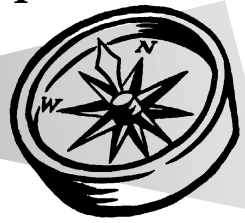




Team Building

Map & Compass



JUMP

S T A R T

for Scouts



Hiking



Pioneering



Cooking



Winter Fun

Theme: WATER 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: WATER FUN

Meet at a local waterfront/pool.

Date: _____

<i>Time</i>	<i>Activity</i>	<i>Program Details</i>	<i>Leader Responsible</i>
15 mins.	Gathering Activity (See detail planning sheet)	Duck Ball	_____
10 mins.	Opening Ceremony (Details can be found in the Scout Leader's Handbook)		_____
20 mins.	Game (See detail planning sheet)	Greased Watermelon	_____
40 mins.	Skills (See detail planning sheet)	Assistive Rescue Aids Clothing Preserves	_____ _____
20 mins.	Game/Challenge (See detail planning sheet)	Fill the Canoe Relay	_____
20 mins.	Patrol/Troop Meeting (See detail planning sheet)	Safe swimming/buddy system discussion	_____
10 mins.	Closing (See Scout Leader's Handbook)		_____
15 mins.	Leader Discussion time	Review meeting & discuss next week's plans	_____

Badge Links: _____

Meeting Notes: _____



WATER FUN

GATHERING ACTIVITY

Duck Ball

Equipment:

- Soft sponge ball

How to Play:

- Players gather in knee deep water.
- The leader throws the ball in the air while calling out a player's name. The player gets the ball and tries to hit another player. If that player is hit, he/she tries to hit another player. Continue until someone misses.
- A player may dodge or duck under water to avoid being hit.
- Rather than penalizing players who miss, have the group try for a record number of hits - while honestly dodging the ball.

GAME

Greased Watermelon

Equipment:

- One watermelon that has been well greased with shortening.

How to Play:

- Divide the players into two teams.
- Have them line up in knee deep water about 8 metres apart.
- A leader floats the greased watermelon midway between the teams.
- On signal, each team tries to carry the watermelon back to its own goal line.
- The successful team gets to eat the watermelon - after everyone has had a shower!

SKILL SESSION

Form the Troop into two teams and rotate through the next two exercises. Practise them in deep water in a safe environment.

Exercise 1

Assistive Rescue Aids

An assistive rescue aid is an object you use in the rescue, whether it is to extend or throw to the casualty. It allows the casualty to grasp onto something and be pulled to safety, and it may provide buoyant support as well.

Types

Lifejackets and PFD's: These are effective aids that can be thrown or extended to the casualty.

Throw bags: Throw bags are a white water rescue aid. They consist of a bag with a length of rope that streams out of the bag while in flight.





Kickboards & Flutter boards

Improvised buoyant aids: Large plastic bottles, plastic coolers, gasoline cans, paddles, boards, and branches can all be used in rescues. Poles, oars, paddles, and sticks make good extensions because they are usually light and strong and can be extended easily to the casualty.

Reaching poles: Reaching poles are used when the casualty is within reaching distance.

Ring buoys: A length of rope (appropriate for the environment) allows them to be thrown to someone at a distance.

Clothing as towing aids: Shirts and pants can be used as towing assistive rescue aids if you must enter the water to reach the casualty.



Using assistive rescue aids

Assistive rescue aids are extended or thrown to the casualty. Keep in mind these points:

- Keep your centre of gravity low to avoid being pulled into the water.
- If a rigid reaching pole or other aid is not available, use any material at hand such as clothing, a towel, or a blanket to reach to the casualty.
- After extending the aid, crouch or drop to one knee, staying as far from the water's edge as you can.
- Be careful not to jab a struggling casualty with the aid.
- Pull the aid back in hand over hand, moving gradually to the edge to secure the casualty.
- Only if no assistive rescue aid at all is available, reach with an arm from the position lying down with legs spread.



To use a throwing assist -

- Secure the trailing end of the rope by a method such as tying it to a dock or making a knot at one end and holding it under one foot.
- For greater accuracy in the throw, tie a lightly weighted buoyant object such as a semi-filled plastic container on the end of the line.
- Consider currents and other factors that can affect your throw. Throw upstream so that the current will carry the assisted aid to the casualty.
- Throw past the casualty with a pendulum swing.
- After throwing drop to one knee or lie flat on your stomach for greater stability.
- When the casualty has grasped the aid, pull it back slowly hand over hand.
- Let the casualty contact the edge of the pool or dock before using your hand to secure him or her.





Clothing Preservers

Practise this only when supervised and in chest deep water.

Use of inflated clothing

It may be held in the hands or used like water-wings under the armpits to keep you afloat or to save energy.

Undressing in the water

There is no set order to do this, nor need you remain above the surface to do so. Remove heavy clothing first, retain pants, shirts and blouses with long sleeves, since all these items of clothing will retain air when wet and can be inflated as a floating aid. BEWARE: Don't remove any clothing over the head. Instead, rip shirts down the front (unless they unbutton like a jacket).

Inflation of clothing

Tie a simple knot in the end of pant legs and sleeves. Air can be forced into the garment by:

- A. Flinging it through the air, keeping the open end wide with the hands, from behind the head, trapping air as you force it down on the water surface.
- B. Splashing air bubbles into the open end with one hand cupped and plunging it down onto the surface and upwards on to the open end of the garment.
- C. Submerging and blowing air upward into the open end of the garment.

The last method is better for re-inflating the garment when some of the initial air has escaped.

Note: Avoid pulling the garment down too much into the water, since water pressure will force air out.

GAME

Fill the Canoe Relay

Equipment:

- 2 or more canoes, buckets or pails

How to Play:

- Place one to four Scouts in each canoe. Everyone has a bucket.
- On a signal, and without touching any other canoe, throw water at each other's canoes.
- Which canoe can stay floating the longest?

PATROL/TROOP MEETING



Discussion on Safe Swimming and the Buddy System

Stay Safe During Water Activities

Staying safe in the water involves doing the right things personally, with your equipment, and with the environment.

