

HELP



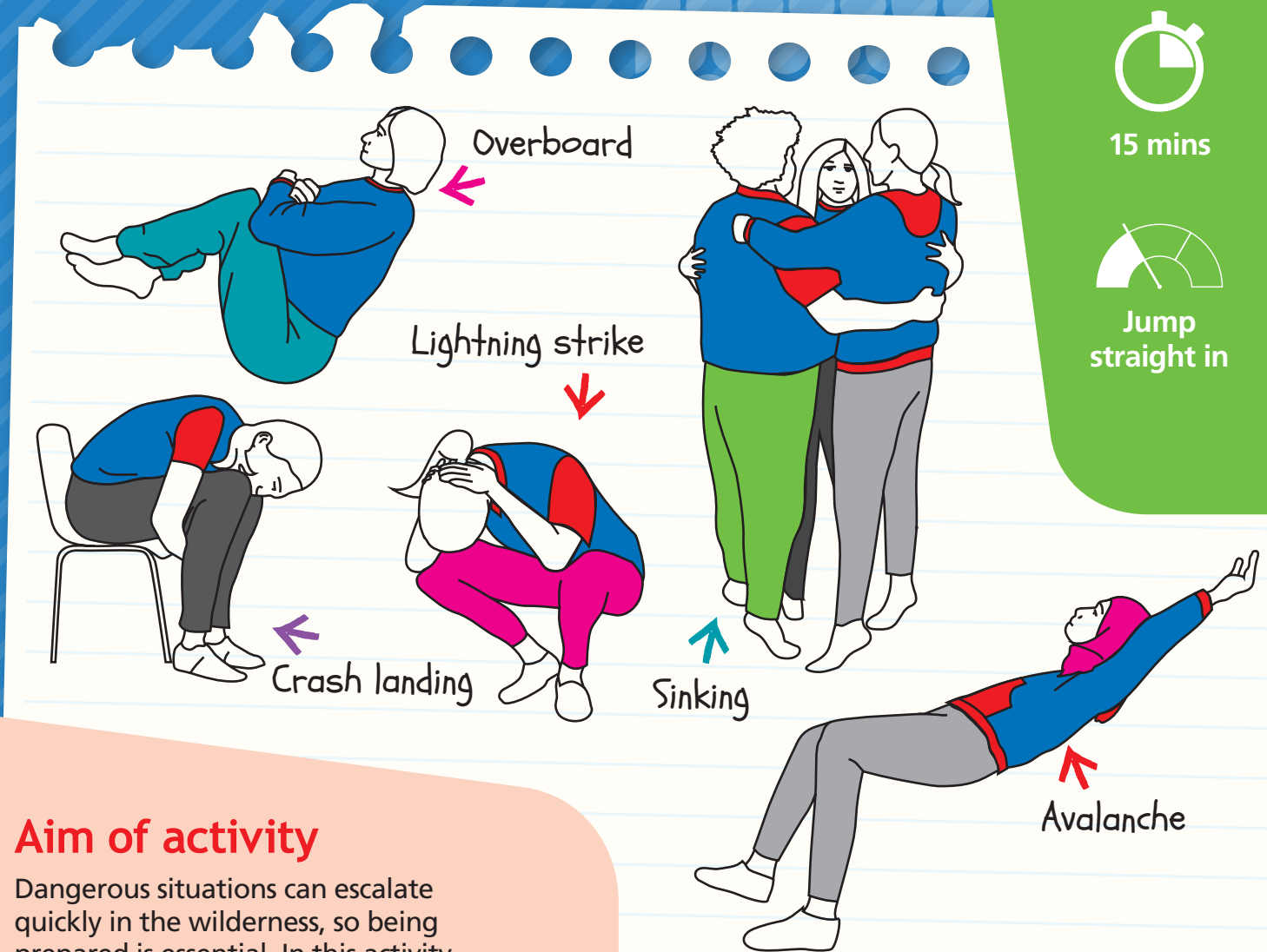
Survival skills



15 mins



Jump straight in



Aim of activity

Dangerous situations can escalate quickly in the wilderness, so being prepared is essential. In this activity, discover and practise some of the different survival positions.

What you'll get out of it

- Practise different survival positions
- Think on your feet

What you'll need

- An outside space



WE DISCOVER, WE GROW

Girlguiding



There are many different survival positions for different situations: on land, on water, or in snow for example. These positions can be vital for survival in extreme situations.

What to do

1 As a group, practise the following survival positions. See on the front of this card for pictures of the positions.

Positions

Overboard: If you fall overboard from a boat.

What? Sit down and lean back, cross your arms and legs and pull your knees to your tummy.

Why? Crunching up helps you stay warm by holding in body heat and leaning back will help you stay afloat.

Sinking: If a group are stranded at sea.

What? Get into threes and stand facing inwards with your arms around each other as closely as possible.

Why? Holding each other will stop anyone floating away. Staying close will conserve body heat.

Crash landing: If a plane crash lands.

What? Sit on a chair and lean forward so your nose touches your knees. Put your arms around your legs.

Why? This position will brace you for impact and stop you hurting your back or neck.

Avalanche: If you get caught in an avalanche in the mountains.

What? Lie on your back and dig your heels into the floor. Move your arms as if you are doing back stroke.

Why? Digging your heels in will stop you from being moved. You are using your hands to move the snow and stop it from covering you.

Lightning: If you are stuck outside in an open space when lightning strikes.

What? Crouch on your tiptoes with your heels touching. Put your hands on your head so your fingers are touching and put your elbows on your knees.

Why? If you get struck by lightning you need to make the electricity avoid your vital organs.

If you are hit on the head it will travel down your arms through your legs and out (because your elbows are touching your knees).

If it comes through the ground it will go in through your toes on one foot, across your touching heels, and out the other foot.

Remember these positions are for emergencies only.

2 Now choose a 'Caller'. The rest of you spread out around the space.

3 The Caller will call out the different survival positions. You have to get into them as quickly as you can. Have a few practice turns.

4 Now play for real! Whoever is last to get into each position is out. You're also out if you can't find a three during 'sinking'.

5 The last three girls left are the winners!