

# SCOUTING IRELAND ADVENTURE SKILLS: BACKWOODS SESSION GUIDE



**Backwoods Adventure  
Skills Stage 2  
5x session plans**



## Introduction

The sessions guides created by the SFNI Programme Lead have been designed to help support delivery of SI Adventure Skills Stages 1-4 in Backwoods, with each session guide pitched at a particular Section or level.

This guide contains a total of **five sessions** and provide activities that are intended to encourage and promote developing the necessary skills and knowledge linked to completion of each of the skills levels.

Sessions have been designed to be delivered within the 'den'; **four** of these can be completed within an indoor setting with an option for outdoor learning, if available. The **fifth** session requires to be delivered outdoors as part of a Backwoods Adventure to enable youth members to apply the skills and knowledge necessary to complete the skills level.

## Completing the Backwoods Adventure Skill session

Before beginning delivery of the Backwoods Adventure Skill session, **it is important to do a few things:**

**Firstly**, read through the session plans and become comfortable with the activities described and the resources required. You may find that through experience that a different approach or activity may be better suited to deliver this training, so please adapt the session for what works best for you and the group.

**Secondly**, take time to plan delivery with the group, utilize **Plan, Do, Review**, ensuring the group have been engaged and explored the Backwoods Adventure Skill and chosen to take part and shape their experiences across this learning journey.

**Finally**, ensure that you as the facilitator are competent, comfortable, and capable of delivering this training. Ensure that any required **Risk Assessments** have been complete regarding these activities.

**The table below** highlights the practical skills that Scouters will be required to demonstrate and the knowledge that a Scouter is required to be confident and able to deliver.

	Practical Skills- Scouters should be able to demonstrate:	Knowledge- Scouters need to know:
Stage 2	<ul style="list-style-type: none"> <li>How to set up and attend to a fire.</li> <li>What good food hygiene looks like in practice.</li> <li>How to cook on an open fire using minimal utensils.</li> <li>How to use tools and equipment safely.</li> <li>How to set and light a fire</li> <li>How to build shelters</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge of fire safety.</li> <li>How to craft cooking utensils.</li> <li>Explain the 'fire triangle' and how to keep safe around fire.</li> <li>Understand the different materials available to build shelters.</li> <li>Knots and setting Ridgelines and guidelines for shelters.</li> <li>Food prep and storage in a camp setting.</li> </ul>

## Using the Session Plans

The session plan has been developed to be delivered at a particular **Section/ ability level**.

Each session usually begins with an energizer activity, loosely linked to the learning activity, and contains an introduction, learning activity(s) and a close/ reflection element.



In the first column you will also find the **Adventure Skill objective** that the activity relates to.

A **description** of an activity to complete, related to the title and prompts on how to undertake the activity are provided.

A **suggested timing** has been included, for guidance only. It may be beneficial to slow down and stretch out activities dependent on your group.

A **resource column** includes a list of equipment and/ or external links to additional resources to assist in the delivery of the activity.

The last element of the session plan is a **review activity** which should be complete as part of quality assurance and recording.

