

# Outdoor Activities

Pacific Coast Council  
Woodbadge I - Colony  
Basic Training for Leaders  
By Elsa Lau & Frank Law



## 1. Weather conditions and the hazards that can be encountered outdoors Pg. 343 - 358

### Environmental conditions and the hazards

- Weather (storms, lightning, snow, etc.)
- Landslides
- Avalanche
- Heat & Humidity
- Uncertain landforms (cliff, slippery or icy surfaces, etc.)

### Prevention

- Weather wise
- Planning ahead with an emergency plan
- Follow your progress on the map
- Watch for unusual trail conditions
- Stay on existing trail
- Prepare an environmental brief before starting the trip

2. **The causes and symptoms, signs, prevention and treatment of the following:**

**HYPOTHERMIA** (Pg. 192-194)

**Causes:** A life-threatening condition that develop when the body temperature drops too low, usually from prolonged cold exposure.

**Symptoms & Signs:** When temperature drops, it starts to slow down. Heart and brain are affected if body temp. below 32 C. Progress to apathy, confusion, slurred speech, and loss of coordination.

**Prevention:** Be prepared for adverse conditions with appropriate clothing and shelter. Avoid getting wet. Change into dry clothing immediately when wet. Keep well hydrated. When exposed in cold conditions, buddy system is required.

**Treatment:** Remove from cold environment  
Passive re-warming  
Rehydration



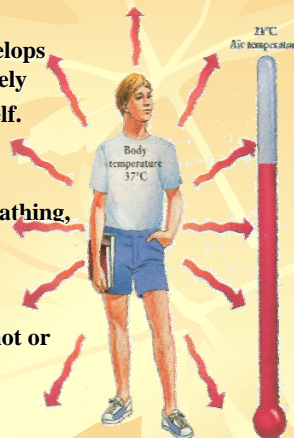
**HYPERTHERMIA** (Pg. 337-338)

**Causes:** A life-threatening condition than develops when the body temperature is extremely elevated and the body cannot cool itself.

**Symptoms & Signs :** Absence of sweating, with hot red or flushed skin, rapid pulse, difficult breathing, seizure, confusion, strange behavior.

**Prevention:** Avoid becoming dehydration  
Avoid vigorous physical activities in hot or humid weather.

**Treatment:** Call emergency medical treatment  
Cool the victim, put victim's clothes  
Apply cool water or place ice pack to the skin to lower body temperature.



**FROSTBITE** (Pg. 191-194)

- Causes:** Freezing  
Air temperature, wind speed, and moisture affect the rate at which the body loses heat.
- Symptoms & Signs:** Feel cold and numbness  
Skins turn yellowish and white  
Pain
- Prevention:** Keep warm  
Use wind and water resistant clothing on outside
- Treatment:** Emergency medical treatment required  
Change wet clothes with dry clothes as soon as possible.



**SUNBURN / SUNSTROKE** (Pg. 329-330)

- Causes:** UV rays in sunlight destroy cells in the outer skins  
Damaging tiny blood vessels underneath
- Symptoms & Signs:** Skin to turn red and blister  
In severe cases, the burn may occur with sunstroke (fever, vomiting and collapse)  
Pain on burns & noisy breathing
- Prevention:** Wear clothing  
Apply water-resistant sunscreen with SPF 15 minimum  
Re-apply every 2 hours
- Treatment:** Apply calamine lotion, sunburn cream or spray, cool tap water.  
Compress colloidal oatmeal, dusting powder



**DEHYDRATION** (Pg. 43 – 44)

- Causes:** Vomiting or diarrhea  
Excessive urine output or sweating  
Fever
- Symptoms & Signs:** Dry or sticky mouth  
Low or no urine output  
Sunken eyes  
Not producing tears
- Prevention:** Carry 1L or 2L of water extra  
Break for snacks and drinks regularly.  
Drink before you are thirsty.
- Treatment:** Drinking fluid can reduce dehydration  
Intravenous or oral fluid replacement may be needed  
Avoided using high fiber fruit or vegetables

**3. Basic personal equipment and their uses.**

(Pg. 22-24 & 63-115)

**Equipment List for Beavers:**



1. Rain Gear
2. Whistle & Flashlight
3. Foam Pad & Sleeping Bag
4. Eating Utensils
5. Water Bottle
6. Appropriate Clothing
7. Wide Brim Hat
8. Socks & Footwear
9. Personal Washing Kit
10. Emergency / First Aid Kit
11. Insect Repellent
12. Orange Garage Bag

#### 4. The rules and procedures the section uses to prevent getting lost/separated from the group.

(Pg. 26)

