WHAT ARE THE TECHNICAL SKILLS AND UNDERSTANDING NEEDED FOR SAFE PARTICIPATION IN OUTDOOR RECREATION?

- **planning skills**
- **design checklists and strategic plans to manage the preparation for an outdoor experience**
- **determine the essential requirements for an outdoor experience in order to ensure that loads to be carried are manageable**
  - **environment planning, eg weather, venue**

The most common cause of death in the outdoors is not being prepared for the unexpected. For example, hypothermia can actually be attributed to not being prepared for what might happen in the outdoors. People don’t actually die of hypothermia; they die from not being prepared for an extremely cold situation.

Preparing for the outdoors also means having a good knowledge of the intended travel route and familiarising themselves with the area. Monitoring the weather predictions and ensuring that accurate, up-to-date maps are used will enable the person to get better acquainted with the area and the expected landscape. Questions such as ‘what kind of plant and animal life can be expected?’ and ‘what temperature variations can be expected?’ may assist the person to prepare for any unexpected outcomes.

- **emergency management planning/risk assessment, eg escape routes, first aid preparation, communication modes with external authorities, reconnoitre of routes**

Emergency management are the processes and structures that are directed toward the effective management of potential risky situations and the effects. The amount of risk acceptable may be determined by estimating how specified events might impact on an activity, determining how likely they are to happen and the potential severity of the consequences if they do.

**Figure 2.1**

Hiking in any weather conditions requires proper planning
Designing an itinerary also provides all group members the opportunity to determine where they plan on going and what to do along the way. It is similar to setting small goals to achieve with the destination as the end goal. Setting up appropriate and manageable safety procedures, such as possible escape routes on a camping trip and implementing programs prior to leaving, will assist the participating group to be better prepared to deal with unexpected situations.

Prior to heading out it is essential that someone back at base is informed about the route, destination and when the person or group can be expected back. This will help a rescue team to track the whereabouts of a person or group if they know where they are headed and their proposed route. It is also important that the same person is informed upon return.

### food and water considerations

Meal planning is one of the most important tasks to be addressed in the camping process. Food items should be nutritious, provide energy and be easy to cook. Types of food that could be taken may include processed, dry, fresh, vegetarian and meat products.

Transportability and storage ability are also important factors to consider, as many food products are lightweight, simple to reuse and reseal, and can be carried easily by all members.

Meals should be easy to prepare, as the group may not be at an actual organised campsite. Disposable items can also be handy when hiking in the wilderness. Trangias and other types of cooking stoves can be useful in providing hot food, however, such equipment add to the amount of items to be carried and will take time to cool down after use.

Most importantly, the amount of water to be taken is a key factor in any form of outdoor recreation activity. Lack of water supply can lead to a range of problems including dehydration, dizziness and fatigue. The amount of water required should always be over estimated.

### resources for safe participation eg tent, protective clothing

Campers should take the time to obtain appropriate outdoor gear. The type of outdoor gear and apparel taken can be the difference between success and failure. It is important for all members of the group to contribute to the planning process of an overnight camp. This ensures that everyone has their say and is aware of exactly what is required for the trip to be a success.

Water is an essential resource that people using the outdoors should never go without. Carrying plenty of water or planning to set up near a flowing stream can be an effective means of ensuring access to water.

Determining the type of tent to take for the trip is also an important. Factors that should be considered include size, strength and suitability for expected weather conditions.

Protective clothing and equipment is essential when camping to prevent or reduce the chances of being bitten by animals, sunburn, exposure to cold, or scratches and cuts from the elements within the natural environment. Effective use of resources should be employed where groups share items such as toilet paper and also the burden of carrying essentials such as water, cooking equipment and tents.

When cooking, resources from the natural environment may be useful, such as sticks for carrying a hot billy can.
Types of tents used in the outdoors

A-frame tents are the traditional tent shape. They are light and typically require the use of a tarp for extra weather protection. There is little headroom inside the tent due to the steep slope of the walls. The tent consists of two poles and in most cases wires to stabilise the tent. This tent is unsturdy in windy situations.

Cabin tents are usually heavier than other designs and more difficult to set up, but do provide a lot of space. Due to their size and weight, these tents are best used for car camping, providing space and facilities for large groups and families.

