

# OUTDOOR CAMPING PLAY

Characters: \* Kristy

\* Sarah

\* Melanie

\* Joanne

\* Narrator

Setting: In the Australian Bush, beside a rushing river. Some tents are set up on one side and on the other is a campfire.

Narrator: Four Girls Brigade girls are on a special camp with their leader, Chelsea. The leader has just gone off into the bush to collect some firewood. The girls are moving around the campsite, in and out of the tents and around the campfire. Over the campfire, a billie can rests, slowly boiling.

\* K: Isn't this fun! I love camping, especially in the bush.

\* S: Yeah, but I'm not quite sure about sleeping in tents! I've never done that before.

\* M: Don't worry, it's not that bad! You just have to watch out for the snakes and spiders!

\* J: Snakes and spiders! Chelsea never said anything about that when she was talking about this camp!

\* S: Are you serious? If she had said anything, I would never have come!

\* K: Don't worry, she's just teasing. Anyway, this is winter, and all the snakes would be hibernating.

Narrator: The girls continue to laugh together. Joanne moves over to check the billie.

\* J: The billie is nearly boiled. Should I take it off the fire?

\* S: Umm, I don't know, maybe we should wait for Chelsea.

\* M: Nah, go ahead and take it off. It can't be too hard.

\* K: Be careful. The wire and the can will be really hot.

Narrator: Joanne reaches for the billie with a stick.

\* J: I can't reach it with the stick. I don't want to use my hands because it will be way too hot.

\* K: Perhaps it would be better to wait.

\* S: Yeah, Chelsea will know how to get it out.

\* M: here, let me have a try. I'm sure I will be able to get it.

Narrator: Melanie takes the stick from Joanne, pushing her out of the way. Joanne falls forward and lands with one hand in the fire.

\* J: Ahhhh!!! Help quick, my hand is burnt. Oww!! Please help me. It really hurts!!!

\* S: Oh my goodness, oh no. Quick she's burnt herself. What are we going to do? I don't know anything about first aid! One of you guys, help her! What should we do! Oh I know I never should have come!

\* K: Be quiet and come help me. We need to get some cold water for her. Can you bring that bucket over there with the water in it? Quick, hurry.

\* M: I'm so sorry, I didn't think about what I was doing. Here, let me help.

\* K: Can you go to the medical kit and get the special burn cream out?

Narrator: Melanie goes to the tents and begins searching for the kit. Sarah comes back over with a bucket of water.

\* S: Heres the water. It's pretty cold.

\* K: Thanks. Now, put your hand in here and make sure you keep it in there, even if it feels too cold. I don't think it's a bad burn. But we have to be careful just in case.

Narrator: Melanie calls out from the tents.

\* M: I can't find the medical kit. Is it in the tents?

\* K: No, it should be under the bench where the food is kept. Remember, Chelsea showed us.

\* J: It's starting to feel better. I can't believe how much it hurt when I first burned it. I'm glad you know what you are doing!

\* S: Yeah, I had no idea! Maybe I should have listened more to what Chelsea said at Girls Brigade!

\* M: Here is the cream. I bought two tubes because I wasn't sure which one was right.

\* K: Thanks, the red one is the one Chelsea said was for burns. Here, give me your hand and I'll squeeze some on. That should make it feel better.

\* J: Thanks, I wonder what would have happened if you hadn't been here! None of us would know what to do!

\* S: Well, at least we know now and can remember.

\* M: yeah, and I'm really sorry about pushing you in the fire. That's another thing we have to remember. Think about what we do!

\* K: I think the next camp we go on will be great. All of us will know what to do and be able to have a much better and safer camp! But right now we can cook damper and enjoy the rest of the night. Here comes Chelsea!!

Narrator: The girls have all been taught a very important camping lesson. Always remember what the adults have told you and obey it. Also, be careful and think before you act!!

