

Get carried away



Survival skills

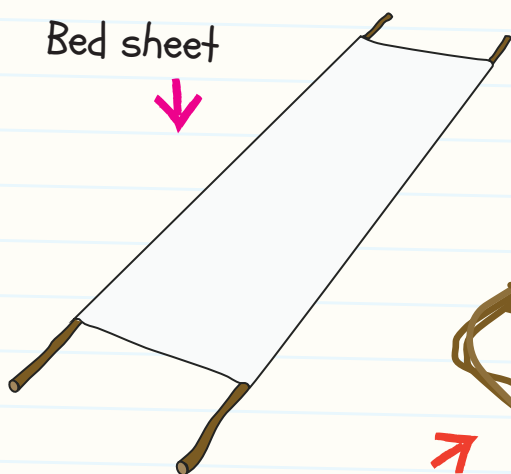


45 mins

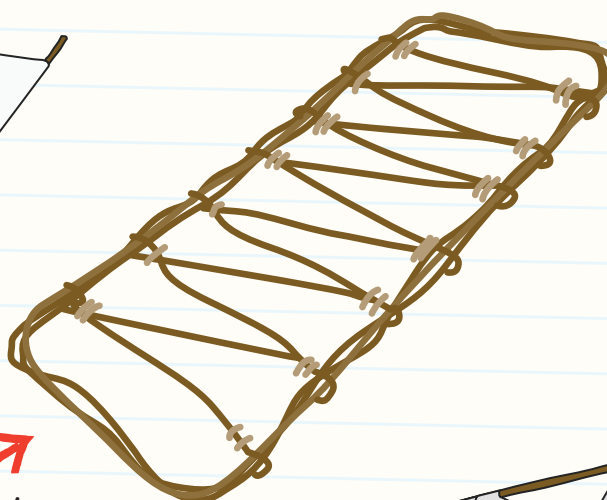


Challenge yourself

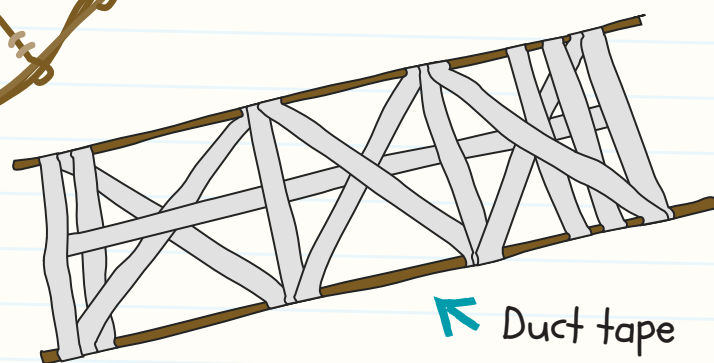
Bed sheet



Rope stretcher



Duct tape



Aim of activity

If your friend gets injured in the wild, you need to get her to safety. Put yourself to the test and see if you can build an emergency stretcher.

What you'll get out of it

- Develop pioneering skills.
- Solve problems creatively.
- Work as a team.

What you'll need

- An outside space

A range of the following:

- Bed sheet
- Long sticks (preferably longer than the person you are going to carry)
- Old clothes
- String
- Sleeping bag
- Duct tape
- Rope (optional)



WE DISCOVER, WE GROW

Girlguiding



Imagine your unit is out on a hike, and one of you has fallen and twisted her ankle. It's a bad sprain and she can't walk. How are you going to get home? You need to build a stretcher...

Rules

- The stretcher must be strong enough to carry the 'injured' Guide.
- You can use any of the items in front of you.
- You can also use anything you find outside, or anything you happen to have on you.
- Don't lift the stretcher more than 60cm off the ground, just in case it's not as strong as you think.

What to do

1 Head outside and get into groups of at least four.

2 Your challenge! You have 20mins to create your stretcher! So get searching for materials and build your stretcher. Consider: where does your stretcher need to be strongest? And how are you going to make it comfortable? Make sure you keep testing it along the way.

3 Once 20 minutes is up, each group should test their stretcher.

Set up a start and finish line about ten metres apart. Choose a member of your team to be injured. Each group must carry their injured person on their stretcher to the finish line. If your stretcher falls apart or breaks, you have to start again.

You must:

- Help the injured person onto the stretcher.
- Test if it is going to hold.
- One or two group members should place their hands underneath to support the injured Guide from below.

4 When you've finished, compare the stretchers the groups have made. Which is the best, and why?

Solution ideas

- Use duct tape to make a base between two poles.
- Use a sleeping bag between two pieces of rope.
- Tie a sheet between two long sticks.