

On Camp

A resource to help Patrols and Troops on their summer camp

Contents:

- Crean Awards and Camp
- Spare time activities
- Reflections
- Patrol Life Advice
- Intercultural Advice
- Leave No Trace: making a positive impact on the environment

Crean Awards and Camp:

You could complete lots of requirements for your Crean Awards by actively participating in your patrol during camp.

Terra Nova:

Section 1 – Yourself

2. Demonstrate how you apply the Scout Promise and Law in daily life

Section 2 – Patrol & Troop

1. Take on a task/role in the Patrol given to you by the PL
2. Learn a new skill from a member of your Patrol
3. Understand the Implications of the PLC for individuals and the Patrol
4. Help Prepare for and participate a minimum of 4 activities

Section 3 – Citizenship

1. Demonstrate how you implement *Leave no Trace* in your Patrol Activities
2. Participate in a community based project

Section 4 – Skills

1. Attempt 4 new skills stages from different Adventure Skills
2. Go up a stage in at least 3 different Adventure Skills



Endurance:

Section 1 – Yourself

2. Implement the Scout Promise and Law and lead by example to others
3. Participate in a sunrise/sunset/star gazing reflection
5. Take an active role in your troop

Section 2 – Patrol & Troop

1. Help develop Patrol spirit in a practical way
2. Know the various talents of your patrol members
3. Develop teamwork in your patrol in a practical way
5. Help organise run and review at least three activities

Section 3 – Citizenship

1. Participate in a Patrol or Troop environmental project
3. Help run and have an active part in a Patrol or Troop Community project

Section 4 – Skills

1. Attempt 5 new skills stages from different Adventure Skills
2. Go up a stage in at least 4 different Adventure Skills

Polar:

Section 1 – Yourself

3. Prepare and deliver a scouts own or promise and law reflection
4. Have a Scout Law & Promise discussion with your Patrol

Section 2 – Patrol & Troop

1. Share one of your skills with another Scout
2. Take an active role in the planning and running of your troop through the PLs council
4. Plan, run and review an activity for your Patrol or Troop

Section 3 – Citizenship

3. Plan and run a Patrol or Troop Community project

Section 4 – Skills

1. Have gained experience in al 9 Adventure Skills
2. Go up a stage in at least 5 Adventure Skills



Spare Time Activities

Sometimes on camp you need to think of a quick activity to run. Here is a selection of games and activities which can be easily organised.

Knotting Pairs

Patrols: 1+ Type: Skills Time: 10-15mins

Equipment: Rope

Description: Scouts face one another in pairs with one hand in their pocket. The Patrol Leader calls out the name of a knot. Using only their free hand the pairs must work together to tie the knot. The winning pair is the first to tie the knot correctly.

Three-Person Tug-of-War

Patrols: 1+ Type: All Patrol Time: 10mins

Equipment: A length of thick rope at least enough to make a 4ft diameter circle; 3 markers (cones, neckerchiefs etc)

Description: Tie the rope into a circle and place in the centre of the playing area. Have three marks equally distant from the rope. Have the patrols or scouts participating spread evenly out around the rope. Three scouts holds the rope at one corner with one of their hands. On signal, each Scout tries to reach their marker. Ensure the rope is thick and scouts do not hurt themselves.

Photo Scavenger Hunt

Patrols: 1+ Type: Skills/Observation Time: 30min+

Equipment: Camera

Description: Each patrol is given a list of times they must take a photo of and a set amount of time to be back for. The patrol which takes the most photos wins. The photos can be of anything, but try to have them relevant to the area or the campsite. They could include scouting things (an ironed neckerchief, an unusual woggle, a reef knot), nature (types of trees, birds, animal tracks), local features (historical sites, landmarks), amenities (shops, playgrounds) and some odd things, like all the patrol in a phone box or a photo with a local celebrity.



