



# Bushcraft

## Session Guidelines

Basic survival skills are developed, and key responsibilities will be identified and shared by the team who will work together to get the most from the 'wilderness' experience.

"Leave no trace" - we would like our beautiful environment to remain that way. Please ensure you leave it as you found it.

### Shelter Building

**Time: 20-30 minutes**

#### Objective

Participants must use resources within the shelter building area to build a shelter that they believe would give enough warmth and be water-resistant.

If the structure will allow participants to enter, pour a bucket of water over the top to check water-resistance levels.

#### Safety rules:

- Assist the participants in the building of the shelter. Check the stability of the structure before students enter – if the structure is not stable after a gentle rocking, no participants are to enter
- No participants are to enter the shelter until deemed safe by the leader
- Participants must drag branches, and roll, not lift, logs
- Participants can only use resources on the floor – no breaking of branches on trees
- No throwing of logs or branches

### Signalling

**Time: 20 minutes**

#### Objective

Participants must work out the best place to build a signal that will be seen from a rescue helicopter or plane circling above trying to locate lost participants. Once agreed upon a location, the participants must make the signal from the resources located in the signalling element area.

Assist the participants in the choice of area to build a signal and the retrieval of elements to be used.

#### Safety rules:

- Branches and logs are to be dragged or rolled to signal area
- After the signal is complete, all resources must be returned to original area



## Knot Craft

Time: 20 minutes

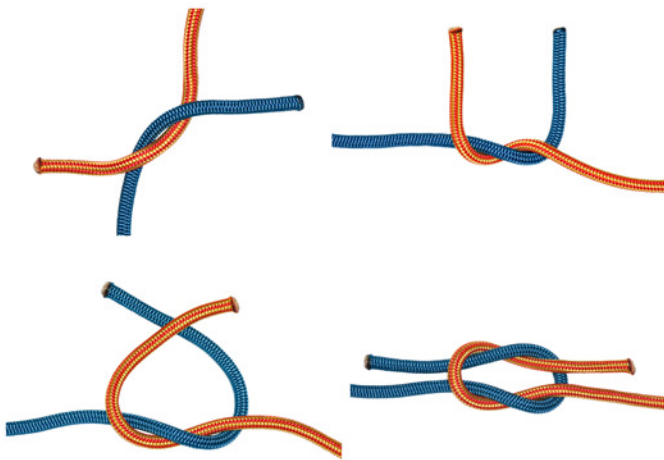
### Objective

Use the knots listed to help to construct a contraption that will allow the participants to send a collection of objects from one area to another.

### Safety rules:

- Participants are not to throw or attempt to lasso ropes
- Knots need to be untied upon completion of the element

### Reef Knot



### Figure 8 Knot



### Bowline Knot



## Additional Task

Time: 10 minutes

### Objective

In groups of 3, looking at the flash cards, you have 3 minutes to discuss what 3 items you would take with you if you were on a desert island for 3 weeks, and an explanation as to why. There is no correct answer as everyone has their own opinions.

Additional Task Flash Cards

Bottle of water



Torch



Axe



Box of matches



Hamster



Bag of food



Ball of string



Mobile phone

