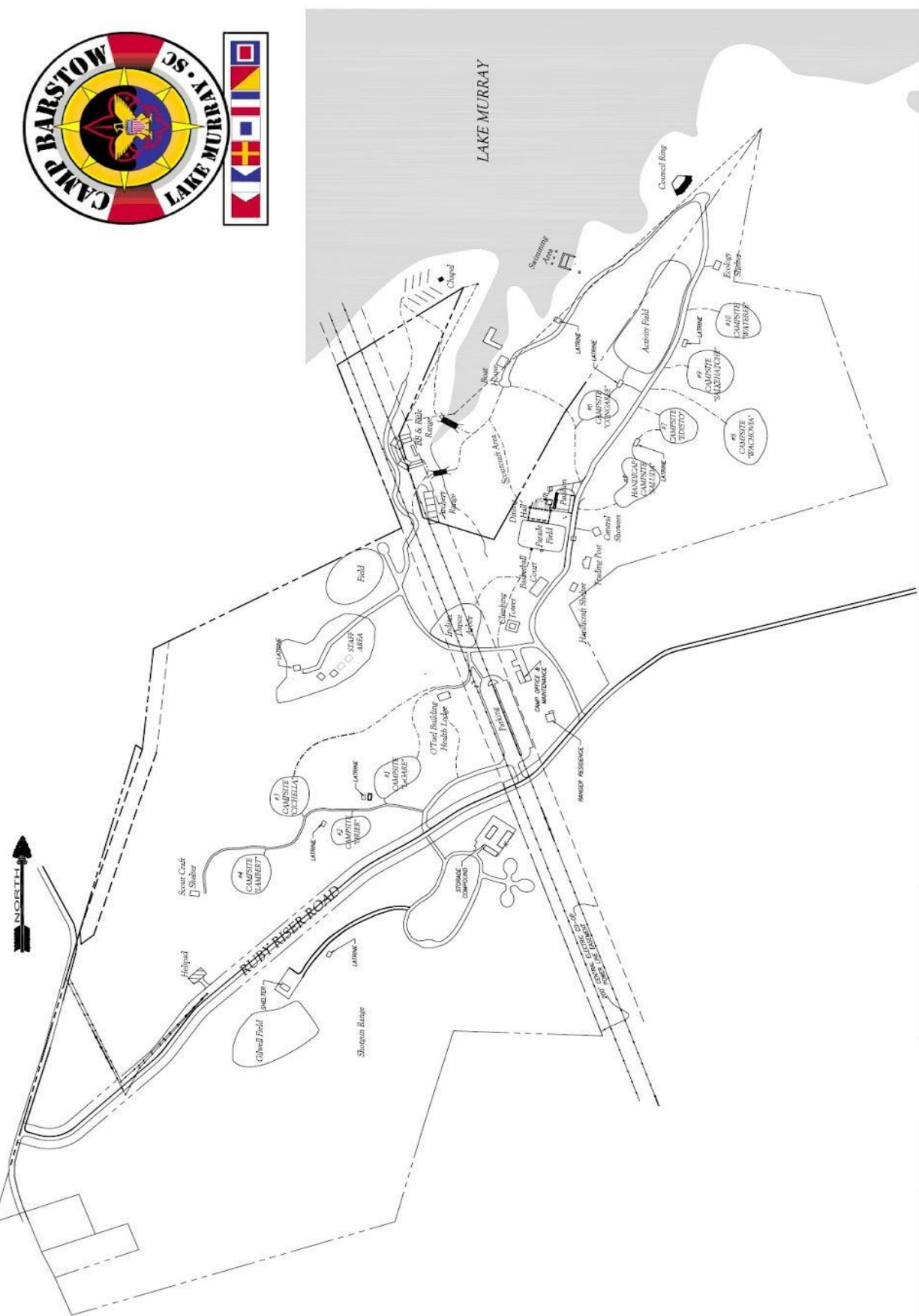




## Klondike Derby

In a Klondike Derby, Scout patrols acting as huskies pull specially designed homemade sleds around a field course marked by stations named for towns or cities, such as Dawson or Fairbanks. At each town the Scouts tackle exercises in problem-solving, as well as contests and other activities in which the patrols or teams earn "gold nuggets" as points toward determining the Klondike champion for this year.

A little history. Just before the turn of the last century, gold prospectors traveled the sub-zero reaches of Alaska by means of dogs and sleds. They camped out in all kinds of winter weather, and therefore needed adequate survival skills, which they learned from the native Eskimos. Scouting has incorporated this theme in the Klondike Derby. The point of a Klondike Derby is to make Scouts use their heads, to put their Scouting skills to work in the field, to demonstrate teamwork and Scout spirit, and to have fun outdoors on winter days.



## **THE FIELD COURSE**

The field course of 6 to 12 towns will be laid out across Camp Barstow. We will utilise areas such as the activity field, waterfront, council ring, parade field, climbing tower and other areas. The stations will be marked on a map of Camp Barstow provided at check in.

## **GENERAL OBJECTIVES**

Each patrol or "dog team" (so-called because Scouts act as huskies) follows a course in numerical order as outlined on a map and score sheet given to the unit leader at registration. The map will guide the teams around a circuit of the simulated towns.

As they arrive at each town, the patrols should demonstrate their Scout spirit by giving their patrol yell. It will cost the boys points if they don't yell.

They'll encounter a practical problem involving basic Scouting skills. Depending on how well the team works out this problem, it is awarded a number of nuggets (points). The team then has its score sheet marked and sets off for the next town. Each stop also may offer additional challenges for additional points.

Towns must be visited in the correct rotation. All patrols must visit all towns, but may not have time to participate in all activities at all stops. Upon finishing the course, each patrol reports to the pavilion to have its score sheets checked and recorded.

## **SCORING**

Campsite inspections: We will begin with inspection of the patrols' campsites, with a maximum possible 100 points for perfection.

