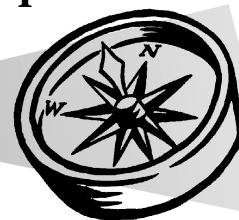




**Team Building**

**Map & Compass**



# JUMP

S T A R T

## for Scouts



**Hiking**



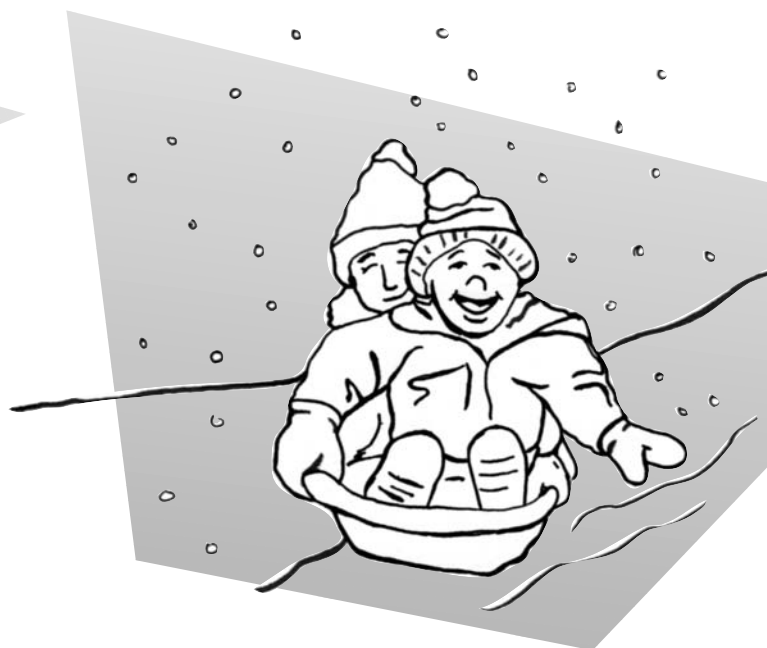
**Pioneering**



**Cooking**



**Water Fun**



### **Theme: SNOW FUN — Series “A”**

A full month of FUN-filled theme based activities,  
plus tips on working with Scout-age youth and  
program planning how-to's!!





## Read Me First !

### JUMPSTART Introduction

Welcome to the outdoor world of Scouts! You have joined more than 46,000 other adults serving young people as leaders. This resource is designed to help you through the early stages of program planning for a Scout troop. As you read through

the material you'll find answers to many of the program-related questions most Scout leaders ask.

Do you feel a bit unsure or overwhelmed with the task of thinking up interesting Scout programs?

This is normal. We all experienced those same feelings.

The JUMPSTART program resource will give you enough background information, ideas and confidence to "jumpstart" your planning so you can begin having FUN with your Scouts.

### How to Use JUMPSTART

Scouts Canada developed JUMPSTART to help get you off and running with a fun-filled program as quickly as possible. Remember these tips:

- Be flexible when planning and delivering your programs. While this package gives you a starting point, unforeseen events can alter the basic plan. Flexibility will make the meeting more enjoyable and easier for both you and the Scouts. The suggested time periods found in JUMPSTART's weekly planning schedules are approximate only; change them to suit your needs.
- Shared leadership means sharing the workload. When every leader accepts a job, no one feels over-burdened with all the work. This makes running a troop more fun. JUMPSTART's weekly planning schedules provide space to record which leaders have responsibility for specific activities.
- Keep notes. Was the program a success? What worked? What didn't? At the bottom of every weekly meeting schedule JUMPSTART provides space to record these details. Plan to stay after the meeting to discuss the program with other leaders. Not only will future programs run smoother, but you won't have to schedule a separate meeting to discuss program planning.
- Be creative. JUMPSTART material sets out a basic plan; don't feel tied to it. Your own creativity will add even more excitement to the program.

### What Is Scouts All About?

Before planning a program, you need to know something about this age group. Your program should be fun and within the average Scout's abilities to participate. They are learning to work as a team and develop important social and leadership skills.

Scouts Canada sets out more formal guidelines for the Scout program. To meet the Mission and Principles of Scouts Canada, the goals of the program are to encourage Scouts to:

- behave in ways that show adherence to spiritual principles, loyalty to the religion that expresses them and acceptance of its duties,
- understand and demonstrate the requirements and responsibilities of good citizenship,
- develop the skills of working in co-operative relationships,
- show respect, tolerance for, and be of service to others,
- practise leadership skills,
- camp, explore and respect the outdoors, and develop good environmental practices,
- develop and display self-discipline and self-reliance,
- pursue hobbies and personal interests.

We seek to accomplish this through a system of progressive self-educating practices and activities.

Let's review how to plan a program. Once you know the process and how to involve Scouts, it won't be long until you're putting your own great ideas into action!

### Program Planning

Effective planning is the key to providing a program which meets the needs of Scout-aged youth. It makes the difference between a program which offers no meaningful fun and one that gives a variety of quality activities and experiences.

Use the Scout program goals as an initial gauge for measuring whether a particular activity idea is appropriate for the program. The goals are also the tool for evaluating the design of the section program.

Plan more activities than you need. If one part of the program does not seem to be working, be flexible and switch to a backup activity. This will also help reduce discipline problems caused by boredom during lag times between activities.

Planning makes all leaders fully aware of their commitments; it helps equip them for the job ahead.

### Who Plans?

Although group decision-making may sometimes be slow, when the leadership team shares planning responsibilities, it reduces individual burdens.

Before getting too carried away with planning, don't forget an excellent resource — the Scouts themselves! Ask them about their interests. Give the Scouts an opportunity to brainstorm ideas and themes. Write these suggestions down for later.

Meet with your leadership team and develop common themes based on ideas generated by the Scouts. The team will see a purpose in their work; this will generate enthusiasm.

### Long, Medium, Short Range Planning

#### *Long Range*

Mark down the following dates on a calendar:

- regular meeting dates
- school vacation periods
- special holidays
- district events (e.g. Apple Day)
- special community events
- special weeks (Scout/Guide Week)
- hiking/camping activities
- dates when the meeting hall is not available

Now add other special dates (e.g. religious celebrations that might provide themes for your planning). See your leader's handbook for further details.

Write in the themes you want to do with your section keeping in mind the need for flexibility. You may have to change some things to suit others.

Be realistic when you estimate budget costs. The group will raise whatever funds your section needs. Prioritize your list in case you cannot do some things. Whatever you estimate, the group committee must approve it.

Now that you have a long term plan, use it as the basis for medium and short term plans.

...Continued on back cover



## Scout Meeting Schedule: Week One

### Theme: SNOW FUN

**Date:** \_\_\_\_\_

<i>Time</i>	<i>Activity</i>	<i>Program Details</i>	<i>Leader Responsible</i>
15 mins.	Gathering Activity (See detail planning sheet)	Fox & Geese	_____
10 mins.	Opening Ceremony (Details can be found in the Scout Leader's Handbook)		_____
20 mins.	Game (See detail planning sheet)	Seven Ways to Go	_____
40 mins.	Skills (See detail planning sheet)	Dressing for the Winter Discussion & Demo	Venturers _____ _____
20 mins.	Game/Challenge (See detail planning sheet)	Whirligig	_____
20 mins.	Patrol/Troop Meeting (See detail planning sheet)	Twenty Questions Quiz	Patrol Leaders _____
10 mins.	Closing (See Scout Leader's Handbook)		_____
15 mins.	Leader Discussion time	Review meeting & discuss next week's plans	_____

Badge Links: \_\_\_\_\_  
\_\_\_\_\_

Meeting Notes: Come prepared to do the games outside.  
\_\_\_\_\_  
\_\_\_\_\_



## **SNOW FUN**

### **GATHERING ACTIVITY**

#### **Fox and Geese**

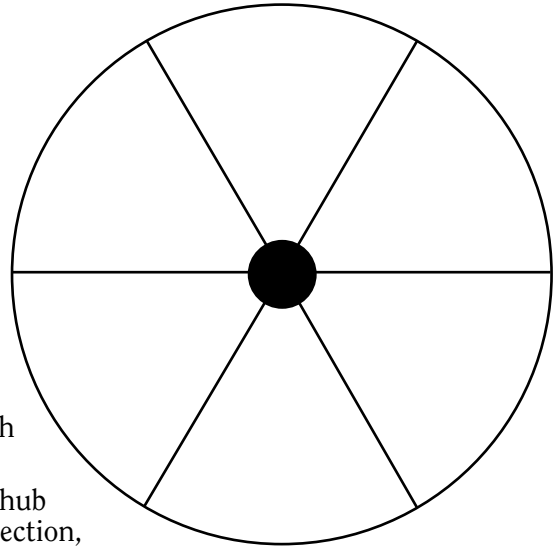
##### *Equipment:*

- Chalk if there is no snow

##### *How to Play:*

- One player is the Fox and the rest are Geese. Draw (or stamp out in the snow) a large circle on the ground (about 10 metres in diameter). Divide it up so to look like a huge wagon wheel with six spokes. The centre of the wheel where the spokes meet is home base. If stamped out in the snow, reinforce the lines with coloured water so they will last for the whole game.
- The Fox chases the geese and tags them as they run around the hub and along the spokes of the wheel. The geese may run in any direction, and may even jump across the spokes if they have to, but they must follow the lines of the wheel. A tired goose may seek safety in home base for a short time, but when a second goose enters, the first must leave. The Fox chases the geese by running inside the circle in whatever direction he pleases, but he must not touch any of the lines.
- Any goose tagged by the Fox is out of the game. When the last goose is caught, the game is over. Choose a new Fox and start again.

*Option:* To increase the difficulty have the players wear snowshoes.



## **GAME**

### **Seven Ways to Go**

##### *Equipment:*

- A marker for each team

##### *How to Play:*

- Players line up in relay formation.
- The leader tells them to choose "Seven Ways to Go" from the starting position to a marker about 10 metres away and back.
- Each team decides on which methods they will use - walking, running, hopping, crab-walk, crawling, going backwards, etc.
- The first team to complete Seven Ways to Go is the winner.

*Variation:* the leader gives out the Seven Ways to Go.