Dome tents are stable and simple to assemble, using two or three poles that pass through the centre of the roof. Depending on their size and shape, dome tents can provide adequate headroom and even separate rooms and a porch area to store equipment. The dome tent would be the most popular type of tent used in camping.

legal and administrative requirements, eg permission, liaison with authorities, trip intention forms

Permission to camp and travel through environments will vary according to the type and nature of the park or reserve. For example, national parks and historic sites usually offer visitor facilities, whereas State conservation areas may have limited opportunities for use, due to the delicate nature of the environment it contains. Information for all types of parks and legal requirements can be obtained from the NSW National Parks and Wildlife Service homepage:

www.nationalparks.nsw.gov.au

Figure 2.3
National parks in NSW provide clear instructions about usage
Campsite selection

Assess the suitability of a camp site by considering issues such as distance from creeks and trees, and waste disposal considerations

- Geographic, environmental and climatic considerations
- Tree fall evaluation

One of the important considerations when selecting a suitable campsite location is the distance from a creek, as access to water is vital if no other resources are available for hydration. However, camping too close to a creek may be dangerous if there is a downpour of rain, which may increase the creek's width and depth suddenly.

Other essential factors for site consideration are assessing overhanging branches, dead trees or limbs, or potential falling rocks from above. It is always better to be over cautious when evaluating a campsite location. Avoid setting up tents in surface areas where there are depressions, try to set up on a levelled site to ensure that all campers will sleep well.

Establishing the camp site (fireplace, waste disposal)

Preparing a fireplace requires knowledge and understanding of what is required to ensure safety for all people at the campsite. A good example is to select a spot that has easy access to water and is sheltered from the wind. The fire should be built on soil or in a fire ring, surrounded by rocks.

There are three different kinds of wood required to build a campfire:

1. Tinder—such as small twigs, wood shavings, dry leaves or grass is initially used to start burning immediately with a lighted match.
2. Kindling—small sticks which are then used to assist in building the fire.
3. Fuel—which is larger wood used to keep the fire going.

When putting a fire out it should be thoroughly drowned with water as soon as possible after use. Move surrounding rocks within the campfire ring to ensure there are no unseen embers and drown the fire area again.

Inappropriate waste disposal may impact on flora and fauna, as well as the ability of people to use and enjoy the outdoors. If human waste is not correctly disposed of or otherwise removed from the park, waterways may be polluted and the surrounding area contaminated. It may also lead to the spreading of parasites and disease.

Human waste should be disposed of by digging a hole in the soil, away from water sources, vegetation, tracks and the actual campsite. Urine and faeces should be mixed with the soil before the hole is filled and groundcover replaced.

All rubbish items such as fruit and vegetable peels, paper, plastic, tin, foil and other food scraps should be carried out of the natural environment. Campers should avoid burying food scraps, leaving them lying around, throwing them away or leaving them behind rocks or trees.
conservation skills

critically examine the implications of the following for planning and behaviour: ‘take nothing but photos and leave nothing but footprints’; ‘leave the area cleaner than you found it’

debate issues from ethical dimensions such as:
– should areas be set aside as human-free?
– should 4WD and hiking be banned from some areas?
– ‘leave no trace’ camping

Respecting nature when camping is to try to ‘leave no trace’ that the site has been used by leaving the natural environment the way it was found. A little effort is all that is required to ensure that other campers who use the campsite later will enjoy it too. Some examples of leaving no trace include:
• packing plastic garbage bags to collect trash and taking all waste products out of the campsite, used or unused
• dumping gray water away from any fresh water sources
• dumping ashes in the campfire ring or in a bag and putting the bag in a dumpster.
• covering all human waste.

– minimal impact practices

Minimal impact practices for bushwalking means that a person should do nothing and leave nothing that will indicate where they have been.

There are many different bushwalking groups that cater for all levels of abilities and interests, and operate according to the Confederation of Bushwalkers Code of Ethics. The code includes these important considerations:
• Bushwalking groups should be kept to a small ideal number of about 4–6 people.
• Bushwalkers should remain on the worn track for their own safety and for the sake of the environment, as this does not widen the already created path.
• Wherever possible, bushwalkers should look to walk on rocks and hard ground. Avoid easily damaged places such as areas with moss, swamps and fragile rock formations.
• Bushwalkers should never feed, disturb, or harass wildlife. It may be harmful to their health and may alter their natural behaviour. Observing wildlife from a distance would be the safest choice for all involved.