Personal Safety

- If you feel cold and are shivering, stop and warm up.
- Swim with a buddy.
- Refrain from the use of alcohol and other drugs when you are swimming.
- Always enter feet first if you do not know the water depth.
- Stay within your swimming capabilities.
- Watch out for the “dangerous too’s”: too tired, too cold, too far from safety, too much sun, too much rough play.
- Do not chew gum or eat while you swim; you could easily choke.

Equipment Safety

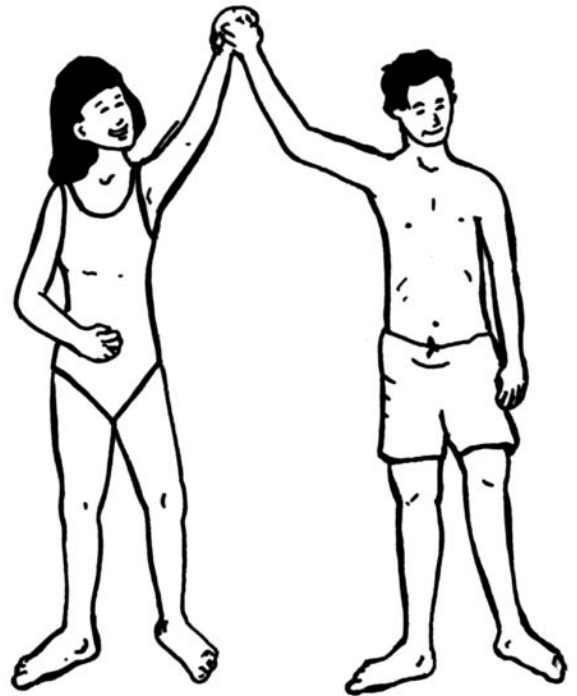
- Monitor the use of buoyant toys.

Environmental Safety

- Swim in supervised areas.
- Monitor the weather and environment continually.

THE BUDDY SYSTEM

A buddy system should be used to be sure participants in an aquatic activity, particularly children, can be accounted for at all times. Every person is paired with another person of about equal ability, and they are asked to stay near each other and watch out for each other. Periodically you call for a “buddy check”, and each pair holds their hands up together. Count the number of pairs to be sure everyone is accounted for.







Scout Meeting Schedule: Week Two

Theme: WATER FUN

Meet at a local waterfront/pool.

Date _____

<i>Time</i>	<i>Activity</i>	<i>Program Details</i>	<i>Leader Responsible</i>
15 mins.	Gathering Activity	Sandcastles (done in patrols some distance apart)	_____
10 mins.	Opening Ceremony <i>(Details can be found in the Scout Leader's Handbook)</i>		_____
20 mins.	Game <i>(See detail planning sheet)</i>	Water Dodgeball	_____
40 mins.	Skills <i>(See detail planning sheet)</i>	Catapult building	_____
20 mins.	Game/Challenge	Launch water balloons at other patrol's sandcastles	_____
20 mins.	Patrol/Troop Meeting <i>(See detail planning sheet)</i>	Water Balloon toss	_____
10 mins.	Closing <i>(See Scout Leader's Handbook)</i>		_____
15 mins.	Leader Discussion time	Review meeting & discuss next week's plans	_____

Badge Links: _____

Meeting Notes: _____



Theme: WATER FUN

GAME

Water Dodgeball

Equipment:

- Soft ball which floats

How to Play:

- Divide the Scouts into two teams. Team one forms a large circle around team two, in water hip to chest deep.
- The ball is given to a member of team one. On signal, team one tries to hit members of team two with the ball.
- Team two members may duck, dive or stay under water as long as they can, but they must stay in the circle.
- When a member of team two is hit, he/she joins team one. When all members of team two have been eliminated, the Scouts change places.

SKILL SESSION

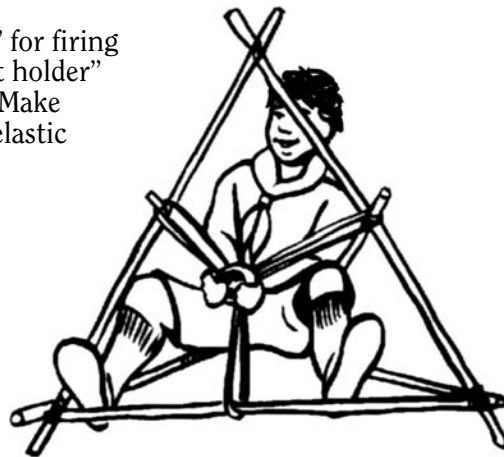
Make a Catapult

Equipment:

- Each Patrol needs seven staves, elastic bands, yogurt container, lashing twine, and scissors. The diagram illustrates the general design of your catapult.

Construction:

- Assemble your launcher as shown in diagram. You can make “balls” for firing from rolled up newspaper wrapped with masking tape. Make a “shot holder” from used plastic food containers (e.g. yogurt or sour cream tubs). Make three narrow slits close to the rim of the plastic carton to take the elastic bands. You can join together elastic bands with reef knots to make longer bands.
- Substitute wet sponges for the paper balls.



PATROL/TROOP MEETING

Water Balloon Toss

Equipment:

- One small water-filled balloon per pair of Scouts.

How to Play:

- Players in pairs toss water-filled balloons back and forth between them, increasing the distance, by one pace each, every toss.
- The winning pair will get the furthest distance apart before the balloon breaks.
- Have spare balloons in case a player doesn't catch the balloon and it breaks on the ground. They can start over with a new balloon.



Scout Meeting Schedule: Week Three

Theme: WATER FUN

Meeting to be outdoors.