Body, Body

Patrols: 1+

Type: All Patrol

Time: 10mins

Equipment: A card for each member of which must contain only 1 or 2 Aces (1 for a group less than 8, and 2 for group larger)

Description: Each player draws a card from the deck. Those who draw the Aces are the 'killers' and the rest are civilians. The cards are put back into the deck. Everyone spreads out and the meeting space is darkened. Everyone roams around space. The killers 'kill' people by touching their shoulder. Once killed a person falls to the floor. When someone encounters the body the must shout "Body! Body!" The lights go on and everyone goes to the body

Everyone then votes off someone they think is the killer. The dead and the voted are then eliminated. Continue until only the killers are left or are successfully voted off. The activity leader will have to know who the killers are and each killer can only 'kill' one person in each round.

Human Hungry Hippos

Patrols: 1+

Type: All Patrol

Time: 10mins

Equipment: 1 skateboards per team, bucket, lots of small balls, and rope.

Description: Each team should have 3-4 roles: the 'hippo', 1-2 pushers / pullers, and a ball person. The 'hippo' lies on their stomach on the skateboard, holding the bucket. Once the game begins, the pushers / pullers would push the hippo into the middle of the ring, and they try to capture as many balls as possible by putting the bucket down on top of the balls. The hippo can only touch the bucket, and can't try to gather balls with their hands. The pushers / pullers than pull the hippo back, using the rope. The ball person sorts the captured 'food'. The team with the most amount of balls at the end win. If you have a selection of coloured balls, you could assign a colour to each team who most collect as many of that colour as possible, and the ball person should throw back any other coloured balls.



Bucket Relay

Patrols: 2+

Type: All Patrol

Time: 10mins

Equipment: 2 buckets/basins per patrol (all the same size), and a cup per scout.

Description: The patrols line up in single file with a bucket filled with water at one end and the empty bucket at the other end. The patrols have to fill the empty bucket by transferring the water cup to cup; the first scout scoops up a cupful of water and pours it into the next scout's cup and so on until the last scout pours it into the bucket. Give the patrols a set time and see who can fill the most.

Hit the Can

Patrols: 1+

Type: Individual

Time: 10mins

Equipment: An item to knock over (a can, bottle, small cone), a scout stave, and a blindfold.

Description: Mark out an area of about 10m around the 'can'. In turns, a scout from each patrol is blindfolded, turned around several times, and must then knock the 'can' over with direction from the rest of the patrol. Only the blindfolded scout may enter the area. Once they knock it, or a few minutes have passed, a scout from another patrol begins, and so on. To make it more challenging you can add objects which they are not supposed to knock over.

Washer Relay

Patrols: 1+

Type: Patrol

Time: 10mins

Equipment: Sisal/string and a washer or other ring.

Description: The patrol stands facing each other in a circle, holding onto to a loop of sisal or string. They must then pass a washer or a ring all the way around the loop, but without touching the washer/ring. They should work together to manipulate the sisal/string to move the washer/ring.



Patrol Scouting Skills: Countdown Challenge

This is a simple activity to run during camp. Each patrol is given the list of tasks. They must complete as many of these as possible within a set period of time, somewhere between one and two hours. The task must be shown or demonstrated to a Scouter who will decide if it has been completed correctly; and, if so, they will add the points to that patrol's score.

Different weighting of points can be given to the tasks to reflect the difficulty involved; also, if you like, give extra points if younger scouts, i.e. those doing their Terra Nova Award, complete the task.

To keep things interesting, maybe have a countdown clock on display and keep a running total of the points each patrol has. Make sure enough equipment and items are available for the patrols to be able to complete the tasks. Also, some tasks need things set up, such as a small open fire and Kim's Game.

Patrols should make out a plan to complete the list, rather than jumping right in. Is it worth trying to complete the tasks with higher points, or a larger number of ones with lower points? What are your patrol's strengths? Can you teach a skill to a younger scout?

Afterwards, perhaps the patrol could look over the skills and information they didn't feel confident in and brush up on them?