The bushwalkers’ code
• be self reliant
• tread softly
• watch your safety
• pack it in pack it out
• be hygienic
• keep water pure

– be very careful with fire
• choose campsites carefully
• protect plants and animals
• respect aboriginal heritage
• be courteous to others

SOURCE: WWW.NPANSW.ORG.AU/WEB/ACTIVITIES/BUSHWALKING.HTM
– ethical issues, eg impact of activities on the environment

### Feature Box

**Tourism**

The natural environment is a major attraction for visitors. **Service providers** need to work together to ensure they place a value on protection of the environment, not just for economic benefit.

Tourists are drawn to Australia for its beautiful oceans, beaches, mountains, forests and wildlife. The future of tourism in Australia relies heavily on the maintenance of the quality of the environment and the management of natural attractions and their associated **cultural values**.

Many tourists participate in a range of outdoor experiences, such as going to the beach, visiting national and state parks, bushwalking, rainforest walks, visiting botanic and public gardens and scenic tours. There is also an anticipated growth rate for international visitors, which puts significant additional pressure on the country’s natural landmarks.

Opportunities for economic advantage have also contributed to the construction of major tourism **infrastructure**, such as hotels and marinas, which can impact local environments with increased visitors. The additional demand on water and energy supplies may also require further infrastructure development. Large developments will also generate large quantities of waste affecting pollution and **degradation** of the environment if poorly managed.

Ethically, this raises the issue of developing inappropriate locations for tourism activities for quick monetary return, such as four-wheel driving over fragile dunes, developing resorts with high water use in water-conscious environments and chartering fishing operations using sensitive marine habitats.

#### Activity 4

- **Navigational Skills**
- Navigate using a compass and maps with varying detail
- Estimate the approximate time that it will take to walk a designated route
- Map reading

A topographic map shows an accurate and detailed representation of the physical features of a geographical surface area. Features that are shown include rivers, mountains, roads, railways and towns.
Map symbols

There are symbols on a map that represent features of the geographic area. The meanings of these symbols are given on the legend of the map. Map symbols may include roads, railway tracks, vegetation, buildings, powelines and border boundaries.

Legend

- Principal road; Built-up area; Locality
- Secondary road; Bridge; Causeway
- Minor road; Embankment; Cutting
- Vehicle track; Gate; Stock grid
- Dual carriageway; Distance in kilometres
- Route marker; National, State
- Airport, Landing ground; Heliport
- Multiple track railway; Station or siding
- Single track railway; Bridge; Tunnel
- Power transmission line
- Homestead; Building/s; Ruin
- Fence; Levee; Open cut mine
- Mine; Windpump; yard
- Contour with value; Depression contour
- Horizontal control point; Spot elevation

Contour lines

On a topographic map, there are contour lines which join points on the Earth that are of equal height above sea level. The lines represent irregularities on the surface of the land depicted. This means that the closer the lines are together the steeper the terrain; the wider they are apart the gentler the slope of the land. Contour maps give the reader a sense of where physical features such as ridges, creeks and valleys are located.

- Grid bearing

On a map, the vertical and horizontal lines that intersect over an entire map are called grid lines. These lines are usually black and are used to find or express (with coordinates) a site location. Grid lines are always equally spaced apart with each line numbered around the edge of the map. The distance between adjacent lines on a map is represented by a scale of measure. For example, on a scale of 1:100 000, the distance represents 1 kilometre.

The position of a point on the map is described as its distance east from a north–south line and its distance north of an east–west line. For this reason, grid lines are also called:

- eastings—these are the vertical lines running from top to bottom (north to south). They divide the map from west to east. Their values increase towards the east; and
- northing—these are the horizontal lines running from left to right (west to east). They divide the map from north to south. Their values increase towards the north.

The squares formed by intersecting eastings and northing are called grid squares. On a 1:100 000 scale maps, each square represents an area of 100 hectares or 1 square kilometre.

magnetic bearing and true north

Maps usually include a north point diagram in the map margin, which shows the direction of true north, grid north and magnetic north at the centre of the map.

- True north (TN) is the direction to the Earth’s geographic North Pole.
- Grid north (GN) is the direction of the vertical grid lines (eastings) on a topographic map. The angular difference between GN and TN is known as grid convergence. This varies across the country, its magnitude and direction east or west of TN being usually less than 2°.
- Magnetic north (MN) is the direction from any point on the surface of the earth towards the earth’s north magnetic pole. The angular difference between TN and MN is known as magnetic declination.