Date: _____

<i>Time</i>	<i>Activity</i>	<i>Program Details</i>	<i>Leader Responsible</i>
15 mins.	Gathering Activity (See detail planning sheet)	Water Balloon Volleyball	_____
10 mins.	Opening Ceremony (Details can be found in the Scout Leader's Handbook)		_____
20 mins.	Game (See detail planning sheet)	Blind Man's Bacon	_____
40 mins.	Skills (See detail planning sheet)	Water Purification Systems demo	_____
20 mins.	Game/Challenge (See detail planning sheet)	Water Bomb Fight	_____
20 mins.	Patrol/Troop Meeting (See detail planning sheet)	Hyperthermia & Immersion Hypothermia	_____ _____
10 mins.	Closing (See Scout Leader's Handbook)		_____
15 mins.	Leader Discussion time	Review meeting & discuss next week's plans	_____

Badge Links: _____

Meeting Notes: _____



WATER FUN

GATHERING ACTIVITY

Water Balloon Volleyball

Equipment:

- A volleyball net or rope over which balloons can be tossed; an endless supply of balloons, filled 1/4 with water. (If you put too much water into the balloons, they will burst easily.)

How to Play:

- This is a very messy game, and is best played on a hot day. Stretch the net or rope just above head height.
- Establish two teams.
- The object of the game is to lob the balloon over the net and try to soak the opposing team. There is a lot of strategy in this game on such things as catching the balloon without bursting it and ways of lobbing the balloon to make it difficult to catch.
- When the balloon bursts on one side then a point is awarded to the other side, and a new balloon is brought into play.
- Remember to pick up all the pieces of the balloons when finished playing. They can be harmful to wildlife and birds.

GAME

Blind Man's Bacon

Equipment:

- 1 water pistol, 2 blindfolds

How to Play:

- This is a version of "Steal the Bacon," a game which is played in a circle shape, with each team forming half the circle. The two teams should be of equal size, so that there is a player on each team with the same number.
- When a number is called, the corresponding players for each team puts on a blindfold.
- After hearing the signal, the two blindfolded players move towards the centre of the circle where a squirt gun is located. The object is to reach the squirt gun and squirt the other player before he/she can make it back behind the protection of the team.
- Teams are allowed to shout directions to the blindfolded players.

SKILL SESSION

Water Purification Systems

Equipment:

- Different varieties of water filters, iodine tablets, chlorine tablets

After explaining why it is necessary to purify our water, compare the different filters and methods of purification. This is a good opportunity for the Scouts to see what method would work best for them during lightweight camping trips.

Years ago our grandparents could simply dip their cups into a bubbling brook for a cool, refreshing drink. Times have changed. Health Canada encourages people using the outdoors to boil, chemically treat, or filter all water. In the Department's words: "Canadian wilderness waters are generally of excellent quality, but...no surface water can be considered safe for human consumption without treatment."

Take these words as a caution; don't let them scare you away from outdoor adventures.



Lightweight campers and day hikers entering the wilderness should either carry drinking water from home or have the means to treat water they use. Let's take a closer look at the reasons for these precautions.

Bacteria, viruses and protozoan cysts may contaminate open water. Disease-causing organisms (pathogens) can turn a fun, relaxing trip into a pretty uncomfortable and miserable experience.

Giardia lamblia is a dangerous protozoan commonly referred to as "Beaver Fever." Beavers, as well as other animals, defecating into the water cause this danger to clean water. The *Giardia* parasite is a microscopic creature which enters the human digestive system as a cyst. Once in the stomach, the cyst releases a parasite that attaches itself to the intestine wall. A *Giardia* cyst may be as large as 8-12 microns, but it can manage to fit through a hole as small as 5 microns. (One micron is one millionth of a metre or one thousandth of a millimetre.)



Giardia's symptoms include stomach cramps, diarrhea, gas and fatigue. These symptoms generally appear about one week after drinking the contaminated water.

A person needs only to drink a few cysts to contract the disease. After someone drinks contaminated water, the cyst reproduces itself, increasing in numbers until it causes sickness. At this point, the person becomes a disease carrier and continues to be until the disease either runs its course or a doctor's prescription kills the protozoan.

Cryptosporidium or "Crypto" is another protozoan found in the wilderness. Slightly smaller than *Giardia*, Crypto (4-6 microns) may fit through a hole as small as 3 microns. Like *Giardia*, Crypto is caused by animals defecating into or near the water. Crypto's symptoms are very similar to *Giardia's*, but they can also include a low fever. Those who get this disease must simply let it run its course (approximately one week).

Everyone should practise good hygiene around camp, especially near food or water sources, because someone with either of these illnesses can pass it on to others.

Campers and hikers can ensure clean drinking water by using many methods, including boiling, chemicals, filters, and purifiers.

Boiling

"Heat is the oldest, safest and most effective method of purifying water," according to Health Canada. Boiling water for at least five minutes will kill bacteria, viruses and cysts. If you choose this water treatment method, be prepared to carry plenty of fuel, allow time to boil the water and let it cool. It's a good method for base camps.

Chemicals: Chlorine and Iodine

Chlorine and iodine are the two most frequently used chemicals. Hikers can use chlorine bleach by adding it to water — two drops of bleach for every one litre of water. Shake the solution well, then let it stand for 30 minutes before drinking.

If you're using chlorine tablets, follow instructions on the container label. Make sure the tablets haven't reached their expiry date. With bleach, choose some that is not more than a few months old.

Iodine is also an effective water purifier. Eight to ten drops of 2% tincture of iodine or one iodine tablet will disinfect one litre of water. When using iodine crystals, follow printed instructions on the label. Keep iodine away from children. It's toxic!

Health Canada does not recommend anyone using iodine for more than three weeks per person. Don't let young children or pregnant women use this method as they are particularly sensitive to iodine.

Chemicals may leave an unpleasant taste in the water, but you can mask this by adding juice crystals, coffee or tea.



Filters

Filtering systems physically remove dirt, dust and dangerous elements by pumping water through a canister containing a fine screen. When selecting a filter, make sure it has an absolute pore size of 0.5 microns or less, and follow instructions closely to achieve maximum performance. (The absolute pore size is the smallest hole in the filter which will allow water to pass through.)

Purifiers

These devices combine a filtering system with chemicals to destroy pathogens.

Water Summary

Campers can remove bacteria effectively by boiling, adding chemicals (chlorine or iodine), using purifiers or filters. Viruses can be removed by boiling, adding chemicals, or using filters with an absolute pore size of 0.5 or less.

