Always stoke up the fire under the washing-up water before you sit down to eat;
- Do not attempt to lift heavy containers of boiling water - to transfer water, use a jug or ladle to avoid scalds;
- If you are using a wood fire, coat the outside of cooking utensils with detergent before using - it makes them much easier to clean afterwards;
- Keep a container of hot water on the fire or stove whenever you are working in the camp kitchen - you will always have an instant supply for washing-up water and cups of tea;
- Always stoke up the fire under the washing-up water before you sit down to eat;
- Do not attempt to lift heavy containers of boiling water - to transfer water, use a jug or ladle to avoid scalds;
- Handles of cooking utensils can become very hot - use oven gloves or pads to avoid burns;
- Serve your food in an attractive and appetising way, even something which tastes 'perfect' can be off-putting if not presented well;
- Keep the kitchen area tidy if you want to be able to find everything when you want it;
- Burn or bin food scraps immediately after every meal;
- When removed, lids of cooking utensils should always be put down rim uppermost;
- Serving spoons, ladles and other implements should be put on a plate - never on the ground;

Boiling - Cooking in water ('It's boiling when it's bubbling!'). This is the simplest and most common method of cooking and, providing you don't boil the pot dry, the method least likely to go wrong! This method may be used for most vegetables, rice and pasta, and cooking periods range from about 10 minutes from the time the water comes to the boil for green vegetables, to 30 minutes for the harder root vegetables such as carrots. Root vegetables should be placed in the water and brought to the boil from cold; greens are best put into the water once it has boiled. All vegetables should be cooked with the pot lids on, but pasta is boiled without a lid. Take care not to overcook as all foods tend to lose colour, taste, texture and nutritional value if boiled for too long.

Stir-frying - Is a relatively new technique in this country. It has the advantage of cooking all of the ingredients - meat and vegetables - in the same pan at the same time, and therefore has considerable potential for camp use as it reduces the space required over fires, takes less time compared to other methods, and it can be prepared and served together. Care will, however, need to be taken to perhaps start certain ingredients before others such as meat before vegetables as their overall cooking time is different.

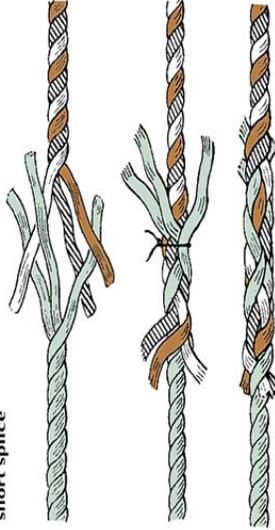
Steaming - Cooking in the steam resulting from boiling water. This can be used for fish, poultry, vegetables or puddings. Steaming can be done by one of two methods: firstly by placing a small amount of water in a saucepan and by keeping it 'on the boil', and with a tightly fitting lid, the resulting steam cooks the food or, secondly, by using a specifically designed 'steamer'. The timing varies considerably depending upon what is being cooked, for example, fillets or thin cuts of fish will take about 10- 15 minutes, a whole chicken, three to four hours, vegetables about five minutes longer than boiling them and puddings, take between two and three hours. For both methods, you need to check that they don't 'boil dry'.