Patrol Scouting Skills Countdown Challenge

You must complete as many of these tasks as possible in the allotted time. You must show or demonstrate the task to a Scouter who will give you points for completing it correctly. Some tasks are worth more points than others, reflecting the challenge involved.

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|-------------------------------------------------------------------------|-------------------------------|
| Put up a light weight tent (5) | Explain magnetic North (1) |
| Assemble a Trangia (1) | Make a Human Pyramid (1) |
| Tie a Square Lashing (1) | Tie a Diagonal Lashing (2) |
| Tell a story about Baden-Powell (1) | Identify 5 map symbols (1) |
| List the main contents of a survival kit (2) | Explain Leave No Trace (2) |
| Name 4 parts of a boat and their function (2) | Light a Fire (4) |
| Explain different roles in the patrol (1) | Make a rope ladder (3) |
| Estimate the height of a tree (3) | What is mousing? (2) |
| Say the Scout Promise & Law (1) | Cook an egg on an fire (4) |
| Name the main parts of a plane (1) | Treating a minor burn (2) |
| Make a functioning hammock (4) | Find 3 gird references (2) |
| What species of tree make good kindling (2) | Treating hypothermia (2) |
| Show how you safely store an axe (1) | Make a sling (1) |
| Measure a distance on a map (2) | Explain Nasmith's Rule (2) |
| Explain the Scout Handshake (1) | Build a tripod (2) |
| Describe 3 types of anchor (for boats) (1) | Who was Tom Crean? (1) |
| Build a functioning model raft (3) | Make a bivvy for 1 scout (4) |
| Make an hourglass tower with bamboo (4) | How to treat poisoning (2) |
| Put someone in the recover position (2) | Make a 3-2-1 Picket (5) |
| Boil water in a paper bag (5) | Align a map (1) |
| Make a 2:1 pulley system (3) | What is Brownsea Island? (2) |
| Tie a bow line, sheep shank & a sheet bend (2) | Build a stretcher (2) |
| Take a compass bearing (2) | Make a sisal woggle (2) |
| Explain the basic rules for an airfield (3) | Explain longitude (1) |
| List the contents of a patrol first aid kit (3) | Make a leg splint (3) |
| Collect leaves form 5 types of tree (2) | Build an A-frame (3) |
| Make a Log and picket anchor(5) | What is a Scouts' Own? (1) |
| What does the Patrol Leader's Council do (2) | What is an "Ensign" ? (1) |
| Explain the main symbols on a chart (2) | What is WOSM? (1) |
| Show how to call the emergency services (2) | Make a twist (camp bread) (4) |
| 3 ways of finding north without a compass (2) | Play Kim's Game (3) |
| Draw a sketch map of an area suggested by a Scouter (4) | |
| Shown how to check if an unconscious person is breathing? (2) | |
| Spell out your patrol name using Semaphore or the Phonetic Alphabet (3) | |



Camp Reflections

Camp can be very busy and active, but it is important that you and your patrol take time to reflect on the adventures, friendships, and experiences of scouting. These moments can also help calm everyone down, ease tensions, and lead to renewed appreciations. This resource is designed to help you to stop and take a few minutes to think on a theme or an idea.

There are six themes explored in this resource. Each page is dedicated to a theme with appropriate quotes, thoughts, prayers, and quick activities. Feel free to modify and expand on the pages as you see fit. You can assign each theme to a relevant day from the programme. We suggest you print out a copy for each member of the patrol and store them in a dry place for camp. Perhaps, a scout, with the PL or APL, can be responsible for them?

If your patrol or troop needs more than the six themes for camp, maybe a few scouts could make their own using these examples as a template? It would be a good activity for scouts and would help them with the Emotional and Spiritual parts of the SPIECES for their Crean Awards.

Have the patrol gather for a few minutes for the reflection. Try to find a space where there are not too many distractions and a time when you're not rushed. In the morning before programme begins or in the evening after the meal or around a campfire would all be good occasions. You could also use them as a closing thought for each day.