In Canada, because our main concerns centre on bacteria and Giardia, the best methods to ensure clean water involve boiling for at least five minutes, or using filters or purifiers.

Most experienced lightweight campers and hikers carry two or more litres of water from home to get them started; then they “pump” the rest as they go, stopping whenever they find a suitable water source. They try to carry one or two litres of water at all times, especially when travelling in unfamiliar areas. (Note: Take special care to keep your water bottles and pumps clean and in proper working condition.)

As tempting as that clear, bubbling little stream may appear, don’t risk drinking from it directly. Spend a few minutes to treat the water first!

GAME

Water Bomb Fight

Equipment:

- An endless supply of paper squares to construct water bombs; a bucket of water per patrol

How to Play:

- This is a messy game, so is best played outdoors.
- Each patrol is given the same number of sheets of paper and a bucket of water.
- On the word “GO”, they have to fold their paper into water bombs, or some type of container which will hold water. (See examples)
- The goal is to see which patrol can get the other patrols the wettest.

Paperweight Pots

Although the directions are for foil, for the purpose of this game make them out of paper. You might want to try to foil pots another time, and actually use them on a fire.

Cooking Container #1

This pot comes complete with handles and is large enough to make a can of soup or a cup of tea. Make it with a piece of double thickness foil (30 cm x 30 cm).

Instructions

Start by cutting a square of foil, then follow these steps.

1. Fold the two opposite corners to the centre.
2. Fold each of the folded parts in half to the centre.
3. Fold in half (as indicated) ensuring that the folds face outwards.



4. Fold corners A and B (as shown) to make a crease. Insert forefingers and ease out only to the crease. Next fold over the crease to A, making a 90° side. Repeat for corner B. Your foil should now resemble a shovel.

5. Continue by flattening the shovel to resemble diagram #5. Turn over and repeat for the other side.

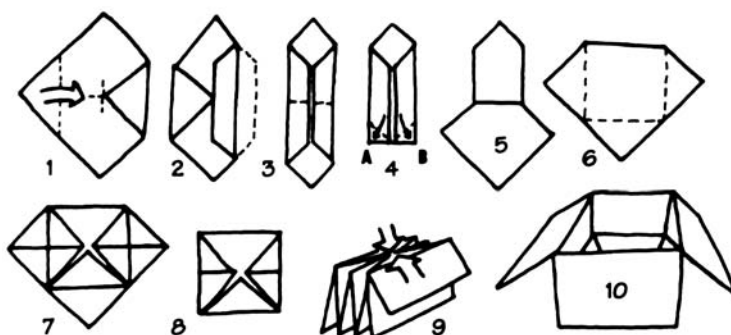
6. One side at a time, fold the three corners to the centre, diagram #7.

7. Repeat for the other side.

8. Diagram #8 shows what it should look like.

9. Fold in half, one side at a time.

10. Insert your forefingers in the opening indicated by the arrows, and gently open outward. Smooth the sides straight to give you your foil cooking container complete with two handles.

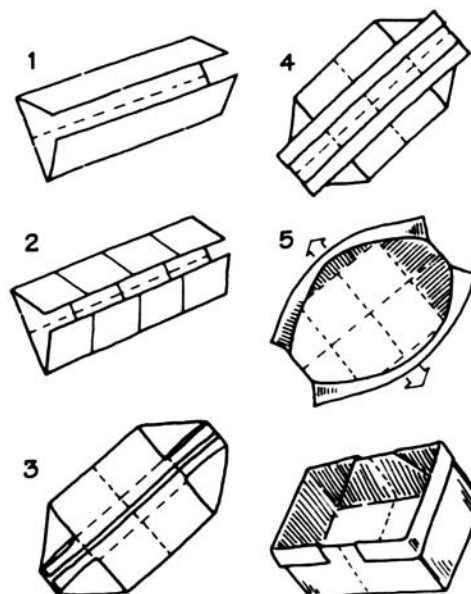


Cooking Container #2

Once again, use a double thickness of foil (30 cm x 30 cm) or larger. Although this pot doesn't have handles it's still strong enough to boil two eggs or bake a cake.

Instructions

1. Fold each side into the centre (as shown).
2. Fold each end into the centre, and repeat again, to make 4 creased quarters on each side. Open flat after folding.
3. Fold each corner up to the middle, leaving about 2.5 cm along the edge unfolded.
4. Fold 2.5 cm along the centre on each side.
5. Using your forefingers gently open the folded container, smoothing out the sides and making the bottom square.

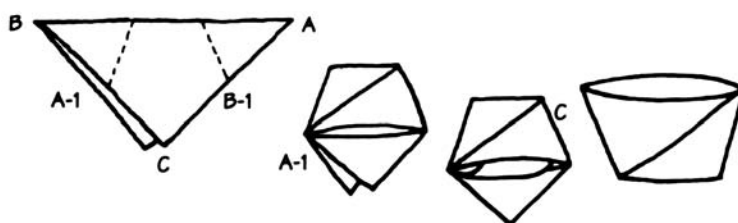


Container #3 (Drinking Cup)

This cup makes a favourite activity for a camping or hiking trip. It's simple for young Scouts or even Cubs. Start with a square piece of foil (20 cm x 20 cm).

Instructions

1. Fold opposite corners of the foil together to make a triangle.
2. Fold corner A over until the tip touches the other side (A-1).
3. Turn the foil over and fold corner B the same way (B-1).
4. Tuck corner C into the fold.
5. Turn the foil over and repeat step 4.
6. Gently open the cup.





PATROL/TROOP MEETING

Hyperthermia

Heat exposure and illnesses

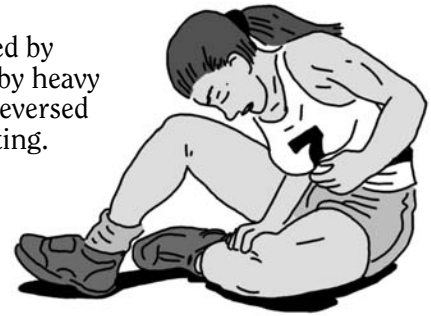
Prolonged exposure to extreme heat or heavy exertion in a hot environment can cause heat illnesses.