Backwoods Adventure Skills Level 1			Session 2
Section/ Skill level	Beaver/ Beginner	Location	Den
Activity		Session length	50 minutes
		Time	Resources
Energizer - Competitive game	<b>Dress like an onion</b> This activity will be used to show the group how they should dress when preparing to go outdoors to complete a Backwoods Adventure. <ul style="list-style-type: none"> <li>Split the group into two teams and have the clothes piled up and ready for the teams to use.</li> <li>The teams must dress a member of the team up using all the clothes, (wearing them on top of the clothes they already are wearing), once dressed, the team member must complete 5 star jumps and then their team members begin to remove the clothes or unpeel them like an onion, and team members place these into the backpack- minus the boots!!</li> </ul> Debrief by explaining that these are all clothes we should wear when going outdoors and that (unless it's a very hot day) wearing many layers (like an onion) and removing them as we get warmer is far better than turning up without the clothes we need and getting cold- we are prepared no matter what.	15 minutes	Large playing space  2x Lg pairs of shorts/ 2x Lg t-shirts/ 2x Lg pair of boots/ 2x Lg long sleeved t-shirt/ 2x Lg hoodie/ 2x Lg rain jacket/ 2x Lg pair of hiking socks/ 2x Lg wooly hats/ 2x Lg Back packs.
Activity- Show & Tell/ Discussion	<b>Kit, Kit, Kit</b> Revisit the fact that Backwoods living is all about living harmoniously and as minimally as possible with nature. With that said, <del>there are</del> things that we cannot replicate in the wild, or items we should bring to keep ourselves safe. This activity will explore kits and resources we should always carry with us.  Have the kits as described below ready, showing them to the group and discussing each of the items: Survival Kit (Youth Members) - Mylar (foil) blanket/ Whistle/ Torch/ Hand Sanitizer/ Glucose Sweets & Snack/ Water & Purification tablets/ Paracord Fire Kit (Scouters) - Flint/ Steel/ Homemade firelighter/ Fire Blanket/ Saw Shelter Kit (Scouters) - Emergency shelter/ tarp/ rope/ hammock/ carabiners Group First Aid Kit (Scouters) - As standard	15 minutes	Backwoods Adventure skills guide  SFNI Backwoods SI Resources
Activity-	<b>Boo Boo Kits</b> Having finished the previous discussion looking at Group First Aid Kits, next introduce 'Boo Boo Kits'- personal first aid kits for junior members. <ul style="list-style-type: none"> <li>If possible, have the following available so that the group can make their own <del>PERSONAL Boo Boo Kits</del> <ul style="list-style-type: none"> <li>6x plasters- various sizes/ antiseptic wipes/ 2x bandages/ safety pin/ lip balm</li> <li>plastic sandwich-bag/ sticky labels/ marker</li> </ul> </li> <li>Make a kit up with each member of the group and place their name on the label.</li> <li>Have a few additional resources available and ask some of the group to show you how they should apply plasters and bandages- making sure that where possible, they only treat themselves, make sure hands are clean and that the wound is cleaned, and that the injury is well covered.</li> </ul>	15 minutes	Resources to make Boo Boo Kit as described (+ additional)  Labels/ Marker  SFNI Backwoods SI Resources
Review	Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.	5 minutes	