## **SKILL SESSION**

### **Dressing for the Weather**

*One of the best ways to explain the technique of layering, is to actually show the Scouts. Ask two or three Scouts to bring layers of clothing to the meeting. During this skill session, have them dress up and demonstrate the correct way to layer. As a precaution, be sure to bring proper clothing yourself, in case the Scouts forget a crucial piece of clothing.*

*After demonstrating the layers, show the different types of fabric, so Scouts will know what to look for. This section contains information on all types of clothing, since some parts of Canada experience rain rather than snow during their winter.*



## **What to Wear**

Staying warm and dry: that's the secret to fun winter camping. Wear layers of loose-fitting clothing that allow moisture to move quickly away from your body, yet still protect you from the elements (wind, snow and rain).

Clothing doesn't make you warm. It only keeps you warm by trapping heat generated by your body. If you wear layers of clothing (two light sweaters instead of a bulky one, two pairs of socks instead of one heavy pair, etc.), air trapped in spaces between the layers will insulate almost as well as the clothing itself. This helps keep the heat in.

Space between layers also allows normal perspiration to move away from your body. Peel off clothing layers if you start perspiring heavily from exertions on the trail, setting up camp or playing games. When you stop strenuous activities and start cooling down, add the layers back on to keep warm. If your clothes get damp from perspiration, their insulating property is reduced or lost entirely; you'll quickly feel cold.

For winter camping, it's important to understand how bodies keep warm. We must maintain a delicate temperature balance — quite a challenge given the possible weather conditions and the demands we place upon our bodies. Because our bodies must maintain a core temperature of 37°C (98.6°F), winter campers must eat foods with the necessary nutrients and calories. These “fuel” our bodies. Proper dress also helps maintain this delicate body temperature.

When your body temperature begins to drop, your brain reacts by reducing the flow of heat (through the blood) to the extremities (hands, feet, arms and legs). This process helps preserve the core temperature. That's why we experience cold hands and feet. It also explains the old saying, “If your feet are cold, put on a hat.” If you simply added extra socks, you'd be treating the symptom but not necessarily the problem.

When your body generates too much heat, it must find a way to cool down and maintain its core body temperature. It sends heat once again through the blood to the extremities, and begins to shed excess heat through perspiration.

On any outing, it's important to dress properly for the activity. You can regulate your body temperature by allowing excess heat to escape through loosened collars and sleeves or by exposing areas where your blood flows close to the surface (neck, armpits and head). Some coats and jackets now include “pit zips” — zippers under the arms to allow better ventilation.

Use your head to regulate body temperature. As you begin to heat up, expose some (or all) of your forehead, and remove your scarf to expose your neck. Tests show that as much as 60 percent of body heat is lost through your head. Before taking off your hat entirely, remove a layer of insulation or open up other clothing to allow better ventilation. While on the trail, removing layers may be awkward, especially if you have to pack away the removed clothes. Try fastening them to the outside of your pack or tucking them under your pack hood for quick access later on. Conversely, when your body begins to cool down again, cover up these areas you've exposed.

### ***Now let's look at the layers and fabrics:***

The first layer, closest to the skin, must have the ability to “wick” or move moisture away from the body to keep the skin dry. If the first layer simply absorbs and collects the moisture produced by the body, the moisture will draw heat away from the body. This will leave you feeling cold and damp. You may feel warm as long as you exercise or work hard, but as soon as you stop and the heat generated by the body decreases, you will quickly become chilled. Cotton's abilities to absorb and retain large amounts of moisture make it one of the least suitable fabrics for winter outdoor activities. There are a number synthetic fabrics available on the market today, each designed to move moisture away from the body, however the lightest, thinnest and most common is polypropylene commonly referred to as “polypro”, a synthetic petroleum based product noted for its ability to wick moisture away from the body without absorbing it. Wool and silk are two natural materials also suitable for your first layer. They both wick moisture away from the body but differ from the synthetics in that they absorb the moisture into their fibres and rely on body heat to dry or must be dried later in camp. Wool however, remains a better insulator when damp. Some people find wool to be itchy or are allergic to it when worn next to the skin and find it better as a second layer or must avoid it all together.

The second layer or layers provides the insulation to keep you warm. It must also be able to deal with the moisture produced by the body by either wicking it away or absorbing it without losing its insulating abilities. Garments in this category should be loose fitting and large enough to wear more than one layer. Choose garments that allow the collars and sleeves to be securely fastened or opened wide to help keep you warm or allow you to let heat escape. Shirts, sweaters, pants and vests are available in a variety of sizes and styles to meet your needs. The choice of fabrics ranges from natural materials such as wool and down to synthetics such as pile, fleece, Thinsulate, Holofil, Polarguard, etc.



The third and outermost layer must protect the body from the elements (wind, rain and snow) and prevent the heat trapped in the insulating layer from escaping. It must also be able to deal with the moisture produced by the body by allowing it to escape through a “breathable” fabric, and/or venting through pit zips and adjustable collars, cuffs and front zippers. This layer is usually an un-insulated shell made from a waterproof, windproof and breathable material. Creating a breathable material is achieved by coating or laminating the fabric with a microporous membrane. This membrane consists of millions of microscopic holes or pores which allow water vapour from the body to pass through from the inside but not allow the larger droplets of snow and rain through from the outside, thus making it “breathable”. The outer shell should be long enough to cover the hips and bum, adjustable cuffs, taped seams for waterproofing, strong two way zippers with a storm flap, a draw string at the waist to keep drafts out, large, zippered pockets inside and outside and have an adjustable hood complete with a ball cap styled peak.

In short, winter clothing should achieve three things if you are to be comfortable in winter weather: 1) wicking, 2) insulation and 3) wind/water protection.

### ***Layering from the skin out:***

Start with a pair of lightweight polypropylene or wool socks, then long underwear to cover the legs and torso. These should be made from a fabric chosen for its wicking abilities. A hat and mitts or gloves also made from a lightweight, wicking material or wool should also be included in this first layer. The second layer, or layers, once again starting at the feet, should include a heavier pair of wool socks, wool, fleece or pile pants, shirt and/or sweater and possibly, depending on temperature and activity level an insulated vest. A second layer should be included for the hands as well. This should be a pair of heavy wool mitts or an insulated mitt with a waterproof shell. The third and outermost layer should include; waterproof, winter boots complete with a removable liner, windproof/waterproof shell pants, these may not be necessary if you have chosen wool pants, a waterproof/windproof parka style shell complete with hood, and waterproof shell mittens. You may also choose to add a scarf or neck warmer for extremely cold weather.

There are two ways to cool off while wearing the insulating layers: remove certain layers or increase the ventilation. Depending again upon the conditions, whether you are hiking or camping, you may do one or the other. Remember, on the trail, removing layers may be awkward, especially if you have to pack away the removed layer. It may be easiest to simply fasten it to the outside of the pack or tuck it under the hood of the pack for quick access later on.

Ventilation begins at the points of your body that are the most effective radiators. Remove your parka hood first, keeping your hat or toque on. The opening of your neck and shirt front will permit the heat from your torso to escape. A two way zipper is very handy here. Opening your cuffs has a dual advantage: the wrists and hands are excellent radiators because of the large blood vessels near the skin surface. The air movement up the sleeves will draw warm air away from the arms, especially the underarm area.

Once the ventilation openings are created, air flow should be encouraged by flapping your arms gently.

### ***Footwear***

When hiking without snowshoes or skis, the temperature, weather and the nature of the terrain will dictate your footwear. Winter boots should be large enough to be worn comfortably over two pairs of socks: a lightweight polypropylene pair and a heavier wool pair. If your boots are too small or the laces are tied too tight, circulation may be restricted and your feet may get cold. Choose waterproof, winter boots that come well up your calf. Look for boots with a drawstring at the top; these will keep snow out. Many models even have removable liners so you can carry a spare. If your boots don't have a drawstring or don't come up fairly high on your calf, a pair of waterproof gaiters will do the job.

### ***Socks***

Wear two pairs of socks. A light polypropylene pair for wicking under a heavier wool pair. They should be smooth-fitting without being too tight. There should be no holes or hard spots where the socks have been mended. Socks should be long enough to pull them well up on the calf.



## ***Tops***

Over your long underwear, wear a woolen, fleece or pile shirt and/or sweater and/or insulated vest, then your outer shell

## ***Pants***

Wool, or insulated snow pants worn as an outer layer, or pile/fleece pants worn under a windproof/waterproof shell, will keep your legs warm. Flap or zippered pockets are handy for keeping valuables in and snow out.

## ***Mitts***

Mitts are generally warmer than gloves because fingers come in direct contact with each other, passing warmth from one to another. A pair of knitted wool mittens or mitt liners inside water repellent over-mittens work well. Gloves separate each finger, providing better dexterity. It's handy to have a pair close by for doing camp chores and preparing meals.

## ***Headgear***

A wool, fleece or polypropylene tuque that can be pulled down over the ears makes an excellent first layer, while a hood makes a great second layer. In extremely cold temperatures or when the wind chill factor is high, you may decide to add a neck warmer or a scarf.

## ***Pointers - Remember -***

1. Your clothing should be loose-fitting, not binding, and have closures at ankles, wrists, and neck.
2. Ventilate before you sweat. Change damp articles of clothing such as insoles, socks, and mitts.
3. Use a wind protection layer.
4. Use your head to regulate heat; uncover to cool, cover to warm.
5. Exercise and good diet will help keep you warm.

## ***GAME***

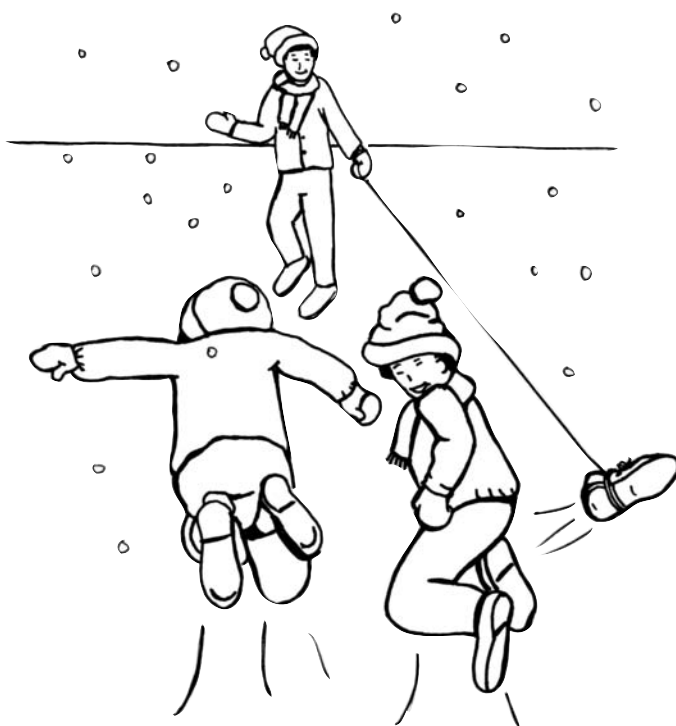
### ***Whirligig***

#### ***Equipment:***

- Long rope
- Old, soft shoe

#### ***How to Play:***

- A "whirligig" is a long piece of rope with an old shoe tied to one end for weight. One player holds the other end of the rope and spins around, so that the rope makes a sweeping circular motion. Though the centre player is standing, the weighted end of the rope will swing close to the ground. The other players jump over the rope as it sweeps past them; they are eliminated if they stumble. The centre player may spin faster, bringing the rope higher but not over knee height. Everyone has to keep up!
- Take turns spinning the rope.





