



Program Guide

Nimawanachen

2011 Season

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DESCRIPTION OF PROGRAM

Nimawanachen roughly translates to “One who begins a great journey”; we like to think that this area of Camp Merz is a great place for first-year scouts to start their journey towards Eagle. We incorporate many of the Tenderfoot, Second Class, and First Class requirements into this program in a unique and comprehensive way.

We are incorporated many different teaching techniques that will allow us to help more scouts not only learn but to also comprehend the material taught. The program is broken down into 5 days with 2 hour session that are broken down into 1 hour session that cover requirements that are similar to each other. Scouts in the program are broken into patrols with staff members as the patrol leaders. Through this method scouts will be able to learn two major categories a day, if not more.

This guide is design to show how the program will be run and the daily activities that will be done. Due to class size and other variables, we plan to follow these schedules as closely as possible but also recognize that some flexibility is deemed necessary. If more information is needed as to how the schedule is being followed in any particular week please speak with the Program Director or the Nimawanachen Director.

All requirements follow the Boy Scouts of America 2010 Rank Requirements.

REQUIREMENTS COVERED

Rank	Requirement #	Requirement
Tenderfoot	1	Present yourself to your leaser, properly dressed, before going on an overnight camping trip. Show the camping gear you will use. Show the right way to pack and carry.
Tenderfoot	3	On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in a meal preparation and cleanup, and explain the importance of eating together.
Tenderfoot	5	Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night. Explain what to do if you are lost.
Tenderfoot	6	Demonstrate how to display, raise, lower, and fold the American flag.
Tenderfoot	9	Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Describe what a bully is and how you should respond to one.
Tenderfoot	11	Identify local poisonous plants; tell how to treat for exposure to them.
Tenderfoot	12a	Demonstrate how to care for someone who is choking.
Tenderfoot	12b	Show first aid for the following: simple cuts and scrapes; blisters on the hand and foot; minor (thermal/heat) burns or scalds (superficial, or first degree); bites or stings of insects and ticks; venomous snakebite; nosebleed; frostbite and sunburn.
Tenderfoot	4a	Demonstrate how to whip and fuse the ends of a rope.
Tenderfoot	4b	Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.
Tenderfoot	4c	Using the EDGE method, teach another person how to tie the square knot.

Rank	Requirement #	Requirement
Second Class	2	Discuss the principles of Leave No Trace.
Second Class	4	Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States.
Second Class	5	Participate in an approved (minimum of one hour) service project.
Second Class	6	Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.
Second Class	1a	Demonstrate how a compass works and how to orient a map.
Second Class	3c	Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.
Second Class	3d	Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire.
Second Class	3e	Discuss when it is appropriate to use a cooking fire and lightweight stove. Discuss the safety procedures for using both.
Second Class	3f	In an approved place and at an approved time, demonstrate how to build a fire and use a lightweight stove. Note: lighting the fire is not required.
Second Class	7a	Show what to do for "hurry" cases of stopped breathing, serious bleeding, and ingested poisoning.
Second Class	7b	Prepare a personal first-aid kit to take with you on a hike.
Second Class	7c	Demonstrate first aid for the following: object in the eye; bite of a suspected rabid animal; puncture wounds from a splinter, nail, and fishhook; serious burns (partial thickness, or second-degree); heat exhaustion; shock; heatstroke, dehydration, hypothermia, and hyperventilation.
Second Class	8a	Tell what precautions must be taken for a safe swim.
Second Class	8b	Demonstrate your ability to jump feetfirst into water over your head in depth, level off, and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.
Second Class	8c	Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing a line and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.
Second Class	9b	Explain the three R's of personal safety and protection.

Rank	Requirement #	Requirement
First Class	1	Demonstrate how to find directions during the day and at night without using a compass.
First Class	2	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.).
First Class	6	Identify or show evidence of at least 10 kinds of native plants found in your community.
First Class	7a	Discuss when you should and should not use lashings. Then demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together.
First Class	7b	Use lashings to make a useful camp gadget.
First Class	8a	Demonstrate tying the bowline knot and describe several ways it can be used.
First Class	8b	Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collar bone.
First Class	8c	Show how to transport by yourself, and with one other person: from a smoked-filled room; with a sprained ankle, for at least 25 yards.
First Class	9a	Tell what precautions must be taken for a safe trip afloat.
First Class	9b	Successfully complete the BSA swimmer test.
First Class	9c	With a helper and a practice victim, show a line rescue both as a tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)