**Figure 2.8**
In the north-point diagram, it shows the actual grid-magnetic angle for the centre of the map face.

**Figure 2.9**
Angles showing clockwise direction of bearings.

**Figure 2.10**
Parts of a compass

**Bearings**

A bearing is a geographic orientation of a line given as an angle measurement in degrees clockwise from 0° (North), 180° (South), 90° (East), 270° (West) to 360° (North again).

**Using a compass**

A compass works on the principle that the pivoting magnetised needle (or the north point of the swinging dial) always points to the north magnetic pole. The red and black arrow on a compass is the needle. On some compasses the arrow might be red and white. The red arm always points towards the Earth’s magnetic north pole.

The piece that swivels on the top of the compass is called the compass housing. On the edge of the compass housing is the bearing, from 0° to 360°.

**measuring distance**

The map scale on any given map represents the ratio between the distance on the map to the corresponding physical distance of the ground. For example, in Figure 2.12, the map scale 1:100 000 would be calculated as 1 centimetre on the map equals to 100 000 centimetres, or 1 kilometre on the ground.
Taking a bearing for a location

1. Locate the object or feature of interest.

2. Point the ‘direction of travel’ arrow at that object or feature.

3. Hold the base of the compass steady and turn the dial so that the red arrow on the base of the dial is underneath the red half of the compass needle.

4. Read off the magnetic bearing.

Following a bearing

1. Turn the dial of the compass so that the magnetic bearing identified is lined up with the ‘direction of travel’ arrow.

2. Move the complete compass around so that the red half of the compass needle is above the red arrow on the base of the compass dial.

3. The ‘direction of travel’ arrow is now pointing in the direction required.

natural navigation (using sun, stars)

Natural navigation can be defined as finding direction without a compass. There are numerous ways of finding direction and these skills are very important for anyone who becomes isolated from their group or may have lost their equipment.

The sun

The sun rises in the east and sets in the west. The use of the sun as a navigational tool has saved the lives of many people, as the direction point of the sun at any part of the day can be used as a guide to help people out of critical situations.
The location point of south can be determined from the constellation of the Southern Cross. This constellation can be distinguished from other cross-shaped groups by its smaller size and its two pointer stars—the brightest star is at the foot of the cross.

**Locating south using the Southern Cross**

1. Locate the two bright pointer stars of the Cross constellation.
2. Project an imaginary line through the long axis of the cross.
3. Begin with the star that marks the top of the cross, draw a perpendicular line starting at the mid-point between the two stars and coming out at right angles. This line should cross the imaginary line through the long axis of the cross. The intersection of these two lines is close to the South Pole.
4. Place a marking arrow on the ground to remember the position by day.

**Factors to consider when preparing a survival first aid kit**

- the number of people participating
- where the wilderness trip will be conducted
- how long the trip will be
- distance from medical assistance
- planned activities

**Emergency management skills**
- analyse a range of risk situations and propose prevention and management strategies
- describe how to construct an emergency shelter using natural materials
  - wilderness first aid, eg thermoregulation, snake bite

The contents of a wilderness first aid kit should take into account of the type of activities that will be undertaken during the wilderness trip planned. Long stays in the wilderness or more extreme forms of activities require more extensive first aid kits and an increased understanding of first aid skills.
Thermoregulation

The body can compensate for small upward or downward variations in temperature, because it can activate its own built-in thermoregulatory system controlled by temperature sensors in the skin. Hypothermia occurs when the body is unable to generate sufficient heat to efficiently maintain bodily functions. Some of the factors contributing to hypothermia developing include age, health, nutrition, body size, medications taken and the type and length of exposure. Exposure to cold can lead to heat loss via conduction (transfer by contact), convection (cool air over the body), radiation (heat leaving the body), evaporation (water leaving the body) and respiration (air inside lungs raised to body temperature).

Feature Box

Australian Snake Bites

About half the deaths are due to bites from the brown snake, the rest are mostly from the tiger snake, taipan and death adder. Some deaths are sudden, however, it is uncommon to die within four hours of a snake bite.

