

SNOW DERBY

TRAINING GUIDELINES

1/20/2011

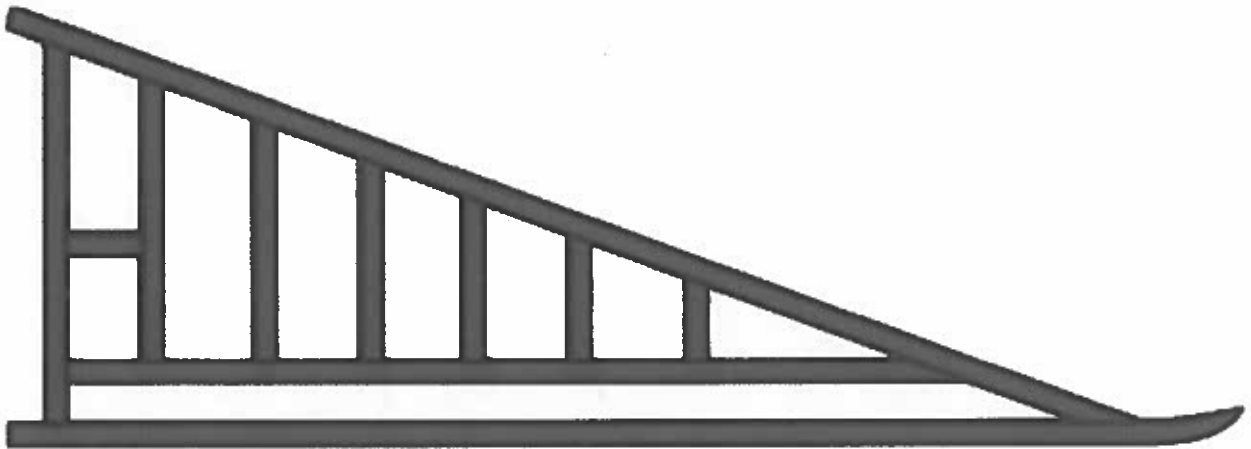


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SNOW DERBY GENERAL RULES

1. All cadets must be well behaved, respectful and orderly at all times.
2. All cadets must participate at each station.
3. Each sled will be judged for neatness and must be well equipped.
4. Each sled will be judged by Corps construction rules.
5. All cadets and counselors must be in uniform.
6. When your sled reaches each station the cadre leader will report to a judge and address him as follows: Sir; My name is _____ from Faith Community Cadet Club, sled # ____, reporting for instructions sir.

COMPASS STATION

You will need to use a compass and the map in your packet to do the compass part of the SnoDerby. The square that represents the course start point will be filled in when you get your map. You will need to do the following steps to fill in your map.

1. Get your compass heading and the distance to the next station from a judge. (Don't leave a station without doing this or you will have to walk back to do it!)
2. Zero the compass. (Align your compass dial to North. Remember North is zero degrees and the colored end of the compass needle always points North.)
3. Zero the map. (Use the compass to align the map with North. Place the compass on the map with one side of the compass aligned with the North-South gridlines then turn the map to align the lines inside the compass dial with the compass needle, don't let the compass slide around on the map while you are doing this. Once you've done all this and the map is aligned with North don't move your map!)
4. Pick up the compass without moving the map and turn the dial on the compass to the heading you've been given.
5. Use the adjusted compass to find the direction on the map you need to go. (Lay the compass on the map with one of the side edges of the compass touching the center of the square on the map where you are currently located, then turn the whole compass to align the lines in the compass dial (and the compass needle) with the North-South gridlines on the map, and remember don't move the map.)
6. Take a pencil and lightly draw a line along the side of the compass. This line will be your compass heading drawn on the map. You may use your ruler/distance scale to lengthen this line if you need to.
7. Using the ruler/distance scale measure along the pencil line to find the distance between your current location and the next station. Measure carefully!
8. Color in the square that marks your next station.
9. When you get to each station you will have to turn over your map and your score book to a judge to be scored and to get your next compass heading and distance measurement.
10. The final station of the Sno-Derby is the compass station. You will be required to give the compass bearing to two different objects. To do this begin by zeroing the compass, then face toward the object and with the compass held in front of you turn the compass dial to align the lines in the compass dial with the compass needle, then read the compass heading on the dial.