DAILY PROGRAM ACTIVITY DESCRIPTION

MONDAY

Monday				
Activity	Rank	Requirement #	Requirement	Category
1	First Class	7a	Discuss when you should and should not use lashings. Then demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together.	Ropes and Knots
	First Class	7b	Use lashings to make a useful camp gadget.	Homework
2	Second Class	5	Participate in an approved (minimum of one hour) service project.	Service
	Tenderfoot	6	Demonstrate how to display, raise, lower, and fold the American flag.	Flags
	Second Class	4	Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States.	Homework

Activity 1

The activity will start by introducing a pioneering project and allowing the scouts to view it closely and asked the question of how many different lashings and knots are present on the structure. Once all scouts have had the opportunity to answer the right answer will be given and the discussed if they were the right knots and lashings chosen. After the discussion has ended, each scouts will be given a piece of rope and the lesson will be started on how to tie the timber hitch, clove hitch, square knot, square lashing, shear lashing, and diagonal lashing.

Once all scouts have had the opportunity to complete each lashing and knot presented, all will be instructed with the homework assignment. Each scout will be required to individually or as a group construct a useful camp gadget in their campsite and complete it by Thursday. Once done an instructor will visit the site and inspect the structure.

Activity 2

The class will venture to the Parade Field in front of the Dining Hall to practice the flag ceremony. On the way to the field the instructor will discuss the opportunities the scouts will have during the week to complete either with the class sessions during an open area, on their own, or with their troop.

While at the parade field the scouts will learn how to perform a flag ceremony as defined by Camp Merz. They will each take turns practicing folding the flags and raising and lowering. To complete the requirement each scout must participate in a flag ceremony during the week and will be able to sign up at the end of the session for a time to do so.

TUESDAY

Tuesday				
Activity	Rank	Requirement #	Requirement	Category
1	Totin' Chip			
	Second Class	3c	Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.	Totin' Chip/Knives
1.a	First Class	6	Identify or show evidence of at least 10 kinds of native plants found in your community.	Nature
	Tenderfoot	11	Identify local poisonous plants; tell how to treat for exposure to them.	Safety
	Second Class	7a	Show what to do for "hurry" cases of stopped breathing, serious bleeding, and ingested poisoning.	Safety
2	Firem'n Chit			
	Second Class	3d	Use the tools listed in requirement 3c to prepare tinder, knifling, and file for a cooking fire.	Firem'n Chit/Fire Building
2.a	Second Class	9b	Explain the three R's of personal safety and protection.	Safety
	Second Class	7c	Demonstrate first aid for the following: object in the eye; bite of a suspected rabid animal; puncture wounds from a splinter, nail, and fishhook; serious burns (partial thickness, or second-degree); heat exhaustion; shock; heatstroke, dehydration, hypothermia, and hyperventilation.	Safety

Activity 1

The main activity for the day will be to work on the Totin' Chip which will include Second Class requirement 3c. For this activity all scouts will be broken down into smaller groups starting with a main lecture of safety then they will work with a staff member on how to handle the tools that will be used.

The second part of the activity will be to identify local plants that you can encounter while you are cutting and collecting firewood.

Activity 2

The second activity will be to work on and complete the Firem'n Chit. While doing the main activity scouts will also be accomplishing other requirements that go along with the main part. These will include first aid that can be included with the Firem'n Chit and also safety and protection.

WEDNESDAY

Wednesday				
Activity	Rank	Requirement #	Requirement	Category
1	Second Class	1a	Demonstrate how a compass works and how to orient a map.	Orienteering
	First Class	1	Demonstrate how to find directions during the day and at night without using a compass.	Orienteering
1.a	Second Class	6	Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.	Nature
2	Tenderfoot	5	Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night. Explain what to do if you are lost.	Safety
	Tenderfoot	9	Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Describe what a bully is and how you should respond to one.	Safety
	Tenderfoot	12a	Demonstrate how to care for someone who is choking.	Safety
	First Class	8c	Show how to transport by yourself, and with one other person: from a smoked-filled room; with a sprained ankle, for at least 25 yards.	Safety
2.a	Second Class	7b	Prepare a personal first-aid kit to take with you on a hike.	Homework
	First Class	8a	Demonstrate tying the bowline knot and describe several ways it can be used.	Ropes and Knots

Activity 1

The main part of the activity is to work on orienteering skills, using a compass and map. This will be done through instruction and practice. Also this activity will focus on real skills applied to the outdoors, such as completing an orienteering course.

