

BIVOUCAC ASSESSMENT



Birmingham County

TEST BASE 1 - HYPOTHERMIA

(10 POSSIBLE POINTS)

As the assessor, you need to ask each Scout or Explorer Scout the following questions and watch them demonstrate any procedure. The maximum score for each question and demonstration is identified on the right hand side of this sheet. Enter the score against the Scouts name on the supplied score sheet. 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 with DRY SKIN
The casualty may complain of FEELING COLD
The casualty may have FAILING CONSCIOUSNESS or BE IRRATIONALLY
The casualty's breathing rate may be SLOW AND SHALLOW
The casualty's pulse rate may be SLOW AND WEAK / WEAKENING
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**
(any 4 from below)
Take the casualty to a SHELTERED PLACE / Get them OUT OF THE WIND
DRESS THE CASUALTY WARMLY, including a HAT
COVER WITH BLANKETS (sleeping bag etc.) to prevent further heat loss
PROTECT THE CASUALTY from the ground and elements
Give WARM DRINKS and HIGH ENERGY FOODS such as chocolate
GET MEDICAL HELP
6. Give an example of the equipment you could use to protect the casualty. **1 point**
SURVIVAL BAG and / or FOAM GROUND MAT
BLANKETS and / or SLEEPING BAG

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TEST BASE 2 - THE EFFECTS OF HEAT

(10 POSSIBLE POINTS)

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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 WEAK OR FATIGUED
The casualty may complain of CRAMP-LIKE PAINS
The casualty will look PALE, COLD, MOIST SKIN
The casualty may be GIDDY OR CONFUSED
The casualty may have THIRSTY AND NAUSEOUS
The casualty's pulse rate may be FAST AND WEAK

An early version of The Scout Association / Victorinox First Aid information sheet states the signs and symptoms of heat exhaustion are "raised temperature or flushed skin" - this is considered incorrect.

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 to improve blood flow
6. What should you be giving the casualty to help them recovery? **1 point**
The casualty should be given PLENTY OF WATER or NON-FIZZY drink to replace lost fluids
ORAL REHYDRATION SALTS or ISOTONIC DRINKS will help if available
7. How could heat exhaustion and / or heat stroke 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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TEST BASE 3 - BLEEDING & DRESSINGS

(10 POSSIBLE POINTS)

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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 - ASTHMA

(10 POSSIBLE POINTS)

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

1. Describe Asthma. Source: <http://members.scouts.org.uk/supportresources/2419/asthma> (accessed February 2017) **2 points**
(any 2 of the key points from below)
Asthma is the most common LONG-TERM CHILDHOOD CONDITION
Asthma affects the AIRWAYS OF THE LUNGS
Asthma causes the AIRWAYS BECOME INFLAMED (swollen)
Asthma causes an INCREASE IN MUCUS (phlegm)
Asthma causes the AIRWAY MUSCLES TO TIGHTEN
2. Give two signs or symptoms an asthma attack. **2 points**
(any 2 from below)
The patient may have a persistent COUGH
The patient may have WHEEZING with every breath
The patient may complain of their CHEST FEELING TIGHT
The patient may complain of SHORTNESS OF BREATH
3. Give 2 examples of what may trigger or worsen a person's asthma. **2 points**
(any 2 from below)
Symptoms are often worse during the NIGHT or EARLY MORNING
Symptoms may be triggered or worsened by:
 - **ENGAGING IN ACTIVITY** e.g. football
 - **getting an INFECTION** e.g. a cough or cold
 - **comes into contact with an IRRITANT** e.g. animal fur or tree pollen
4. Describe the 2 main groups of inhalers prescribed to help control an asthmatics symptoms. **2 points**
(both key headers and any 1 point from each)
PREVENTERS
 - **TAKEN EVERY DAY**
 - **taken to PROTECT** the airways
 - **taken to PREVENT** symptoms occurring**RELIEVERS**
 - **usually BLUE** in colour
 - **taken to OPEN** the airways
 - **taken to RELIEVE** symptoms when they occur
5. If having an asthma attack, the patient should take how many initial puffs on their reliever inhaler? **1 point**
The patient should initially take 2 PUFFS on their inhaler
6. During an attack, what should you encourage the patient to do? **1 point**
Encourage the patient to SIT DOWN and take SLOW, STEADY BREATHS