FIRE BUILDING STATION

1. Gather tinder, kindling and fuel. It's best to do this before you reach the fire building station and the more tinder you have the better. Don't bother gathering leaves, pine needles or pine cones, they either don't light easily enough or won't burn long enough to make good tinder. Be sure everything you gather is dry dead wood.
2. Cadre leader will report to a judge for instructions.
3. Choose a good site for your fire and clear the ground of snow and leaves.
4. Dig a narrow and shallow trench so you can get a match under the tinder in your fire lay. Be sure to align your trench with the direction of the wind.
5. Start your fire lay by laying your tinder across the trench you dug leaving one end of the trench open to get your match in. The open end of the trench should be upwind so that the wind will blow the flame onto your tinder and not away from it. Lay a few pieces of kindling on top of the tinder in a loose criss cross pattern. Be sure you have extra tinder nearby if you need to feed your fire to keep it going and have more kindling and fuel ready also.
6. If there is a strong wind you will need to make a wind break. It only takes one person to light a match, everyone else can sit or stand close together upwind of the fire lay to block the wind.
7. Strike a match and light your tinder from the open end of the trench. Gently blowing on or fanning the flame may help. (Don't leave the box of matches laying on the ground next to the fire after your through with the matches, some judges will notice this and you may lose a point).
8. Once most of your tinder has burned up you should have enough flame to start adding more kindling. Add your kindling in a loose criss cross pattern to be sure your fire can get enough air. Don't smother your fire by adding kindling too fast!
9. Once you gotten some kindling burning well you can start slowly adding fuel. Once you gotten some of your fuel burning and have more fuel ready to be burned you will have successfully started a fire.
10. By now the judge will be ready to score your fire.
11. Ask the judge if you may put out your fire. Put out your fire by sprinkling it with snow, completely covering the fire snow (if there is'nt any snow use dirt or water.) Then stir the remains of your fire with a shovel to check for hotspots. Add more snow (or dirt or water) if needed. Do not stomp on the fire! Be sure your fire is completely out don't leave any hot spots!
12. Cadre leader will report to the judge for final instructions.

CLIFF RESCUE STATION

1. Cadre leader will report to a judge for instructions. Listen carefully!
2. Cadre leader will then give instructions to his cadre:
 - a. "send" some to one go for help. (Be sure the judge knows you have done this.)
 - b. cadre leader will assign someone to stay with the "injured" cadet to talk to him and find out what his "injuries" are.
 - c. cadre leader will order the rest of the cadre to go to the sled to get all the first aid equipment.
3. Treat the "injured" cadet for shock. (Have someone talk to him to keep his mind off his "injuries" and keep him covered with a blanket to keep him warm.)
4. Stop any bleeding.
5. If the "injured" cadet has a neck or spinal injury treat for shock but don't move him and wait for help.
6. If the "injured" cadet has an eye injury cover both eyes with a bandage.
7. Immobilize any broken bones by applying splints.
8. Make a stretcher.
9. Using the "log roll technique" carefully put the "injured" cadet on the stretcher. Remember when using the "log roll technique" don't roll the "injured" cadet onto a broken arm or leg, place the stretcher on the same side as the broken limb. Lift the "injured" cadet by his shoulder and his hip.
10. Demonstate to the judge that you made a good stretcher by lifting the "injured" cadet and carrying him.
11. Report to the judge for additional instructions.
12. Cadre leader will order his cadre to neatly put all of the first aid equipment away.
13. Cadre leader will report to the judge for final instructions.

KNOTS AND LASHING STATION

1. Cadre leader will report to a judge for instructions.
2. The cadre leader (or the judge) will assign cadets to make a square lash and a shear lash. A square lash joins two poles or sticks in a criss cross pattern and starts with a clove hitch followed by three wrapping turns then two frapping turns and ends with a clove hitch. A shear lash joins two poles or sticks side by side lengthwise and starts with a clove hitch followed by seven to ten wrapping turns and then three frapping turns and ends with a clove hitch. The next page has diagrams to help you learn the clove hitch.
3. Cadre leader will then report to the judge for inspection.
4. After the judge has scored your lashes take them apart and cleanup your used twine. (The judge may allow you to burn your used twine in the warming fire. Ask first if you may do so.)
5. Cadre leader will report to the judge for final instructions.

TENT ERECTION STATION

1. Cadre leader will report to a judge for instructions.
2. Cadre leader will give instructions to his cadre.
3. Choose an area to put up your tent. (The judge may do this for you.)
4. Clear the area where you're putting up your tent of snow, sticks and stones.
5. Lay a ground sheet on the cleared ground. Remember the way you align your tent is important, keep the tent door out of the wind. If there isn't any wind face the door of your tent to the east.
6. Put up your tent. (Make sure you've used all the needed stakes, the stakes are angled properly with the top of each stake pointing away from the tent, and you used all the guy lines.)
7. Tuck the edges of the ground sheet under the tent. (Remember fold the edges under not over.)
8. Cadre leader will report to the judge for inspection.
9. Take down your tent, put the tent back in the bag and put it and the poles, stakes and the ground sheet back on the sled.
10. Cadre leader will report for final instructions.