FIRST AID FOR SNAKE BITES:

- Do NOT wash the area of the bite.
- It is extremely important to retain traces of venom for use with venom identification kits.
- Stop lymphatic spread—bandage firmly, splint and immobilise.
- Start bandaging directly over the bitten area, ensuring that the pressure over the bite is firm and even. If you have enough bandage, you can extend towards more central parts of the body, to delay spread of any venom that has already started to move centrally. A pressure dressing should be applied even if the bite is on the victims trunk or torso.
- Walking should be prevented.

In Australia, there are about 3000 snake bites per year, of which 200–500 people receive antivenom; on average one or two snake bites will prove fatal.

Source: www.usyd.edu.au/anaes/venom/snakebite.html
what to do when you are lost

If a person is not sure in which direction they came from, then they must make a difficult decision. ‘Do they wait until someone comes looking for them?’, or if they decide to go on, ‘Could they get even more lost by trying to find their way out?’

If the person is in a small wilderness area where it took a few hours to get in, then it is likely that one or more days of hiking in any direction will get them to a road or some form of civilisation. On the opposing side, however, if they went for a hike in a large national park and choose the wrong direction this could lead them deep into the wilderness and away from civilisation.

bushfire procedures, lightning, flooded rivers

Bushfire

The nature of bushfires will vary depending on conditions in the physical environment and the weather. A grass fire, for example, may pass by in 30 seconds, which increase the chances of survival for those in the immediate area. However, fire in thick scrub or heavy bush land, might take 3–5 minutes to pass over.

The main cause of death in any fire is radiated heat, as it brings on heat stroke and severe burns. The following survival rules are adhered to by firefighters during:
- Do not run from a fire unless there is a secure and safe place to go away from the fire's path.
- When on a hill, move across the slope out of the path of the fire front and work downhill towards the back of the fire.
- Seek protection against radiated heat if unable to get out of the fire's path. Make a heat shield from whatever is available, such as rocks, logs, or earth. If possible, move into a depression or drain channel in the ground.

Lightning

Lightning usually strikes at places such as high ground, rocky outcrops, tall trees and prominent landscape features. If caught in the open during a storm without any protection, head for low ground and lie flat. As water is a conductor, it is important to try to sit or lie on something that is dry. The safety procedure during a lightning storm is to sit on a dry object, lift the feet clear off the ground, hug the knees into the chest and lower the head.

Flood

Floods are usually caused by constant heavy rainfall, or coastal tide surge when a cyclone crosses the coastline. The onset of most flooding is gradual. The best protection is to monitor the situation to allow plenty of time to move essential survival equipment to higher ground.

Flash flooding, however, is a much higher threat to safety. It occurs when water from a heavy downpour upstream becomes dammed up and is suddenly released, rushing down into a dry creek or river bed. Prevention is the best survival rule. Never camp or stop in a dry creek bed, particularly if there has been heavy rain in the higher feeder areas.
skills needed for other outdoor activities relevant to the experience
perform relevant outdoor activities safely and with a basic level of proficiency

– canoeing/kayaking skills

Canoeing and kayaking are activities that cater for people at all levels and walks of life. Once the basic skills of balancing, paddling and directing the canoe or kayak have been mastered, enthusiasts will be able to plan their canoeing or kayaking experience with others, either as a social outing with a group of friends, or an outdoor school education camp. This sport is a great way to keep physically fit; it can be as interesting and challenging as the participant wishes it to be, including taking it to a competitive level.

List of outdoor recreation activities people enjoy in Australia

1. Abseiling and caving
2. Cycling: road and mountain bikes
3. Camping: tent and caravan
4. Climbing: rock climbing, canyoning and mountaineering
5. Canoeing and kayaking: white water, flat water, surf and sea
6. Fishing: line, spear and net
7. Gliding: hang gliding, paragliding and parachuting
8. Horse riding: recreational trail riding, endurance, cross country and dressage
9. Hunting and shooting with firearms and spears
10. Motorcycling: trail bikes, motocross bikes and recreational rides
11. Four-wheel driving
12. Going on a picnic
13. Power boat riding and jet skis
14. Sailing: yachts and sailboards
15. Scubadiving and snorkelling
16. Surfing: surfboards, boogie boards and surf skis
17. Swimming
18. Walking, running, orienteering and bushwalking
19. Water-skiing: skiing and tobogganing
20. Snow skiing: skis and snow boards and cross-country

– abseiling skills

Abseiling is the technique of descending through the use of a fixed rope. This is performed mainly after a climb or where there is difficult access, such as sea cliffs, to the start of a climb. Ropes are the main equipment used, other tools and devices commonly used:

• Belay devices—**Belaying** is one of the climbing techniques used in rock climbing. It secures the climber during their climb. There are two types of belay devices used:
  – Tubular belay is one of the common types used. The tubular type has two holes for the climbing rope to pass through. It is also lightweight, easy to use, and works well with single or double ropes.
  – Figure 8-shaped belay device is usually made of aluminium. Figure 8s are used in top-rope climbing and are effective when used in belaying and abseiling.