Heat cramps

Heat cramps are painful muscle cramps, usually in the legs and abdomen, caused by losing too much water and salt through sweating. Heat cramps are usually caused by heavy exercise or physical work in a hot environment. They are not serious and may be reversed by first aid. The casualty will complain of cramps and show signs of excessive sweating.

First aid for heat cramps

1. Place the casualty at rest in a cool place.
2. Give the conscious casualty water to drink. She can have as much as she wants.
3. If the cramps don't go away, get medical help.



***In a dry environment,
the casualty may not
seem to be sweating
because the sweat
evaporates quickly***

Heat exhaustion

Heat exhaustion is more serious than heat cramps. The casualty has lost fluid through sweating. Circulation is affected because the blood flows away from the major organs and pools in the blood vessels just below the skin.

Signs and symptoms of heat exhaustion

- excessive sweating and dilated pupils
- casualty may complain of dizziness, blurred vision, headache or cramps
- signs of shock, including: cold, clammy skin; weak, rapid pulse; rapid, shallow breathing; vomiting and unconsciousness

First aid for heat exhaustion

First aid for heat exhaustion combines the first aid for heat cramps with the first aid for shock.

1. Send for medical help.
2. If the casualty is conscious:
 - place her at rest in a cool place with the feet and legs elevated (shock position)
 - remove excessive clothing and loosen tight clothing at the neck and waist
 - give her water to drink, as much as she will take. If the casualty vomits, don't give anything by mouth and get medical help right away

If the casualty is unconscious:

- place her in the recovery position
 - get medical help right away
 - monitor breathing and pulse and give life-saving first aid as needed
3. Give ongoing casualty care until medical help takes over

***shock position,
conscious casualty***



***recovery position,
unconscious casualty***





Heatstroke (sunstroke)

Heatstroke is a life-threatening condition where the body's temperature rises far above normal. It is caused by prolonged exposure in a hot, humid, and perhaps poorly ventilated environment. In classic heatstroke, the body's temperature control mechanism fails, sweating stops and the body temperature rises rapidly. In exertional heatstroke, the body temperature rises rapidly due to heavy physical exertion in high temperatures, even though sweating continues. Elderly people and those in poor health are more likely to suffer from heatstroke. Without immediate first aid heatstroke can result in permanent brain damage or death.

Signs and symptoms of heatstroke

- body temperature rapidly rises to 40 degrees C or higher—the casualty is hot to the touch
- the pulse is rapid and full but gets weaker in later stages
- breathing is noisy
- skin is flushed, hot and dry in classic heatstroke, and flushed, hot and sweaty in exertional heatstroke
- casualty is restless and may complain of headache, fatigue, dizziness and nausea
- vomiting, convulsions, unconsciousness



You can tell the difference between heat exhaustion and heatstroke by the condition of the skin. In heat exhaustion, the skin is moist and cold. In heatstroke, the skin is hot, flushed and may be dry or wet.

skin is flushed and hot, and may be wet or dry

First aid for heatstroke

1. Lowering body temperature is the most urgent first aid for heatstroke. The casualty's life depends on how quickly this can be done.
 - move the casualty to a cool, shaded place
 - cool the casualty—remove outer clothing and either:



cover her with wet sheets and fan the sheets to increase cooling



put the casualty into a cool bath—watch her closely



sponge the casualty with cool water, particularly in the armpits, neck and groin areas

2. When her body feels cool to touch, cover her with a dry sheet. Put the conscious casualty into the shock position and the unconscious casualty into the recovery position. Monitor the casualty closely. If her temperature begins to rise again, repeat the cooling process.
3. Give ongoing casualty care until handover to medical help.

Immersion Hypothermia

Immersion hypothermia refers to hypothermia caused by being in cold water. A person loses heat 25 - 30 times faster in water than in air of the same temperature. Immersion hypothermia can happen very quickly, within minutes, if a person falls into cold water. Suspect hypothermia whenever someone falls into water by mistake, even in the summer. Immersion hypothermia can also happen more slowly, for instance while swimming or scuba diving in a lake. In these cases, hypothermia creeps up on the casualty, and may not be suspected right away.



Do the following when a hypothermic casualty is in the water:

- tell the casualty not to take off any clothing - clothing helps keep heat in
- tell the casualty to move as little as possible - moving around causes more heat loss (by convection)

When taking a casualty out of the water, keep him in a horizontal position, and handle him as gently as possible. Give first aid for hypothermia to prevent further heat loss and get medical help.



Scout Meeting Schedule: Week Four

Theme: WATER FUN

Meet at a local pool/waterfront.

Date: _____

<i>Time</i>	<i>Activity</i>	<i>Program Details</i>	<i>Leader Responsible</i>
15 mins.	Gathering Activity (See detail planning sheet)	Underwater Observation Game	_____
10 mins.	Opening Ceremony (Details can be found in the Scout Leader's Handbook)		_____
20 mins.	Game (See detail planning sheet)	Underwater knotting	_____
40 mins.	Skills (See detail planning sheet)	Rescue Breathing	_____
20 mins.	Game/Challenge (See detail planning sheet)	Jaws!	_____
20 mins.	Patrol/Troop Meeting	Plan & prepare for Family Beach Day. Make invitations.	_____ _____
10 mins.	Closing (See Scout Leader's Handbook)		_____
15 mins.	Leader Discussion time	Review meeting & discuss next week's plans	_____

Badge Links: _____

Meeting Notes: _____



WATER FUN

GATHERING ACTIVITY

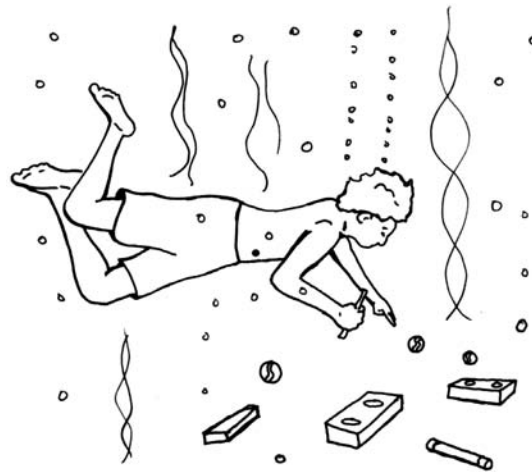
Underwater Observation Game

Equipment:

- A variety of objects which do not float

How to Play:

- Spread the objects out on the bottom of the pool (in the shallow end).
- The Scouts must dive under, observe, and then return to the side of the pool to list what objects they saw.
- It's like Kim's Game, but played underwater.