Setting Out

Thoughts:

The journey of a thousand miles begins with one step.

Lao Tzu

We're put here on Earth to learn our own lessons. No one can tell you what your lessons are; it is part of your personal journey to discover them. On these journeys we may be given a lot, or just a little bit, of the things we must grapple with, but never more than we can handle.

Elisabeth Kubler-Ross

Exercise:

Planning a Journey: Explain the following exercise to the patrol.

How do you prepare for a hillwalk or an expedition? What equipment do you bring? Imagine you are packing a backpack for the 'journey of life', what would you bring? For example, a bottle of determination or a spare set of confidence. Have the patrol pair up, with each pair making out a list of these items and share them with patrol. (P.S. there can be some fun and serious items in there!)

Prayer:

In all our travelling

ALL: May your footsteps guide us

In our journeying

ALL: May your footsteps guide us

Within our homes and families

ALL: May your footsteps guide us

In our leisure time together

ALL: May your footsteps guide us

In difficult situations and conflict

ALL: May your footsteps guide us

As we stumble on the way

ALL: May your footsteps guide us

In the travelling of our faith

ALL: May your footsteps guide us

As we place our trust in you

ALL: May your footsteps guide us

In all our travelling. Lord, may it be your footsteps in which we place our feet



Community

Thought:

The very fact you know about someone who is in trouble means that in some way you are able to help. Otherwise, why would this knowledge have entered your world? - Baal Shem Tov

Reading:

There was once a man who was busy building a home for himself. He wanted it to be the nicest, cosiest home in the world. Someone came to him to ask for help because the world was on fire, but it was his home that he was interested in, not the world. When he finally finished his home, he found he did not have a planet left to put it on.
Anthony De Mello

Exercise:

Community Ties

Have everyone draw up a list of five people in their community who helps other people. Discuss what they do and does it make a difference. Then, get everyone to think about ways they help in their community. Is there something more they can do?

Prayer:

Lord,

I give you my hands to do your work.

I give you my feet to go your way.

I give you my eyes to see as you see.

I give you my tongue to speak your words.

I give you my mind that you may think in me.

I give you my spirit that you might pray in me.

Bishop Lancelot Andrewes



Exploring

Thought:

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain

Reading:

A wealthy person went on a world tour. When travelling in the Pacific Ocean, he went for days by plane, car and boat to one of the furthest islands in the ocean. As he surveyed the bleak but inspiring landscape, he turned to a local villager and said: "You're very remote here, aren't you?" "Remote from what?" she responded.

Exercise:

Tom Crean Explorer:

Have one or two scouts tell their favourite parts of the Tom Crean story. What qualities did he have that scouts can aspire to? What did exploration mean to him?

Prayers:

Wolf Cub Prayer, Bolivia

Kind and good Lord, teach me to be humble and generous, to imitate your example, to love you with all my heart, and to follow your path.

Isaiah 55:12

You will go out with joy and be led forth in peace;
the mountains and hills will burst into song before you,
and all the trees of the field will clap their hands.



Being Yourself

Thoughts:

I will not let anyone walk through my mind with their dirty feet.-
Mahatma Gandhi

Just be yourself, there is no one better. - Taylor Swift

Reading:

Realising the devastation and suffering caused by war, one woman began a peace campaign. She recruited others to support the cause and set up a large organisation to promote peace and justice. However, it was a long and hard mission and many people got tired and gave up. Undeterred, she spent her time demonstrating outside the government buildings alone. One day, a passerby, noticing the lone protestor, walked up to her and asked her in a mocking voice: *“Do you really think you’re going to change the world?”* She replied: *“No, but I hope by showing up, the world will not change me.”*

Exercise:

The best of us:

Ask patrol members to think about something they like about themselves. This can be a quality, like being friendly or adventurous, or skill, like playing guitar or camogie. After a few minutes, ask a few to share their thoughts.

Prayer:

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.