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TEST BASE 5 - CHOKING

(10 POSSIBLE POINTS)

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1. What do you call the condition where a foreign object is stuck in the casualties throat and blocking their windpipe? **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 were breathing, you would encourage them to cough. What would you do if the casualty were 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

(2 of 5 points)

CHECK MOUTH FOR FREED OBSTRUCTION
[obstruction not freed]

(1 of 5 points)

DELIVER 5 ABDOMINAL THRUSTS

(2 of 5 points)

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TEST BASE 6 - UNCONSCIOUSNESS

(10 POSSIBLE POINTS)

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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 of 3 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 of 3 points)

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 of 3 points)

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 of 6 points)

- jaw forward

(2 of 6 points)

- chest clear of the ground

(2 of 6 points)

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TEST BASE 7 - CALLING 999 & NOT BREATHING

(10 POSSIBLE 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 for the current location 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 of 6 points)

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 of 6 points)

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

- place hand in centre of chest (no need to measure position)
- compression rate should be 100 - 120 per minute
- depth should be 5 - 6 cm

(4 of 6 points)

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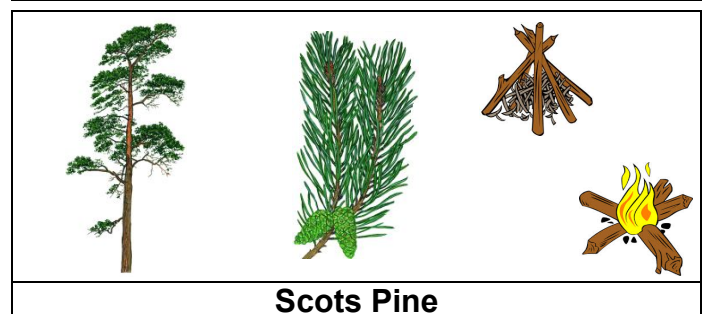
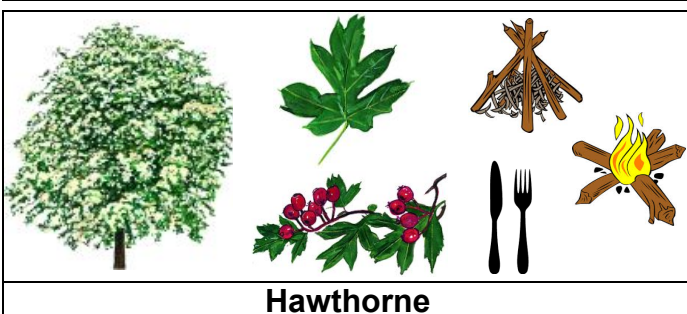
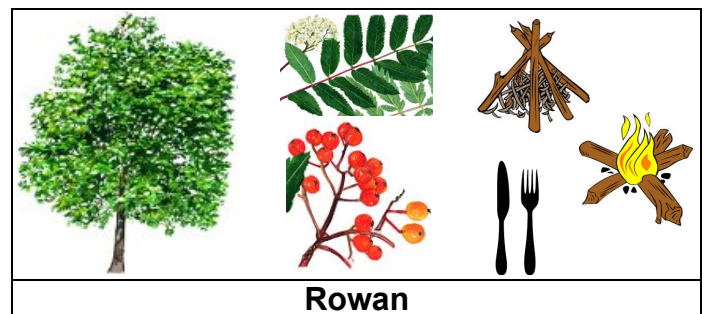
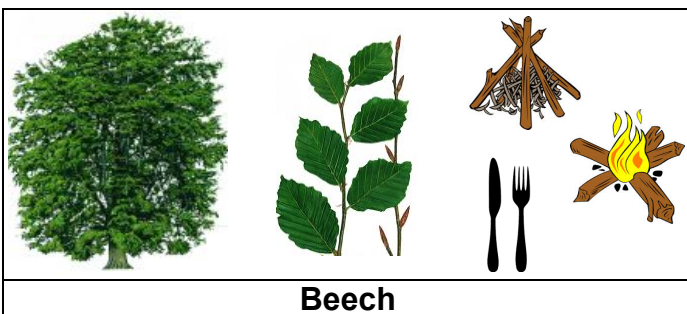
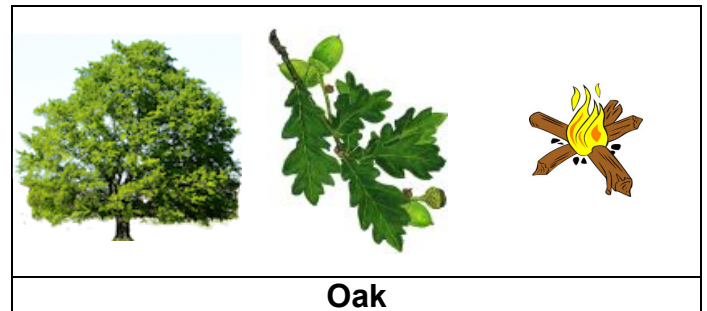
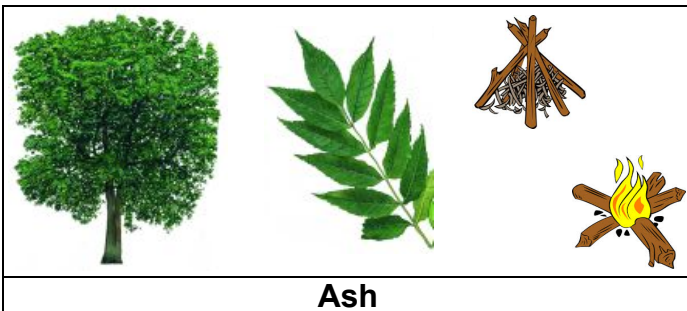
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TEST BASE 8 - TREE IDENTIFICATION