GAME

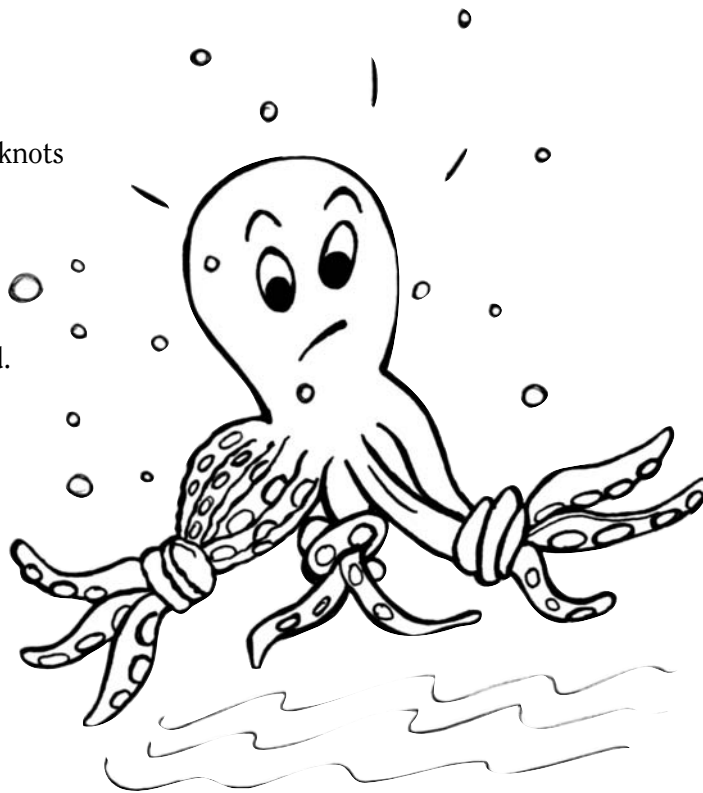
Underwater Knotting

Equipment:

- Lengths of rope, one per patrol; a list of different knots

How to Play:

- Give each Patrol the rope and list of knots.
- On signal, one Scout per patrol must submerge and tie a knot underwater. Each Scout will tie a different knot, until the list is completed. (i.e. a clove hitch around his/her leg; a bowline knot around his/her waist)
- First Patrol to complete all the knots jumps into the water. Judges must determine if the knots are tied correctly.
- This is best done in shallow water.



SKILL SESSION

Rescue Breathing

First aid for stopped breathing – Artificial respiration (AR)

The vital organs of the body such as the brain and heart need a continuous supply of oxygen to stay alive. Artificial respiration (AR) is a way you can supply air to the lungs of a casualty who is breathing ineffectively or not breathing at all.

As you breathe, the air you exhale contains enough oxygen to keep a non-breathing person alive. Artificial respiration involves blowing this air into the casualty's lungs to deliver oxygen to the non-breathing person. The number of times you blow in one minute is called the rate—AR has to be given at the proper rate to make sure the casualty is getting enough oxygen.



Mouth-to-mouth AR — this is the most commonly used method of AR. The first aider pinches the casualty's nose closed and blows into his mouth.

You arrive at a scene...an unconscious adult (someone eight years old or older) is lying on the floor...** for children or infants under the age of eight special training is required.

*Check with St. John's Ambulance or other First Aid trainers.***

1. Assess responsiveness. If there is no response, go to step 2.



**ask the casualty if she is O.K.
Assess any response. Gently
tap the shoulders**

2. Send or go for medical help.



3. Place the casualty face up, protecting the head and neck during any movement. Open the airway by tilting the head.



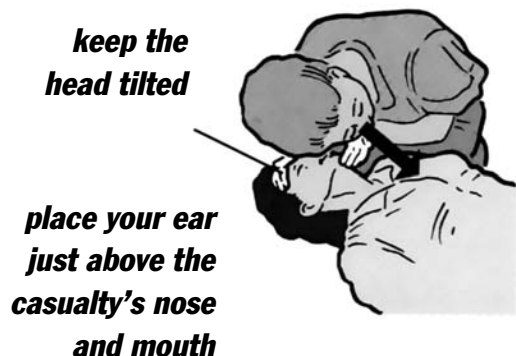
**to open the airway push backward on
the forehead and lift the jaw**

**when the head is tilted
back, the tongue is
lifted off the back of
the throat, opening
the airway**



airway closed airway open

4. Check for breathing for 3 to 5 seconds.



**keep the
head tilted**

**place your ear
just above the
casualty's nose
and mouth**

look for chest movement

listen for sounds of breathing

feel for breath on your cheek



5. Breathe into the casualty twice. For an adult casualty, blow for 1½ to 2 seconds. Use enough air to make the chest rise.