Sled inspection: Before starting the derby itself, inspect each sled to see that the patrols have all the equipment and gear they were told to bring. Maximum points: 100.

For the events themselves, maximum score per patrol per town should be 20 points:

- 13 for the task,
- 4 for teamwork,
- 3 for Scout spirit.
- Tie-breaker: Use the patrols' elapsed time on the orienteering course.

## **CLAIM JUMPERS:**

A Klondike once featured "claim jumpers" who would "hold up" patrols as they passed. (The patrols are forewarned of the possibility.) The claim jumpers asked Scout-related questions, such as "What are three points of Scout Law?" Or, "What do stars on a badge stand for?" For each question the Scouts missed, the claim jumpers "stole" a specified amount of gold (usually five nuggets). Sleds were then marked with a ribbon so they wouldn't be jumped again. Every team gets jumped.

## THE SLED

- One can of soup per boy (no "cream of" soups) (to be turned in at the starting line)
- A complete extra set of warm dry clothes and socks (wrapped in a waterproof covering) for each patrol member.
- Patrol flag
- Patrol roster
- Pencil & paper
- Clipboard & cover (or equivalent)
- Watch
- Compass
- Flashlight
- Two (2) six-foot-long staves (or equivalent)
- Blanket
- Padded splints for arms & legs
- First-aid kit
- Pocketknife
- Two (2) foot-long 2x4 lumber
- Tin foil
- Three (3) gallons water in container
- Flint & Steel or Hot spark kit
- Eight (8) foot length of rope (whipped)
- Scout Handbook
- Rain gear for each Scout
- Cup for each Scout
- Waterproof ground cover
- Tarps for shelter
- Trash bag

There are many plans available on the internet for plans. Here are the links to a few:

[http://scoutdocs.ca/Klondike/Klondike\\_sled\\_plans.php](http://scoutdocs.ca/Klondike/Klondike_sled_plans.php)

<http://www.inquiry.net/OUTDOOR/winter/gear/sleds/index.htm>

<https://www.youtube.com/watch?v=0SaR4z70QUA>

<https://www.youtube.com/watch?v=1euwUPcP-co>

## **Bonus Point Activities**

### **Track Identification (Admin table in the dining hall) This is a bonus point activity**

Patrols must identify which animals made various tracks in the snow.

### **Tree Identification (Admin table in the dining hall) This is a bonus point activity**

Patrol identifies common trees. This is usually done with evergreens, but a greater challenge would include trees that in winter can only be identified by their bark.

### **International Morse Code: (Admin table in dining hall) This is a bonus point activity**

Patrols will be required to receive and decipher a message and send a message using the International Morse Code Alphabet. (*The Morse Code key guide is provided in this Event Guide for pre-Klondike practice. It should not be used during the activity.*)

## **Town 1-First Aid/Ice Rescue (Pavilion and parade field)**

### **First Aid and Survival Quiz**

Some basic questions on first aid and survival skills. Quiz will be distributed at lunch and must be submitted by dinner. It must have your patrol name on it or it will not be scored.

### **First Aid: Splint and Transport**

Patrol required to care for a casualty with a broken leg; after splinting, place the casualty correctly on sled for transport. Patrols are responsible for bringing the needed supplies.

### **Blindfolded Stretcher Carry**

Four blindfolded Scouts carry a fifth Scout (not blindfolded) on a stretcher around a course following directions given by the Scout on the stretcher.

### **Ice Rescue**

Each Scout throws a rope to a "victim" who has "fallen through the ice" and retrieves same. Patrol may be asked to demonstrate other forms of ice rescue.

## **Town 2-Nature Town (Activity field by shelter)**

**Bear Bag:** Place all food from the sled into a bag and suspend from tree so bears can not steal it during the night. For maximum points food must be at least 4 m above ground, 3 m away from tree, 2 m below any branches, and rope must be against tree trunk until at least 3 m above ground.

**Dead Horse Carry:** Your pack horse has died and you need to get it off the trail. Scouts have to work together as a patrol to lift and carry a ungainly weight wrapped in a tarp.

### **Yeti Nest**

A vertical Yeti nest with a Scout-sized hole approximately 1 m off the ground is constructed between two trees with baler twine. Patrol passes all its members through the hole without destroying the web.

## **Town 3-Norwegian Skiing (team building) (activity field, far side)**

### **Snowshoe Race**

~~A relay race while wearing regular snowshoes. The average time per scout is used so patrols of different sizes can fairly compete. Four pairs of snowshoes are sufficient to allow two patrols to compete against each other at one time. While one scout races, the next one gets ready.~~

### **Smooashboard Race**

Patrol members' right feet are tied to one long 2x4; left feet to another. Patrol is timed in walking a course on flat ground.

### **Panning for Gold**

Patrol uses a tarp co-operatively to toss a "nugget" over a horizontal rope 3 m above the ground. The nugget should be a tennis ball or a larger ball, coloured yellow. The event can be scored by counting the number of **consecutive** times the nugget gets over the rope. Highest number over time will be the recorded score

### **Town 4-Knots (Scout craft area)**

#### **Cliff Climb**

Using ropes and spars provided, the patrol must lash together a ladder,

#### **Gully Crossing**

Patrol must create a "rope bridge" between 2 trees. All members of the patrol must then use the constructed bridge to cross a snow chasm. (Each member of the patrol to cross a gully on a thick rope stretched between two trees.)

#### **Knots**

Scouts tie knots and show they know how to use them.

