



**BIVOUAC 2012
BREIFING DAY / ASSESSMENT PART 1**

TEST BASE 1 - 2012

(10 POSSIBLE POINTS)

As the assessor you need to ask each Scout the following questions and watch them demonstrate the procedure. The maximum score for each question and demonstration is identified on the right hand side of this sheet. On the reverse you should enter the score against the Scouts name. Once you have assessed all Scouts, please hand the completed sheet to the co-ordinator.

1. What is the technical term for severe body heat loss through chilling? **1 point**
HYPOTHERMIA
2. At what temperature does hypothermia set in? **1 point**
35 degrees Centigrade or 95 degrees Fahrenheit
3. Give four signs or symptoms of hypothermia. **4 points**
(any 4 from below)
The casualty may be SHIVERING
The casualty may look PALE
The casualty will feel COLD TO TOUCH
The casualty may complain of FEELING COLD
The casualty may complain of FEELING SLEEPY
The casualty may be DISORIENTATED or BEHAVE IRRATIONALLY
The casualty's breathing rate may be SLOW AND SHALLOW
The casualty's pulse rate may be SLOW AND WEAK
4. If the signs and symptoms are not recognised and no action is taken, the casualty will become unconscious. What must you do to the casualty if this happens? **1 point**
Put the casualty into the RECOVERY POSITION
5. When somebody has hypothermia in the outdoors, what things must you do to look after them and stop them deteriorating? **2 points**
(all 4 points)
Take the casualty to a SHELTERED PLACE / Get them OUT OF THE WIND
REMOVE WET CLOTHING (to replace with dry clothing)
PROTECT THE CASUALTY from the ground and elements
Give WARM DRINKS and HIGH ENERGY FOODS (if the casualty is conscious)
6. Give an example of the equipment you could use to protect the casualty. **1 point**
SURVIVAL BAG and / or
FOAM GROUND MAT

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TEST BASE 2 - 2012

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1. What is the term given to the condition caused by loss of body fluids and salts through excessive sweating? **1 point**
HEAT EXHAUSTION (NOT heat stroke)

2. Give four signs or symptoms of heat exhaustion. **4 points**
(any 4 from below)
The casualty may complain of having a HEADACHE
The casualty may complain of feeling DIZZY
The casualty may complain of CRAMP IN THE ARMS, LEGS AND TUMMY
The casualty will look PALE AND SWEATY
The casualty may be CONFUSED
The casualty may have NO APPETITE AND FEEL SICK
The casualty's breathing rate may be FAST AND SHALLOW
The casualty's pulse rate may be RAPID AND WEAK

4. What is the first thing to do when somebody has heat exhaustion? **1 point**
Take the casualty to a COOL PLACE / Get them into the SHADE

5. In what position would you put the casualty? **1 point**
LIE THE CASUALTY DOWN and RAISE THEIR LEGS

6. What should you be giving the casualty to help them recovery? **1 point**
The casualty should be given PLENTY OF WATER to drink and / or
ORAL REHYDRATION SALTS or ISOTONIC DRINKS will help if available

7. How could heat exhaustion easily be prevented? **2 points**
(any 2 from below)
WEAR A SUNHAT
WORK IN THE SHADE
KEEP COOL
DRINK PLENTY OF WATER

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1. When treating severe bleeding, what is the first thing to check for? **1 point**
IF THERE IS AN OBJECT EMBEDDED IN THE WOUND
2. What other information is useful before you treat the wound? **1 point**
HOW DID IT HAPPEN / THE HISTORY
3. Demonstrate the treatment of a wound. **4 points**
 - **EXPOSE** (the wound, down to skin)
 - **PRESSURE** (over the wound)
 - **ELEVATE** (the wound above the heart)
 - **POSITION** (the casualty; sit or lie them down)
4. If the blood seeps through the first dressing, what should you do? **1 point**
Apply a SECOND DRESSING, over the top of the first
5. If the blood seeps through the second dressing, what should you do? **1 point**
REMOVE BOTH DRESSINGS and apply a fresh one
6. What should you do differently if there is an object embedded in the wound? **2 points**
DO NOT PRESS DIRECTLY ONTO THE WOUND
PRESS ON EITHER SIDE OF THE OBJECT TO CLOSE WOUND EDGES
BUILD UP PADDING ON EITHER SIDE OF THE OBJECT