Backwoods Adventure Skills Stage 2			Session 1 Introduction/ Fire	
Section/ Skill level	Cub/ Beginner	Location	Den/ outside space	
		Session length	60 minutes	
	Activity		Time	Resources
<b>Energizer – Memory quiz</b>	<b>Fire, Ice, Water</b> A variation on 'Rock, Paper, Scissors', the activity will get the group moving and have some fun prior to the session. <ul style="list-style-type: none"> <li>Split the group into 2 teams and show them an action for <b>Fire</b>- arms waving above the head/ <b>Ice</b> – arms holding a large block/ <b>Water</b>- arms waving in front.               <ul style="list-style-type: none"> <li><b>-Ice</b> freezes water/ <b>Water</b> extinguishes fire/ <b>Fire</b> melts ice.</li> </ul> </li> <li>Each team selects a player, both players stand in the middle of the room with their backs turned toward each other. On the count of 3 they turn, perform the action, and see who wins. The loser is knocked out and sits to the side.</li> <li>The team with the most players remaining is the winner.</li> </ul>		<b>Suggested time:</b> 10 minutes	Large playing space
<b>Introduction activity- Discussion</b>	This activity should be used to reflect on what is meant by Backwoods Living, reference the skills developed at Stage 1 and explore the skills that will be learned at Stage 2. <ul style="list-style-type: none"> <li>Revisit what is meant by the term Backwoods and Backwoods living, referencing the activities and experiences that should have been delivered as part of Stage 1 learning- having some props or associated Backwoods equipment may be beneficial for helping jog memories.</li> <li>Next, explore the skills that will be learned across Stage 2 and ask the group to think about and give ideas as to how the group could go about learning these skills.</li> </ul>		<b>Suggested time:</b> 10 minutes	<a href="#">Backwoods Adventure skills guide</a>
<b>Activity- Practical/ Discussion</b>  <i>I know how to set up a fireplace and assist in fire lighting.</i>	<b>Where to begin...fire</b> At Stage 1, participants should have been introduced to fire safety through learning about how to act around fire and thinking about how fire is extinguished. <ul style="list-style-type: none"> <li>Reintroduce the 'fire triangle', setting up the pyramid structure used in Stage 1 session plan and explain the connection between <b>FUEL, HEAT &amp; AIR</b> in creating fire and removal of one or all to extinguish fire.</li> <li>Next focus on the '<b>FUEL</b>' element of fires and ask the group to tell you what materials found across woodland areas could be used as fuel separating them into the following headings:               <ul style="list-style-type: none"> <li><b>Tinder</b> = wood shavings, rotten wood, dried grass, leaves, string etc.</li> <li><b>Kindling</b> = small sticks and splinters with a thickness up to pencil size.</li> <li><b>Fuel</b> = Medium sized branches to logs no thicker than an adult wrist.</li> </ul> </li> <li>Explain that each heading relates to different materials used at different times to help start and maintain a fire and remembering this will help when it comes to starting our own fire.</li> <li>Use the rhyme "<b>Match-stick, pencil, thumb (x2) ...When we want to light a fire...its match-stick, pencil, thumb</b>" to help the group remember and have on hand materials relating to each heading to demonstrate this.</li> </ul>		<b>Suggested time:</b> 10 minutes	<a href="#">SFNI Backwoods SI Resources</a>  Tinder/ Kindling/ Fuel materials
<b>Activity- Practical/ Outside area</b>  <i>I know how to set up a fireplace and assist in fire lighting.</i>	<b>Building Fires – Biscuit tins</b> This activity should be pre-prepared with the materials/ equipment listed. The activity will teach the group how to set up a fire and assist in lighting it. <ul style="list-style-type: none"> <li>In an outdoor space have an adequate number of biscuit tins set up with kindling, tinder, and Vaseline/ cotton wool available.</li> <li>Start the activity by reminding the group about fire safety and the importance of listening to instruction.</li> <li>Next take a ferro rod and demonstrate how it should be used correctly to create a spark- allow small groups to try and create a spark for themselves.</li> <li>Now, explain the fire triangle again and tell the group that we will set a fire using fuel, create a spark with a ferro rod and homemade fire lighter and then tend to the fire to keep it burning using kindling and the open air.</li> <li>Make firelighters with the Vaseline and cotton wool and place these on top of a handful of tinder in the biscuit tin. Spark the ferro rod until the firelighter catches and then demonstrate how to set the kindling on the fire to create a 'cone shape'.</li> <li>Tend to the fires accordingly and then demonstrate how placing the lid onto the tin will choke the fire of 'air' and extinguish the fire.</li> </ul>		<b>Suggested time:</b> 25 minutes	<a href="#">SFNI Backwoods SI Resources</a>  Tinder/ Kindling/ Fuel materials  Vaseline/ Cotton wool  Biscuit Tins  Ferro Rods  Fire extinguisher/ Fire blanket/ First Aid kit
<b>Review</b>	<b>Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.</b>		<b>Suggested time:</b> 5 minutes	