#### **Lashings**

Patrol demonstrates lashings in the construction of a "fishing pole". Patrol must then "cast" over a wall and "catch" the legendary "ratfish"

### **Town 5-Winter Survival (council ring and ecology area)**

**Shelter Building:** Using simple materials such as a tarp, rope, and spars, Scouts must build a shelter large enough for the patrol. The Scouts are assessed on time and the quality of the shelter, such as amount of protection, protection from wind, and sturdiness. (provided with tarp, twine and poles which should already be on the patrol's sled. Some items may be "found" at the location)

#### **Fire Lighting and Water Boiling**

The patrol is timed in laying and lighting a fire and using it to boil water in a standard container. Bonus points for lighting the fire without matches, e.g. with a flint and steel, magnifying glass, or bow drill

### **Town 8-Ax and Knife Safety (Sand volleyball area)**

#### **Knife, Axe, and Saw Usage**

Each Scout demonstrates safe use in simple firewood collection tasks. They may use a two-person saw to cut a large log.

### International Morse Code Key

Letter	Code	Letter	Code
<b>A</b>	dot-dash	<b>V</b>	dot-dot-dot-dash
<b>B</b>	dash-dot-dot-dot	<b>W</b>	dot-dash-dash
<b>C</b>	dash-dot-dash-dot	<b>X</b>	dash-dot-dot-dash
<b>D</b>	dash-dot-dot	<b>Y</b>	dash-dot-dash-dash
<b>E</b>	dot	<b>Z</b>	dash-dash-dot-dot
<b>F</b>	dot-dot-dash-dot	<b>1</b>	dot-dash-dash-dash-dash
<b>G</b>	dash-dash-dot	<b>2</b>	dot-dot-dash-dash-dash
<b>H</b>	dot-dot-dot-dot	<b>3</b>	dot-dot-dot-dash-dash
<b>I</b>	dot-dot	<b>4</b>	dot-dot-dot-dot-dash
<b>J</b>	dot-dash-dash-dash	<b>5</b>	dot-dot-dot-dot-dot
<b>K</b>	dash-dot-dash	<b>6</b>	dash-dot-dot-dot-dot
<b>L</b>	dot-dash-dot-dot	<b>7</b>	dash-dash-dot-dot-dot
<b>M</b>	dash-dash	<b>8</b>	dash-dash-dash-dot-dot
<b>N</b>	dash-dot	<b>9</b>	dash-dash-dash-dash-dot
<b>O</b>	dash-dash-dash	<b>0</b>	dash-dash-dash-dash-dash
<b>P</b>	dot-dash-dash-dot	<b>. (period)</b>	dot-dash-dot-dash-dot-dash
<b>Q</b>	dash-dash-dot-dash	<b>? (question mark)</b>	dot-dot-dash-dash-dot-dot
<b>R</b>	dot-dash-dot	<b>end word</b>	<b>/</b>
<b>S</b>	dot-dot-dot	<b>semi colon</b>	<b>#</b>
<b>T</b>	dash		
<b>U</b>	dot-dot-dash		







**Answer sheet for animal tracks and tree identifications**

<b>Animal #</b>	<b>Animal Name</b>	<b>Tree #</b>	<b>Tree Name</b>
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
11		11	
12		12	
13		13	
14		14	
15		15	
16		16	
17		17	
18		18	
19		19	
20		20	

## Tree Identification

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz1.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz1.htm),

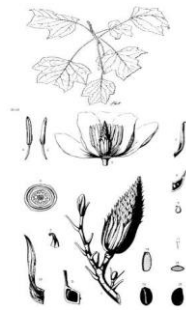
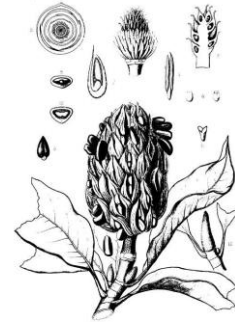
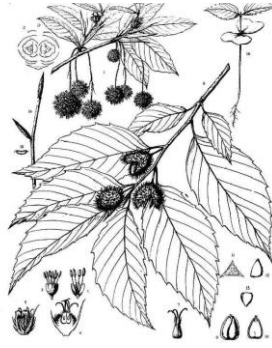
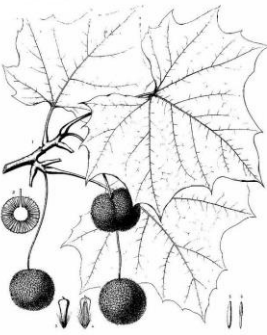
[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz2.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz2.htm)

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz3.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz3.htm)

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz4.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz4.htm)

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz5.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz5.htm)

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz6.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz6.htm)



Animal Track Identification



Dog 2 1/2" to 4"



Coyote  
front 2 1/2"  
hind 2 1/4"



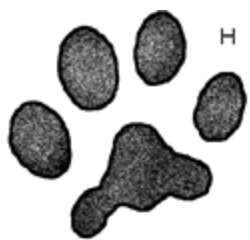
Grey Fox  
front 2"  
hind 1 3/4"



Red Fox  
front 2 1/4"  
hind 2 1/4"



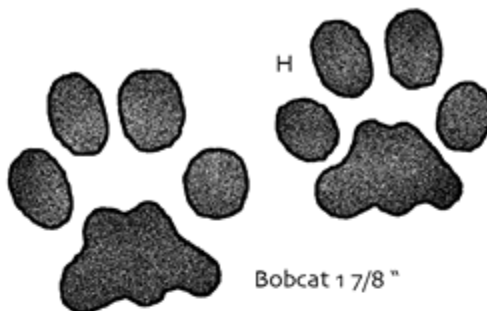
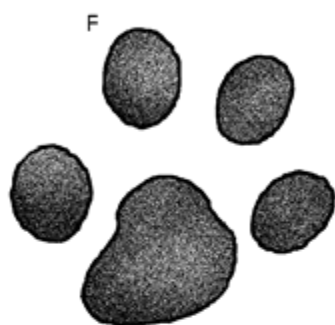
### Animal Track Identification



House Cat 1" to 2"



Lynx  
front 4 1/4"  
hind 3"

