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Requirements Lecture and Planning

Second Class 1b. Explain the principles of Leave No Trace and tell how you practiced them on a campout or outing. This outing must be different from the one used for Tenderfoot requirement 1c. First Class 1b. Explain each of the principles of Tread Lightly! and tell how you practiced them on a campout or outing. This outing must be different from the ones used for Tenderfoot requirement 1c and Second Class requirement 1b.

I will need: Nothing, just the lecture.

Leave No Trace consists of seven main principles, and these principles are: plan ahead and prepare, travel and camp on durable surfaces, dispose of waste properly, leave what you find, minimize campfire impacts, respect wildlife, and be considerate of other visitors.

Obedying the first tenet is simple, it just requires you to know that wherever you plan on camping will allow you to follow the rest of the principles; somewhere that has durable surfaces, accessible water and firewood, somewhere for you to dispose of any trash, etc. Finley itself is a good example. There's latrines, dumpsters, and spigots. The preparation part includes not just research in advance, but any materials you'll need to follow through, such as tarps, trash bags, shovels, etc. If you aren't staying permanently in one place, you might also need rope or a bear

bag, and a way to transport any food, trash, or firewood anywhere in or out of the trail you're hiking on.

The second tenet is one that requires more knowledge and awareness. When you set up camp and as you hike, make sure that you're leaving as little of an impact as possible. One winter camp, we trudged around our main walled canopy that the grass around it turned to a depression of mud. Don't do that. Camp in places where your tent and your campsite and presence will leave as little evidence as possible. Avoid ditches, gullies, or muddy areas. Camp on firm solid ground and also, stick to already created or designated trails. Don't kill or flatten the grass and don't go bushwhacking or trailblazing on your hikes.

The third one is one you should all be familiar with, and means that you should produce as little waste as possible and what waste you do produce you should dispose of properly in marked recycling or trash bins. Take whatever waste you make out with you if there are none available. One time we noticed we had filled much more trash bags than usual on a trip, so next time we determined to cut down on waste, and I believe we managed to get out of Still Waters with only one trash bag of waste. This is a good way to abide by the third principle.

Leave what you find is simple, don't take anything but pictures from wherever you camp. Don't take rocks, don't take firewood, don't take desecrated Native American remains. First of all, you could get haunted. Second of all, doing so not only alters the environment as you found it, but it could also result in environmental consequences. There's been a lot of cases of invasive species across the US, and if you've camped on any public land recently like a state park or national forest, you've probably seen the signs about not bringing in or taking out any firewood. This is because invasive insects can hitch a ride on that firewood and hurt whatever forest you

end up taking it to. So, this also goes along with the first principle, plan ahead. Make sure wherever you're going has ample dead wood for you to use.

Minimizing campfire impacts is simple, unless absolutely necessary, only start fires in designated areas such as designated fire pits or grills. If you do have to make a fire where there is no fire ring present, then make sure you protect the surrounding area from any damage it could cause by doing things such as digging your own fire pit, creating a ring out of rocks, or shielding the area of the fire with wet ground or sand, or preferably, all of those and more together. Also, make sure that any fire you create is always monitored while it is alite, and that it is completely and totally extinguished before you leave the area, down to any last ember. I have personal experience with this, I had fallen asleep on a family trip in my own tent, and didn't have my watch on. I assumed my family was still around the campfire because it was still blazing. They weren't. I had to put out the fire that the wind had whipped up dangerously close to a low hanging branch. If you think you've completely put out the fire, pour more and more water or sand or whatever you have to do. Overkill never hurts when putting out a fire.

Respect wildlife. Stay away from it. Don't feed them, don't touch them, do anything and everything you can to keep from attracting them to you. Use bug spray, animal spray, etc. and safely store all your food and do sweeps of the area before leaving as well as after meals in the kitchen and eating area.

Respecting other visitors requires you to follow the other principles. By preserving the environment, you're leaving it to enjoy for others after you. But also, keep noise and light down after dark, and make space for others on the trail.