Challenge

Thoughts:

Our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change. - Martin Luther King Jr.

A challenge only becomes an obstacle when you bow to it. -Ray Davis

Reading:

A woman found an eagle's egg on the ground and to save it she put it in a hen's nest. The eagle hatched with a brood of chicks and grew up with them. All his life, the eagle did what the barnyard chicks did, thinking he was a chicken. He scratched the earth for worms and insects. He clucked and cackled. Also, he would thrash his wings and fly a few feet in the air. One day, years later, he saw a magnificent bird above him in the cloudless sky. The eagle looked up in awe. "Who's that?" he asked. "That's the mighty eagle," said one of the chickens. "She belongs to the sky. We belong to the earth — we're chickens." So the eagle lived and died as a chicken, for that's what he thought he was.

Exercise:

Practice makes:

Prepare a simple game, like throwing hoops over a peg or tying knots behind your back. Give everyone a go, and then allow everyone a few minutes to practice the game. Give everyone a go again. Did anybody improve? What other challenges could practice help us overcome?

Prayer:

Dear God, thank you for the opportunity to be here in your garden. Give us the strength to endure, the wisdom to enjoy each moment, and the courage to push ourselves further than we have ever before. Bless our patrols, scouters and fellow scouts all over the world as we journey through scouting together.



Camp Patrol Life Advice

- Be friendly, respectful, and patient.
- Communicate: Everyone has their own understandings and expectations. Share yours with your patrol.
- Include everyone and encourage others, especially if they lack confidence.
- Give a helping hand.
- Stick with the plan: All scouts should do their best to follow the jobs rota and the camp programme.
- Be considerate of other people's space and property.
- Politely discuss: If there is an issue, or another scout is doing something that isn't nice or is unreasonable maybe quietly discuss it with your PL or a Scouter.
- Some patrol members may have additional or special needs, do your best to help and support them.



Intercultural Advice

Scout Camp offers amazing opportunities to meet and interact with people from all over the world, from different cultures and societies. Below is a simple list that offers advice for socialising in an intercultural setting, such as an international campsite or a Jamboree.

- Be friendly and respectful at all times.
- **Speak Slowly:** Irish people tend to speak very quickly, combined with our accent and this can be very hard for non-native English speakers to understand. You know how hard it is to speak in another language!
- **Humour:** Irish people use a lot of humour and make jokes about people when interacting with them; be aware that some people may not easily understand this. Also, avoid making jokes about national/cultural stereotypes; this may be offensive.
- **Manners:** In some cultures, things are said very directly; what may seem rude to us, is perfectly reasonable to others.
- **Different Genders:** In some societies, young people of different genders have limited interaction, be conscious of this when talking with others and making new friends.
- **Societal Attitudes:** Some cultures have different beliefs to ours, in areas, such as the role of men and women or towards people with disabilities. If these issues arise, it is best to not get into arguments, but to avoid them by changing the conversation.
- **Faith & Atheism:** Religion and personal beliefs can be very important to some people. Do not disrespect someone else's faith or beliefs. Discuss and share by all means, but be polite.
- **Swapping Badges:** Be fair in swapping badges and other scout paraphernalia.
- **Feeling comfortable:** If you or any other scout is in a situation that makes you feel uncomfortable, leave and go to one of your scouters to discuss it.



Leave No Trace: minimal impact camping

Here are some tips to help you have a minimum impact on the environment:

- When planning your menu consider the environmental impact, such as the packaging or buying local products
- Encourage all scouts to have their own water bottles instead of buy disposable ones
- Waste should be disposed of correctly. All scout centres and campsites will have guidance on how waste is disposed.
- Usually, waste is segregated into recyclables (paper, plastics, cans), organic waste (raw and cooked food), glass, and general waste.
- Waste water should be poured out in appropriate areas.
- Protect water quality by camping at least 30m from lakes and streams.
- Leave your campsite as you found it, or better.
- Light fires in your fire tray or in provided areas.