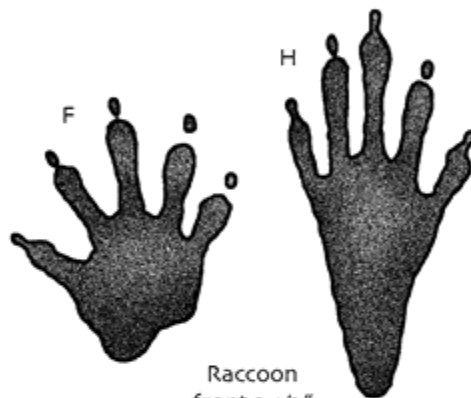
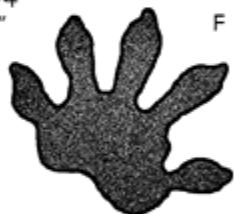


Bobcat 1 7/8"

F



Opossum  
front 1 1/4"  
hind 2"



Raccoon  
front 2 1/2"  
hind 4"

F



Grey Squirrel  
front 1 1/2"  
hind 2 1/4"



Woodchuck  
front 2"  
hind 2 1/4"



H



White-footed Mouse 1/4"

F

# Animal Track Identification



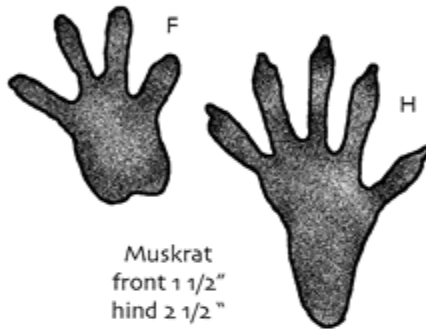
Striped Skunk  
front 2"  
hind 2"



Porcupine  
front 2 3/4"  
hind 3 1/4"



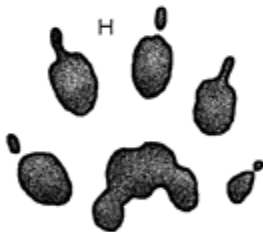
Cottontail Rabbit  
front 1"  
hind 3 1/2"



Muskrat  
front 1 1/2"  
hind 2 1/2"



Otter 1 1/2"



Mink 1"



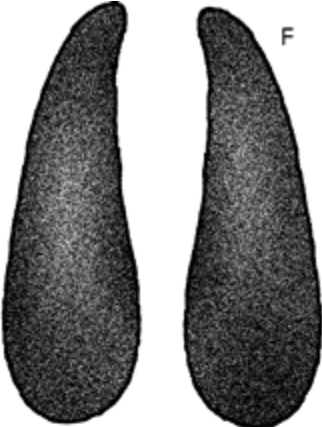
Weasel 1/2" to 1"



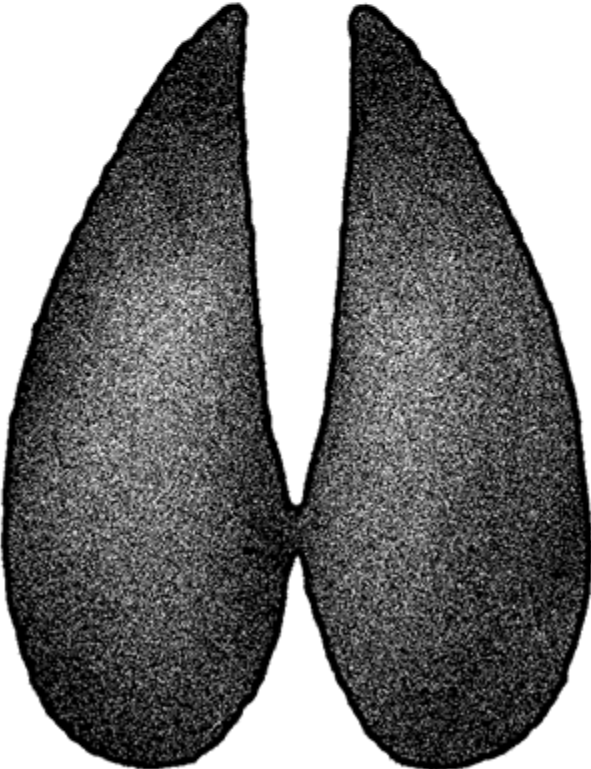
Animal Track Identification



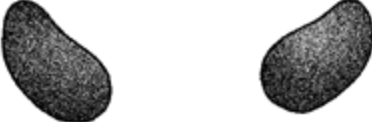
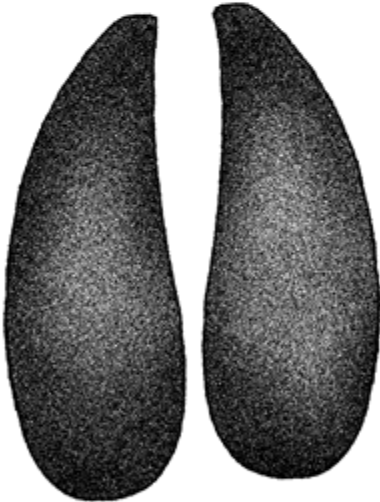
White Tailed Deer  
2 1/2" to 3"



Antelope  
front 1 1/2" x 2 3/4"  
hind 1 7/8" x 3 1/4"



Moose 4 1/2" to 5 1/2"