Backwoods Adventure Skills Stage 2		Session 2 Backwoods Cooking	
Section/ Skill level	Cub/ Beginner	Location	Den/ outside space
	Session length	70 minutes	
	Activity	Time	Resources
<b>Energizer – Memory quiz</b>	<b>Tin Foil Hats</b> This activity is a silly challenge to start the session on a fun note, but it should also demonstrate how malleable and pliable tinfoil is as per later session activities. <ul style="list-style-type: none"> <li>Placing the group into pairs, give each a few sheets of flat tinfoil along with some paper/ card and other crafting items.</li> <li>The challenge is for the pairs to create an elaborate hat to wear using only the materials provided.</li> <li>Judge the hats on design and best teamwork.</li> </ul>	<b>Suggested time:</b> 10 minutes	Tinfoil and other crafting materials.
<b>Introduction activity- Discussion</b>	This activity should reflect on the skills learned across session 1 and explore what is meant by Backwoods cooking, detailing what will be learned across this session.  Preparation for this session requires a large camp/ key-hole fire to be prepared and tended to whilst the session is being run so that it is hot enough to complete the final activity. You will also need to collect branches that are long and have a fork at the end with a span between 6"-8" and tinfoil.	<b>Suggested time:</b> 5 minutes	<a href="#">Backwoods Adventure skills guide</a>
<b>Activity- Show &amp; Tell/ Discussion</b>  <i>I know about food hygiene in the outdoors</i>	<b>Keeping a clean kitchen</b> This activity will encourage the group to think about good food hygiene and what to be mindful of when cooking a meal outdoors. <ul style="list-style-type: none"> <li>To begin cover things like basic kitchen hygiene, e.g., <i>ensuring when we bring raw foods and cooked meats/ dry foods/ fruit &amp; veg these are all stored separately in 'air-tight' containers and packs to avoid cross contamination and keep insects from landing on the food</i> – have these available to show.</li> <li>Next explain about the importance of having clean hands and ask the group to tell you what they could use for doing this if they don't have warm water &amp; soap e.g., <i>hand sanitizer/ clean wipes</i> – have these available to show.</li> <li>Explain the importance of washing foods like vegetables before cooking these and ask the group where they might find a water source to aid this.</li> <li>Finally explain the importance of ensuring food is cooked properly referencing the use of hot flame/ embers or boiling to ensure food is cooked.</li> </ul>	<b>Suggested time:</b> 10 minutes	<a href="#">SFNI Backwoods SI Resources</a>  Tinder/ Kindling/ Fuel materials
<b>Activity- Show &amp; Tell/ Discussion/ Prep activity.</b>  <i>I can prepare and cook food properly in backwoods conditions.</i>	<b>Backwoods cooking</b> This activity will introduce the tenants of Backwoods cooking – i.e., <i>using minimal gadgets and utensils to assist in prep and cooking and setting fires to aid this.</i> <ul style="list-style-type: none"> <li>Ask the group <i>'Who has ever fried an egg?'</i> and to tell you <i>'What equipment you use to do this?'</i></li> <li>Now ask the group what you could use if you didn't have a <i>'cooker &amp; frying pan?'</i>- This should lead to a conversation about using tinfoil and other receptacles- e.g., <i>Onions and Oranges to assist in frying an egg.</i></li> <li>Next show the group the tinfoil and explain that this is a resource that is very versatile when it comes to cooking- it can be used to wrap and steam/ roast vegetables, fish and meats and even fry an egg!!!</li> <li>Using the foil and a pre collected branch with a fork at one end, stretch and fold the foil between the two ends of the fork points and roll up the edges to fashion a tinfoil bowl/ frying pan.</li> <li>In pairs, provide forked branches and tinfoil and help the pairs to create a frying pan.</li> </ul>	<b>Suggested time:</b> 15 minutes	<a href="#">SFNI Backwoods SI Resources</a>  Tinfoil  Forked Branches  Other props you feel beneficial across delivery.
<b>Activity- Practical/ Outside area</b> <i>I know how cook some food using tin foil instead of pots and pans.</i>	<b>Frying eggs – Tinfoil pans</b> Before cooking, discuss the fire position and fire safety, and have means to extinguish the fire available along with a burn and first aid kit. Reference hygiene and good practices before beginning the activity. <ul style="list-style-type: none"> <li>Provide each group with an egg and take it in turns to crack the eggs into the Backwoods foil pans and cook above the embers until the egg is fried.</li> <li>Discard all waste appropriately, using this to introduce <i>'Leave no Trace'</i> and discuss the importance of returning sites to the way they are found.</li> </ul>	<b>Suggested time:</b> 25 minutes <b>As described.</b>	<a href="#">SFNI Backwoods SI Resources</a>  <a href="#">Other tinfoil cooking ideas</a> link
<b>Review</b>	<b>Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.</b>	<b>Suggested time:</b> 5 minutes	