• Carabiners—This is a metal loop with a spring-loaded or screwed gate and is usually made of aluminium. Carabiners are designed to fasten the rope to an anchor or connect two ropes or gear together.
Climbing harness—A climbing harness is an essential piece of equipment for climbing. It provides the required support and protection in all forms of climbing. It is important for climbers to know the different types of climbing harnesses and determine what kind suits their individual climbing needs.

Climbing helmet—To keep protected from these elements, all rock climbers require a climbing helmet. Wearing a correctly fitted one will protect a person from head injuries and other related mishaps.

Safety measures and skills

An important aspect of abseiling is checking all equipment and venues to ensure a climber’s safety and that they will have an enjoyable experience. The following are some considerations and skills and actions required before participating in abseiling:

- Wear gloves, knee pads and elbow pads to reduce the chances of injury.
- Ensure that necessary equipment and devices are securely in place.
- Demonstrate how to put on a harness correctly.
- Describe the uses of a range of knots, such as figure-8, half hitch and overhand.
- Construct a system that allows the abseil line to be released in an emergency.
- Use effective communication during the abseil.
- Ensure that there is immediate access to first aid kit and emergency equipment.
Activities

Activity 1 (Page 227)
Design and plan an overnight camping trip. Include the following considerations in your planning, along with any other relevant information:

- equipment—what and how much?
- transport—how and when?
- hike—where and how long?
- campsite—where?
- games/activities—type and length of time?
- cooking—where and when?
- costs
- risk management procedures

Activity 2 (Page 230)
Access the website information at the NSW Department of Primary Industries – Forests, and investigate what you can do if you were to visit Cumberland State Forest.

🌐 www.forest.nsw.gov.au/recreation

Activity 3 (Page 231)
Discuss the following statements:

- Should areas be set aside as human free?
- Should 4WD and hiking be banned from some areas?

Activity 4 (Page 232)
Tourism is often highly seasonal, with the number of tourists varying widely depending on the time of the year. Examine how seasonal changes in visitation can have a huge impact on the profitability of tourist operators and their capacity to implement best practice.

Activity 5 (Page 235)
Using a piece of string, ruler or strip of paper, measure the distance between two points on a map. Then compare the measurement to the scale bar on the map and determine how many kilometres the measurement represents. Lastly, calculate how long it would take to walk along this route.

Activity 6 (Page 236)
Describe how to construct an emergency shelter using natural materials.

Activity 7 (Page 239)
Plan a class excursion to an indoor rock climbing centre. The goal for all class members should be to learn the skills required and then perform a basic level of proficiency in climbing and belaying.

Activity 8 (Page 239)
Examine the information on wilderness survival in the website below, then click onto the ‘Quiz’ button

🌐 www.wilderness-survival-skills.com
Review Questions

1. List two environmental considerations when planning for a camping trip.
2. Discuss the role emergency management plays in outdoor recreation.
3. Identify the key issues associated with meal planning.
4. Describe the results a person may experience if they have not hydrated effectively.
5. Assess the factors that should be considered and type of tents used when camping.
6. Explain how the geographic location of a campsite may impact on a camping experience.
7. Investigate how to prepare a fireplace for cooking.
8. Compare ‘leave no trace camping’ with ‘minimal impact bushwalking’.
9. Identify two ethical issues associated with outdoor recreation.
10. Describe the use of grid bearings.
11. Justify the use of a map and compass when participating in a five-day hiking trip.
12. Analyse the use of natural navigational tools.
13. Outline the benefits of being trained in wilderness first aid.
14. List the ways exposure to the cold can lead to hypothermia.
15. Create a table that examines what to do when a person is lost, exposed to a bushfire, in the region of lightning and in danger of flooding.