The End

## SETTING UP CAMP

Always choose a site before dark

Five things that are important to look for:

1. Wood
2. Water - do not camp too near a running stream as overnight rain or a storm could wreak havoc on your camp site. Avoid camping downhill from a tap. If camping by a lake always set the tent 5-6m back from the edge
3. Good Drainage - choose a site where there is some drop in the surrounding ground to allow rain water to run off.
4. Safe surroundings. Campers should stay clear of large trees as they have a tendency to drop branches. Stay clear of cliffs and steeply sloping hill sides
5. Favourable exposure. Choose a site where the sun will arrive early. Choose a site with protection from winds

## CAMPING RULES

- When walking through the bush use trails
- To walk in, drive through, camp or access a stream on private land you will need the property owner's permission
- When in national parks
  - do not pick flowers
  - fire arms and domestic pets are prohibited
  - observe all rules - which will be different for different states
- Litter
  - 'if you carry it in, you carry it out'
  - left over food scraps should be buried deeply and rocks should be placed on top.
  - paper and cardboard can be burnt in the fire
- Washing Up
  - always clear away food and wash up at the end of a meal as flies and ants quickly invade

- avoid washing in creeks and rivers
- Before you leave let someone know your plans, especially if you're bushwalking

## DOS AND DON'TS OF FIRE MAKING

- Dos
  - keep the fire small for cooking
  - build on a platform for cooking in the wet
  - use dead wood for fuel
  - use softwood to start the fire and hard wood to fuel it
  - gather adequate supplies of fuel
  - keep some kindling and wood under shelter
  - start it with timber and kindling
  - carry matches in waterproof containers
  - extinguish your fire with sand and water
- Don'ts
  - lights a fire on grass, moss or tree litter
  - light a fire under a tree or against a stump
  - use wood picked up from wet ground or wood that was buried
  - build big fires
  - run out of fire wood
  - smother your fire by adding logs before it is sufficiently established
  - leave your equipment too close or camp too close to the fire
  - leave camp without putting the fire right out.

## DAMPER

\*It is very important to get the proportions right when making Damper\*

### Ingredients

Large cup of self raising flour

Pinch of salt

1/4 cup of water

### Method

- Mix ingredients together
- Once mixed the damper should be solid enough to sit without losing its shape
- Flour the outside of the mix prior to cooking
- Can either cook in a camp oven (greased well); or
- Wrap in foil and bury to bake (leave room for expansion)
- Allow about 40 to 90 minutes for baking - depending on the heat of the fire and the size of the damper
- When cooked the crust should look well browned; a knife or twig poked into the center should come out clean and dry, if not cook for another 15 - 20 minutes

# STUFFED POTATOES

## Ingredients

Potatoes

Your choice of filling

## Method

- Place desired number of potatoes in foil. Bury to bake for 1 hour
- Cut potatoes in half and scoop out the flesh
- Mash scooped out potato in a bowl. Add filling
- Spoon filling into shells
- Cook for 15 minutes

## Suggested Fillings

Cheese  
Corn  
Carrot  
Capsicum  
Bacon  
Peas  
Celery  
Onion  
Chicken

# CAMPING NOTE

Dear Parents

for their achievement this term at girls brigade the seniors are doing outdoor camping. To complete this achievement the girls must spend one night camping. This night has been planned for . It is hoped that each girl will be able to attend. We will be camping at . Girls will need to arrive at the church at for a departure. They will be returned to the church at the next day. Transport has been arranged to and from the campsite. Each girl must bring her own food for the camp. The cost for the night will be . We hope that it is possible for all girls to attend.

Please send the following permission slip, filled out, with the girls to Girls Brigade by .

Yours Sincerely

I \_\_\_\_\_ give my daughter \_\_\_\_\_ permission to attend the camp  
on \_\_\_\_\_ .  
Signed \_\_\_\_\_

# FIRST AID FLOW CHART

## Collapse

Check response to shake and shout

### Conscious

make comfortable  
check ABC regularly

### Unconscious

turn on side  
check airway  
check breathing

### Breathing

leave on side in recovery position  
observe ABC

### Not Breathing

turn onto back  
EAR - 5 quick breaths  
check pulse

### Pulse

continue EAR  
check pulse and breathing after  
1 minute, then every 2 minutes

### No Pulse

start CPR  
check breathing and pulse  
after 1 minute then every 2  
minutes

# CPR, EAR AND ECC

CPR - Cardio-Pulmonary Resuscitation

EAR - Expired Air Resuscitation

ECC - External Cardiac Compression

CPR = EAR + ECC

EAR (patient not breathing)