## **PATROL/TROOP MEETING**

### **Twenty Questions Quiz**

Working in patrols, review the questions and the answers. (The answers appear at the end of the quiz.) Remember: Common sense is the first rule of winter safety.

#### ***Part A: True or False?***

1. Camping is a three-season sport (spring, summer, autumn). No one should bring youth outside to camp in a Canadian winter.
2. Proper clothing and equipment are the keys to a safe and enjoyable winter camp.
3. You should dress in the same way for all outdoor winter activities.
4. A hat is the least essential piece of winter clothing.
5. The best clothing material for winter is natural fibres, such as cotton.
6. Ear muffs will keep you as warm as a toque.
7. A good pair of gloves is every bit as warm as a pair of mitts.
8. If you're wearing a heavy coat, it doesn't matter what you have on underneath.
9. If your clothing is wet, you'll get cold faster.
10. You can dehydrate in winter faster than in summer.
11. It's dangerous to eat snow on a bitter winter day if you're cold and thirsty.

#### ***Part B: Find the Best Answer***

12. To help you stay warm,
  - a) your clothing should wick the moisture away from your body. (Wicking occurs when moisture passes from the inside to the outside of fabric.)
  - b) your clothing should keep your warm sweat next to your body.
  - c) you have to keep moving constantly because your clothing will not help.
13. If you get wet and cannot get back indoors quickly,
  - a) it is better to keep your wet clothes on than to strip down and change because you will catch a cold if you take your clothes off outside. You might even get frostbite.
  - b) you should quickly strip off the wet clothing and put on something dry.
  - c) you should try to build a fire. If you can get it going, the fire will dry out your wet clothes; if you can't get it going, the work involved in collecting and stacking the wood will keep you warm.
14. The greatest dangers in winter are,
  - a) getting lost.
  - b) breaking a leg while skiing.
  - c) hypothermia and frostbite .
  - d) hypothermia, frostbite, dehydration and snow blindness.
15. Frostbite occurs:
  - a) when your skin gets really cold.
  - b) when a snowman bites you on the nose.
  - c) when part of your body freezes.
  - d) when you start shivering from the cold.
16. Hypothermia occurs,
  - a) when your skin gets really cold.
  - b) when you drink so much hot chocolate that you go hyper.



- c) when part of your body freezes.
  - d) when your core body temperature drops below its normal temperature.
17. Snow blindness occurs,
- a) when the sun is so bright you cannot see the snow.
  - b) when the day is so dark and gloomy that you cannot see the snow.
  - c) when blowing winds create a white out condition.
  - d) when you lose your vision for a while due to bright snow.
18. Items needed for winter camping include,
- a) sun screen, sunglasses and lots of drinking water.
  - b) extra socks and mitts.
  - c) warm hat, warm underwear and a good winter sleeping bag.
  - d) all of the above.
19. The “What, Me Worry Award” went to,
- a) I.P. Nightly for stating that it is not necessary to worry about human waste in the winter because it will all go away when the snow melts.
  - b) I.M. Frozen for hoping that his summer sleeping bag would be warm enough for a winter camp.
  - c) As Fixi A. Ted for his statement that with so much crisp cold air around, there was no reason to worry about the carbon monoxide gas being spewed out by his defective tent heater.
  - d) All of the above.

## **Quiz Answers**

### **Part A: True or False**

1. False. Winter is a great time for camping. Because the ground is frozen, you can go almost anywhere. Skis and snowshoes let you penetrate further into the unexplored wilderness, toboggans make it easy to move heavy loads, and best of all, there are no bugs!
2. True. The secret to safe winter camping is having appropriate equipment. Proper clothing and an adequate sleeping bag aren't luxuries in winter; they're necessities.
3. False. Your winter clothing needs will vary according to the type of activity you undertake and the amount of energy being expended. The clothing needed to keep someone safe and warm is different from that required by a cross-country skier in hilly terrain at the same temperature.
4. False. Seventy percent of the heat lost by your body leaves through your head. A toque or warm hat is vital for warmth. Use your toque as an effective thermostat to regulate your body heat. Getting too warm? Take your toque off. Getting too cold? Put it back on. Why not carry several toques? A heavy woolen toque is great at the end of a long day on the trail but may be too warm to wear while you are underway. A lighter nylon one will prove useful when it's too cold to uncover, but too warm to wear a heavy toque.
5. False. While wool is a good insulator (even when wet) silk or cotton are not. When it comes to winter activities, cotton is perhaps the most dangerous fibre on the market. Cotton absorbs water and holds on to it, thus permitting it to freeze on your body. Not all man-made fibres are made equal either. Polypropylene and some of the other newer synthetics are excellent. They will quickly wick body moisture away from your body, while remaining relatively dry to the touch. They also retain some of their insulation value even when wet. When it comes to sleeping bags, synthetic insulation is excellent. Unlike down, synthetic insulation will retain much of its insulation value even when wet; it will also wick moisture to the outside.
6. False. Ear muffs may keep your ears warm, but they won't prevent heat from escaping from your head.
7. False. Thinsulate™ gloves are particularly good for high energy activities such as cross-country skiing but for really cold days, you cannot beat a pair of leather mitts for warmth. If you need to use your hands for fine-motor activities (such as cooking), consider using a pair of light gloves as mitt liners. And remember to keep an extra pair of mitts in your pack in case your first pair gets wet.



8. False. A heavy coat won't be as warm as a number of layers of clothes that will trap pockets of air underneath. Also, as the day goes on, and you heat up from the exertion of hiking or skiing, you can peel off one or two layers; you can't peel off a heavy coat.
9. True. Wet clothing is cold clothing. When accidents happen, dry off and change into the dry socks or mitts you have in your pack. If your boots are wet too, slip your foot into a dry plastic bag and then into the wet boots. The plastic bag won't wick moisture away from your foot, but your foot will still be warmer than it would be in a wet boot.
10. True. Winter air is dry air. That's why your lips crack in winter. Your body moisture may evaporate so quickly in winter that you might not even know you're sweating. That's why it's particularly important to drink a 1/2 litre of fluid every hour during strenuous activities. Here's a quick test that will warn you about moderate dehydration. How dark is the yellow colour of your urine? The darker the yellow, the more important it is to get additional fluid into the body.
11. True. A cold, thirsty person who eats snow on a bitter day can die. The snow will rob heat from a person's body and actually lower his or her core temperature.

### **Part B: Find the Best Answer**

12. A. Dry clothes will keep you warm, while wet ones won't. The more vigorous your outside activity, the more your body produces heat and sweat. Moisture absorbed by your clothes will cool down and eventually freeze. But when you stop — unless there is a warm shelter nearby — you're going to cool down very rapidly if your clothes are damp. It won't be long before you're shivering.
13. B. The best way to get warm is to get out of your wet duds quickly — preferably while your body is still warm. Before you strip down, put your dry clothes nearby.
14. D. The most common dangers in winter are hypothermia, frostbite, dehydration and snow blindness.
15. C. Frostbite occurs when a part of your body freezes. Usually, frostbite affects your ears, nose, fingers and toes, but in severe cases your hands, feet, legs and arms might freeze. Warm, dry clothing, mitts, scarves and toques will help you avoid this problem. Take a first aid course to learn how to treat frostbite, and how to avoid it.
16. D. Hypothermia occurs when your core temperature begins to drop. If left untreated, the condition can quickly lead to coma and death. If you're properly dressed and equipped, the chances of falling victim to hypothermia are greatly reduced. Leaders must make sure they bring all necessary equipment to protect their group.
17. D. Snow blindness occurs from the reflected glare of the sun on the snow. Symptoms range from swollen and itchy eyes to a total (but usually temporary) loss of sight. As with hypothermia, a first aid course will teach you how to deal with this condition. Use good sun-glasses or goggles to protect your eyes on bright winter days. When selecting your glasses, look for ones that block both kinds of UV rays. And don't forget to put sun-block on your skin. You can get a sun burn even at -20°C!
18. D.
19. A. Solid human waste does not go away when the snow melts. It's "the gift that keeps on giving" well into the next summer. If there are no toilet facilities available, don't just bury it. Pack it out! Carry an unbreakable, waterproof, re-sealable container on the outside of your pack, for both waste and used toilet paper. Dispose of it safely when the opportunity presents itself. Otherwise, you'll just contaminate spring run-off water. Fortunately, frozen waste doesn't smell much, provided you keep it frozen.
19. B. A summer sleeping bag is not suitable for winter camping. Winter camping demands a good mummy bag rated to the lowest temperature you're likely to encounter. Rent one if you can't afford to buy one. Also, don't forget to bring at least one insulated pad.
19. C. Tent heaters are not worth the risk of carbon monoxide, nor are they required in most circumstances. Plan ahead with the right equipment, and you won't need heaters.
19. D. If you cut off all liquids after supper, you won't have many campers needing to pee in the middle of the night. To ensure a good sleep, just take a warm hike before bedtime. Then get back to the tents, strip down, towel off if necessary, slip into dry PJ's, and skip into bed. The fresh air and exercise, combined with no extra drinks, will encourage sleep. As well, the exercise warms up the body and gets it producing heat.