SPLICING

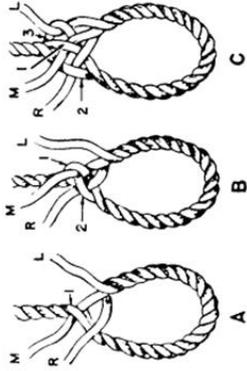


BACK SPLICE

short splice

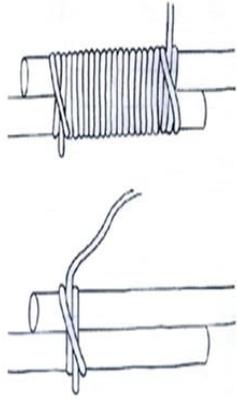


SHORT SPLICE

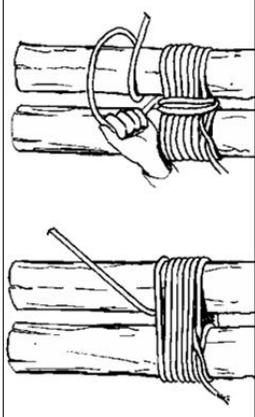


EYE SPLICE

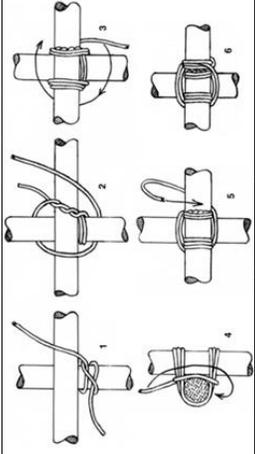
THREE BASIC LASHINGS



1. Round Lashing
Tie two poles together for lengthening, flag poles etc.



2. Shear Lashing
Tie two poles together diagonally for sheer legs.

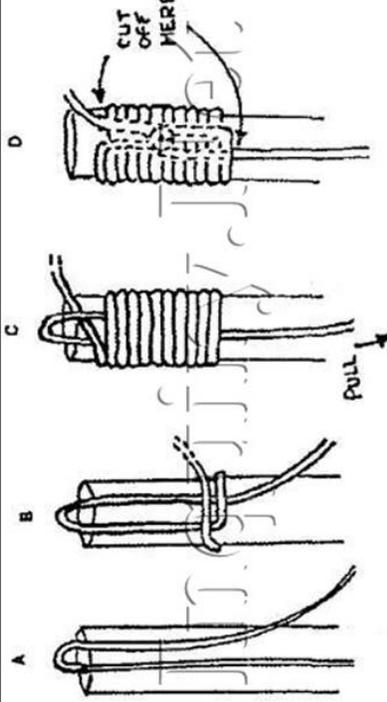


3. Square Lashing
Tie two poles together at right angles

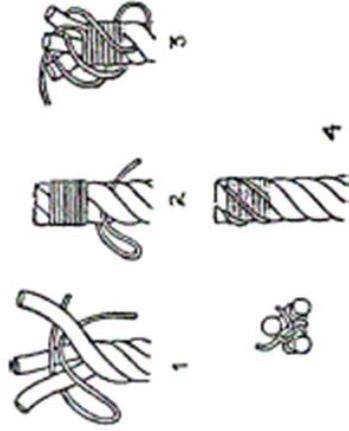
PIONEERING



ROPE WHIPPING

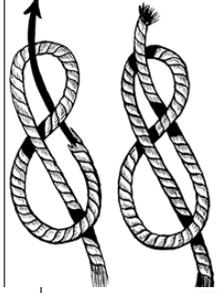


SIMPLE ROPE WHIPPING

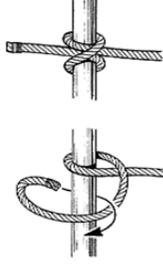


SAILMAKER'S WHIPPING

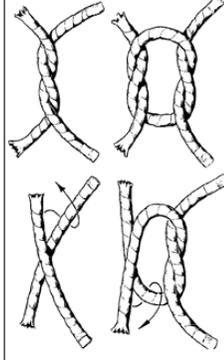
SIX BASIC KNOTS



1. Figure of Eight
Stopper Knot.

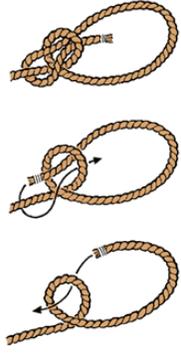


Clove Hitch

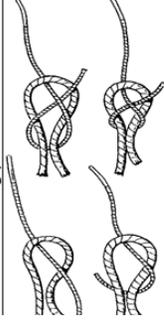


2. Reef Knot

Triangular Bandages, Rope Whipping, Sailing.
bowline



4. Bowline – The King of Knots
Loop at end of rope – strong, easy to untie.



5. Sheet Bend
Tie thin rope to thicker rope. Sails.

6. Sheepshank
Shorten a rope – various reasons.

Leader in Charge

- All events / meetings must have one
- Responsibility for co-ordinating all adults and young people
- Ensures delivery of activities in a safe manner
- Others should be aware who leader in charge is so no assumptions are made about who is looking after safety issues