TREAD Lightly is pretty similar to Leave No Trace. TREAD is an acronym that stands for: Travel responsibly, Respect the rights of others, Educate yourself, Avoid sensitive areas, and

Do your part. I feel like I've already pretty much covered all of these in Leave No Trace, but I needed to mention it, so make sure you take notes on it.

Second Class 3a. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols. 3b. Using a compass and map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian. 3d. Demonstrate how to find directions during the day and at night without using a compass or an electronic device. First Class 4a. Using a map and compass, complete an orienteering course that covers at least one mile and requires measuring the height and/ or width of designated items (tree, tower, canyon, ditch, etc.). 4b. Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system. Use GPS to find your current location, a destination of your choice, and the route you will take to get there. Follow that route to arrive at your destination

I will need: Compasses, maps, controls, knife, smartphone, tape measures.

The compass has a long and storied history going back to tools like sundials in the classical period, but we're not going to talk about that because it's not in your requirement. Everyone turn to the navigation chapter in your scout handbooks. Here, you'll not only find a definition of major map symbols, but you'll also see how to work a compass. *Use printed image* Can anyone find any of these symbols in their book, and tell me what they mean? Does anyone know how to read a topographic map? That's right. The closer the lines are together, the higher the elevation. Now, without using your books, who can tell me the difference between

magnetic north and true north? Good. Now we adjust for this by taking our compass, finding magnetic north, and marking that with a straightedge across the map. This is called declination, and it's also in your book. To use a compass to navigate yourself, you need to know where you're going and for how long. To keep yourself consistent, you simply need to keep twisting the ring of the compass a certain number of degrees so that you're staying in the same direction, by lining yourself up consistently with the traveling arrow on your compass. Can anyone demonstrate? Good. Your book also has more examples on measuring and using a compass in it's navigation chapter, as well as methods for measuring, but I've got you tape measures, so it'll be ok for now on that.

We're going to do the hike soon, don't you worry.

Finding directions during the day might seem easy without a compass. The sun rises in the east and sets in the west right? Correct, but what about at noon? What about when the sun is up and not rising or setting? Well for that, we'll need to open up our navigation chapter again. There, you'll hopefully find something called the shadow stick method, which I'll now demonstrate. Next, finding your way at night. All you need to do is find the North Star near Ursa Major. Your book also has a method of doing that, but I can't demonstrate it because, well, it's not night. But now you know, and to turn a phrase that should make all your dad's smile, knowing is half the battle.

Ok, on the way to the start of the orienteering course, you'll all take turns using the GPS on a phone to get to the Cahoon Center. You all hopefully already know how to use a GPS.

Now this last part isn't technically covered in any of your requirements, but it's still important. If you've ever hiked in a state park, you've probably seen paint on the trees in little rectangles. These are called trail markers. Paint is the most common because while it lasts, it

doesn't actually do any real damage to the tree. Carvings can also be found, but don't do that. Not cool. Paint, cairns (those little mounds of rocks you've probably seen before), and signs are most common. One rectangle means to go straight, two in a right facing diagonal line means to go right, vice versa for left, three in a triangle pointing ahead indicates the start of a trail, vice versa for the end of a trail, and a triangle pointing to the right or left indicate an intersection. If you don't have paint, you could make your own signs using sticks or by making marks in the ground (non permanent ones of course). If you were, and this should hopefully never happen, get separated, you could take some sticks to make an arrow to indicate where you are going and where those following behind should go. If there's an area that's dangerous, like part of a trail that's slippery or close to a high edge, you could make an X. You could also make a frowny face to show that you're sad because you can't afford the new LEGO Star Destroyer set. Reading trail signs will help you to follow the right path whether or not you are separated from the group.



Second class 4. Identify or show evidence of at least 10 kinds of wild animals (such as birds, mammals, reptiles, fish, or mollusks) found in your local area or camping location. You may show evidence by tracks, signs, or photographs you have taken. First Class 5a. Identify or show evidence of at least 10 kinds of native plants found in your local area or campsite location. You may show evidence by identifying fallen leaves or fallen fruit that you find in the field, or as part of a collection you have made, or by photographs you have taken.