## Scout Meeting Schedule: Week Two

### Theme: SNOW FUN

**Date:** \_\_\_\_\_

<i>Time</i>	<i>Activity</i>	<i>Program Details</i>	<i>Leader Responsible</i>
15 mins.	Gathering Activity (See detail planning sheet)	Tiger's Bone	_____
10 mins.	Opening Ceremony (Details can be found in the Scout Leader's Handbook)		_____
20 mins.	Game (See detail planning sheet)	Chain Gang Race	_____
40 mins.	Skills (See detail planning sheet)	Adapt Your Toboggan	_____
20 mins.	Game/Challenge (See detail planning sheet)	British Bulldog	_____
20 mins.	Patrol/Troop Meeting (See detail planning sheet)	Toboggan Relay Race	_____
10 mins.	Closing (See Scout Leader's Handbook)		_____
15 mins.	Leader Discussion time	Review meeting & discuss next week's plans	_____

Badge Links: \_\_\_\_\_  
\_\_\_\_\_

Meeting Notes: Come prepared to do the games outside.  
\_\_\_\_\_  
\_\_\_\_\_



## **SNOW FUN GATHERING GAME**

### ***Tiger's Bone***

#### ***Equipment:***

- A bone (paper baton).

#### ***How to Play:***

- Mark out a circle about seven metres across, and place a “bone” in the middle. The circle can be marked in fresh snow by stamping it out - or using a long rope on the ground.
- One player - the Tiger - is placed in the circle to defend the bone.
- The rest of the players become jackals. The tiger may touch any jackal that enters the circle - putting the jackal out of action. If a jackal has the bone and gets touched, he/she must drop it at once. The tiger is not allowed to touch or move the bone.
- Any player who can get the bone and get out without being touched becomes the Tiger.
- There should be no more than a dozen attackers at one time. If there are more players, play several games at once with other circles.

## **GAME**

### ***Chain Gang***

#### ***Equipment:***

- One rope, at least five metres long, for each team.

#### ***How to Play:***

- Form up teams in relay formation.
- On signal, the first player ties a bowline around his/her left ankle. Each of the other players in turn, except the last, ties a clove hitch around his/her left ankle. The last player ties a round turn and two half-hitches around his/her left ankle.
- When all knots are tied, the team races to the other end of the field, or a marker. The first team back with the correct knots wins.

***Caution:*** If you feel that tying knots under the pressure of a race is too much, have players tie the knots before the race - with the supervision of a leader.

***Variation:*** Make the race more “challenging” by tying the knots on alternate sides - left, right, left, right, etc.



## **SKILL SESSION**

### ***Adapt Your Toboggan***

Towing a toboggan with a rope works well when going up a hill or along a flat trail but not so well when going down a hill. It may run you over or at least keep bumping into your heels. It is very easy to adapt your toboggan or sled for easy towing. By replacing the ropes with poles and fastening them to your hips with a hip belt, you will be able to ski, snowshoe or walk quite easily and still have free movement of your arms and hands.

#### ***Equipment/Materials***

- a hip belt from an old pack,
- two clevis pins and rings,
- three lengths of light weight aluminum conduit, wooden dowels, or old aluminum tent poles. Two of the lengths must be long enough to provide enough distance between you and your sled/toboggan to allow room for your extended stride when skiing. This will vary depending on the person. One short piece to fit across the front of the sled/toboggan.
- two copper, aluminum or plastic elbows the proper diameter for the dowel or poles
- glue to fasten these in place.
- two conduit or pipe wall brackets (the kind used to fasten the pipe to the wall). These must be at least one size larger than the diameter of the dowel or poles to allow them to move freely
- some screws to fasten the conduit/pipe to the front of the sled/toboggan.
- a drill to drill holes in the hardwood toboggan and the ends of the poles for the clevis pins
- you may need a small piece of wood to screw into and to reinforce the front of the plastic sled.

#### ***Directions***

- Cut the poles to the proper length, as mentioned above.
- Drill clevis pin holes in one end of the pole and fasten an elbow to the other.
- Join the elbows to the shorter piece making a large “U” with right angle corners. (See diagram)
- Screw the reinforcing wood onto the front of the toboggan/sled.
- Use the wall brackets to fasten the shorter piece (the bottom of the “U”) to the front of the sled/toboggan.
- Fasten the hip belt to the opposite ends of the poles.
- Now step in between the poles, fasten the hip belt and you are ready to roll.



## **GAME**

### **British Bulldog**

#### *Equipment:*

- Two lengths of rope to use as marking lines (use chalk indoors). If stamping out lines in snow, reinforce the lines with coloured water.

#### *How to Play:*

- Place the ropes about three metres apart.
- All of the troop except for one patrol goes behind one of the lines. The patrol stands in the centre.
- On signal, the Scouts behind the line try to get across the centre space and behind the line at the other end, without being caught by the patrol in the middle. Being caught consists of being lifted clear of the floor long enough for the words “British Bulldog” to be called. Scouts caught join those in the centre and assist in the catching of the remaining Scouts as they make succeeding runs until all are caught. The last caught is the winner.
- A Scout making the slightest touch across a line is considered to be across. A further rule is that everyone makes their way across independently. This should not be an “inter-patrol” game.
- It is important to allow time for all Scouts held in the centre to be lifted clear of the floor. Time must also be given for the Scouts in the middle to assume ready position before the whistle is sounded for a return run.

## **PATROL/TROOP MEETING**

### **Toboggan Relay Race**

#### *Equipment:*

- Use toboggans adapted during the skill session. One per patrol. Markers indicate the course.

#### *How to Play:*

- Set up a course, including some turns and a hill.
- Form into Patrols. On signal, one Scout is harnessed to the toboggan, and the second Scout jumps on. The Scout must pull the toboggan around the course and back to the starting line. Then the Scout who had the ride, jumps into the harness and takes Scout #3 around the course. Keep switching until everyone has pulled the toboggan and had a ride. First patrol to finish sits down.

*Variation:* Make it more difficult by doing the course on snowshoes or skis.



## Scout Meeting Schedule: Week Three

### Theme: SNOW FUN

**Date:** \_\_\_\_\_

<i>Time</i>	<i>Activity</i>	<i>Program Details</i>	<i>Leader Responsible</i>
15 mins.	Gathering Activity (See detail planning sheet)	Quick Pursuit	_____
10 mins.	Opening Ceremony (Details can be found in the Scout Leader's Handbook)		_____
20 mins.	Game (See detail planning sheet)	Crossing the Ice Relay	_____
40 mins.	Skills (See detail planning sheet)	Winter First Aid	Qualified Instructor _____
25 mins.	Game/Challenge (See detail planning sheet)	Shelter building	_____
15 mins.	Patrol/Troop Meeting (See detail planning sheet)	Winter Survival Kit	Patrol Leaders _____
10 mins.	Closing (See Scout Leader's Handbook)		_____
15 mins.	Leader Discussion time	Review meeting & discuss next week's plans	_____

Badge Links: \_\_\_\_\_  
\_\_\_\_\_

Meeting Notes: Come prepared to do the games outside.  
\_\_\_\_\_  
\_\_\_\_\_



## **SNOW FUN**

### **GATHERING ACTIVITY**

#### **Quick Pursuit**

##### *Equipment:*

- None

##### *How to Play:*

- Players line up evenly around a circular course.
- On signal, all players run in the same direction around the circle.
- The idea is for each player to pass the player in front of them. Those who are passed drop out of the game.
- The race continues until one person is left or until time is called.

**Variation:** In order to keep everyone moving, the players that are passed step out of the circle and start to run in the opposite direction, attempting to overtake other eliminated players. If they are passed again, they join the inner circle, etc. until time is called. This keeps everyone moving and active, so they don't get cold standing around.

## **GAME**

### **Crossing the Ice Relay**

##### *Equipment:*

- Water soluble dye for marking snow

##### *How to Play:*

- Form up teams in relay formation.
- In front of each team mark the ice floes in the snow using the water soluble dye, or food colouring in water. (*Tip:* use hot water, as the water freezes in the bottles.) Make some of the ice floes close together and others far apart, requiring longer jumps. The course can be as long as you want.
- Inform the teams that their ship is stuck in the ice, and the closest shore can only be reached by crossing the ice floes.
- On signal, the first Scout jumps from ice floe to ice floe to the shore. Once safe on shore, he/she waves for the second one to try. The first team across the ice is the winner.
- If any player touches the "water", he/she goes back and starts again.

## **SKILL SESSION**

### **Winter First Aid**

#### **Cold Injuries**

Low temperatures can lead to cold injuries, particularly when there are high winds or when the body becomes wet. Try to prevent cold injuries by dressing appropriately and not staying in the cold too long. Hypothermia and frostbite can occur together or separately in such cases. If someone in your group does suffer hypothermia or frostbite, you should know what to do.

#### **Frostbite**

Frostbite is a type of cold injury occurring in specific body parts exposed to the cold. In frostbite, body tissues freeze. In superficial frostbite the skin is frozen but not the tissues below. In deep frostbite both the skin and underlying tissues are frozen. Both types of frostbite are serious.



Frostbite can usually be prevented with common sense. Follow these guidelines:

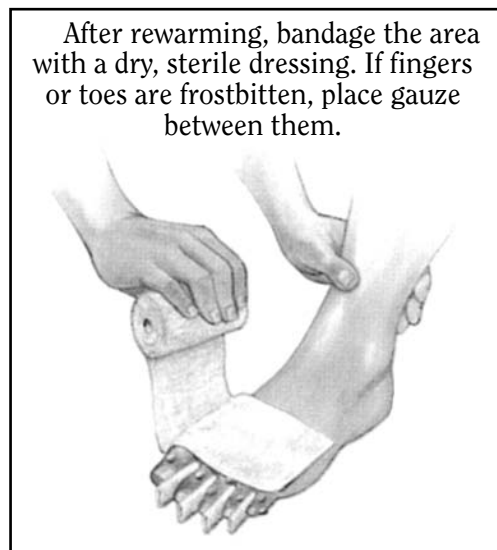
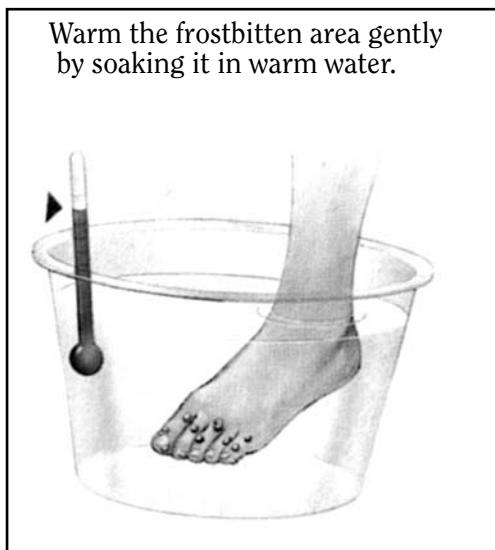
- Avoid exposing any part of the body to the cold.
- Wear a hat and layers of clothing.
- Drink plenty of warm fluids or water.
- Avoid alcohol.
- Take frequent breaks from the cold.