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TEST BASE 4 - 2012

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1. Demonstrate the arm sling. 3 points
2. Demonstrate the elevation sling. 3 points
3. What type of knot should be used to tie slings? 1 point
REEF KNOT
4. Why is a reef knot used? 1 point
It is SECURE and WILL NOT SLIP
It is EASY TO UNTIE
It lies flat, so it is more COMFORTABLE FOR THE CASUALTY
5. In an emergency, if a triangular bandage was not available, what scouting item could be used as an alternative? 1 point
A NECKERCHIEF
6. If you do not have a first aid kit with you, what else could a Neckerchief be used for? 1 point
A PAD TO CONTROL BLEEDING

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1. What do you call the condition where a foreign object is stuck in the casualties throat and blocking their wind pipe? **1 point**
CHOKING
2. What question should you ask to someone who you think is choking? **1 point**
“ARE YOU CHOKING?”
3. If the casualty was breathing, you would encourage them to cough. What would you do if the casualty was not breathing (but still conscious)? **1 point**
You would deliver UP TO 5 BACK BLOWS
4. If the back blows did not work, what would you do next? **1 point**
You would deliver UP TO 5 ABDOMINAL THRUSTS
5. How many times would you repeat these actions before phoning 999 for an ambulance? **1 point**
You would complete 3 SETS of alternating back blows and abdominal thrusts
6. Demonstrate on the resuscitation dummy how you would treat a casualty that is conscious but not breathing. **5 points**
DELIVER 5 BACK BLOWS (lean casualty forward, one hand in middle of chest, heel of other hand impacting between shoulder blades)
CHECK MOUTH FOR FREED OBSTRUCTION (obstruction not freed)
DELIVER 5 ABDOMINAL THRUSTS

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1. Give four signs or symptoms of shock 4 points
(any 4 from below)
The casualty will look PALE AND CLAMMY
The casualties' skin will feel COLD TO TOUCH
The casualty may be SICK or FEEL SICK
The casualty may be RESTLESS AND AGGRESSIVE
The casualty may complain of being THIRSTY
The casualty may complain of feeling WEAK AND DIZZY
The casualty's breathing rate may be FAST AND SHALLOW
The casualty's pulse rate may be RAPID AND WEAK
2. Approximately, how much blood has to be lost for shock to develop? 1 point
TWO PINTS / JUST OVER 1 LITRE / ONE FIFTH OF THE BODY'S BLOOD VOLUME
3. Why is severe blood loss (which causes shock) a dangerous condition? 1 point
Vital ORGANS ARE DEPRIVED OF OXYGEN, which could kill the casualty
4. What is the best position for a conscious casualty suffering from shock? 2 points
LYING DOWN with LEGS RAISED
5. Ideally, how should you keep warm a casualty suffering from shock? 2 points
INSULATE THEM FROM THE GROUND
PROTECT THEM WITH BLANKETS / SLEEPING BAGS / ROLLMAT etc.

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1. You enter a room and see a person lying on their back. What would you do next? **1 point**

Check for DANGERS

2. There are no dangers. Demonstrate what you would do next. Treat what you find. **3 points**

Check for a RESPONSE;

- loudly **ASK A QUESTION** e.g. 'Are you all right?'

- gently **SHAKE** the casualty's shoulders

[there is no response] **SHOUT** for help

(1 point)

Open casualty's AIRWAY (head tilt, chin lift)

(two fingers on the point of the chin / palm of the hand on the forehead)

(1 point)

HOLD AIRWAY OPEN and look, listen and feel for NORMAL BREATHING for no more than 10 seconds (cheek over casualty's mouth, looking down chest)

(1 point)

3. The casualty is breathing but unresponsive, that is they are unconscious. Demonstrate the position you must now place the casualty in. **6 points**

Place casualty in the RECOVERY POSITION

Final outcome:

- mouth low

(2 points)

- jaw forward

(2 points)

- chest clear of the ground

(2 points)

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1. Now the casualty is in the Recovery Position you go to phone for an ambulance. What information do you need available? **4 points**

FULL ADDRESS or EXACT LOCATION (give address for where they are now)

The approximate AGE and GENDER of the casualty

If the casualty is CONSCIOUS

If the casualty is BREATHING

2. You return from the phone and assess your casualty. They are now not breathing. Demonstrate on the resuscitation dummy how you would treat them. **6 points**

Open casualty's AIRWAY (head tilt, chin lift)