MYSTERY SPOT STATION

1. Cadre leader will report to a judge for instructions.
2. A judge will ask the cadets to name the "Landmarks":
 - Code
 - Pledge
 - Motto
 - Verse
 - Emblem or Shield
 - Cadet Song

The judge will also ask the cadets what is "Corps", what is a "Council", what is the difference between Cadets and Boy Scouts.
You may be asked if you know the theme or the theme verse for that year.
3. Play the game. Be sure to root for your cadre loudly during the game. (Nos. 2 and 3 may happen in reverse order.)
4. Cadre leader will report to the judge for final instructions.

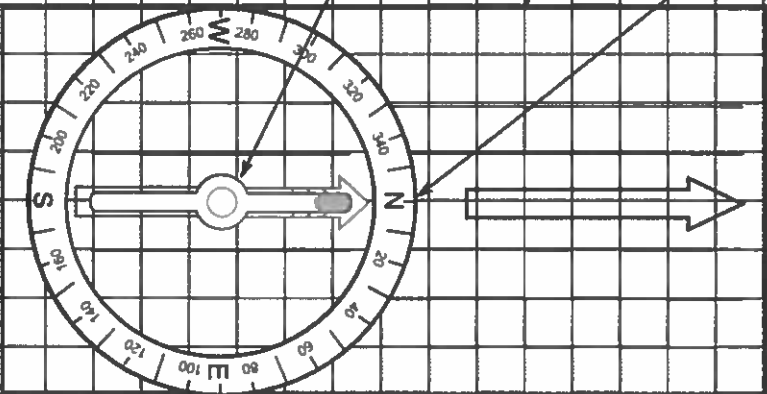
NORTH



To use your map and compass together follow these steps:

1. Set your compass to North or 0°
2. With the compass pointing to the North direction on the map set the compass on the map with one of the side edges of the compass aligned with the a vertical (North/South) grid line. It works best to set your compass along the left or right edge of the map so you can easily hold it down tight to the map while rotating the map.
3. Carefully rotate the map to align the compass needle with the vertical grid lines on the map and the compass needle points to North on the compass dial. Don't let the compass slide around on the map while rotating the map. Once you've done this you cannot move the map until you're nearly finished.

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4. Rotate the compass dial to your heading. For this example we'll use 90°.

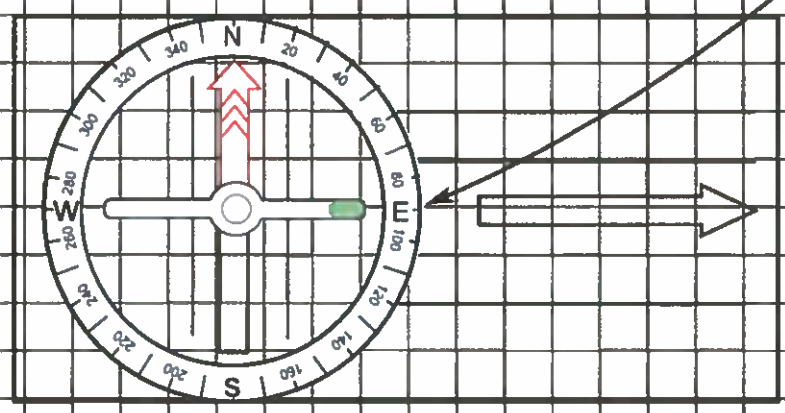
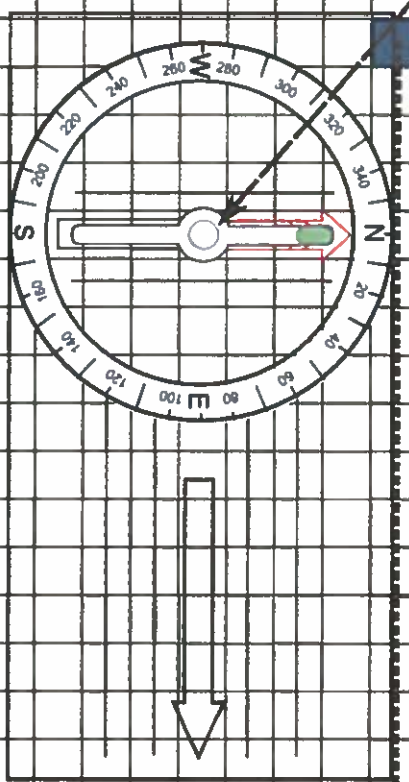
5. Lift the compass without moving the map and set the compass on the map with one edge of the compass in the center of the grid square that marks your current location.