Depending on the circumstances and how long the person is exposed to the cold, frostbite may occur by itself or along with hypothermia. Signs and symptoms of frostbite are-

- Lack of feeling in the affected area.
- Skin that appears waxy.
- Skin that is cold to the touch.
- Skin that is discoloured (flushed, white, yellow blue).

The specific care for frostbite includes the following:

1. Cover the affected area to keep it warm until you can immerse it in water.
2. Handle the area gently and never rub it because rubbing causes further damage.
3. Warm the area gently by immersing the affected part in water warmed to 40.5 degrees C. If possible, use a thermometer to check the water.
4. Keep the frostbitten part in the water until it looks red and feels warm.
5. Bandage the area with a dry, sterile dressing. If fingers or toes are frostbitten, place cotton or gauze between them. Avoid breaking any blisters.
6. Get the person to medical care.



## **Hypothermia**

When hiking, be aware of the danger of hypothermia. Hypothermia is a cooling of the body to the point at which the body's natural rewarming mechanisms cannot be maintained. This condition may occur if a person is dressed inappropriately for the cold, stays in the cold too long, or becomes wet from perspiration or falling into water.

This is one of the biggest threats while winter camping. Usually people who die from exposure have died from hypothermia. A person could be in danger of hypothermia if exhausted, wet, exposed to wind, or undernourished. Under such conditions, the air doesn't have to be cold or below freezing - a moderate temperature of 5 to 10 degrees C can cause death.



To avoid hypothermia, stay dry. Put rain gear on before it starts to rain, and make sure it is waterproof, not just water repellent. Make sure it provides adequate ventilation or else the person will become wet inside from perspiration, defeating the purpose of rain gear.

Protect yourself from the wind. Windbreaks and other shelters should be considered before setting out in windy weather.

Make sure you have warm clothing including a hat. Remember that wool keeps its ability to retain heat even when wet. Put on an extra dry sweater after exertion from working or playing, not before.

Avoid exhaustion. Set a reasonable hiking pace that won't leave people ready to drop by mealtime. Don't over exert yourself in games, as you must keep your energy reserve ready to fight off the chill that means the onset of hypothermia.

Finally, make sure you have some high energy food to nibble on while hiking and drink lots of water to avoid dehydration.

## **Symptoms**

Hypothermia can start slowly on a hiking trip or quickly, as in being soaked after falling through ice into freezing water. The symptoms include feeling chilly, tired and irritable. If not helped at this stage, the hypothermia victim begins to shiver uncontrollably. Soon the shivering becomes even worse and the victim may begin to act strangely. Slowing, stumbling, weakness, and repeated falling may happen. If the shivering stops, then the person is close to death. Remember, in many cases the victim doesn't realize what is happening and may deny that there is anything wrong.

## **First Aid for Hypothermia**

If you are on a backpacking trip or winter camping and you realize someone is suffering from hypothermia, stop immediately. Put up a shelter. Strip the patient gently and put into a dry, warm sleeping bag. Do not massage or rub the patient. Light a fire nearby to provide heat and to prepare a warm, sweet, nourishing drink.

Remember the warming process is slow, and it may take six to eight hours to rewarm a person who has been seriously stricken. Even after the victim's body begins to feel warm, the cold blood circulating from the extremities (head, feet and hands) back to the body's core can produce an afterdrop, a continued lowering of the body temperature.

After any serious brush with hypothermia, the outing should be ended. If one person has fallen victim to hypothermia, chances are others may be in danger too. Remember that small people and children with smaller body size and less body fat can be more susceptible to the cold.

## **Preventing hypothermia**

Protect yourself from hypothermia in the following ways:

- Don't start an activity in, on, or around cold water unless you know you can get help quickly in an emergency.
- Wear a Department of Transportation (DOT)-approved personal flotation device (PFD) while boating. Have PFDs at hand whenever you are near cold water. A PFD will help you float in a rescue position if you fall in cold water, and some styles provide insulation against cold water.
- If you're near water in cooler weather, wear rain gear and/or wool clothes. Wool insulates you even when it is wet. Wear layers of clothing, and wear a hat. As much as 60% of body heat loss occurs through the head.
- Carry matches in a waterproof container. You may need to build a fire to warm up after a fall into cold water.
- Carry a chocolate bar or high-energy food containing sugar. Glucose stimulates shivering, the body's internal mechanism for rewarming itself.
- If you must snowmobile over ice-covered lakes and rivers, wear a buoyant snowmobile survival suit.



## ***Caring for someone with hypothermia***

Anyone in cold water or in wet clothes for a long time may develop hypothermia. Children under 12 and the elderly are particularly vulnerable. You need to recognize the signals of hypothermia in order to act quickly and get emergency help. Bluish lips and shivering may be the first things you see. Other signals include a feeling of weakness, confusion, a slow or irregular pulse, numbness, slurred speech, and semi-consciousness or unconsciousness. Exposure to cold water is a severe physical shock.

Follow these guidelines to help another person who has hypothermia from being in cold water:

1. Treat the person very gently and monitor breathing carefully.
2. Remove wet clothes, dry the person, and move him or her to a warm environment.
3. Wrap the person in blankets or put on dry clothes. Do not warm the person too quickly by immersing him or her in warm water. Rapid warming may affect heart rhythms. Remember that hypothermia can be life-threatening.
4. If available, put hot water bottles, heating pads (if the person is dry), or other heat sources on the body, keeping a blanket or towel between the heat source and skin to avoid burns.
5. If the person is alert, give warm liquids to drink.

## ***Frostbite***

Frostbite refers to the freezing of tissues when exposed to temperatures below zero. It is a progressive injury with two stages: frostnip, superficial frostbite and deep frostbite.

### ***First aid for superficial frostbite***

1. Gradually rewarm the frostbitten part with body heat.
  - cover frostbitten toes, ears, etc. with warm hands
  - warm up frostbitten fingers by breathing on them or placing them in a warm area of the body like the armpit, abdomen or groin
2. Take measures to prevent these areas from freezing again—either stop the activity or dress more appropriately.

#### ***Cautions in first aid for frostbite***

Do not rub the area—the tiny ice crystals in the tissues may cause more tissue damage.

Do not rub snow on the area—this may cause further freezing and tissue damage from the rubbing.

Do not apply direct heat; this may rewarm the area too quickly.

## ***Snow blindness***

### ***First aid for intense light burns to the eye(s)***

Burns to the eyes may be caused by intense light such as direct or reflected sunlight and arc welder's flash. Snowblindness is a common injury of this kind. As with a sunburn, the casualty may not feel the tissue damage happening but will develop symptoms several hours after exposure. Signs and symptoms include:

- sensitivity to light
- pain
- a gritty feeling in the eyes



### *Give first aid as follows:*

1. Wash your hands or put gloves on if available.
2. Cover the eyes to cool them and keep the light out.

The casualty will be temporarily blinded, so you must reassure him/her often and explain what you are doing. If the casualty doesn't want both eyes covered, even after an explanation and reassurance, then cover only one eye.

3. Get medical help and give ongoing casualty care.

### **Snowblindness**

The term snowblindness isn't quite accurate since actual blindness doesn't occur. The symptoms are as follows: First there is a gritty feeling in the eyes, then they become hot and sticky, begin to water, and vision becomes blurred. Next comes sharp pain and an impulse to shrink from light.

The sun doesn't even have to be shining to cause snowblindness as it most often develops on days when the sky is slightly overcast and there is little shadow.

Polarized or amber coloured glasses are good prevention and protection. These must have side ventilation to prevent frosting. If you feel any of the symptoms of snowblindness and you don't have sunglasses, keep your eyes fixed on a dark object ahead, such as a dark canvas covering, a loaded toboggan, sled or the back of a companion mushing ahead of you. A trail-breaker developing eye trouble should fall back to the end of the line.

If you can't avoid looking at bright snow, you can give your eyes some help by almost closing the lids and looking through your eyelashes.

To cut down on glare, blackening the nose and cheekbones with a mixture of charcoal and grease may be helpful.

Camp treatment for snowblindness consists of applying cold compresses or ice wrapped in gauze and shielding the eyes as effectively as possible. In serious cases, the patient should be kept in a darkened place for as long as necessary.

### **Carbon Monoxide**

People camping in winter should understand the danger of carbon monoxide poisoning in snow shelters as well as tents.

With carbon monoxide poisoning, there is no smell or other advance warning. A sudden severe headache, dizziness and sickness may be followed quickly by unconsciousness. Remember that carbon monoxide poisoning is easily recognizable by the cherry red colour of the victim's face.

### *To aid:*

1. Make sure you can give first aid safely without putting yourself in danger. Drag the casualty out into the fresh air if you suspect a faulty tent heater.
2. Give first aid, checking the A,B,C's. (Airway, Breathing, Circulation)
3. Make breathing easier for the casualty - place him in a semisitting position and loosen tight clothing at the neck, chest and waist.
4. Monitor breathing closely. If breathing is ineffective, give assisted breathing. If breathing stops, give CPR.
5. Give first aid for shock.
6. Give ongoing casualty care until handover to medical help.