1. Put patient on back on a firm surface
2. Extend the patient's neck
3. Give the patient 5 quick breaths
4. Check pulse
  - o if present - continue EAR at 15 breaths/minute (1 breath/4 seconds)
5. Monitor pulse and breathing after 1 minute, then every 2 minutes
6. No pulse start ECC

ECC (no breathing, no pulse)

- compression site = lower half of the sternum

	Force	Depth	Rate
Adult	2 hands	40-50 mm	60/min
Child (1-8 yrs)	1 hand	25 mm	80/min
Infant (<1 yr)	2 fingers	15 mm	90/min

Single first aider

- (i) Adults - 15 compressions then 2 breaths in 15 seconds
- (ii) Children/Infants - 15 compressions then 2 breaths in 10 seconds

Two first aiders

- (i) Adults - 5 compressions to 1 breath in 5 seconds (=12 cycles/minute)
- (ii) Children/babies - 5 compressions to 1 breath in 3 seconds (= 20 cycles/minute)

## **BASIC THEORY**

D - danger  
R - response  
A - airway  
B - breathing  
C - circulation

E - expired  
A - air  
R - resuscitation

C - cardio  
P - pulmonary  
R - resuscitation

E - external  
C - cardiac  
C - compression

### **Dangers to look for**

-bleeding  
-spinal injuries  
-head injuries  
- fractures

Arteries: pump blood and oxygen to body tissues. thick and muscular  
Veins: take blood back to the heart and lungs. thin walled and have valves  
Capillaries: exchange. extremely thin

If a vein is cut blood will be flowing in a darker colour.

If an artery is cut blood will spurt and be bright red and fast blood loss will be very great, ie; fountain of blood

The average man has 5.6 liters of blood

If you lose about a litre and a half you will be in very grave danger

If someone has lost a lot of blood they may be looking;

- pale with blue lips
- air hungry (gasping for air)
- faint rapid pulse
- giddy and blurred vision
- faint and loose consciousness

If there is a large foreign body in a wound that is not superficial do not remove but pad and compress the wound around it, ie; a knife in the hand, leave it there as it may be plugging a hole so that external bleeding is not a big problem.

If a limb is bleeding raise it above the heart.

### **Spinal Injury**

- 1) check movement
- 2) check sensation

- when doing these two things you should start from the bottom of the body (toes) and move upwards

## **Head Injury**

Usually caused by blow to the head but also be other means such as:

Electric Shock  
Bleeding  
Seizures  
Drug Overdose  
diabetic - lack of sugar

\* Remember if they have a medical condition such as being diabetic they will have a medical bracelet.\*  
Before becoming unconscious a diabetic person may have been dizzy or sweaty.

If a person comes to, when they have had more than a blow to the head you should check for: memory loss; uneven pupils; fluid flowing from the mouth, ears, nose; blurred vision; nausea; vomiting; confusion; irritability.

If the person becomes unconscious again they are in a very serious condition and need to be taken to hospital very quickly.

\* Remember don't let them fall asleep until a doctor has seen them.\*

## **Eyes**

If someone has something small in their eye:

1. Get them to blink
2. Wash/flush with water
3. cover and take to the doctor

If someone has a chemical substance in their eye -WASH IMMEDIATELY

## **Bites and Stings**

Stop all movement

Most snake bites occur on the lower legs, feet and ankles

Bandage over the bite and then down to the toes (or fingers) and back up to the hip (or shoulder)

For stings such as you get from bees - brush the sting away

## **Poison**

If someone ingests a burning substance make them drink milk

## **Burns**

Superficial - on the surface, usually from the sun or appliance such as iron or oven

Intermediate - loss of top skin, flowing of serum

Deep - charred and dry. This type of burn won't hurt as it destroys the nerves.

Types of Burns

Dry - sunburn, iron, touching something hot, fire

Wet - boiling/hot water, hot fat, steam

Chemical - acid, alkali, petrol, cleaning liquid

Radiation - nuclear reaction

Cyro - cold burn, ice.