(two fingers on the point of the chin / palm of the hand on the forehead)

(1 point)

HOLD AIRWAY OPEN and look, listen and feel for NORMAL BREATHING for no more than 10 seconds (cheek over casualty's mouth, looking down chest)

[casualty is not breathing]

(1 point)

Expect to see 30 COMPRESSIONS and 2 BREATHS and repeat until told to stop (suggested demonstration time is 3 minutes)

(no need to measure where hand is placed, position in centre of chest)

(compression rate should be 100 - 120 per minute, depth should be 5 - 6 cm)

(4 points)

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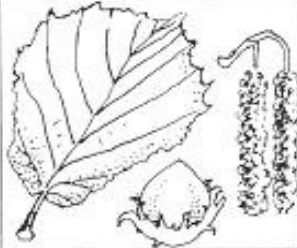






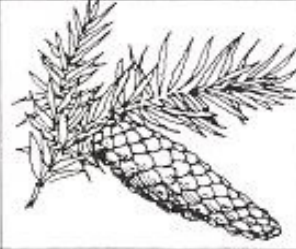

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TEST BASE 9 - 2012

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1. Name 3 trees that are good for kindling. **4 points**
2. Name 2 trees that are bad for kindling. **2 points**
3. Name 3 trees that are good for cooking. **4 points**

K = Kindling C = Cooking Good ★★★ Average ★★ Bad ★			
			
Ash K★★ C★★★	Beech K★★ C★★	Birch K★★★★ C★★★	Horse Chestnut K★ C★
			
Sweet Chestnut K★ C★★	Elm K★ C★	Hawthorn K★★★★ C★★★	Hazel K★★ C★★
			
Holly K★★★★ C★★★	Larch K★★★★ C★★★	Lime K★★ C★★	Oak K★ C★★
			
Pine K★★★★ C★★★	Poplar K★ C★	Spruce K★★★★ C★★★	Sycamore K★ C★★

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TEST BASE 10 - 2012

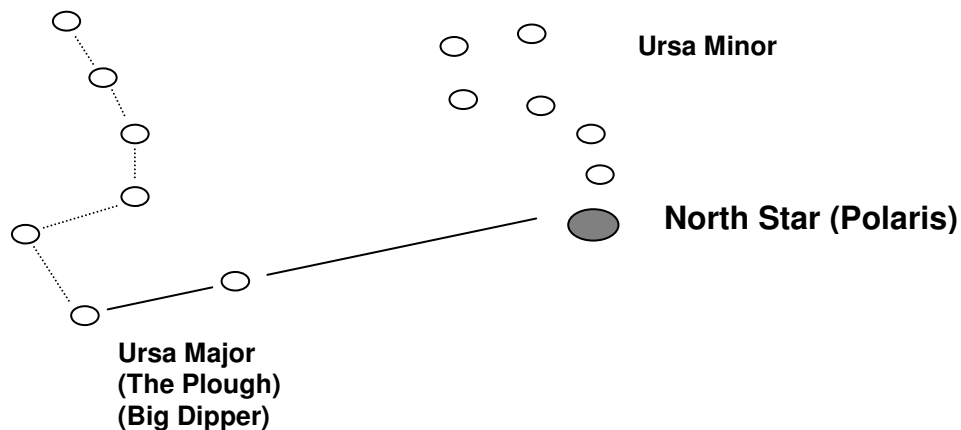
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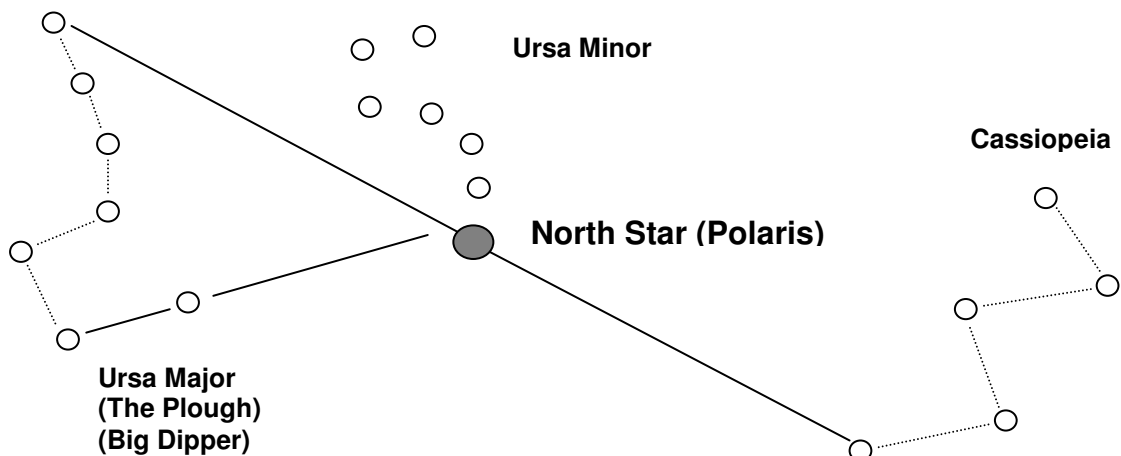
1. Give three examples of visual distress signals. **2 points**
FLAGS / CLOTHING (WAVING) / MESSAGE ON THE GROUND / FIRE / TORCH / REFLECTING THE SUN