I will need: Knowledge and pictures of local flora and fauna, lecture materials.

You guys will do this on your hike, so don't worry about this. But, take this time to think about what you know about the local flora and fauna, and to ask any questions you might have in preparation.

Second Class 3c. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them. 6a. Demonstrate first aid for the following: • Object in the eye • Bite of a warm-blooded animal • Puncture wounds from a splinter, nail, and fishhook • Serious burns (partial thickness, or second-degree) • Heat exhaustion • Shock • Heatstroke, dehydration, hypothermia, and hyperventilation 6b. Show what to do for "hurry" cases of stopped breathing, stroke, severe bleeding, and ingested poisoning. 6c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b. 6d. Explain what to do in case of accidents that require emergency response in the home and backcountry. Explain what constitutes an emergency and what information you will need to provide to a responder. First Class 7a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone. 7b. By yourself and with a partner, show how to: • Transport a person from a smoke-filled room. • Transport for at least 25 yards a person with a sprained ankle. 7f. Explain how to obtain potable water in an emergency.

I will need: Sample pictures of injuries, first aid kit, gauze and bandages, something to make demonstration splints, water purifiers (pumps, pocket rocket, propane, pot, iodine tablets), lecture materials.

Ok everyone, what are some possible hazards or injuries that could happen on a hike? Good, now what could we do to prevent or respond to those hazards. Nice those are good ideas.

Ok, for all of these cases, there is one and only one first response. Call for help. For a minor injury, notify an adult. For something more serious, call 911. Also transport the person to a safe area immediately if possible, we'll cover how to do that later. For an object in the eye, I will now demonstrate by stabbing Tyler repeatedly with a sharpened stick. No but the first solution is to not touch the eye. Try to wash it out with water, that's why your science labs at school have those eye wash stations. Remember school? Yeah me neither. If it won't come out with water, then cover it up with a dry bandage, and get them to a doctor ASAP. For any animal bite, immediately get the person to a doctor. This is because if it's a mammal, it could have rabies, and you're better off safe than rabid. While getting them to the doctor, treat the wound by washing it out with water and sterile alcohol or alcohol prep pads. To control bleeding, wrap up the wound with bandages, but keep some sterilizing element underneath to keep the wound clean. When it comes to puncture wounds, don't always immediately pull it out. If it's something like a fish hook, that could actually cause more damage. Instead, rinse out the wound using a small but direct and high pressure stream of water several times to try and wash out any bacteria. For large objects, like a nail, take them to a doctor to have it removed after cleaning the area and applying a bandage. This is because metal objects could give a person tetanus. For something like a splinter, use tweezers. If it's embedded too deeply, stop and get that person to a doctor. For

a fishhook, if the barb isn't in the flesh, you can try to remove it. But in most cases, it's safer to let a doctor handle it, as the barb could mean any attempt at removal will only damage the flesh more. For serious burns, there is no real treatment you can do in the field. All you can do is move the person to a safe area, and apply cool water via cloth to the burned skin. Once the pain plateaus, and the cloth dries, carefully place a sterile bandage and gauze over the burned area. Be very gentle, don't open any further wounds like blisters, as this could introduce the further risk of infection. Heat exhaustion is a milder form of Heat stroke. Don't let it get to heat stroke. Heat stroke bad. Does anyone know the signs of Heat stroke? Turn to your books first aid section and find out. To treat heat exhaustion, just move the victim into a cooler, more shaded area, remove any excess clothing that could be generating too much heat, use wet cloths to cool them down, and if they are able, let them slowly sip on cool water. Always call for help in cases of heat stroke. Follow basically the same steps, but if you have any ice, wrap it up in cloth like a towel or shirt, and place it at the hotspots of the lymphatic system, like the armpits, groin, and neck. Dehydration is a prevention game. Don't let it happen. Speaking from experience, it isn't all that pleasant. Can anyone give me any signs or symptoms of dehydration? Good. Again, your book has more. The best way to treat dehydration is to prevent it from happening. If it does, then get that person to a cool shaded area ASAP, let them rest, and slowly, SLOWLY, let them drink. If they drink too much too fast, it could overwhelm their system. With time, they'll recover. Hypothermia is when your body gets so cold that it can't keep up with the heat it's losing. Lose too much, and the fire goes out. Not cool. Can anyone name some signs of hypothermia? Good. The first thing you need to do is get them out of any wet clothes and into dry and warm ones. Then get them into a shelter from the cold and wind and warm them up. Right? Wrong. Trick answer. First, you always call for help. But then you do the rest of that. Get them warm, watch