(10 POSSIBLE POINTS - Separate Answer Sheet Provided)

As the assessor, you need to present each Scout or Explorer Scout the supplied answer sheet and allow them to complete the questions. The maximum score for each question is identified on the right hand side of this sheet. Enter the score against the Scouts name on the supplied score sheet. Once you have assessed all Scouts, please hand the completed sheet to the co-ordinator.

1. Name 3 trees that are good for kindling. 3 points
2. Name 3 trees that are good for burning. 3 points
3. Name 3 trees that have edible parts. 3 points
4. Name 1 tree that is poor for burning. 1 point



Good Kindling



Good Burning



Poor Burning



Edible Parts

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TEST BASE 8 - TREE IDENTIFICATION

(CONTINUED - Separate Answer Sheet Provided)

Hazel

Silver Birch

Holly

Sweet Chestnut

Horse Chestnut

Sycamore

Larch

Memory Rhyme

These hardwoods burn well and slowly;
Ash, Beech, Hawthorn, Oak and Holly.

Softwoods flare up quick and fine;
Birch, Fir, Hazel, Larch and Pine.

Elm and Willow you'll regret,
Chestnut green and Sycamore wet.



Based on the concept by Richard Berry (2015)

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TEST BASE 9 - DISTRESS SIGNALS

(10 POSSIBLE POINTS - Separate Prompt Sheet Provided)

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You will need to have read the "[Victorionox Survival Skills Activity Pack](#)" on "Distress Signals", (see the Bivouac Website), to pass this test base.

1. Give 2 examples of visual distress signals. **1 point**
SIGNAL FIRE / LAYING 'GROUND TO AIR SYMBOLS' / TORCH / REFLECTIVE ITEM / WAVING CLOTHING / DISPLAYING 'GROUND TO AIR BODY SYMBOLS' (or any other sensible suggestion)
2. Give 2 examples of audible distress signals. **1 point**
WHISTLE / SHOUTING / BANGING / AIR HORN (or any other sensible suggestion)
3. What size should "Ground to Air Symbols" (for communicating with emergency air crews) be marked out on the ground? (p4) **1 point**
AS LARGE AS POSSIBLE so they can be seen from the air [or] **ABOUT 3 METERS WIDE AND 10 METERS LONG** **2 points**
4. List 3 things you could use to make "Ground to Air Symbols". (p4) **1 point**
ROCKS / LOGS / RUCKSACKS / GROUNDSHEETS / GROOVES IN THE GROUND (or any other sensible suggestion)
5. Demonstrate 2 different "Ground to Air Body Signals" of your choice, and identify the meaning of each. (p4) **2 points**
6. How can a mirror, or another shiny object e.g. tin foil, a foil emergency blanket or metallic water bottle, help you in a survival situation? (p5) **1 point**
7. **By using the REFLECTIVE SURFACE to ATTRACH ATTENTION, capturing the sun's rays and reflect them towards rescuers / rescue aircraft.**
8. The International Distress Signal is HOW MANY good, long whistle blasts or torch flashes over HOW LONG? (p9) **1 point**
SIX blasts or flashes over ONE MINUTE, REPEATED EVERY MINUTE
9. If you hear a reply, what should you do? **1 point**
DON'T STOP SIGNALLING
KEEP REPEATING UNTIL HELP ARRIVES