Near Misses

- Report potential accidents – something that is potentially unsafe; remove potential danger
- Report near misses – an accident or unplanned event that didn't result in a normally reportable injury/damage but had potential to do so (report to leader in charge who will then deal with appropriately)

Accident Reporting

- An accident book should be in the first aid kit and all leaders should be aware where this is kept
- ANY accident that occurs during a scouting activity, or where medical treatment is given should be recorded (including treatment given)
- If more serious accidents occur, refer to the Purple Card procedures and report to Leader in Charge



SAFETY

Emergency: What do I do?

In the event of an incident:

01. Deal with the immediate situation and alert the appropriate emergency services, if required.
02. Alert your Commissioner or their designate:

Contact details:

03. Alert the emergency contact of those individuals involved.
04. If you are abroad, alert any agencies required by the insurers.
05. For incidents involving air activities or water activities in coastal or deep sea waters notify the appropriate government agency.
06. Inform UK Headquarters at the earliest opportunity if:
 - someone suffers a personal injury or illness requiring a doctor, nurse, paramedic, dentist or hospital.
 - someone requires an emergency service rescue.
 - third party property is damaged.

You will need to provide basic information about the incident including information about the injured party, what happened, where it happened and who is reporting the incident.

In the event of a critical incident (one involving loss of life, near loss of life or collapse of a structure):

01. Deal with the immediate situation and alert the appropriate emergency services, if required.
02. Alert UK Headquarters (you will need to provide a basic overview of the incident, who is involved, where the incident occurred and Group information). A Critical Incident Manager will assist you and guide you through the management of the incident.

Key points:

- Do** – keep a record of actions and communications, including details of others who may have seen what happened.
- Do** – keep calm and ask for support where needed.
- Do** – refer all news media to the Duty Media Officer and seek support before talking to the media by calling UK Headquarters.
- Don't** – make any admission of liability.
- Don't** – initiate contact with the news media.
- Don't** – try to handle things on your own.

Safe Scouting: a code of conduct

- Do** – ensure all activities are approved, run and supervised in accordance with POR (Rule 9.1).
- Do** – identify hazards and discuss how they will be managed to reduce risk (see the Activities - Risk Assessment factsheet; Staying Safe checklists for managers, Executive Committees and section leaders).
- Do** – find the most effective and appropriate way to communicate the risks and controls identified.
- Do** – ensure all meetings, events or activities have an identified leader in charge that oversees the activity and all adults and young people. This includes responsibility for registers, headcounts, allocation of roles to specific adults and checking they are aware of their specific responsibilities (see leader in charge info at scouts.org.uk/safety). The best way of doing this is for all adults who will be involved in the activity to agree which one of them will undertake this role.
- Do** – give young people and adults appropriate training, guidance and rules.
- Do** – be prepared to deal with accidents (have a first aid kit, a robust InTouch system and relevant emergency contact details).

- Do** – consider any additional needs of those taking part.
- Do** – review an activity if conditions or equipment change significantly.
- Don't** – be afraid to stop or alter an activity being run by you or another leader.
- Don't** – put your needs above those of young people. Ensure activities are appropriate for the young people involved.
- Don't** – ignore concerns expressed by adults or young people.
- Don't** – assume that someone else is managing safety – always check.

Reporting potential accidents:

- If you see an activity, premises or equipment which is potentially dangerous, report it to the premises manager, line manager or activity organiser immediately.
- If your concerns are ignored, contact the responsible GSL/Commissioner or body.

Reporting near misses:

- We would like to hear about any situations that could have led to injury, illness or damage. This is especially important where the issue relates to equipment or the process followed and to help us improve the advice and information we give to the movement and prevent future incidents. Near misses can be reported at scouts.org.uk/nearmiss.