Backwoods Adventure Skills Stage 2			Session 3	
			Using tools- Blade safety	
Section/ Skill level	Cub/ Beginner	Location	Den/ outside space	
	Session length		60 minutes	
	Activity		Time	Resources
<b>Introduction activity- Discussion</b>	<p>There is no energizer for this session as there is a lot of ground to cover and both you and the group will need to pay full attention to delivery.</p> <p>Reflect on the previous sessions activities and learning and introduce the theme of this session as being Backwoods and blades- the activities will explore safety when using any bladed piece of kit.</p> <p>To prepare, have several lollipop sticks, sandpaper, vegetable peelers and soft wood branches- willow or hazel (for example) available.</p> <p>Explain that as the group members progress across Sections and in the different Adventure Skills Stages they will learn how to use bladed equipment such as knives, axes, and saws- this session will be the beginning of their journey.</p>		<b>Suggested time:</b> 5 minutes	<a href="#">Backwoods Adventure skills guide</a>
<b>Activity- Demonstration</b>  <i>I know how to treat simple cuts and scratches in a hygienic way.</i>	<p><b>Uh oh...I think I've cut myself!</b></p> <p>This activity will demonstrate actions to take if an injury- cut/ scratch- occurs.</p> <ul style="list-style-type: none"> <li>Mention Stage 1 Skills in treating injuries and ask the group to explain to you what it is they would do if someone was to cut themselves: <i>Treat wound yourself if possible- clean your hands- elevate the wound- apply pressure and plaster- cover and apply bandage if bleeding continues- seek help if required.</i></li> <li>Complete the activity by asking a few of the group to demonstrate how to treat a wound, asking the others in the group to tell you what activities may cause such an injury.</li> </ul>		<b>Suggested time:</b> 10 minutes	First Aid kit  Extra plasters, bandages, and wipes.
<b>Activity- Practical</b>  <i>I can use hand tools correctly.</i>	<p><b>Lollipop knife</b></p> <p>This activity should be used to discuss safety and to demonstrate proper techniques to use when a bladed tool is necessary as part of an activity.</p> <ul style="list-style-type: none"> <li><b>'The Blood Circle'</b> - Bring the group into a semi-circle and give each a lollipop stick. Ask the group to place their arm (holding the lollipop stick) outstretched in front of them and to step backwards until there is enough space for an individual to make a 360 degree turn without touching anyone- this is known as the <b>'Blood circle'</b> and when using any bladed object this is the space we must use, to work in.</li> <li>Sit the group down in their spot- on chairs- and give each a large piece of sandpaper. Tell them that the challenge is to use the sandpaper to create an edge on the lollipop stick – fashioning a blade/ knife. <b>Techniques you should teach</b> are that <b>strokes</b> of the sandpaper should be <b>made away from the body</b> and the <b>position held by individuals</b> should be that the lollipop stick, and sanding action is made <b>to one side of the body</b> and <b>NEVER</b> between an individual's legs- explaining that the <b>femoral artery</b> runs along the inside of each thigh and cutting this is very serious.</li> <li>Work with the group to fashion a blade, if ability is there, individuals may wish to try and shape a handle for their knife also.</li> </ul>		<b>Suggested time:</b> 20 minutes	<a href="#">SFNI Backwoods SI Resources</a>  Large space/ chairs  Lollipop stick  Sandpaper
<b>Activity- Practical</b>  <i>I can use hand tools correctly.</i>	<p><b>Peeling 'feather sticks'</b></p> <p>This activity will further demonstrate safe techniques to use when crafting with a bladed implement.</p> <ul style="list-style-type: none"> <li>Hand each group member a soft wood branch approx. 9" in length and a vegetable peeler.</li> <li>Following the same technique as above- pulling the peeler away from the body- demonstrate how to carve strips of bark from the branch up to a point to create a 'feather stick'.</li> <li>Work with the group to carve their feather stick and reference that this is another type of fire lighter that can be used as part of Backwoods activities.</li> </ul>		<b>Suggested time:</b> 20 minutes	<a href="#">SFNI Backwoods SI Resources</a>  Soft wood branch  Vegetable Peelers
<b>Review</b>	<b>Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.</b>		<b>Suggested time:</b> 5 minutes	



