

# Scout Skills On-line Training Resources



Explore and self-train in Scout Skills through a collection of on-line resources

# ROPEWORK

Reef Knot  
Sheet Bend Knot  
Overhand Knot  
Clove Hitch  
Round turn & two half hitches  
Bowline Knot  
Figure of Eight Knot  
Figure of Eight Loop Knot  
Fishermans Bend  
Pruzzik Knot  
Timber Hitch  
Manharness hitch  
Italian Hitch  
Highwayman's hitch  
Marline spike hitch

## Videos

Each button will bring you to a video showing you how to tie the knot (you will need to be connected to web to see this video)

## Reading material

[Ropework - Scouting Trail](#)

[Simple knots](#)

[Rope Splicing](#)

[Knots and knot tying](#)

Carry a reminder in your pocket

Reef Knot  
Sheet bend  
Overhandknot  
Clove hitch  
Round turn and two half hitches  
Bowline knot  
Figure of eight knot  
Figure of eight loop knot  
Fishermans knot  
Pruzzik Knot  
Timber hitch  
Manharness hitch  
Italian hitch  
Highwayman's hitch  
Marline spike hitch

You have now completed the first stage of the ropework lesson framework. We would suggest that you now spend some time practicing the knots you have learned and try to teach your Scouts these basic knots over the next few weeks.

Here are some programme ideas you can try with your Scouts

Make and use a rope ladder for rescuing purposes

Make knot boards, and knot frames.

Make a rope ladder

Practice lowering from a sandpit, tree, wall or window

Organise a blindfold-knotting race.

Mountaineers have to tie knots sometimes with frozen fingers. Run a game where Scouts have to tie knots with heavy industrial gloves on their hands.

All Patrols are blindfolded and a number of knots are passed around which they should feel. The Patrol must then tie the knots from memory.

# ON THE MOVE

## Reading material

[On the move - Scouting Trail](#)  
[Leave no Trace](#)

Layer clothing  
Hiking skills - stretches  
Pack a bag for a trek  
Packing a bag for bad weather  
Proper Foot placement  
Hiking uphill  
Hiking downhill  
Hiking survival kit  
What to eat on the trail  
Find your way if you are lost  
How to find shelter  
How to use a medical kit  
Leave no trace hiking  
How to signal for help

## Videos

Each button will bring you to a video showing you how to do (you will need to be connected to web to see this video)

General hill skills  
Mountain safety  
How to use Map and compass  
Magnetic declination correction  
Bad weather conditions  
Winter weather conditions  
Summer weather conditions  
Crossing a river  
Wild camping

You have now completed the first stage of the On the Move lesson framework. We would suggest that you now spend some time practicing the skills you have learned out and about on the hills and try to teach your Scouts this new knowledge use have learned over the next few weeks.

Here are some programme ideas you can try with your Scouts  
When out on a hike let each Scout in turn pinpoint the exact location on the map and orient (set) the map correctly.

Glue old maps onto toy wooden blocks so as to make a puzzle with 6 maps on it. Challenge the Patrols to make one of the maps working without a reference.

Go on a hike with each Patrol starting from a different location and arranging to meet at a set location, pin pointed on the map. Try also at night. Plan hikes and treks on the map. Work out times and distance, gear to be taken, menus, etc. Check weights of various items

Have the Patrols dropped into an unfamiliar area (they could travel from home to drop zone blindfolded). On arrival supply Patrols with a map and compass and get them to find out their exact position on the map and the best route to take back to base (hiking back)

Patrols set off without map and compass but armed with a set of directions provided by the Leader. For example: 'Follow the lane NE for 3 km. Turn NW along footpath by an old red barn. When the church spire is due west of you, head for the small clump of trees on the hill to the north...' and so on.

Give each Patrol a properly equipped rucksack (containing emergency rations, survival bag and so on) and suggest that one member of the Patrol is suffering from hypothermia. Get the patrols to deal with the emergency, taking action as appropriate.

# BACKWOODS

## Reading material

[Backwoods - Scouting Trail](#)

[Leave no Trace](#)

[Backwoods cooking](#)

[Australiian Bushcraft Handbook](#)

[The Survival Handbook - Essential skills](#)

*Fire lighting*

*Creating a shelter*

*Fire by Friction*

*How to make woodmans tea*

*Rigging up a Tarp sheet*

*How to make cordage from nettles*

*How to make a simple pot hanger*

*Harvest food from the wilds*

*Make a makeshift rucksack*

*Make a safe camp fire*

*Bake bread*

*How to look after your axe*

*Cooking up a feast*

*Cooking sea food*

## Videos

Each button will bring you to a video showing you how to do (you will need to be connected to web to see this video)

*Mound fires*

*Bushcraft oil lamp*

*Catch a fish with a thorn*

*Gutting and cooking a fish*

*Find north using your watch*

*Coke can fishing and more*

*First aid in the wilds*

*Make a fishing spear*

*Make a mini coke tin stove*

*Make a birch bark container*

*Knife making*

*Swedish Fire log*

You have now completed the first stage of the Backwoods lesson framework. We would suggest that you now spend some time practicing the skills you have learned and try to teach your Scouts this new knowledge over the next few weeks.