## CHALLENGE

### Build a Winter Shelter

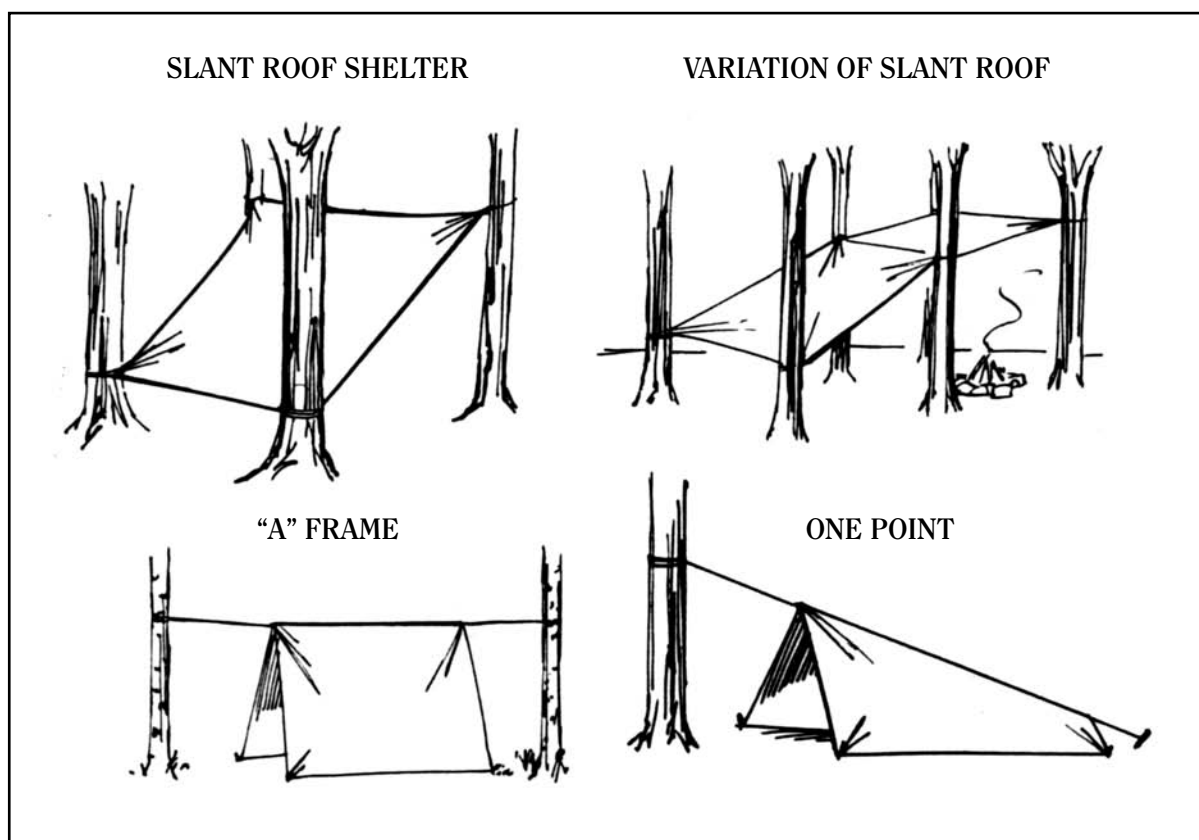
Supply each patrol with the directions below and enough equipment to make a shelter. On signal, each patrol must construct a shelter large enough for everyone to sit or lie down under.

#### Equipment:

- Variety of tarps, ropes, bungee cords, pegs, hammers, and poles.
- A location with trees will make it more interesting. A 3 m x 4 m tarp will serve a small patrol.

#### Directions:

- Making a lean-to or emergency shelter with a tarp is an essential camping skill for Scouts to master. Here are directions for three basic styles of tarps; the slant roof, the A-frame and the one-point shelter.
- The slant roof, as the name implies, slopes at an angle to protect against rain and wind. Tie each corner to a tree, making the high end more than two metres off the ground and the back end less than one metre high. Set the low end toward prevailing weather. That way you'll stay dry if it rains. Place a fire or a stove at the high end to keep smoke out of your tarp.
- To make an A-frame, drape the tarp over a cord tied between two trees and stake out its four corners in tent-like fashion. If there are no trees available, crisscrossed branches or canoe paddles will provide a stand.
- Make a one-point shelter simply by tying a line around a tree about two metres high, running it out to the ground. Anchor one corner of the tarp to where the cord is staked to the ground. Tie its opposite corner to the upper part of the cord. Pull down the other two corners tightly to make the shelter opening.





## **PATROL/TROOP MEETING**

In patrols, review the necessary equipment for a survival kit, and discuss what each item is for. Scouts should make their own survival kit at home and bring in for the next meeting. If possible, the troop might consider buying some of the items in bulk (ie. Halazone tablets, yellow garbage bags, flexible wire).

### **Winter Survival Kit**

Scouts should carry their own personal kit. Each kit should include:

- Waterproof matches or a lighter (if age appropriate)
- Compass
- Adhesive tape & bandages
- Fire starter material (if age appropriate)
- Pocket knife (if age appropriate)
- Large yellow or orange garbage bag or a Space blanket (for shelter and warmth)
- Whistle (pea-less works best)
- Snack (granola bars, etc)
- Reflector/signal mirror
- Ointment
- Band-aids
- Halazone or water purification tablets
- Bouillon cubes
- Fishing line, hooks and lures
- Duct or adhesive tape (for taping shelter together or for bandaging cuts)
- 2 to 4 metres light flexible wire (for making snares or shelters)
- Pencil and paper
- Aluminum Foil (2 sheets 5 metres long) to make cooking pot and drinking cup.

These items should be carefully stored in a small metal container. The container could also be used to gather water or cook in if necessary.

Survival kits are a fun project for the Scouts. But be sure to discuss and identify how to avoid situations requiring survival skills and kits; it's just as important. Identify the types of outings you are likely to participate in. What potential situations could arise? Discuss how you would deal with each situation and how it could be prevented.



## Scout Meeting Schedule: Week Four

### Theme: SNOW FUN

**Date:** \_\_\_\_\_

<i>Time</i>	<i>Activity</i>	<i>Program Details</i>	<i>Leader Responsible</i>
15 mins.	Gathering Activity (See detail planning sheet)	Ankle Toss	_____
10 mins.	Opening Ceremony (Details can be found in the Scout Leader's Handbook)		_____
20 mins.	Game (See detail planning sheet)	Reverse Dodge Ball	_____
40 mins.	Skills  (See detail planning sheet)	Fire lighting or Stove Demo Make hot chocolate & Dessert Bananas	_____ _____
20 mins.	Game/Challenge (See detail planning sheet)	Winter Menu Planning	_____
20 mins.	Patrol/Troop Meeting  (See detail planning sheet)	Check & finish survival kits Finalize details for winter hike	Patrol Leaders _____
10 mins.	Closing (See Scout Leader's Handbook)		_____
15 mins.	Leader Discussion time	Review meeting & discuss next week's plans	_____

Badge Links: \_\_\_\_\_  
\_\_\_\_\_

Meeting Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## **SNOW FUN GATHERING ACTIVITY**

### **Ankle Toss**

#### *Equipment:*

- 1 sturdy bag of sand (300-400 grams) for each pair of teams.
- An area large enough so that the bag will land without hitting people or obstructions

#### *How to Play:*

- Establish an equal number of teams with an equal number of players. The teams face each other, 10 metres apart. The first player of team One stands on “Zero Line,” places a sand bag on his/her instep, and kicks it as far forward as possible.
- The first player of team Two stands where the bag has landed, places it on his/her instep and returns it - trying to get it past the “Zero Line” if possible.
- The bag is kicked forward and back from the point where it lands until each player on both teams has had a turn.
- At the end of the game, the team with the bag on its side of the line loses.
- If you have a big enough area, two or three pairs of teams could be competing at the same time.

## **GAME**

### **Reverse Dodge Ball**

#### *Equipment:*

- One large ball for 12 - 14 players

#### *How to Play:*

- Form two teams of 6 to 8 players.
- Mark a large circle on the ground. One team enters the circle with the large ball. The other team stands just outside the circle to define the area.
- On signal, two players from the second team enter the circle and try to touch the ball. The members of the first team pass the ball to each other to prevent them from doing so.
- If the ball is thrown outside of the circle, one member of the second team goes out for it. He/she is replaced by another member of the second team and this player joins in trying to touch the ball. If the ball is touched, the player steps out and another member of the team takes his place. This continues until all members of team Two have touched the ball. Record the time it takes for all players to touch the ball.
- Switch teams and repeat the game. The team that records the shortest time wins the game.

## **SKILL SESSION**

### **Fires for Cooking and Warmth**

Fires fulfil many functions. They provide warmth and light or heat for cooking and drying. Most people find a cheerful fire mentally uplifting.

As a source of warmth, a fire has limited value in winter. When you're standing or sitting near a fire, you can only warm one side at a time. A reflector fire, however, when built in front of a lean-to will reflect heat into the shelter, providing some warmth and comfort for the occupants.

When using a fire for winter cooking, location is very important. As with summer camping, position your fire well away from tents and equipment. Build your cooking fire in a sheltered place out of the wind. This will keep the wind from blowing away its heat; it will also prevent sparks from blowing onto your tent, tarp or gear.



Before lighting the fire, dig an area in the snow down to the ground level, or build a log platform for your fire. If you don't do this first, your fire will soon melt the surrounding snow, sink into a hole and probably go out.

Lighting a fire in winter may prove difficult; so take homemade firestarters with you. Carry a small supply of dry kindling, wood shavings and dry tinder in a small plastic bag as an emergency supply. When collecting firewood, look for wood that hasn't been buried in the snow. Find dead, dry, twigs and branches on the bottom of evergreen trees, or standing dead wood. Wood that is lying down will contain ice crystals. These must be melted, then dried out by the fire's heat before the logs will burn easily. These logs make a great log platform, but not fuel.

The firewood you need for cooking a meal can be gathered and broken by hand. You can break larger branches by stepping on them. Simply place one end on a rock (or a raised object), or place the branch between two trees and lever the branch until it breaks.

## **Stoves**

A camp stove is often better than an open fire for cooking.

A pressurized, one- or two-burner stove operates well in cold temperatures. (Note: Pressurized stoves may require a priming paste to pre-heat and vaporize the fuel in the generator in extremely cold conditions. Squeeze the paste into the bowl underneath the generator and ignite.) Unpressurized stoves may not work as well in winter temperatures. Before moving a stove or adding fuel, be sure to turn it off and let it cool down. Liquid fuels freeze at a much lower temperature than water so they remain in liquid form even at very low temperatures. If spilled on your skin, cold fuel will make a painful, freezing burn. It's easiest and safest to do repairs and initial refueling at home before setting out. Most stove fuel tanks carry enough fuel to last a weekend under normal cooking conditions.

### ***Caution:***

Do not use gas stoves, heaters or lanterns in a tent or snow shelter! The risks of damage and/or injury due to carbon monoxide poisoning and burns from spills or fire in the confined area are much higher than if you use them outside. Many manufacturers print a warning on their product stating: "Use only in a well ventilated area."

## **Dessert Bananas**

- skillet
- 15 ml margarine
- 4 bananas
- 50 ml raisins
- 175 ml maple or table syrup

Melt margarine in skillet. Peel and slice bananas in quarters and place in pan. Sprinkle with raisins and pour syrup over all. Gently heat mixture, turning bananas once, spooning syrup on top when necessary.

*\* This works better with slightly under-ripe bananas, which travel well too!*

Serves 4 in about 10 minutes.