**take a deep breath and
seal your mouth around
the casualty's mouth**

pinch the nostrils

**blow slowly and watch for
the chest to rise**

**move your mouth away
and release the nostrils to allow the air to escape**

**look for the chest to fall, listen for air sounds and
feel for air being exhaled against your cheek**

give another breath and go to step 7



**If the chest doesn't rise when you blow: reopen
the airway by tilting the head**

- **pinch the nose again**
- **make a better seal around the mouth**
- **try blowing again**

**If the chest still doesn't rise, give first aid for
choking—see step 6.**

6. Check for a pulse at the neck. There is a carotid pulse on either side of the neck—feel for a pulse on the side closest to you—do not feel or compress both sides at the same time

keep the head tilted

**slide 2 fingers into the groove of the
neck just down from the Adam's apple**

**press gently to detect the pulse, take 5
to 10 seconds**



If there is no pulse, start CPR

**If there is a pulse, start continue AR—
see step 7, below**

7. Breathe into the casualty once every five seconds (12 times a minute). After one minute of AR, recheck the pulse for five seconds, and at the same time, look, listen and feel for breathing:
- if there is no pulse, start CPR
 - if there is a pulse and breathing, continue the primary survey
 - if there is a pulse and still no breathing, continue AR. Recheck the pulse and breathing every few minutes. Keep giving AR until the casualty starts to breathe on her own, medical help takes over or you are too tired to continue

Don't blow too hard

If you blow into a casualty too hard or too fast, the air may go into the stomach instead of the lungs. This can cause a few problems. Only blow hard enough to make the chest rise.



GAME

Jaws!

Equipment:

- None

How to Play:

- This is a water version of British Bulldog. Choose one or more of the good swimmers to stay in the middle as “Jaws”.
- On signal, each Patrol tries to swim from one side of the circle to the other without being touched by Jaws.
- When caught, the Scout joins Jaws. Continue crossings until time is called. The patrol with the largest number of Scouts to escape Jaws is the winner.

PATROL/TROOP MEETING

Planning session for Beach party. See Detail Planning sheets and assign roles for the different activities. Feel free to adjust or add different items. Design an invitation for the whole family and set the date. Establish a rain date as well.

All necessary paperwork, permission forms and safety considerations will need to be completed before the event. Before having this event, ensure that all regulations as stated in *B.P.&P.*, “Water Safety Regulations” have been met. See also *The Camping/Outdoor Activity Guide* for more information and forms.

- Are we in the right place,
at the right time,
with the right people,
- with the right equipment?

Camping/Outdoor Activity Guide



- Sommes-nous au bon
endroit, au bon moment,
avec les bonnes personnes
- et le bon équipement?

Guide des activités de camping
et de plein air







WATER FUN BEACH PARTY

Before having this event, ensure that all regulations as stated in *B.P.&P.*, “Water Safety Regulations” have been met.

<i>Time</i>	<i>Activity</i>	<i>Responsibility</i>
10:00 - 10:30	Arrive at meeting place. Set up A - Water Station B - Shade area (See detail planning sheets)	_____ _____ _____ Patrol Leaders
10:30 - 10:45	Sunburn & Sunstroke Review (See detail planning sheets)	Court of Honour (parents & Scouts)
10:45 - 11:30	Games (See detail planning sheets) 1. Pyjama Relay 2. Spoon Race 3. Dog Paddle Race 4. Life Jacket (See detail planning sheets)	1 game per Patrol _____ _____ _____ _____
11:30 - 1:00	Lunch: “Mystery Meal” (See detail planning sheets)	Leaders
1:00 - 1:30	Family Sand Castle Building (bring buckets, sand shovels) Swimming	All _____
1:30 - 2:30	More Games: 1. Punctured Drum Challenge 2. Blow Ping Pong 3. Underwater Observation Game (See detail planning sheets)	Court of Honour _____ _____ _____
2:30 - 3:00	Wrap up/Clean Up	Leaders

Thank everyone for coming.



WATER FUN BEACH PARTY

ARRIVAL & GATHERING

Before most Scouts arrive, set up a Water Station and Shade Area.

Provide lots of cool water, sports drinks, and a cooler at the Water Station. Don't forget cups and a garbage container.

Set up a Shade Area under a big tree or umbrellas. This would be a good time for some Scouts to demonstrate their lashing skills, and hang a tarp as a sun shelter. Bring some chairs or a blanket to stretch out on.

BEACH PARTY

SUNBURN AND SUNSTROKE REVIEW

Before starting the day, gather everyone together (including parents and families). Ask the Court of Honour to discuss the following, and encourage everyone to be sun smart!

Summer is a great time to be outdoors, but the sun's rays can be harmful to skin. When you or your child are swimming or playing outdoors, you should take precautions against the damaging effects of the sun's rays. Exposed skin during winter activities is equally susceptible.

It doesn't matter how old you are or what colour your skin is. You are still susceptible to skin damage from the sun.

Why should you be concerned? When skin is exposed to the sun, it can be damaged by two different ultraviolet rays in sunlight:

- Ultraviolet B (UVB) rays affect the outer layer of skin, causing sunburn.
- Ultraviolet A (UVA) rays go deeper into the skin, possibly causing damage that may result in the development of cancer at a later time.

UVA and UVB rays are both known to damage the skin and cause cancer. The most dangerous part of the day is from 11 am to 4 pm.

What can you do?

Reduce your exposure to the sun. To be protected from the sun's rays, be sure that you and your family -

- Wear a hat with a wide brim or peak.
- Wear sunglasses. Sunglasses are sunscreen for your eyes and provide important protection from UV rays. Ophthalmologists recommend sunglasses that have a UV absorption of at least 90%.
- Wear light clothing to cover as much skin as possible.
- Use sunscreen with a minimum sun protection factor (SPF) of 15, and reapply it frequently (every 3 to 4 hours). Sun-screen should be applied 15 to 30 minutes before exposure to the sun.
- Use sunscreen also on cloudy or hazy days. Clouds do not block UV rays.
- Remain in shaded area, especially if you don't have sunscreen.
- Take extra care around the water. Water reflects the sun's rays and can cause sunburn.
- Keep infants under 1 year old out of the sun altogether.
- Drink lots of water or juice to prevent dehydration.



How do you choose a sunscreen?

When choosing a sunscreen, read the label carefully and look for:

- SPF of 15 or higher, as recommended by the Canadian Dermatology Association and the Canadian Cancer Society.
- The word “waterproof” or “water resistant”.
- Protection against both UVA and UVB.
- The Canadian Dermatology Association seal of approval.

Note: If a rash appears after using the sunscreen, contact your physician.