Here are some programme ideas you can try with your Scouts

Have a Stone Age event – choose an area with plenty of undergrowth, so that it adds to the storyline. You may also wish to ask your scouts to dress up in Stone Age costumes. Give each Patrol a Stone Age pack, before they enter the land that time forgot. The pack might include the following sisal, fish hooks, leather tong, food, axe, saw. By far the majority of their time will be spent constructing a shelter and cooking their food however

the event can be made more interesting by the inclusion of the following addition activities

- # Make a water carrier
- # Make fire by friction
- # Make cooking utensils
- # Make bows and arrows for hunting
- # Make a dinosaur trap
- # Make pottery
- # Grind seed into flour and make bread twists

- # Paint a cave drawing using natural pigment from flowers and plants.
- # Eat edible plants and berries
- # Lift heavy objects using primitive methods (make mini dolmens or mini Stonehenge)

# PIONEERING

## Videos

Each button will bring you to a video showing you how to do (you will need to be connected to web to see this video)

*Square Lashing*  
*Diagonal Lashing*  
*Sheer lashing*  
*Round Lashing*  
*Tripod Lashing*  
*Norwegian Lashing*  
*Building an A frame*  
*Build a tripod*  
*Build a trestle frame*  
*Build an hour glass tower*  
*Building the WJ 2007 Ferris wheel*  
*Lifting a major gateway*

## Reading material

[Scout Engineering \(Scouting Trail\)](#)

[Pioneering knots and lashings](#)

[Fun with Ropes and Spars](#)

[Pioneering Principles](#)

[Progressive Pioneering](#)

[Pioneering Projects](#)

[Pioneering Projects for the Patrol](#)

[Trabahando com Cabos \(Spanish Handbook\)](#)

[Instalaeas de Campo \(Spanish Handbook\)](#)

[Pontes \(Spanish Handbook\)](#)

## Website worth visiting

[Ropes and poles Blog](#)

[Pulleys rigging](#)

You have now completed the first stage of the Pioneering lesson framework. We would suggest that you now spend some time practicing the knots you have learned and try to teach your Scouts these basic knots over the next few weeks.

The best way to learn and understand how to build pioneering projects is to just start building. Start with the small scale projects and build up as your skill develop to more complex projects. The handbooks listed can be consulted for ideas and construction details.

# EMERGENCIES

## Reading material

[Emergencies - Scouting Trail](#)  
[Emergency First aid tips](#)

## Videos

Each button will bring you to a video showing you how to do (you will need to be connected to web to see this video)

*Dealing with Bleeding*

*Dealing with burns*

*Dealing with broken bones*

*Helping someone who is unconscious*

*Helping someone who is choking*

*Dealing with a heart attack*

*Helping someone with a stroke*

*Helping someone who is not breathing*

*Helping someone during a seizure (epilepsy)*

*Dealing with a head injury*

*Helping with a asthma attack*

*Dealing with poisoning*

*Dealing with distress*

*Dealing with Diabetes*

*Treating nose bleeds*

*Signalling for help*

*Treating Hypothermia*

*Removing grit from your eye*

*Various first aid tips*

You have now completed the first stage of the emergencies lesson framework. We would suggest that you now spend some time practicing the skills you have learned and try to teach your Scouts this new knowledge over the next few weeks.

Here are some programme ideas you can try with your Scouts

Know what to do if:-

- # a person falls through ice
- # A child is caught up a tree

- # A person is having a heart attack
- # A house is on fire
- # You come across or are involved in a car crash
- # A boat capsizes
- # You have to call of the emergency services
- # If you have an accident on the hills
- # If someone is trapped on a cliff
- # If someone is drowning
- # A person has to be carried to safety

Visit a fire station or lifeboat station.