## **PATROL CHALLENGE**

### **Winter Menu Planning**

Take this time to review the necessary ingredients for winter meals, then plan a menu for the Winter Hike Day. Don't forget to list all the equipment (including matches!) and ingredients that you'll bring on the hike.

### **Food and Menus**

Winter camping menus are a little different from those you would prepare for summer outings. You will require quick, easy to prepare and clean up, nutritious meals that provide enough calories to replace those burned during the day (5000 or more depending on activities). Keeping the body warm in colder temperatures and providing the extra energy required for skiing, snowshoeing, shelter building and setting up camp requires lots of calories. This must be taken into consideration when preparing your menu for your winter camp or outing.

Refrigeration is not a concern but the freezing of some foods can cause a problem. It is pretty difficult to get frozen eggs out of the shell and fresh vegetables should be avoided or eaten quickly before they have a chance to freeze. As in summer, the weight and bulk of food supplies should be kept to a minimum unless of course you are planning on pulling it on a toboggan or sled, then it is not as great a concern.

Once again, it is much easier to do as much of the preparation of your meals and packaging in the warmth and comfort of your kitchen rather than waiting until you get to camp to sit outdoors with exposed hands, peeling your potatoes and preparing your meal. Before leaving home, remove excess packaging, cut meat, peel vegetables etc. You may even pre-cook some of the vegetables to reduce your cooking and waiting time in camp. Many people will simply do all their cooking at home and freeze their meal in a freezer or vacuum bag to be boiled in the bag or reheated at camp. Most grocery stores carry "boil in bag" meals and many camping stores carry dehydrated meals. These meals are great. Simply take the bag, place it in a pot of boiling water for the specified time or add the required amount of boiling water, let it set, then eat. If you really want to keep your clean up to a minimum eat your meal right out of the bag and use the boiled water for your drink and to clean your mug and spoon when you have finished.

Some people still enjoy preparing and cooking their entire meal in camp. This is fine too. They may decide to cook a nice hot breakfast of bacon and eggs complete with toast and hash browns or prepare a delicious one pot stew with thinly sliced meat and vegetables. If this is the case, make sure that you allow sufficient time to get everything ready, eat and clean up.

It is much faster and easier to cook your meals on a gas stove. This will really be appreciated first thing in the morning when you are looking for that cup of coffee or when you stop along the trail to prepare a hot cup of soup. Build a cooking/eating platform with snow and place your toboggan, sled or logs on top to prevent your hot stove or plate from sinking into the snow.

If you choose to do your cooking on a campfire, allow extra time to build your fireplace, gather wood and to allow good coals to form.

#### ***Here are a few suggestions for your menu:***

- instant oatmeal/porridge
- bacon, cheese and an egg on an english muffin
- prepared biscuit and pancake mix with molasses, pancake syrup or honey
- dehydrated milk, juice crystals, tea, coffee, hot chocolate
- instant cup of soup
- dried, or frozen meats
- fish in a cornmeal batter
- peanut butter with pita bread or crackers
- macaroni and cheese
- tuna or chicken
- dried fruit, raisins, nuts, small pieces of chocolate, pretzel sticks, in a gorp
- granola bars



- egg powder for scrambled eggs
- sardines
- instant potatoes or packaged potato mixes
- biscuits
- small canned goods and hard candy.

Try other methods of cooking as well. Shish-ke-Bobs, foil dinners, reflector or dutch ovens etc. provide new challenges and variety to the traditional menu.

Hot beverages such as tea, coffee, soups, or hot chocolate, and quick snacks such as granola bars and gorp give energy and heat and are great morale boosters.

### **Storage**

Food storage should be handled the same way in the winter as in the summer. The same rules apply. Don't bring food into your sleeping area, including gorp which may be stored in your pack. Hang your food and garbage in bear bags at night. Although some animals may be hibernating, other scavengers aren't.

### **Water for Cooking**

Take the same precautions for purifying water in the winter as you would in summer camping.

Eating snow to quench your thirst is not a good idea but melting snow or ice for water for tea and other hot drinks is fine. Just make sure you boil it for five minutes or treat it first. Soft snow makes very little water for its bulk, so dig deeper and use the granular snow. Ice is even better if it is available, but chip it first for melting.

If you are near water, chop a hole through the ice. Cover the water hole with loose snow to keep it from freezing quickly and mark it so no one will get a wet foot or leg. Make your water-hole do double duty by using it as a fishing hole.

Avoid dehydration. Drink 2-3 litres or more of water per day to replace moisture "breathed out" or perspired.

### **PATROL/TROOP MEETING**

- Use this time to check over the survival kits assembled by the Scouts.
- Review the suggested Winter Hike Day to determine equipment, gear and clothing required.
- Assign each Scout the challenge of keeping a one-litre water bottle from freezing during the winter hike day. They are to come prepared for this.
- Divide up the responsibility for the games equally among the Patrol Leaders.
- Have a pre-hike meeting to ensure that all Scouts have the proper footwear and clothing.
- Don't forget to fill out the proper paperwork and obtain permission from the parents/guardians and group committee.

### **Tips**

**Cold Metal:** Be careful not to touch very cold metal with your bare hands or a cold metal cup with the lips, as you may lose some skin or part of your lip. If you do touch cold metal and feel yourself sticking to it, stay calm, stay still, and get someone to pour lukewarm water over the "stuck" area until you can gently pull yourself free.

**Keeping Warm:** On hikes, a parka or jacket should be allowed to hang loose. If you become too warm, pump in fresh air by grasping the jacket or parka at the bottom, pulling it outwards and bringing it back several times. When you are resting, the parka cord or sash should be lightly tightened to keep in the heat.



To avoid chilling during regular stops for rest, find a sheltered spot, pair off and sit back to back on packs with a ground sheet around each pair. This back-to-back method gives lots of warmth.

If your feet are wet from perspiration or melting snow, change your socks and insoles immediately. Find a sheltered area out of the wind and change as quickly as possible.



## SNOW FUN WINTER HIKE DAY

The ideal location for this hike is an area 1 to 1 1/2 hour hiking distance away. It should have a level playing field, as well as a wooded area for games. Refer to the Camping/Outdoor Activity Guide for more information and forms. Be sure to get permission to make fires.

<i>Time</i>	<i>Activity</i>	<i>Responsible</i>
9:00 - 9:10 am	Gathering Activity Pass Faster (See detail planning sheet)	Patrol Leaders _____
9:10 - 9:30	Inspection for proper winter clothing, footwear Load toboggans	Leaders All Scouts
9:30 - 11:00	Hike into lunch spot	_____
11:00 - 11:45	Winter Experiments: (See detail planning sheet) <ul style="list-style-type: none"><li>• Keep your water from freezing</li><li>• Get Lost</li><li>• How Cold is it?</li><li>• Acid Snow</li></ul>	Patrol Leaders _____ _____ _____ _____
11:45 - 1:00	Lunch Make fires	_____ All
1:00 - 2:00	Games (See detail planning sheet) Hunting Solar Secrets Over & Under Snow Sculptures Light That Lamp	Patrol Leaders _____ _____ _____ _____ _____ _____
2:00 - 3:30	Hike back out	_____
3:30 - 3:45	Pick up, Go Home	_____



## **SNOW FUN WINTER HIKE DAY**

### **GATHERING ACTIVITY**

#### ***Pass Faster***

##### *Equipment:*

- Two balls of different colours or sizes

##### *How to Play:*

- Two teams form a circle, facing in (members of teams alternate).
- The leader of each team has a ball on opposite sides of the circle.
- The ball is passed or thrown by each player to the nearest teammate on the right.
- A dropped ball must be recovered by the dropper, who must regain his/her place before continuing.
- The team whose ball overtakes the other's, wins.

### **EXPERIMENTS**

*After everyone has had a hot drink and a snack, conduct the following experiments. Some of these will require most of the day to complete, but will provide some interesting observations.*

#### **KEEP YOUR WATER FROM FREEZING**

Each Scout has been challenged to devise a way to keep their water bottle from freezing. Once on site, Scouts demonstrate their theories, and the contest begins. Check the condition of the water bottles several times during the day. The goal is to have liquid water by the end of the day.

#### **GET LOST**

##### *Equipment:*

- Blindfolds

##### *Purpose:*

- To demonstrate how easy it is to get lost in a blizzard. A field of fresh snow will be the best location.
- Blindfold each Scout and ask them to walk in a straight line until they hear the whistle. Then remove the blindfolds and see how straight their path was.
- In a blizzard, it is easy to get turned around or separated. If caught in a blizzard, Scouts should join hands or tie themselves together. The leader should use a compass to negotiate. Of course, the best course is to make a shelter, sit tight and wait for the storm to stop.

#### **HOW COLD IS IT?**

##### *Equipment:*

- Thermometers

##### *Purpose:*

- To demonstrate the insulating properties of snow.
- Bury thermometers at 30 cm beneath the snow, 60 cm below the snow and 90 cm below, making sure that they don't touch the ground. Leave one thermometer on the top of the snow.
- Check the temperatures periodically to study different temperatures at different levels of snow insulation.
- It will show that snow is a good insulator!



## **ACID SNOW**

### *Equipment:*

- Litmus sticks, coffee filters

### *Purpose:*

- To show how snow can be as acidic as rain.
- Collect some freshly fallen snow. Melt it over a fire or stove.
- Test the resulting water with the litmus stick. Compare the acidity of the snow in different locations.
- See how dirty freshly fallen snow can be by melting samples and pouring it through coffee filters.

## **GAMES**

*Here's an assortment of games. Make sure to save enough energy to accomplish the hike back out. You might want to save some of the games for another time.*

## **HUNTING**

### *Equipment:*

- Large area with fresh fallen snow

### *How to Play:*

- Two players start from the middle of the playing area. Five minutes later, the rest start to follow their tracks. Before the two hunted players leave, they stamp out an impression of their boots in the snow.
- The hunted are not allowed to follow any other human tracks. If they approach a pathway where other people have been, they must turn off in another direction. But, they can walk along the top of walls, on downed trees, on each other's tracks, and use any other ruse they can.
- Both have to be caught, by a two-handed touch, for hunters to win. For the hunted to win, they have to avoid capture for an agreed upon time, and get back to the starting point.

*Option:* everyone wears snowshoes. It makes it harder to move quickly in the snow.