Elk



**Animal Track Identification**



F



H

Brown Bear – Grizzly Bear

Black Bear



F



H

Animal Track Identification



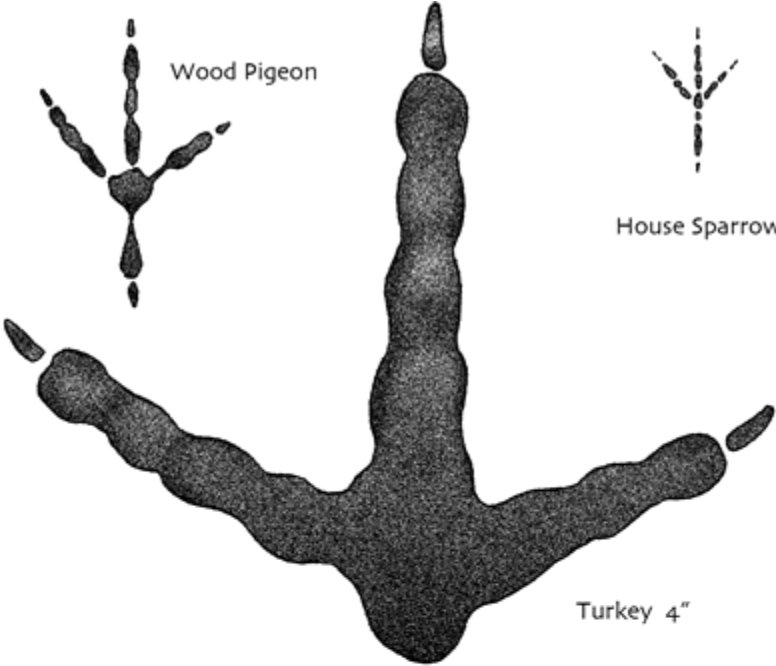
Crow 2 1/2"



Wood Pigeon



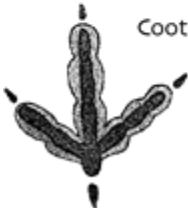
House Sparrow



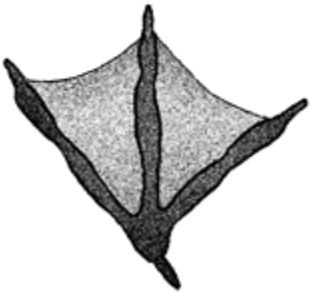
Turkey 4"



Grouse



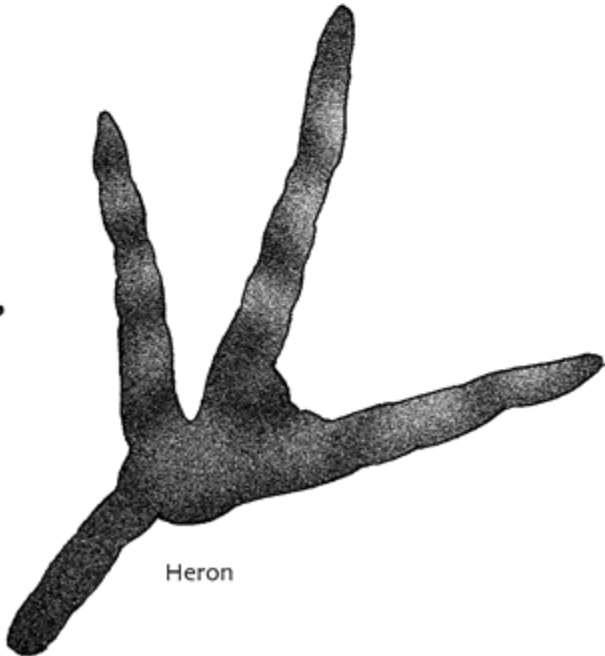
Coot



Mallard



Killdeer



Heron

**Town 10-Compass Course and Orienteering (established Orienteering course at camp)**

**Compass** \_\_\_\_\_ **Bearing**

All members of the patrol sight on an object and report collectively on its bearing; and lay off a bearing and report the object on the bearing. This event may also require a patrol to use a compass to orient a topographic map.

**Constellations** \_\_\_\_\_

If the event is being held at a camp and the night is clear, each patrol will find north using the stars and identify several constellations.

**Map** \_\_\_\_\_ **Symbols**

Patrol identifies a dozen or so standard map symbols. This event may require a patrol to identify features around them and point them out on a topographic map, or vice versa.

**Iditarod 3K and 5K (Camp road)** Points awarded on a by-patrol basis, regardless of 1 person or entire patrol runs. Points doubled if 3 or more members of your patrol runs the Camp Barstow Iditarod. **This activity will be held on December 27 before dinner.**

**3K is worth 50 points**

**5K is worth 100 points**

Your patrol must decide **PRIOR** to starting the Klondike derby whether they will participate in the 3K or 5K race. Patrols will be allowed to relay runners at intervals if they so choose. Intervals will be spaced at no less than 1/4 mile segments.

## Klondike Derby Score Sheet

### SCORING

Campsite inspections: We will begin with inspection of the patrols' campsites, with a maximum possible 100 points for perfection.

Sled inspection: Before starting the derby itself, inspect each sled to see that the patrols have all the equipment and gear they were told to bring. Maximum points: 100.

For the events themselves, maximum score per patrol per town should be 20 points:

- 13 for the task,
- 4 for teamwork,
- 3 for Scout spirit.
- **3k or 5k** Points doubled if 3 or more members of your patrol runs the Camp Barstow Iditarod.
- Tie-breaker: Use the patrols' elapsed time on the orienteering course.

Patrol Name \_\_\_\_\_

Judge's initials \_\_\_\_\_

Town #	Activity	Task completed	Teamwork	Scout Spirit	Elapsed Time
1	First Aid and Survival Quiz				
1	First Aid: Splint and Transport				
1	Blindfolded Stretcher Carry				
1	Ice Rescue				
2	Bear Bag:				
2	Dead Horse Carry:				
2	Yeti Nest				
3	Snowshoe Race				
3	Smooshboard Race				
3	Panning for Gold				
4	Cliff Climb				
4	Gully Crossing				

4	Knots				
4	Lashings (3 pts per ratfish in the task completed category)				
5	Shelter Building				
5	Fire Lighting and Water Boiling				
5	Track Identification				
5	Tree Identification				
6	Knife, Axe, and Saw Usage				
7	Compass Bearing				
8	Map Symbols				
9	Constellations				
10	Morse Code				
	3k or 5k Camp Barstow Iditarod.	50/100			
	Points possible				
	Points earned				

## **First Aid Quiz**

**Patrol Name:** \_\_\_\_\_

- 1. You have been hiking for a few hours in cold weather when your friend complains that they can no longer feel their feet. What do you do?**
  - A. You have them put on another pair of socks and rest for a half hour.
  - B. You remove their socks and shoes and re-heat their feet using warm water.
  - C. You build a fire and have them put their feet near the fire to re-heat.
  