Backwoods Adventure Skills Stage 2			Session 4 Building Shelter	
Section/ Skill level	Beaver/ Beginner	Location	Den/ Backwoods site	
		Session length	60 minutes	
	Activity		Time	Resources
<b>Energizer – Challenge</b>	<p>As with the previous session, there is no energizer for this session as there is a lot of ground to cover and both you and the group will need to pay full attention to delivery.</p> <p>Reflect on the previous sessions activities and reference shelter building completed across Stage 1- with shelter building being the focus of this session.</p> <p>Ask the group to tell you 'Why they think building a shelter is a beneficial thing to do and in what ways does a shelter help during an emergency?'</p> <p>To prepare for the activity have lengths of paracord/ sisal/ rope for each person, tarp and plastic sheeting- this session is best delivered within a Backwoods setting if available – however simulate as best you can in the den if this is not an option.</p>		<b>Suggested time:</b> 10 minutes	<a href="#">Backwoods Adventure skills guide</a>
<b>Activity- Practical</b>  <i>I know the important things to remember when building a simple shelter using plastic sheeting.</i>	<p><b>Twists, Turns &amp; Knots</b></p> <p>This activity will introduce or complement rope and knot work that may or may not have been delivered as part of other Adventure Skills learning.</p> <ul style="list-style-type: none"> <li>• Show the group the different types of rope etc. that are available and explain their use.</li> <li>• Next hand out lengths of rope and teach the group to tie a 'reef knot' to develop a little confidence in knot work.</li> <li>• Next demonstrate the tying of a 'bow line' and 'half hitch' respectively and help the group to complete these knots, explaining that these knots are used when securing lines to tarp sheet and trees/ anchors.</li> </ul>		<b>Suggested time:</b> 20 minutes	Paracord/ / Sisal/ Rope  <a href="#">SFNI Pioneering Guide- Ropes &amp; Knots</a>  <a href="#">SFNI Backwoods SI Resources</a>
<b>Activity- Practical</b>  <i>I know the important things to remember when building a simple shelter using plastic sheeting.</i>	<p><b>Shelter building – Sheets &amp; Tarp</b></p> <p>This activity should demonstrate how to tie 'ridge lines' to tree/ anchor points and how to attach guidelines to tarp/ sheeting.</p> <ul style="list-style-type: none"> <li>• If setting up tarp shelters outdoors, use tree trunks or if indoors, wall hooks- to hang the paracord/ rope from, and show the group how to make a simple 'Ridgeline A frame' shelter using the paracord/ rope and tarp, asking group members to help.</li> <li>• Explain and demonstrate the importance of positioning the shelter entrance away from prevailing wind and how to tighten the tarp/ sheet so that water runs off and limit the impact of the elements.</li> <li>• Hang the tarp/ sheet, attaching guidelines with the help of the group to create the shelter, ensuring lines are taut.</li> <li>• Get the group to practice tying ridgelines and positioning/ securing the tarp/ sheet several times and explain that as part of the next session – A Backwoods Adventure, they will be building a shelter like this themselves.</li> </ul>		<b>Suggested time:</b> 25 minutes	Backwoods area if available/ Paracord/ Rope/ Carabiners/ Tarp / sheeting  <a href="#">Backwoods Adventure skills guide</a>  <a href="#">SFNI Backwoods SI Resources</a>
<b>Review</b>	<b>Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.</b>		<b>Suggested time:</b> 5 minutes	