## **SOLAR SECRETS**

### *Equipment:*

- 6 - 12 egg cartons (preferably painted black), rope for tug-of-war

### *How to Play:*

- Before the game starts, hide the egg cartons over a wide area. There should be half the number of cartons as there are total players.
- Divide the Scouts into two teams. Define the area of the game.
- Tell the Scouts that an aircraft carrying advanced new technology has crashed in the area. Teams from two nations are searching the area to try to find the parts. The closest description of these secret parts is that they resemble egg cartons. Send the teams out to search and recover the secret parts.
- When they get back, have a tug-of-war to determine who will get all the parts. Score 10 points for each carton found by a team and 50 points for the team that wins the tug-of-war.



## OVER AND UNDER

### Equipment:

- Two pails for each team, snowballs

### How to Play:

- Each team makes snowballs and puts them in a pail before the relay starts.
- In relay fashion, pass the snowballs one by one through the first person's legs, then over the second person's head, etc. until the snowball reaches the second pail at the end of the line.
- If a snowball breaks or falls, use the next snowball from the pail.
- The team with the most snowballs in the second pail is the winner.

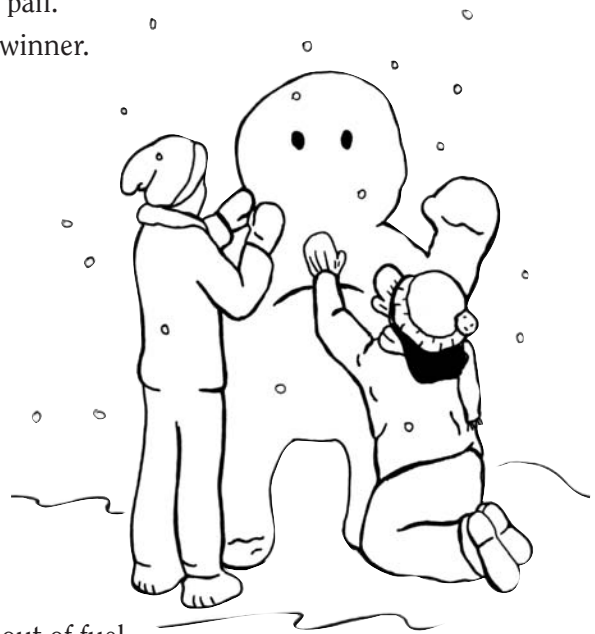
## SNOW SCULPTURES

### Equipment:

- Materials to make sculptures, buckets, shovels, shaping & cutting tools

### How to Play:

- Working in patrols, fashion a rough framework over which snow slush is packed and shaped.
- Good subjects are animals, buildings, human figures, ships, cars and natural scenery.
- Award points for originality, humour, appearance, balance and artistry of carving.



## LIGHT THAT LAMP

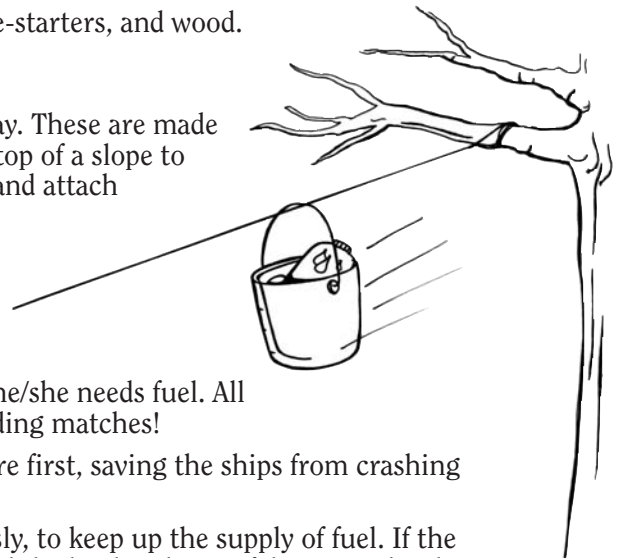
One stormy night, a lighthouse keeper discovers that he has run out of fuel for his lamp. He sends an urgent radio message to shore, asking for a fresh supply. It is too rough to take this by boat, so it is sent by aerial railway. With luck, it arrives just in time to prevent a ship from foundering on the rocks.

### Equipment:

- Each patrol needs lengths of rope, a bucket, matches, fire-starters, and wood.

### How to Play:

- Before the game starts, each patrol erects an aerial railway. These are made by stretching lengths of rope between trees, or from the top of a slope to the bottom. On each rope, hang a bucket by the handle, and attach lines of cord to pull it along.
- One end of the rope is the shore, and the other end is the lighthouse. The space between is the sea, and cannot be crossed. Patrol Leaders are the lighthouse keepers, the rest of the patrol are the Coast Guard.
- The Patrol leader lights a fire, and keeps it burning, but he/she needs fuel. All fuel for this fire must be sent across in the bucket, including matches!
- It's a race to see which lighthouse keeper will light the fire first, saving the ships from crashing on the rocks.
- The buckets are sent backwards and forwards continuously, to keep up the supply of fuel. If the angle of the slope is steep enough, a simple push will send the bucket down. If done on a level area between two trees, a double line will be necessary to haul it each way.



### Medium Range

A medium range plan covers a period of two or three months. Its purpose is to:

- identify community resources you need, and make necessary contacts,
- gather necessary equipment,
- set goals related to themes,
- determine youth member needs/interests,
- designate specific program responsibilities to all leaders,
- communicate with parents,
- evaluate past programs and make necessary changes,
- brainstorm so as many activities as possible occur outside.

When developing your monthly programs, use a combination of program elements (the kind of combinations you will discover in JUMPSTART) to ensure variety. These elements include games, crafts, music, acting, sports, outdoors, and spiritual fellowship. Use these elements to avoid a boring program and to hold your Scouts' interest.

### Short Range

You are now ready to prepare detailed plans for a specific time period — a month or a weekend event. Sit down with the entire team to prepare the meeting plan. During this meeting the team may want to “pre-view” the theme by doing such things as:

- playing the games,
- becoming familiar with the skills,
- practising ceremonies,
- learning new songs.

This “practice” prepares the whole team to help implement the activity. It ensures that any leader is ready to fill in, if needed. After the meeting, check back to see if your program activities met the Scout program goals. These goals help you evaluate whether your program fulfils the needs of Scout-aged youth. If your Scouts are having fun, you can bet it meets their needs.

Remember... plan your work, then work your plan, and HAVE FUN!!!!

### Discipline in the Troop: Helpful Tips

Discipline is a topic Scout leaders are always considering. Without it, programs dissolve into chaos, fun disappears and people sometimes get hurt. Here are some tips to help establish and maintain the necessary degree of control, while encouraging acceptable behaviour.

1. Establishing discipline is different from being a disciplinarian. Try to help Scouts develop self-control, not blind obedience to authority.
2. Set, and explain to your Scout troop, rules and routines, then follow them consistently. Help Scouts draw up a list of behaviour rules that they think are necessary to make the troop fair for everyone. Create a troop Code of Conduct and apply this Code to everyone.
3. Set a personal example for Scouts to see and learn from. Your attitude sets the tone and limits for acceptable troop behaviour.
4. Give ample warning when routines and activities are about to change. This will prevent Scouts from feeling rushed, and allow time to make the activity-switch mentally.
5. Watch for warning signals that Scouts are losing interest; at this point, change activities.
6. Use praise to reinforce positive behaviour. Let Scouts know you notice and appreciate their efforts to be good or improve.
7. Deal with problems calmly, quietly, and without causing embar-

assment to the youth. Never use humiliation or name-calling.

8. If things seem to be getting out of hand, call a “time out”, stop the activity and sit everyone down until order is restored. Explain what is going wrong and what is needed to correct the behaviour. Give the Scouts a chance to air their feelings. They may tell you something that was overlooked in the planning. Too often we assume youth are aware, or capable, of knowing what we want, when in reality no one has ever told them.
9. Prepare your meetings in advance. You will appear more confident. Have backup activities ready when Scouts get restless. Lag time between activities invites boredom and mischief.
10. Talk with other leaders, senior youth, and parents about discipline concerns that need special attention.
11. Use the patrol leaders. Part of their role involves finding out what Scouts like to do, assisting in planning and leading activities, and serving as role models.

### FURTHER PROGRAM HELP

#### Program Resources

If you would like more ideas and information on program activities and program planning, look for these resources.

- *The Scout Leader's Handbook* — tells you everything you need to know about Scouts and the Scout section, ceremonies, working with youth, the outdoors, planning, and more.
- *The Leader Magazine* — published 10 times a year. It features program-related stories, tips and resource information.
- Games from A to Z — jam-packed with games.
- *Best of the Leader Cut Out Pages* — more tips and program ideas from the Leader magazine.
- *The Campfire Book* — this will light up your campfire program.
- *Scouts Canada's Song Book* — full of both traditional and fun songs for all occasions and theme programs.
- *Fieldbook for Canadian Scouting* — looking for adventure? This is where it begins. Lots of great tips and information on how to safely enjoy the outdoors.
- *Camping/Outdoor Activity Guide* — helpful information, outdoor policies, Scouts Canada's “Accepted Practices”, forms and applications required to plan outdoor activities.
- *Campfire Program CD/Cassette* — two actual campfire programs to use as is, or to help learn some great campfire songs.
- [www.scouts.ca](http://www.scouts.ca) — visit our website to keep current with program changes, tips and new information.

Scout councils offer many training courses. Find out when they plan to run the next course. Call your local Service Scouter or Field Executive for assistance and information. JUMPSTART Video Now Available!

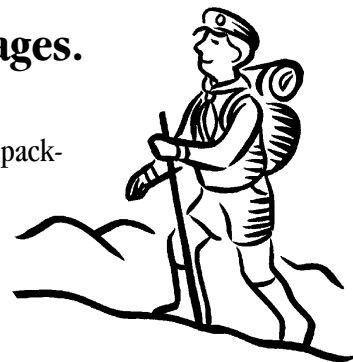
# JUMPSTART Video Now Available!



## Video for use with JUMPSTART theme packages.

### The video provides:

- ☛ Self-help, how-to information on program planning and using the packages.
- ☛ A program planning resource for Scout Woodbadge Training.
- ☛ Resources that include the outdoors in the Scout program.
- ☛ Other Scout information.



The video highlights the planning process and uses a “Hiking” theme to cover a week’s program in detail: gathering activities, opening ceremony, games, skills, Patrol exercises and the closing ceremony.

The video also highlights a variety of other JUMPSTART packages.

**Running Time: 30 minutes.**    Video Cat. # 20-417

Cat. # 20-421

**Videos Available at  
Your Local Scout Shop!**

