

KSAR Search & Rescue Challenge

The Syllabus



Introduction

This award has been developed by Kent Search and Rescue (registered charity number 1091181).

It provides a collection of activities based on the team and personal skills required within varied search and rescue environments. To gain the badge participants must complete at least eight challenges, including at least four core modules, within twelve months. Core modules are 1, 2, 3, 4, 5 and 6.

Activities can be carried out over a series of sessions and months, or some groups have themed their summer camp around the badge and gained it in a week!

Below are all the challenges; some present traditional skills with a new twist and others bring something new – like CSI: UK! Each challenge is supported by easy to follow and printable leader resources which help put the skills into a fun scenario or game.

To see the resources and get started, visit www.ksar.co.uk/community and start choosing your challenges. Have fun!

At all times when preparing for or undertaking the challenges follow the safety guidelines of your association.

The full syllabus starts on the next page.



From Hill to High Water™



1. I Spy

Introduction

It's easy to look, but easier to miss things. Seeing is vital to Search and Rescue; trying these activities will sharpen your spotting skills by making sure your eyes are wide open.

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

- Where's Wally?
- Take part in a patrol lane to see how many objects you can spot.
- Talk about what makes items easier or more difficult to spot and share top spotting tips. Then try the patrol lane again. Don't forget your cube!
- If it happens to be getting dark, try the activity again to see what difference it makes.
- Try out fingertip searches like on TV.

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

- Find the Hidden Meanings.
- When looking for a missing person, what sort of objects might you find? How would you know what's relevant and what can we learn from them?
- Take part in a patrol lane to see how many objects you can spot. What makes items easier or more difficult to spot?
- Talk about or use the four components of an Efficient Search (Northumbrian Rain Dance, critical separation, searchers' cube and purposeful wandering).

Be sure to observe the safety guidelines and rules of your organization when doing these activities.

2. Don't Forget Your...

Introduction

A look at the personal and group equipment teams carry for safety and rescue.

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

- Choose the equipment you would take on a search in your local area and say why.
- Agree changes to your kit list for varied types of search and times of year.
- Demonstrate the best way to pack a rucksack.

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

- In small groups, from the list or pile of objects, choose the 10 things you would most want to take on a search and say why. Talk about the ideal features of each item.
- Agree changes to your kit list for varied seasons and environments, such as mountain, urban, cave or water.
- If you were lost what's the one thing you'd really like to have with you (other than a phone or GPS!). It doesn't have to be something from the list here.

3. Rescue and Recovery

Introduction

Search is an emergency; missing people nearly always require some degree of medical care and the longer they are lost, the less likely they are to survive.

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

When you find casualties, you are responsible until help arrives:

- Show how to open an airway, give CPR and put someone in the recovery position.
- Demonstrate wound care for a range of minor and major cuts.
- Identify hypothermia; know how to prevent and treat it.

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

When you find a casualty, you are responsible until help arrives:

- Show how to open an airway, give CPR and put someone in the recovery position. Demonstrate a log role and explain when it's used.
- Deal with major bleeding.
- Identify hypothermia; know how to prevent and treat it.
- Carry out a secondary survey.
- If possible practice these skills in a rural environment and transport the casualty by stretcher, improvise if needed.

It is preferable to get a qualified 1st Aid Instructor to assist you with this module.

Be sure to observe the safety guidelines and rules of your organization when doing the activities in this module.

4. Is Anybody Out There?

Introduction

There is a science behind finding missing people. This challenge explores how searches are managed for the best chances of success.

Activities

All ages

- Explore the type and use of missing person statistics in searching.
- Identify hazards searchers might encounter and how to stay safe.

5. Control, This is XR1

Introduction

During searches information always needs to be passed to Control, where Search Managers are based. Radios are our main way to communicate in the field but there's a technique and they don't always work...

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

- Show how to get the best reception and transmission.
- Understand the regulations governing the use of amateur radio equipment.
- Either:
 - Take part in games and activities where information must be passed between teams via radios or walkie-talkies. Or,
 - Use KSAR's protocols to pass information to Control via radios or walkie-talkies throughout any other Challenge, such as updates on your progress, activities and findings during a night hike, first aid or crime scene management.

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

- Demonstrate how to tune simple communications devices such as radios or mobile phones.
- Show how to get the best reception and transmission.
- Understand the regulations governing the use of amateur radio equipment.
- Either:
 - Take part in games and activities where information must be passed between teams via radios or walkie-talkies. Or,
 - Use KSAR's protocols to pass information to Control via radios or walkie-talkies throughout any other Challenge, such as updates on your progress, activities and findings during a night hike, first aid or crime scene management.
- We can't get radio coverage, what now?

Be sure to observe your organisation's safety guidelines and rules when doing the activities in this module.