- 2. You have been hiking all day in the sun when your friend complains of a severe headache and begins mumbling incoherent sentences. What do you do?**
  - A. You move them into the shade, remove their clothing, elevate their feet and apply cold compresses to their armpits and groin.
  - B. You move them into the shade, remove their clothing, elevate their feet and give them aspirin.
  - C. You move them into the shade, remove their clothing and vigorously rub alcohol on their body.
  
- 3. Around the campfire one night you trip and badly burn the calf of your leg in the fire. What do you do?**
  - A. You use the lotions in your backpack to cool the burn then wrap it in a clean gauze dressing.
  - B. You apply ice to the burn then wrap it in a clean gauze.
  - C. You cool the burn using clean water or the burn gel from your first aid kit and wrap the burn in clean gauze.
  
- 4. A friend bangs their head during a bad fall. 20 minutes later you notice a slight bloody discharge coming from their ear. What do you do?**
  - A. You apply cold compresses to their head and rest for the remainder of the day.
  - B. You apply a bandage to their ear and rest for the remainder of the day.
  - C. You give them a pain reliever and wrap them in blankets to keep warm and rest for the remainder of the day.
  
- 5. Your hiking buddy has a major fall and injures their leg badly. The limb is disfigured and they are unable to place any weight on the leg. There is a pulse in the leg and it is warm. What do you do?**
  - A. You apply a tourniquet between the injury and the heart and call for help.
  - B. You apply a splint above and below the injury and call for help.
  - C. You hold your friend down and try to straighten the leg by pulling on it and then call for help.

- 6. Over the course of a long hike your friend has been sweating profusely and complaining of headaches. What do you do?**
- A. You give them an aspirin and keep going, it's just a little headache.
  - B. You tell them to drink more water, you check for heat exhaustion and rest for a few minutes.
  - C. You drop salt in water and have them sip on it, you check for signs of heat exhaustion and rest until the headache subsides.
- 7. You are hiking in cold weather only wearing a long sleeve shirt, you thought all that hiking would keep you warm. You begin to shiver uncontrollably, your fingertips are turning a pale blue and you are finding it hard to concentrate. What do you do?**
- A. You decide to pick up the pace to heat up the body.
  - B. You stop, get a fire going and bundle up in a sleeping bag or emergency blanket. You sip hot beverages until you start to feel better.
  - C. You stop get a fire going and have a beer knowing that alcohol warms you up.
- 8. While hiking you mistakenly pick up a rock and are bitten by a snake on the hand. You don't get a good look at the snake and you don't have a snakebite kit with you. What do you do?**
- A. You minimize movement, keep your hand below your heart, mark the edge of the swelling with a pen and send your friend for help.
  - B. You have your friend cut an X over the wound and suck the poison out, you remain calm and keep your hand below your heart.
  - C. You apply ice to the wound and take an aspirin for the pain. You remain calm and send your friend for help.
- 9. A game of impromptu leap frog on the trail has caused you to sprain your ankle. What do you do?**
- A. You take an aspirin, wrap the ankle and continue hiking.
  - B. You apply a heat compress for the pain and decide to stay put for the day.
  - C. You apply a cold compress for the first 24 hours to reduce swelling, elevate the foot and stay put until the pain subsides.
- 10. You have been hiking the perimeter of a mountain lake in full sun. Your eyes are burning and tearing. You are seeing halos around objects and have a headache. What do you do?**
- A. You bandage your eyes with cold compresses, take a pain reliever for the pain and rest until your vision returns to normal.
  - B. You get your hat out of your pack, pull it down far over your eyes and continue hiking.
  - C. You use eye drops, take a pain reliever for the pain and cover up with a hat and sunglasses.

**On your first day hiking you take off your shoes and notice the inevitable blister on your heel. What do you do?**

**11.**

- A. You cut a hole in a piece of moleskin and secure it in place over the blister.
- B. You pick at the blister until it breaks and then pull off the skin to let it breathe.
- C. You leave the blister alone. It will eventually harden and become a callus that is how you prevent blisters in the future.

**12. You are stung by a bee while hiking and remove the stinger. 15 minutes later you notice you are having trouble catching your breath and your lips feel puffy. What do you do?**

- A. You have never been allergic to stings in the past so you sit down with your friend and wait for it to pass.
- B. You take an aspirin, disinfect the sting site and call for help.
- C. You take the antihistamine in your first aid kit and call for help.

**13. What is the ratio for adult CPR?**

- A. 2 breaths and 30 pumps
- B. 5 breaths and 30 pumps
- C. 2 breaths and 15 pumps

**14. While cutting rope you slip and cut your arm near the wrist badly. Blood is pumping from the wound. What do you do?**

- A. Elevate your arm and wait for the bleeding to stop.
- B. Apply direct pressure to the wound and elevate the arm.
- C. Apply a tourniquet between the wound and the heart.



## **First Aid Quiz**

### **ANSWER KEY (DO NOT DISTRIBUTE IN PACKET)**

- 1. You have been hiking for a few hours in cold weather when your friend complains that they can no longer feel their feet. What do you do?**
  - A. You have them put on another pair of socks and rest for a half hour.
  - B. **You remove their socks and shoes and re-heat their feet using warm water.**
  - C. You build a fire and have them put their feet near the fire to re-heat.
  