- ❑ Plan ahead before starting the trip (learn as much as possible about the trip).
- ❑ Check equipment (including map and compass, flashlight, first aid and survival kit).
- ❑ Follow your progress on the map
- ❑ Watch for unusual trees, rocks or landmarks, etc.
- ❑ Stay on existing trail when possible
- ❑ Stick closely with your group or “buddy”
- ❑ Travel with companions or in groups
- ❑ Be in good physical conditions
- ❑ Dress appropriate clothing for the weather
- ❑ Think about your footing while traveling
- ❑ Develop an emergency plan
- ❑ Leave itinerary to family or friends
- ❑ Set the pace (do not leave the slowest person behind)
- ❑ Bring cell phones or satellite phones and GPS, if possible
- ❑ Take frequent rest



#### 5. Contents and the purpose of a personal emergency kit (Pg. 27-28 & 196)

##### THE 10 ESSENTIALS

1. Flashlight, spare batteries and bulb.
2. Fire making kit – waterproof matches/lighter, fire starter/candle.
3. Signaling device – whistle or mirror.
4. Extra food and water
5. Extra clothing (rain, wind, water protection and toque).
6. Navigation/communication aids (maps, compass, GPS, charts, hand held radio – fully charged battery), know how to use these items.
7. First aid kit
8. Emergency shelter – orange tarp or large Orange plastic bag. These can also be used as signaling devices.
9. Pocket knife
10. Sun protector (glasses, sunscreen, hat).

<Refer to Canadian Field Book for survival kit's content>

6. **Environmental conditions and the hazards that can be encountered in the outdoors, including:**

a) **Severe storms and how to protect against lightning, hail storms and tornadoes**



Northern lightning or aurora borealis may look like the dawn or a forest fire – or may be a wild display of colored rays, streamers, or moving curtains in the northern sky.



Tornado is the proper name for the dreaded “twister”. It is a violently whirling and destructive column of air.

b) **Biting and stinging insects and how to provide first aid treatment - Pg. 390-392**



Only a small percentage of insects are harmful to plant life, but these destroy about 10% of all crops. Insects such as mosquitoes, black flies, and ticks can annoy and even infect animals and human beings.

**First aid treatment:**



- Scrape the stinger and poison sack from the skin with a sharp edge, like a knife blade or a credit card.
- Use a paste of baking soda and water to relieve the irritation. Ice can also be used. Don't use alcohol or ammonia near the eyes.

c) **Wild animals and how to minimize dangerous encounters** (Pg. 141-143)

Animals require food, water and shelter to survive. Campers and picnickers must take special precautions to protect their food. If you're at a standing camp or picnicking with your vehicle nearby, store your food in the car between meals. To minimize dangerous,



- NEVER take food into tents.
- Wash dishes carefully, removing all food scraps or disposal in the garbage.
- “Bear bag” it! – Wilderness campers probably won't have coolers, keep all food and garbage separate from the rest of your gear and hang it from a tree or from a line strung between two trees. This is called “bear bagging”.
- If a wild animal does visit your campsite, avoid getting too close and startling it. Remember: it is a wild animal, and you are on its “turf”.

d) **Poisonous wild plants that may be encountered in many parts of Canada** (Pg. 144-145)

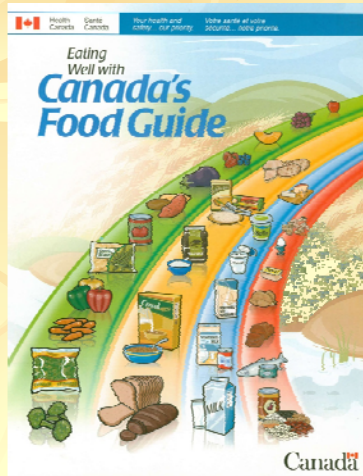


Poisonous wild plants e.g. Poison Ivy, Poison Oak, Poison Sumac ... etc.

First aid treatment –

- Remove the plant oil by thoroughly washing the skin with soap and water.
- Wipe the area with alcohol.
- Once the rash has developed, apply calamine lotion.
- Take antihistamines to lessen the itching.
- Do not use sunburn pain relievers. These may further irritate the affected area.
- Carefully remove clothing that has touched the plant, and wash it thoroughly.

## 7. Nutrition and hydration for outdoor day activities appropriate to the section.



- You'll meet basic nutritional needs if you choose items from the four groups listed in The *Canadian Food Guide*.
- These include: vegetables and fruit, grain products, milk products, and meat and / or alternatives. A balanced diet selected from this Guide will ensure that you obtain proper amounts of protein, fats and carbohydrates.
- Food Safe certification is always required by the campsite with a facilitated kitchen.

## 8. A leader's Guide to LEAVE NO TRACE – Seven (7) Principles

### The seven principles of Leave No Trace:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What you Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Others.

Download a copy of this valuable resource, visit:  
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