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TEST BASE 10 - DIRECTION FINDING

(10 POSSIBLE POINTS - Separate Answer Sheet Provided)

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All questions assume the person is located in the UK i.e. the Northern Hemisphere.

- 1a. From which direction does the sun rise? **1 point**
1b. In which direction does the sun set?

**RISES IN THE EAST
SETS IN THE WEST**

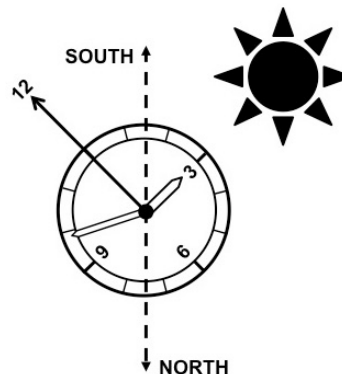
2. What time would it be when the sun is at the highest in the sky and facing due south? **1 point**

MIDDAY

3. When using 'natural signposts', in general, on which side of an object (trees, rock, fence posts etc) does moss grow? **1 point**

Moss will generally grow on the DARKEST AND DAMPEST side of an object; this is often the NORTH FACING SIDE

4. When determining the direction using an analogue watch, you point the (short) hour hand towards the sun. Which direction is at the angle half way between the hour hand and the 12 o'clock mark?



1 point

SOUTH, thus north is directly opposite

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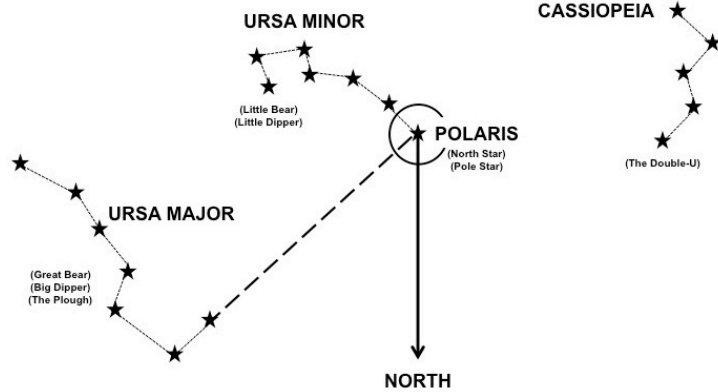


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TEST BASE 10 - DIRECTION FINDING

(CONTINUED - Separate Answer Sheet Provided)

5. Polaris is the one star that never appears to move through the sky as it sits directly over the North Pole, therefore north is always directly beneath it. The two lowest stars of Ursa Major constellation form a straight line that 'points' to Polaris, which is the last star in the handle of the Ursa Minor constellation.



The Cassiopeia constellation is always opposite Ursa Major (and therefore high in the sky when Ursa Major is low or obscured). Polaris is located about midway between the central star of Cassiopeia and Ursa Major.

Name the three constellations shown on the diagram.

2 points

(any combination of names from below, but must be 1 from each constellation)

URSA MAJOR / Great Bear / Big Dipper / The Plough

URSA MINOR / Little Bear / Little Dipper

CASSIOPEIA / The Double-U / The W

6. Indicate on the diagram which direction is north, and draw how you worked this out. **2 points**
7. Draw a circle around Polaris. **1 point**
8. Give another name for Polaris. **1 point**
NORTH STAR or POLE STAR