- 2. You have been hiking all day in the sun when your friend complains of a severe headache and begins mumbling incoherent sentences. What do you do?**
  - A. **You move them into the shade, remove their clothing, elevate their feet and apply cold compresses to their armpits and groin.**
  - B. You move them into the shade, remove their clothing, elevate their feet and give them aspirin.
  - C. You move them into the shade, remove their clothing and vigorously rub alcohol on their body.
  
- 3. Around the campfire one night you trip and badly burn the calf of your leg in the fire. What do you do?**
  - A. You use the lotions in your backpack to cool the burn then wrap it in a clean gauze dressing.
  - B. You apply ice to the burn then wrap it in a clean gauze.
  - C. **You cool the burn using clean water or the burn gel from your first aid kit and wrap the burn in clean gauze.**
  
- 4. A friend bangs their head during a bad fall. 20 minutes later you notice a slight bloody discharge coming from their ear. What do you do?**
  - A. You apply cold compresses to their head and rest for the remainder of the day.
  - B. You apply a bandage to their ear and rest for the remainder of the day.
  - C. **You give them a pain reliever and wrap them in blankets to keep warm and rest for the remainder of the day.**
  
- 5. Your hiking buddy has a major fall and injures their leg badly. The limb is disfigured and they are unable to place any weight on the leg. There is a pulse in the leg and it is warm. What do you do?**
  - A. You apply a tourniquet between the injury and the heart and call for help.
  - B. **You apply a splint above and below the injury and call for help.**
  - C. You hold your friend down and try to straighten the leg by pulling on it and then call for help.

- 6. Over the course of a long hike your friend has been sweating profusely and complaining of headaches. What do you do?**
- A. You give them an aspirin and keep going, it's just a little headache.
  - B. You tell them to drink more water, you check for heat exhaustion and rest for a few minutes.
  - C. You drop salt in water and have them sip on it, you check for signs of heat exhaustion and rest until the headache subsides.
- 7. You are hiking in cold weather only wearing a long sleeve shirt, you thought all that hiking would keep you warm. You begin to shiver uncontrollably, your fingertips are turning a pale blue and you are finding it hard to concentrate. What do you do?**
- A. You decide to pick up the pace to heat up the body.
  - B. You stop, get a fire going and bundle up in a sleeping bag or emergency blanket. You sip hot beverages until you start to feel better.
  - C. You stop get a fire going and have a beer knowing that alcohol warms you up.
- 8. While hiking you mistakenly pick up a rock and are bitten by a snake on the hand. You don't get a good look at the snake and you don't have a snakebite kit with you. What do you do?**
- A. You minimize movement, keep your hand below your heart, mark the edge of the swelling with a pen and send your friend for help.
  - B. You have your friend cut an X over the wound and suck the poison out, you remain calm and keep your hand below your heart.
  - C. You apply ice to the wound and take an aspirin for the pain. You remain calm and send your friend for help.
- 9. A game of impromptu leap frog on the trail has caused you to sprain your ankle. What do you do?**
- A. You take an aspirin, wrap the ankle and continue hiking.
  - B. You apply a heat compress for the pain and decide to stay put for the day.
  - C. You apply a cold compress for the first 24 hours to reduce swelling, elevate the foot and stay put until the pain subsides.
- 10. You have been hiking the perimeter of a mountain lake in full sun. Your eyes are burning and tearing. You are seeing halos around objects and have a headache. What do you do?**
- A. You bandage your eyes with cold compresses, take a pain reliever for the pain and rest until your vision returns to normal.
  - B. You get your hat out of your pack, pull it down far over your eyes and continue hiking.
  - C. You use eye drops, take a pain reliever for the pain and cover up with a hat and sunglasses.
- 11. On your first day hiking you take off your shoes and notice the inevitable blister on your heel. What do you do?**
- A. You cut a hole in a piece of moleskin and secure it in place over the blister.
  - B. You pick at the blister until it breaks and then pull off the skin to let it breathe.

- C. You leave the blister alone. It will eventually harden and become a callus that is how you prevent blisters in the future.

**12. You are stung by a bee while hiking and remove the stinger. 15 minutes later you notice you are having trouble catching your breath and your lips feel puffy. What do you do?**

- A. You have never been allergic to stings in the past so you sit down with your friend and wait for it to pass.
- B. You take an aspirin, disinfect the sting site and call for help.
- C. You take the antihistamine in your first aid kit and call for help.

**13. What is the ratio for adult CPR?**

- A. 2 breaths and 30 pumps
- B. 5 breaths and 30 pumps
- C. 2 breaths and 15 pumps

**14. While cutting rope you slip and cut your arm near the wrist badly. Blood is pumping from the wound. What do you do?**

- A. Elevate your arm and wait for the bleeding to stop.
- B. Apply direct pressure to the wound and elevate the arm.
- C. Apply a tourniquet between the wound and the heart

## Klondike Derby supply list

**PLEASE NOTE: ALL SUPPLIES SHOULD BE INVENTORIED POST EVENT AND STORED IN CAMP COMPOUND.**

### **First Aid and Survival Quiz**

Some basic questions on first aid and survival skills. Quiz will be distributed at lunch and must be submitted by dinner. It must have your patrol name on it or it will not be scored.

**Supplies:** copies of test and answer key.

### **First Aid: Splint and Transport**

Patrol required to care for a casualty with a broken leg; after splinting, place the casualty correctly on sled for transport. Patrols are responsible for bringing the needed supplies.

**Supplies:** Patrols are responsible for bringing necessary supplies. **OR** a patrol may turn in 25 points to "rent" splint materials. If supplies are "rented" from a station, they must be left at that station before the patrol moves on to the next one.

### **Blindfolded Stretcher Carry**

Four blindfolded Scouts carry a fifth Scout (not blindfolded) on a stretcher around a course following directions given by the Scout on the stretcher.