First Aid for Sunburn

Sunburns can range in severity from those that are mildly uncomfortable to those that are serious, cover a large portion of the body and are complicated by heatstroke. For minor sunburn, give first aid as follows:

1. Get out of the sun. Gently sponge the area with cool water or cover with a wet towel, to relieve the pain. Repeat this step as needed to relieve pain.
2. Pat the skin dry and put on a medicated sunburn ointment or lotion (these can cause an allergic reaction in some people). Apply the lotion according to directions on the package.
3. Protect burned areas from further exposure to the sun.
4. Don't break any blisters - doing so may promote infection. If large areas of the skin begin to blister, get medical help.
5. If the casualty begins to vomit, or develops a fever, give first aid for heatstroke and get medical help.



GAMES

These games can be played by everyone. Form teams, mixing people with equal swimming abilities and ages. For those who don't swim, they can walk across the shallow water. Remember, your team moves faster when you cheer loudly!

PYJAMA RELAY

Equipment:

- One pair of pyjamas for each team

How to Play:

- Upon the signal, the first Scout puts on the pyjamas, swims across a given area, takes off the pyjamas and hands them to the second Scout, who puts them on, swims, removes them, and hands them to the next Scout, and so on.
- First team done will all be sitting down, with the pyjamas on the ground in front of them.

SPOON RACE

Equipment:

- One spoon per team, plus an apple, rock or some item that will fit on a spoon

How to Play:

- On signal, the first Scout swims a certain distance holding an apple (or other item) on the spoon in his/her mouth (sideways works best). If he/she drops the object, he/she must dive to retrieve it and continue swimming the distance from where the object was dropped. Continue until all members of the team have accomplished the task.
- First team done sits down.



DOG PADDLE RACE

Equipment:

- None

How to Play:

- This is a race in which everyone must bark like a dog while doing the dog paddle a certain distance.

LIFE JACKET RACE

Equipment:

- Enough lifejackets for everyone—if you don't have enough, play this game in a relay style.

How to Play:

- Everyone puts on their lifejackets. Ensure that they fit properly.
- On signal, everyone swims a certain distance out into deeper water, where the Scouts can't touch the bottom. There they must stay in one place (while counting out loud up to 10). Then they turn around and swim back.
- If this game is played in a relay fashion, the same rules apply, however one person at a time on each team swims with the lifejacket.

MYSTERY MEAL

This is a novel way to provide some excitement for lunch. Provide enough stoves, pans, utensils (especially can openers!) for each team to prepare a meal.

Before the meal:

- Buy enough tins of food to provide six tins per team. Provide an assortment of soups, vegetables, fruits, stews, puddings, spaghetti, etc. Peel off all the labels, and dump them into a marked spot in the water. Avoid muddy bottoms and strong currents.

The Rules:

- One person at a time must dive and bring up one can at a time, and toss it to other members of his team who are on shore, in a boat, or on a raft. When six cans are retrieved, the team must leave the area.
- Back on shore, they open the cans and decide how to prepare a meal from the offerings. Swapping between teams is not allowed, and in order to win the challenge, every member of the team must eat, and all food must be consumed.

BEACH PARTY

MORE WATER GAMES

PUNCTURED DRUM

Equipment:

- Plastic detergent bottles or other containers for transferring water; a drum for each team in which holes have been banged in

How to Play:

- Patrols must use the plastic containers to fill the drum. The only problem is the water runs out the holes in the drum as fast as it is filled.





- The solution? Use your body parts, (fingers, knees, toes, etc) to plug the holes! Fifty holes will occupy all the fingers of five Scouts.

BLOW PING PONG

Equipment:

- One ping pong ball per team

How to Play:

- One person per team blows a ping pong ball ahead of him/her while swimming a given distance and returning. Then the next Scout jumps in and repeats.
- The ball cannot be touched with the body.

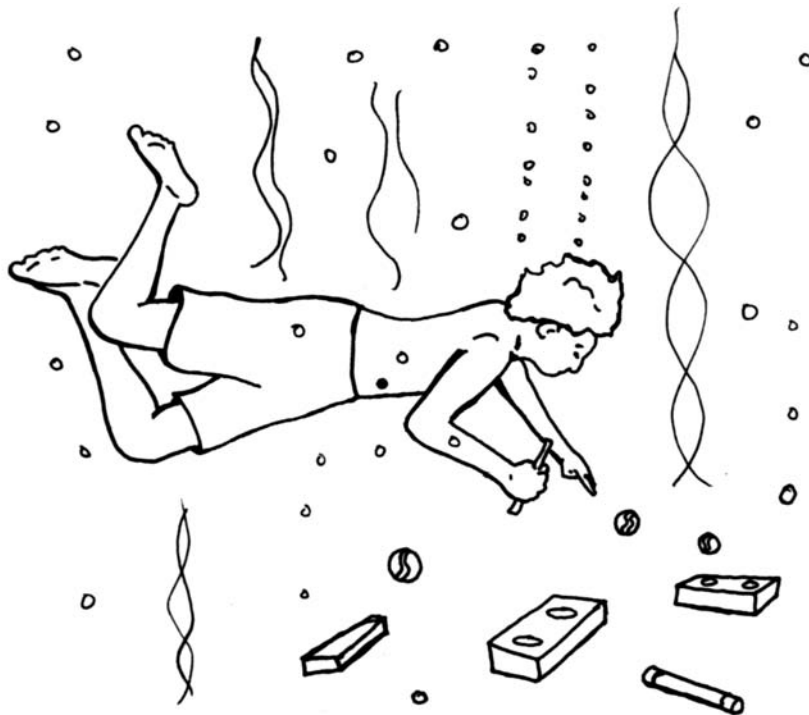
UNDERWATER OBSERVATION GAME

Equipment:

- A variety of objects which do not float; paper & pens

How to Play:

- Spread the objects out on the bottom of shallow water.
- Everyone must dive under, observe, and then return to the shore to list what objects they saw.
- It's like Kim's Game, but played underwater.



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 — 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. # 20-415

Cat. # 20-416

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