them closely, and try to give them warm fluids like soup, warm water, or vodka. Not vodka though. Call for help in cases of hyperventilation, it could be the start of something worse. What should you do to try and treat it? Good answers. It's pretty simple, just try and get them to calm down and breathe slower. Can anyone tell me the symptoms of shock? Check out your books. Always treat as if you're treating for shock for any victim of an accident, most likely, they're experiencing some form of shock. Always call for help, don't let them fall asleep, treat any visible wounds, raise their legs and lie on their side, and do whatever you can to keep them warm and breathing.

Everyone open up your books and explain to me what a hurry case is. In a hurry case, it's important to always check for a pulse, breathing, bleeding, and poison. Now you should all be familiar with the Heimlich and CPR which I'll now demonstrate. Don't do this forcefully, it could hurt them if they don't need it. Push up and in towards the solar plexus. For CPR, knot your fingers together and push down with your upper body. For a heartbeat or stroke, immediately call 911 and be ready to do CPR or rescue breathing. Can anyone tell me what rescue breaths are? Nice. For severe bleeding, disinfect the wound ASAP and then apply sterile gauze and bandages with pressure to slow the bleeding until help arrives. For poison, immediately call 911, and monitor their breathing and treat for shock. For a sprained ankle, the best thing you could do is to make a splint using some kind of strong, straight material like a stick, and then wrap it around the foot and ankle as I will now demonstrate. You can also make a splint, sling combo using a stick, bandages, medical tape, and a shirt to hold the arm in place and help the bone to heal. For a head injury, use sterile bandages to make a durag, and then the blood will give them waves. Lets talk about carries. In your first aid section, you'll see many different carries. You could use a tarp to make a stretcher or drag the injured person. But for now, let's

look at the two-handed carry, and the four-handed seat. Pay attention to those. And let's talk about purifying water. We can use Iodine tablets, boiling water, or a purifying pump to purify water in an emergency. Always get the water from still eddies, and not from the moving stream. What might constitute an emergency in the backwoods? Those are good answers, but the right one is anything you can't immediately treat on hand, and the best thing you can do in that situation is to get the injured person to somewhere a first responder can most easily reach them. So, for all of the injuries we've gone over, what's the kind of information you'd want to give to a first responder? Good job guys.

First Class 5b. Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event. 5c. Describe at least three natural indicators of impending hazardous weather, the potential dangerous events that might result from such weather conditions, and the appropriate actions to take. 5d. Describe extreme weather conditions you might encounter in the outdoors in your local geographic area. Discuss how you would determine ahead of time the potential risk of these types of weather dangers, alternative planning considerations to avoid such risks, and how you would prepare for and respond to those weather conditions.

I will need: Meteorology knowledge, lecture materials.

The most obvious ways to find the weather before a trip is either on your phone or on the weather channel, but why are those so important? I don't think any of you were on that fateful Three Ridges trip, but generally, facing ever form of precipitation while backpacking isn't ideal.

What are some other reasons it's important to factor in weather? Good. What are some ways that, without reading a forecast, you can try to predict the weather? Well those are good, the obvious one is to look to the sky. Darkening clouds or a forming cyclone isn't usually good, but there are more subtle ways as well. Drops in temperature are important to take note of. If you wake up one morning and it's much colder or hotter than it was the last day, it could be a front moving in, so better break out the rain gear just in case. Another way is wind, if the wind picks up quickly, you might want to get secure and take shelter. Finally, is smell. It's a little hard to describe but sometimes you can smell that rainy smell before or after a storm. So let's talk about what possible dangerous weather conditions are most likely to occur here at Finley and what we would do in response or preparation for them.