6. Should There be a Lake Here?

Introduction

It's embarrassing when rescuers need rescuing! Being lost is something searchers work hard not to become by regularly taking part in navigation exercises.

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

- Recognise common colours and symbols on an OS map.
- We've all heard of the north and south poles, but how many are there?
- Show how to orientate a map using both terrain and a compass.
- "Add to mag, rid to grid". Is this true everywhere? Check what maps you have and calculate the magnetic variation that should be used for them.
- Show knowledge of Safety on the Mountains, the Countryside Code or the Cave Conservation Code, whichever is most relevant to your area or interests.
- **Following safety guidelines** from your organization complete one of the following:
 - Complete an orienteering course of at least level yellow.
 - Find at least 2 geocaches.
 - Using only a map navigate a pre-planned route.

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

- Recognise common colours and symbols on an OS map.
- Show how to orientate a map using both terrain and a compass.
- Show knowledge of Safety on the Mountains, the Countryside Code or the Cave Conservation Code, whichever is most relevant to your area or interests.
- Naismith's rule estimates walking times saying one hour for every three miles walked plus half an hour for every 1000ft of height gained. We've gone metric since then so what rule do you think works for you?
- In pairs or threes prepare a route card for a 10 mile/16 kilometre route. Swap cards with another group then draw their route on a map to see how clear it is to follow.
- **Following safety guidelines** from your organization complete one of the following.
 - Complete an orienteering course of at least level light green.
 - Find at least 5 geocaches.
 - Using only a compass and pacing navigate a pre-planned route.

7. SAR's Secret Weapon

Introduction

Dogs are the secret weapon of search teams of all types; search and rescue and customs teams who use sniffer dogs for example. They are active in a wide range of environments from mountains to the sites of building collapses.

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

- Meet search dogs at a show, activity day or during a group visit.
- Understand how dogs find people and objects.
- Learn about search dogs' training.
- If possible, take part in a demonstration.

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

- Meet search dogs at a show, activity day or during a group visit and understand their work.
- If possible, take part in a demonstration or team training session as a dog's body!
- Discuss why dogs are used for searching. Recognise the advantages and limits of using them.
- Understand different dog search techniques.
- Brainstorm about other emergency services, government agencies or organisations that use dogs in their work. How much variety you can find and how do you think their training varies?

8. Wet Feet

Introduction

Every area has water hazards and they don't have to be deep to pose a risk. Know how to keep yourself and friends safe in and around them.

When doing this activity make sure you follow all the safety requirements of your organisation.

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

You're planning a wild swimming or kayaking trip:

- Stick the hazards on the water and talk about each one.
- Does anyone have any experiences they're happy to share? Talk about how accidents could have been avoided.
- Rescue a friend who has fallen in and is struggling to stay afloat; practice talk, reach and throw. Know about wade and row.
- Explain and where possible demonstrate actions emergency services might take if someone fell through ice.

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

- Take part in a water activity such as canoeing or swimming and before you start talk about the potential hazards someone might face doing the activity in the natural environment.
- Demonstrate the position you should assume if you fall into moving water and the one to conserve heat in cold water.
- A friend is in trouble in the water and needs help. Practice talk, reach, throw and wade. Know about row!
- Explain and where possible demonstrate actions emergency services might take if someone fell through ice.
- Describe what happens to the body in cold water.

9. Prevention Before Rescue

Introduction

Anyone can get lost and it's easy to do. It's even easier for vulnerable groups such as the very young or those with dementia. KSAR works with the community to raise awareness of ways to reduce the likelihood of family members or loved ones getting lost and of steps that can be taken now to assist in the search for those who may go missing, helping provide peace of mind.

Activities

Ages 10½ - 14½ years (e.g. Scouts and Guides)

- Complete four of the following:
 - Learn about KSAR's Safe and Sound Campaign and discuss how this could be of use in your area and group.
 - Learn about safety tips for youngsters such as the Hug-A-Tree and Survive programme which originated in the USA and discuss which tips from this could be used in your area and what other suggestions you have that are relevant to your group and area. Check to see if any UK SAR Teams have similar tips.
 - Design a poster about either the Safe and Sound, or Hug-A-Tree type programmes.
 - Discuss how the information on the KSAR Safe and Sound Campaign's "AT Risk of Going Missing" form helps Police and search teams find someone who has gone missing. Is there anything you would add?
 - Describe the Hug-a-Tree and Survive programme to the leaders of your younger sections such as the Beavers, Rainbows, Cubs or Brownies and discuss with them which parts are relevant to their group and area.