The second part of the activity will be done while the scouts are on a hike using the learned orienteering skills the scouts will identify wild animals that are and can be seen in nature.

Activity 2

The focus of this activity will be to learn safety while camping and doing scout activities. This can include rules of hiking, buddy system, choking victims, transportation of injured, etc. The second part can include the first aid kit made at home and brought to camp and also how to utilize the bowline.

WEDNESDAY - OUTPOST

Wednesday - Outpost				
Activity	Rank	Requirement #	Requirement	Category
1	Tenderfoot	1	Present yourself to your leader, properly dressed, before going on an overnight camping trip. Show the camping gear you will use. Show the right way to pack and carry.	Outpost
2	Tenderfoot	3	On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in a meal preparation and cleanup, and explain the importance of eating together.	Outpost
	Second Class	3f	In an approved place and at an approved time, demonstrate how to build a fire and set up a lightweight stove. Note: lighting the fire is not required.	Cooking
	Second Class	3e	Discuss when it is appropriate to use a cooking fire and lightweight stove. Discuss the safety procedures for using both.	Cooking
3	Second Class	2	Discuss the principles of Leave No Trace.	Outpost
4	First Class	2	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.).	Orienteering

The Nimawanachen Outpost will follow the below schedule that will include a hike, dinner, and activities. The schedule is subject to change according to the weather. The scouts will be staying at our East Hill camping area with Adirondack style Lean-tos, a pavilion, and a nearby latrine.

TIME	EVENT
4:15PM	Assemble in the Parade Field and breakdown into patrols Items to bring: 1. Pack 2. Sleeping Bag 3. Hiking Boots 4. Water Bottle 5. Mess Kit 6. Bed Roll 7. Rain Gear 8. Change of Clothes Each patrol will be checked for all appropriate gear
4:30PM	Depart for East Hill Leave No Trace Hike
5:30PM	Arrive at East Hill Break into patrols for dinner. Each patrol will be in charge of building their own fire, cooking, and clean-up.
6:45PM	Patrol Activities: 1. Orienteering Course 2. Spare Bowling 3. Team Building 4. Obstacle Course
8:45PM	Staff Lead Campfire
10:00PM	Lights Out

THURSDAY

Thursday				
Activity	Rank	Requirement #	Requirement	Category
1	Tenderfoot	4a	Demonstrate how to whip and fuse the ends of a rope.	Ropes and Knots
	Tenderfoot	4b	Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.	Ropes and Knots
1.a	Tenderfoot	4c	Using the EDGE method, teach another person how to tie the square knot.	Homework
2	Tenderfoot	12b	Show first aid for the following: simple cuts and scrapes; blisters on the hand and foot; minor (thermal/heat) burns or scalds (superficial, or first degree); bites or stings of insects and ticks; venomous snakebite; nosebleed; frostbite and sunburn.	First Aid
	First Class	8b	Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collar bone.	First Aid

Activity 1

The main part of this activity will be to focus on ropes and knots. The activity will start with how to care for rope and whip/fuse rope. Then review of the knots already gone over in the beginning of the week will be done before new knots are learned. For homework each scout must teach their Scout Master how to tie the square knot using the edge method.

Activity 2

This activity will be discussing first aid and the principle on how to treat minor injuries and also how to bandage someone injured.

FRIDAY

Friday				
Activity	Rank	Requirement #	Requirement	Category
0	First Class	9b	Successfully complete the BSA swimmer test.	Swim Test
	Second Class	8b	Demonstrate your ability to jump feetfirst into water over your head in depth, level off, and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.	Swim Test
1	First Class	9a	Tell what precautions must be taken for a safe trip afloat.	Swimming
	First Class	9c	With a helper and a practice victim, show a line rescue both as a tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)	Swimming
2	Second Class	8a	Tell what precautions must be taken for a safe swim.	Swimming
	Second Class	8c	Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing a line and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.	Swimming

Activity 0

The swim test performed on Sunday will cover First Class requirement 9b and Second Class requirement 8b. To complete activity 1 and two scouts scout should be at least a Beginner, Swimmer is recommended. The scouts are able to work on their swimming ability throughout the week during Open Swim times; the Waterfront staff is able to provide swimming lessons, if time and staff are available, just speak with the Waterfront Director to make arrangements.

Activity 1

The Nimawanachen Staff will teach scouts about Safety Afloat and how to help a victim that is drowning by using a line rescue.

Activity 2

Safe Swim precautions will be reviewed. Scouts will then perform rescues with lines, suitable objects, and reaching.