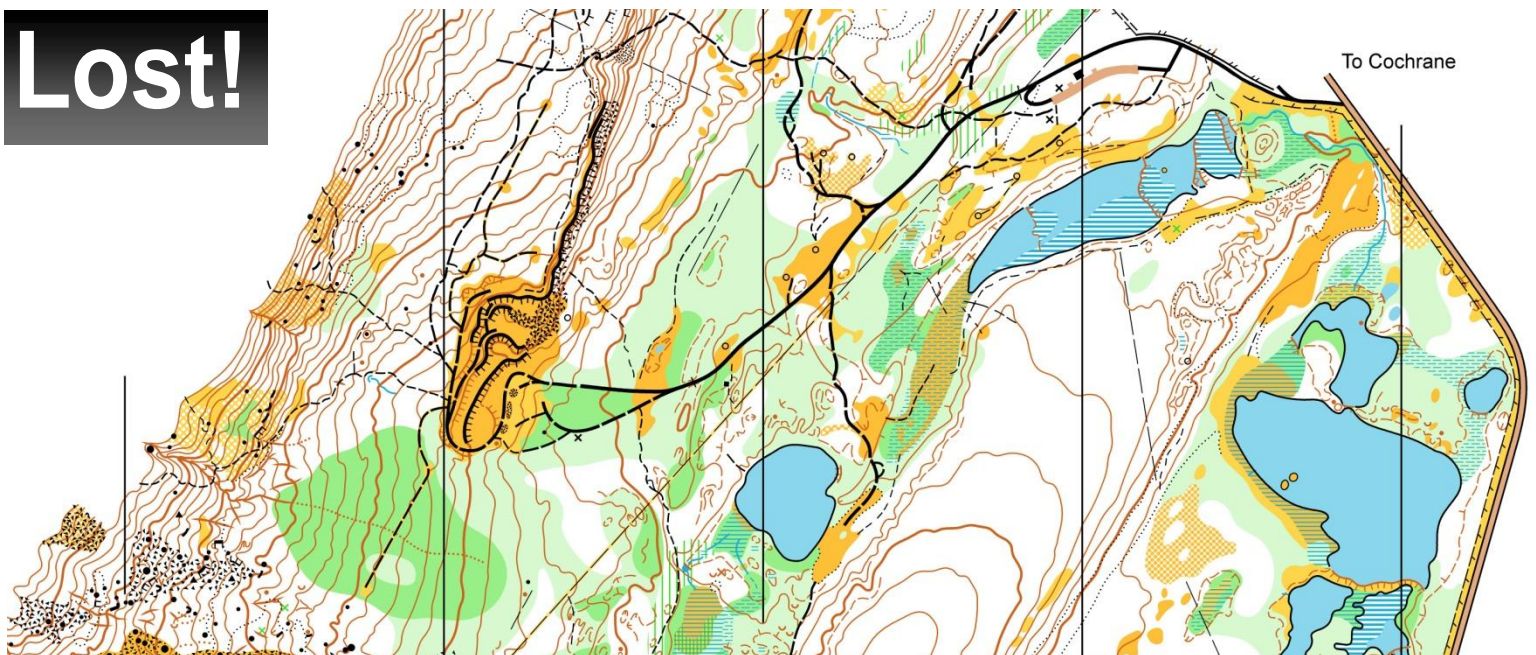


Lost!



ACTIVITY DETAILS

AGE

8-12

MATERIALS

Map
Compasses
Whistles

TIME

30 minutes

GOAL

To practice safety bearings
To gain confidence in the forest by learning how to relocate

INSTRUCTIONS

SET UP

- None

ACTIVITY

- Discuss how and when to use a safety bearing and how and when to use a whistle
- A safety bearing is a direction that will take a person to a large linear feature, such as a road, power line or river
- The whistle distress signal is 6 long blasts followed by a minute of silence. Whistles must only be blown in cases of danger or injury
- Have a coach run a group around in the forest until they are lost
- The juniors should shout "we're lost, we're lost" and huddle together to decide which direction they should take for their safety bearing. The coach can supervise but should help as little as possible
- The group should follow their safety bearing and, once they have relocated, make their way back to the start
- Once they have found their way back to the start, the coach should get them lost again

Note: This exercise should be done in a fairly complex area so that the juniors do not get bored of the exercise quickly