Backwoods Adventure Skills Stage 2			Session 5 Backwoods Adventure	
Section/ Skill level	Cub/ Beginner	Location	Outdoor Backwoods site	
		Session length	As necessary	
Activity			Time	Resources
<b>Preparation</b>	<p>To complete Skills Stage 2 in Backwoods Adventure Skills, the group must partake in at least two Backwoods activities additional to those undertaken at Stage 1 as well as learn about preparing food to cook and been shown how to use any associated hand-tools safely.</p> <p>Before completing this session, discuss with the group the upcoming adventure and make sure they know:</p> <ul style="list-style-type: none"> <li>• Clothing to wear/ bring along with what should both be in their own personal survival and personal first aid kits.</li> <li>• Ensure that maps of the site are available, noting all access points and places to raise help if required.</li> <li>• Ensure all Risk assessments have been performed and that consent for activities is collected.</li> <li>• Identify all other kits and equipment that need to be brought.</li> </ul>		<b>Suggested time:</b> N/a	Personal First Aid and Survival kits/ Maps  Fire/ Cooking kit/ equipment  Tarp/ Rope/ Carabiners  Risk Assessments & Consent forms
<b>Activity-Practical</b>  <i>I know how to set up a fireplace and assist in fire lighting.</i>  <i>I can use hand tools correctly.</i>  <i>I know how to cook some food using tin foil instead of pots and pans.</i>  <i>I know the important things to remember when building a simple shelter using plastic sheeting.</i>  <i>I have participated in at least two additional Backwoods activities.</i>	<b>Completing a Backwoods Adventure</b> How you run Backwoods activities will be dependent on you and your experience, what follows is only a suggestion, however, please ensure that whichever way you run the activity that fire safety, fire building and lighting, shelter building, food prep / cooking and how to use tools safely are all referenced. <ul style="list-style-type: none"> <li>• On arrival, identify a clear, flat space to set up a fire that will have a minimum of 4 meters clearance around the radius of the fire and is clear of the canopy above. Set the fire on a fire blanket, using an 8" clay/ sandy soil mound for the base of the fire, building on top of this.</li> <li>• Discuss fire safety and then ask the group to find dry kindling, tinder, and fuel (twigs/ grass/ branches) to help you start the fire.</li> <li>• Using vegetable peelers, follow the guidance for using bladed equipment and make 'feather sticks' and use these to light the fire.</li> <li>• Next, in groups, build a few basic shelters, using tarp and sisal etc. to demonstrate the skills learned in building such a structure. You may also want to ask the group to build a 'lean to' shelter using <b>naturally</b> found materials only.</li> <li>• Camp cooking- prepare ready cooked meats and vegetables, cooking both using skewers and baked in tin foil. Having toasted marshmallows as dessert is always a great sweetener and finishes any cooking activity well.</li> <li>• Using either a fire blanket or water source, demonstrate how to extinguish the fire safely and use a trench spade to cover the area with soil.</li> <li>• Dismantle shelters and return Backwoods area to how it was found.</li> <li>• <b>Please ensure that for all tools/ equipment used across the activities, that you provide a demonstration on how these are correctly used- only Scouters should use tools at this stage as a point of safety.</b></li> </ul>		<b>Suggested time:</b> N/a	<a href="#">Backwoods Adventure skills guide</a>  Kit/ equipment as required to complete the activity.  Fire blankets (x2)  Water source  Prepared food stuff/ extra-long skewers  Tarp/ Rope/ Sisal/ Paracord/ Carabiners  Group First Aid Kit  <a href="#">SFNI Backwoods SI Resources</a>  <a href="#">SFNI Pioneering Guide- Ropes &amp; Knots</a>
<b>Review</b>	<p>Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.</p> <p>Complete all recording and monitoring of completion of Adventure Skills as performed by the group to achieve Skills Stage 2</p>		<b>Suggested time:</b> N/a	