Group Kit

- Tents, poles, guy ropes, groundsheets & pegs
- Mallets
- Dining shelter, poles, guy ropes & pegs
- Washing up bowl & liquid
- Washing up cloths / scourer
- Tea towels
- Washing line
- Pegs
- Tables
- Benches / chairs
- Lights
- Flag
- Water carrier
- Kettle
- Pots and pans
- Cooking equipment & food for chosen menu
- First aid kit
- Tarpaulin
- Bin bags

EQUIPMENT LIST



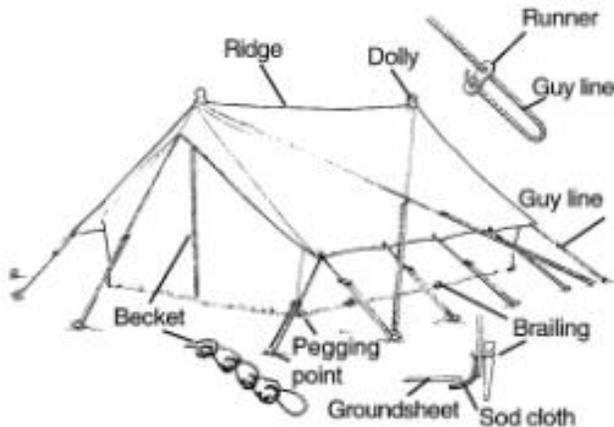
Personal Kit – name EVERYTHING

- Sleeping bag & roll mat
 - Uniform
- Sensible shoes (boots or walking shoes – NOT wellies or trainers as feet get very cold/wet)
 - Knife / fork / spoon
- Bowl / plate / cup (NOT china or glass as they break!)
 - Lots of warm clothes (top and bottom)
 - Waterproofs (top and bottom)
 - Warm hat
- Trousers / shorts if weather looks ok (unlikely)
 - T-shirts (lots to layer)
 - Underwear
 - Socks (inc thick warm ones)
 - Wash kit & towel
 - Toothbrush & toothpaste
 - Pencil & paper
 - Torch (not just phone torch)
- Plastic bags (for wet clothes/keeping things dry)
 - Water bottle
 - Pajamas

Choosing a Campsite

- Make sure there is sufficient level ground for all tents
- Check there is protection from wind
- Beware of natural hazards – do not camp under trees for risk of falling branches
- Make sure all in the patrol know the desired layout of the camp and their role in setting it up so no one is left without a job
- What are your priorities if the weather is bad? – discuss (put up group shelter first, store bags under to keep dry, if big enough can erect tents in the dry then move into situ to peg down)

All scouts should be familiar with their tent (below is a traditional patrol tent) and how to erect it



Tricks of the Trade

- Sagging canvas can cause the tent to flap in the wind so remember to tighten the guys!
- Close tent doors before pegging out or you'll pull it too tight and won't be able to do the door up
- Tie guy lines up neatly when striking camp
- With the exception of corner guys, always peg them out straight from the tent – usually inline with the seam
- Always scrape mud off the pegs before putting them away
- Don't touch the inside of the tent if it has been raining or is early morning (you will get wet!)
- Don't walk over the tent canvas when pitching or striking – could affect the waterproofing
- Always check you have enough pegs **before** leaving home
- Never store a tent if it not completely dry – any dampness will cause it to rot
- Practice pitching and striking your tent **before** leaving home – in the rain and wind is not the best place to learn for the first time

Camp Skills



Patrol Tent – most commonly used for scout camp. Heavy canvas, separate groundsheet needed, sleeps up to 6 people (at least 3 needed for erection)

CHOOSE



Ridge Tent – front taller than back allows for easy access and movement, usually lightweight material, sewn in groundsheet, normally sleeps 1-3 people

YOUR



Bell Tent – single upright pole in centre, heavy canvas, separate groundsheet, very large ones available (take at least 4 to erect)

TENT



Tunnel Tent – two or more hoops along length, lightweight material, large interior, sleeps 1-6 people depending on size

WISELY!



Dome Tent – several hoops across tent in different directions, dome-shape great for withstanding high winds and shedding water, lightweight material, many different sizes!!