# SAILING

*Types of Lifejackets*  
*How to use a Buoyancy aid*  
*Fitting a lifejacket*  
*Launching a boat from a trailer*  
*Rigging and launching Part 1*  
*Rigging and launching Part 2*  
*Rigging and launching Part 3*  
*How to fold a main sail*  
*Luff telltales on sails*  
*Rules of the road - sailing boats*  
*Boat safety signals*  
*Anchoring in general*  
*Placing an anchor*  
*Anchoring animation 1*  
*Anchoring animation 2*

## Videos

Each button will bring you to a video showing you how to do (you will need to be connected to web to see this video)

*Basic Sailing*  
*Basic sailing intro*  
*Capsize Drill*  
*RNLI video*  
*Distress signals*  
*Guide to flares*  
*Looking at charts*  
*Plotting your position*  
*Fixing your position*  
*Running fix*  
*Course to steer*  
*Rocks and obstructions on charts*

## Reading Material

[On the Water - Scouting Trail](#)

[Chartwork](#)

[Weather](#)

You have now completed the first stage of the Sailing lesson framework. We would suggest that you now spend some time practicing the skills you have learned and try to teach your Scouts this new knowledge over the next few weeks.

Sailing is an active activity based on the water the only way to learn to sail is sitting in a boat rather than watching videos. These short lessons are by way of an overview. Practice makes perfect and like all skills you need to learn by doing and practice to become skilled.

# PADDLING - KAYAK

## Videos

Each button will bring you to a video showing you how to do (you will need to be connected to web to see this video)

*Life jacket for paddling*  
*How to dress for kayaking*  
*Choosing a paddle*  
*How to get into a kayak*  
*Paddle safety essentials*  
*Proper paddling techniques*  
*Forward and reverse strokes*  
*Draw stroke*  
*Sweep strokes*  
*Stopping from flipping bracing*

*Wet exit*  
*Re-entering a kayak*  
*High brace turns*  
*Paddle in tandem*  
*Paddling on river currents*  
*Dealing with bad weather*  
*Kayaking with younger people*  
*X rescue*  
*T - rescue*

## Reading Material

[On the Water - Scouting Trail](#)

You have now completed the first stage of the Paddling- Kayak lesson framework. We would suggest that you now spend some time practicing the skills you have learned and try to teach your Scouts this new knowledge over the next few weeks.

Paddling in a kayak is an active activity based on the water the only way to learn to paddle is sitting in a kayak rather than watching videos. These short lessons are by way of an overview. Practice makes perfect and like all skills you need to learn by doing and practice to become skilled.



# PADDLING - CANOE

## Videos

Each button will bring you to a video showing you how to do (you will need to be connected to web to see this video)

- [Life jacket for paddling](#)
- [How to dress for kayaking](#)
- [How to carry a canoe](#)
- [How to launch and land a canoe](#)
- [Should I kneel or sit in a canoe](#)
- [Paddle in a straight line](#)
- [How to steer a canoe](#)
- [3 Golden rules of canoeing](#)
- [How to do a J stroke](#)
- [Sweep strokes](#)
- [Pivot turns](#)

- Reading Material
- [On the Water - Scouting Trail](#)
  - [Introduction to canoeing](#)

- [How to empty a swamped canoe](#)
- [Capistrano flip empty technique](#)
- [Canoe over canoe rescue](#)
- [Cross bow draw stroke](#)
- [Side slipping maneuvers](#)
- [Tandem carving off - side turn](#)
- [Solo carving off - side turn](#)
- [Solo carving On-side turn](#)
- [Cross forward stroke](#)
- [Stationary Bow draw stroke](#)

You have now completed the first stage of the Paddling - Canoe lesson framework. We would suggest that you now spend some time practicing the skills you have learned and try to teach your Scouts this new knowledge over the next few weeks.

Paddling in an open canoe is an active activity based on the water the only way to learn to paddle is sitting in a canoe rather than watching videos. These short lessons are by way of an overview. Practice makes perfect and like all skills you need to learn by doing and practice to become skilled.

# CAMPING

## Videos

Each button will bring you to a video showing you how to tie the knot (you will need to be connected to web to see this video)

*Reef Knot*  
*Sheet Bend Knot*  
*Overhand Knot*  
*Clove Hitch*  
*Round turn & two half hitches*  
*Bowline Knot*  
*Figure of Eight Knot*  
*Figure of Eight Loop Knot*  
*How to pitch n Icelandic tent*  
*How to use a Trangia stove*  
*setting up a tent*  
*Tent door tips*  
*Set up tent fro bedding*  
*Place poles in a dome tent*  
*Take down a dome tent*

## Reading material

You have now completed the first stage of the Camping lesson framework. We would suggest that you now spend some time practicing the knots you have learned and try to teach your Scouts these basic knots over the next few weeks.

Here are some programme ideas you can try with your Scouts