2. Give two examples of audio distress signals. **2 points**
SHOUTING / WHISTLE / BANGING

3. Draw a picture showing how to find North using The Plough (Ursa Major). **3 points**



4. Name and draw another star system, which you can use to find the North Star. **3 points**



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BIVOUAC 2012

ACTIVITY WEEKEND / ASSESSMENT PART 2

1. Shelter - 15 points

You must build a good shelter from natural materials. No string allowed. **YOU MUST NOT CUT LIVE TREES.**

- Time to construct (within 2 hours) - 5 points
- Location (flat, no mole hills, no ditches) - 3 points
- Size (no longer or higher than a scout lying down with kit) - 3 points
- Waterproofing (can day light be seen through roof) - 3 points
- Mattress (made from ferns) – 1 points

It is assumed that each candidate will construct their own Bivouac without assistance

2. Fire - 15 points

Need a fire to (a) cook on, (b) keep warm.

- The quality of fire (size) - 4 points
- Defined woodpile (wood store and therefore sorted by size) - 3 points
- Where the fire is sited (wind direction and relation to Bivouac) - 4 points
- Is it contained (fire surround) - 4 points

DO NOT CUT LIVE TREES.

It is assumed that each candidate will collect their own wood and prepare and light their own fire.

3. Cooking and Menus - 15 points

Points will be given to the nutritional value, selection of

- Vegetables and/or meat cooked on skewer - 1 point
- Vegetables cooked by wrapped steaming method - 1 point
- Fish on fork stick grill 1 point
- Eggs - 1 point
- Baked potatoes / apples - 1 point
- Attempts at Twists and Bannocks – 1 point
- Hot food (rather than eating a cold apple) – 3 points
- Hygiene (hands, tools, storage) – 2 points

4. Gadgets and Utensils - 10 points

Each gadget/utensil will score 1 point. They do not need to be sophisticated. Simple and useful is best. Make things, which are useful and improve the quality of life.

Gadgets

Utensils

Logs for seats	Stick skewer	
Reflector fire	Knife	
Wood store	Fork	
Cooking store	Spoon	
A mattress of natural materials	Plate	
Pit fire	Forked stick grill	

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Spit	Hammer	
Candles	Hole Punch	
Skewer supports	Or any other examples	

DO NOT CUT LIVE TREES.

5. Direction Finder and Water Filter - 5 points

For the direction finder you will need to demonstrate the 'shadow stick' method. Instructions are given in the SAS handbook.

The water filter will need to filter out general rubbish from a pint of water.

6. Site Layout - 10 points

Sector Leaders will be looking to see how well you have thought about where everything is. The standard and location of gadgets will be considered. Questions like 'Does wind blow smoke into the Bivouac' are the type of things you will need to think about.

7. Edible Plants - 10 points

Use your SAS handbook when collecting these. There is a large section on site. Be careful and seek advice before cooking and eating. Two points will be awarded for each item. Make up a good sized fruit and vegetable salad and eat it.

8. Site Clearance - 10 points

At the end of the weekend you will need to clear your site and make it as tidy as is possible. Make sure the fire is out and clear. There should be no visible evidence of the fire or bivouac

9. Attitude - 10 points

You will be marked on this item throughout the weekend. If you fool around, interfere with others progress and generally mess about then you will be marked low. Effort, Energy and Enthusiasm will score you high points, whilst giving in; laziness or messing about will score low and may even disqualify you.

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