Ages 14½ years + (e.g. Senior Section, Explorers and Network)

- Complete four of the following:
 - Learn about KSAR's Safe and Sound Campaign and discuss how this could be of use in your area and group.
 - Learn about safety tips for youngsters such as the Hug-A-Tree and Survive programme which originated in the USA and discuss which tips from this could be used in your area and what other suggestions you have that are relevant to your group and area. Check to see if any UK SAR Teams have similar tips.

9. Prevention Before Rescue

- Discuss how the information on the KSAR Safe and Sound Campaign's "AT Risk of Going Missing" form helps Police and search teams find someone who has gone missing. Is there anything you would add?
- Describe the Hug-a-Tree and Survive programme to the leaders of your younger sections such as the Beavers, Rainbows, Cubs or Brownies and discuss with them which parts are relevant to their group and area.
- Learn about **KSAR #Safe and Dry campaign – *Be aware that this covers aspects pertaining to death by drowning. Caution should be exercised involving anyone who has lost a family member, loved one or friend by drowning or any kind of traumatic incident.***

10. Go Wild

Introduction

If you were lost, would you be able to look after yourself? If someone else was lost do you think you could follow their trail? These are all useful skills in outdoor survival.

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

- Show how to find north, day and night, without a compass.
- Practice signalling that you are in distress using signals, a whistle, a torch, a mirror and markers.
- Discuss types of shelters; build one and maybe sleep in it overnight.
- Know what 'tracking' means and explain what a 'sign' is.
- Describe five visual clues that might attract the attention of a tracker and follow a simple trail over a short route.

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

- Show how to find north, day and night, without a compass.
- Practice signalling that you are in distress using signals, a whistle, a torch, a mirror and markers.
- Discuss different types of shelters, build at least two and spend the night in one of them.
- Know what 'tracking' means and explain what a 'sign' is.
- Describe eight visual clues that might attract the attention of a tracker and follow a simple trail over a medium length route.

Be sure to follow all the safety guidelines and rules of your organisation when doing these activities.

11. CSI: UK

Introduction

Sometimes people go missing because they have been a victim of crime (such as being attacked and not being able to get home) or they are found deceased. In these cases the police need to collect evidence and keep it uncontaminated.

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

- Attend the crime scene and do at least two of the following:
 - Collect finger prints and find the culprit!
 - Collect footwear marks.
 - Find out which chair the baddie sat on.
 - Talk about the types of evidence you might find.
 - Bag and tag the evidence.

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

- Manage the crime scene and do all of the following:
 - Establish a cordon and explain it
 - Identify types of evidence you might find
 - Collect finger prints and find the culprit!
 - Bag and tag what you find
 - Maintain the chain of evidence
 - Keep an entry log
 - Create a photo record to substantiate your work

Be sure to follow the safety guidelines and rules of your organisation when undertaking this module.

12. In a Dark, Dark Cave

Introduction

Cave rescue is a very specialist area of search, usually undertaken in moorland or mining areas and not for the faint hearted! Cave rescue rescues lost spelunkers, nosy children and trapped miners amongst others.

Activities

All ages

- Visit the British Cave Rescue Council website to learn about UK cave rescue: <http://www.caverescue.org.uk/>
- Learn about the Tham Luang Nan Nong cave rescue.
- Each team must rescue a 'casualty', preferably a volunteer, from a 'cave' system.
- Each group is timed in getting the 'casualty' out from the 'cave' and time penalties can be added for every scream or swear word from the 'casualty'!

Be sure to observe all the safety guidelines and rules of your organisation when doing this activity.

13. A Night's Tale

Introduction

It's not unusual for search and rescue activities to take place after dark; teams are on-call 24 hours a day, 365 days a year. This has implications on safety and the effectiveness of search activities so it's important to practice all the skills we learn in the dark too.

Activities

Ages 10 ½ - 14 ½ years (e.g. Scouts and Guides)

- Talk about the additional hazards of night searches.
- Undertake an incident night hike and include at least two of the following skills:
 - Kit selection
 - Navigation
 - First aid
 - Effective searching
 - Evidence handling

Ages 14 ½ years + (e.g. Senior Section, Explorers and Network)

- Talk about the additional hazards of night searches.
- Undertake an incident night hike and include all of the following skills:
 - Kit selection
 - Navigation
 - First aid
 - Effective searching
 - Evidence handling
 - Search location selection and assessment

Be sure to follow all the safety guidelines and rules of your organisation when undertaking this activity.

14. Global SAR

Introduction

Search and rescue happens in a wide range of environments around the world - snow, sea, lowland, mountains, disaster zones... The core skills remain the same but are used in different proportions as teams specialise for local needs.

Activities

All ages

- Choose any SAR team or incident involving SAR; present to the rest of your Unit about your chosen team, for example what they get up to, where they work and what's unique about them.
- Present using any format you prefer; sketches, pictures, collages, songs... the choice is yours.