**Supplies:** stopwatch, stretcher, course pylons, blindfolds

### **Ice Rescue**

Each Scout throws a rope to a "victim" who has "fallen through the ice" and retrieves same. Patrol may be asked to demonstrate other forms of ice rescue.

**Supplies:** throwing rope (25 ft) with monkey's fist knot at end, target

### **Bear Bag:**

Place all food from the sled into a bag and suspend from tree so bears can not steal it during the night. For maximum points food must be at least 4 m above ground, 3 m away from tree, 2 m below any branches, and rope must be against tree trunk until at least 3 m above ground.

**Supplies:** weighted bag (to mimic food bag), rope (75 ft).

### **Dead Horse Carry:**

Your pack horse has died and you need to get it off the trail. Scouts have to work together as a patrol to lift and carry a ungainly weight wrapped in a tarp.

**Supplies:** weighted bag (sand bags??). Patrols will use their tarp and 8 ft length of rope from their sled to wrap and move the "pack horse"

### **Yeti Nest**

A vertical Yeti nest with a Scout-sized hole approximately 1 m off the ground is constructed between two trees with baling twine. Patrol passes all its members through the hole without destroying the web.

**Supplies:** Baling twine/string

## Klondike Derby supply list

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### **Snowshoe Race**

A relay race while wearing regular snowshoes. The average time per scout is used so patrols of different sizes can fairly compete. Four pairs of snowshoes are sufficient to allow two patrols to compete against each other at one time. While one scout races, the next one gets ready.

**Supplies:** 4 pairs of snowshoes, (these can be made from CPVC pipe available at Lowes--will need pcs. 10ft., ¾ inch CPVC, 8 T connectors, 40 45° elbows, 800 ft. ¼ inch, polybraid rope and bungee cords), pylons to outline the course.

### **Smooshboard Race**

Patrol members' right feet are tied to one long 2x4; left feet to another. Patrol is timed in walking a course on flat ground.

**Supplies:** 4, 2x4s rope to tie to feet (these may actually already be at Barstow--I have seen them used at other events).

### **Panning for Gold**

Patrol uses a tarp co-operatively to toss a "nugget" over a horizontal rope 3 m above the ground. The nugget should be a tennis ball or a larger ball, coloured yellow. The event can be scored by counting the number of **consecutive** times the nugget gets over the rope. Highest number over time will be the recorded score

**Supplies:** rope tied 3m above the ground (between 2 trees??), a yellow ball or 4 cans of tennis balls (or old tennis balls from a tennis court), small tarp (8x8?) or patrols may use the tarp on their sleds.

### **Cliff Climb**

Using ropes and spars provided, the patrol must lash together a ladder,

**Supplies:** 6-8 wooden towels, 1" diameter, rope for lashing

### **Gully Crossing**

Patrol must create a "rope bridge" between 2 trees. All members of the patrol must then use the constructed bridge to cross a snow chasam. (Each member of the patrol to cross a gully on a thick rope stretched between two trees.)

**Supplies:** 2-50 ft. lengths of rope

### **Knots**

Scouts tie knots and show they know how to use them.

**Supplies:** 2 knot tying stations (see plans below)

<http://www.itstactical.com/skillcom/knots/misc/build-a-diy-knot-tying-station-to-practice-your-knots/>

### **Lashings**

Patrol demonstrates requested lashings and will have the opportunity to construct something simple, such as a camp seat. <http://scoutmastercg.com/pioneering-camp-seat-infographic/>

**Supplies:** rope, dowels/sticks/bamboo poles 5-6 ft long, seat material

### **Klondike Derby supply list**

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**Shelter Building:** Using simple materials such as a tarp, rope, and spars, Scouts must build a shelter large enough for the patrol. The Scouts are assessed on time and the quality of the shelter, such as amount of protection, protection from wind, and sturdiness. (provided with tarp, twine and poles which should already be on the patrol's sled. Some items may be "found" at the location)

**Supplies:** "found items" may include bamboo poles and extra rope

### **Fire Lighting and Water Boiling**

The patrol is timed in laying and lighting a fire and using it to boil water in a standard container. Bonus points for lighting the fire without matches, e.g. with a flint and steel, magnifying glass, or bow drill

**Supplies:** tinder and kindling gathered from around camp, fire bucket with water in it, a pot to boil the water in and some spaghetti noodles (5-10 bonus points if they can cook and tie a square knot in a spaghetti noodle)

### **Track Identification**

Patrols must identify which animals made various tracks in the snow.

**Supplies:** Pictures or photos of various animal tracks, possible track casts, answer key.

<http://education.usgs.gov/kids/tracks.html>

### **Tree Identification**

Patrol identifies common trees. This is usually done with evergreens, but a greater challenge would include trees that in winter can only be identified by their bark.

**Supplies:** Pictures of various tree leaves and bark (see links below) and answer key

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz1.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz1.htm),

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz2.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz2.htm)

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz3.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz3.htm)

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz4.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz4.htm)

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz5.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz5.htm)

[http://forestry.about.com/library/quiz/bl\\_leaf\\_id\\_quiz6.htm](http://forestry.about.com/library/quiz/bl_leaf_id_quiz6.htm)

### **Knife, Axe, and Saw Usage**

Each Scout demonstrates safe use in simple firewood collection tasks. They may use a two-person saw to cut a large log.

**Supplies:** caution tape to mark off woodyard area, wood in need of splitting, If we can find a 2 person saw, it might be interesting to use that for a patrol to race the sawing of a log

### **International Morse Code:**

Patrols will be required to receive and decipher a message and send a message using the International Morse Code Alphabet. (The Morse Code key guide is provided in this Event Guide for pre-Klondike practice).

**Supplies:** copies of Morse Code alphabet and messages to be sent (Scout Oath, Law, Outdoor Code, etc).