6. Rotate the compass to align the compass needle with North on the compass dial keeping one edge of the compass in the center of the grid square that marks your location.

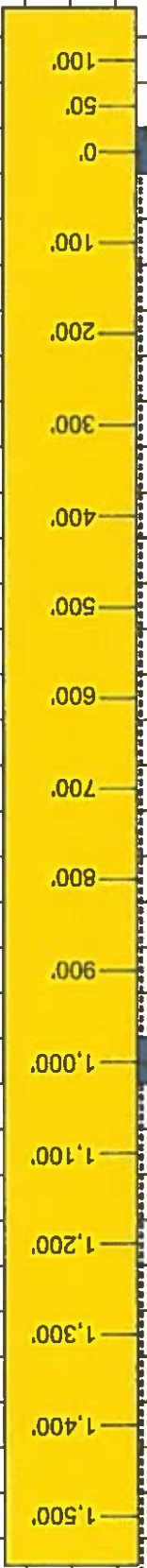
7. Without moving the compass or the map take a pencil and draw a line along the side of your compass starting at the center of the grid square that is your current location.

8. You're now done with the compass and you can lift it off the map. Moving the map at this point is okay as well.

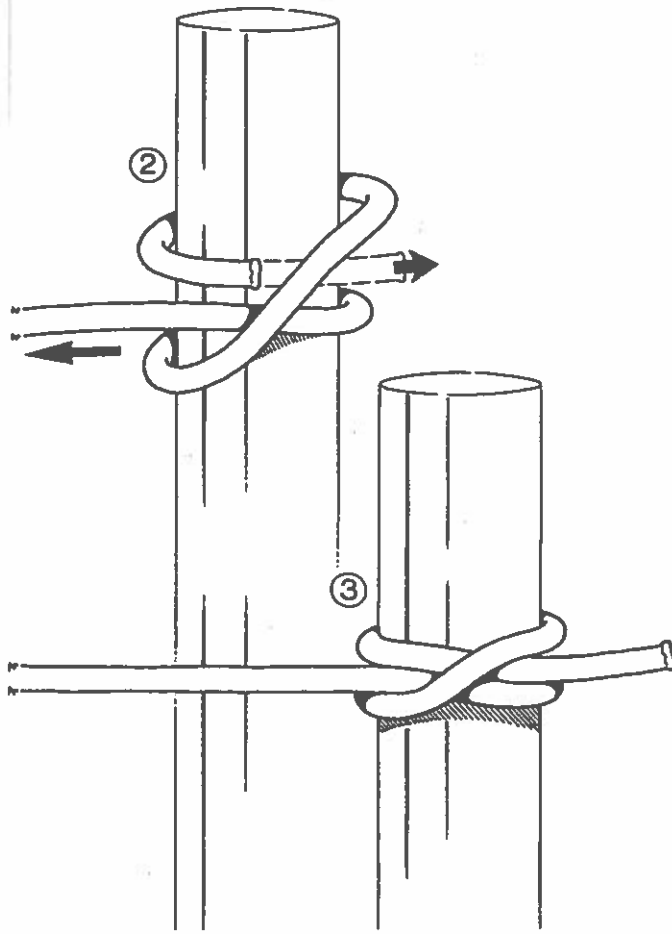
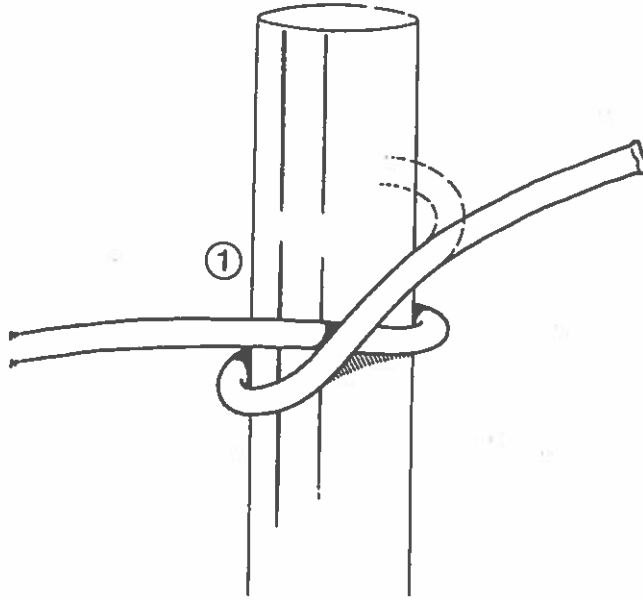
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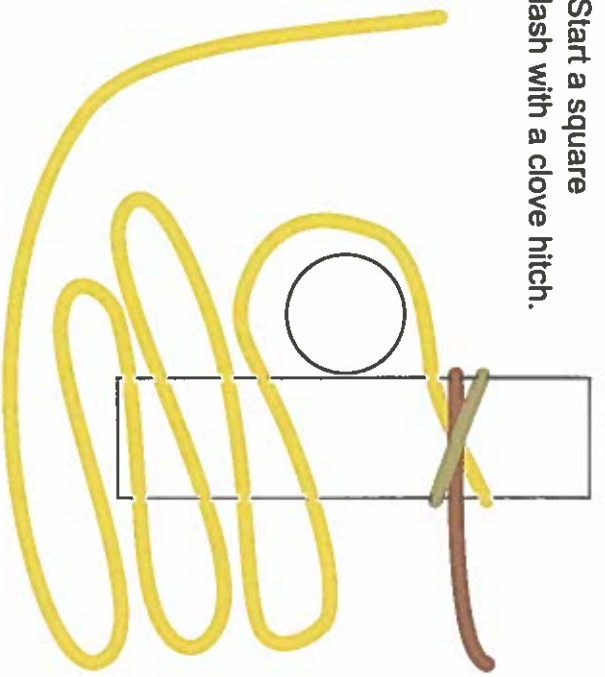
9. Use the distance scale to measure the distance to your next station.
- a. Place the zero line on the scale in the center of the grid square that marks your current location.
 - b. Find the point on the scale that marks the distance given to you at your last station. Measure very carefully. It's a good idea to double check your work rushing this step and measuring wrong will ruin all of your previous effort. In the example below we'll use a distance of 1,000 feet.
 - c. Color in the grid square that marks the correct map location of your next station.



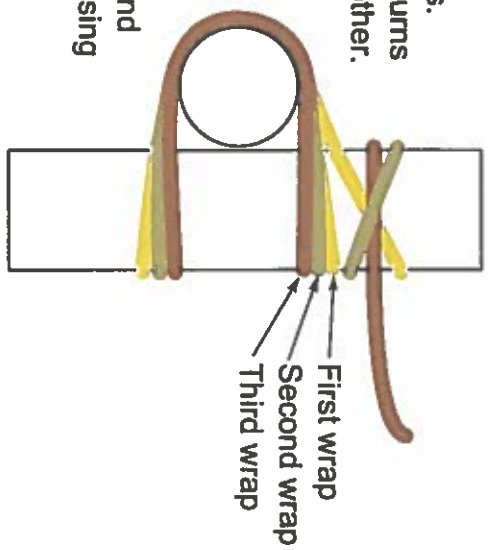
Clove Hitch



Start a square lash with a clove hitch.

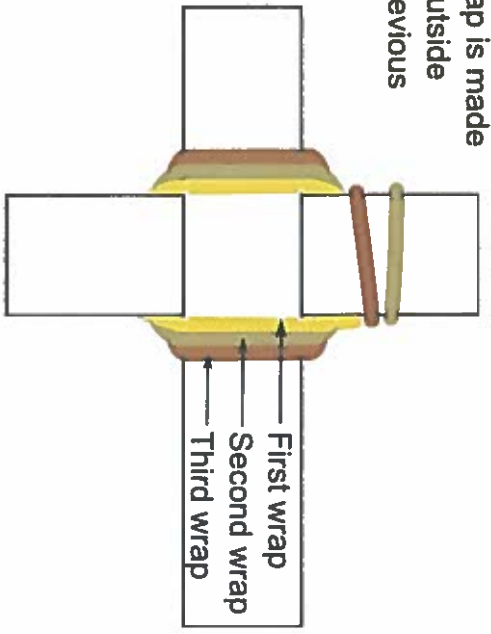


Follow this with three wrapping turns. Keep the wrapping turns along side of each other. Neatness is important! The lash will be stronger if the wrapping turns are next to each other and not on top of or crossing each other.

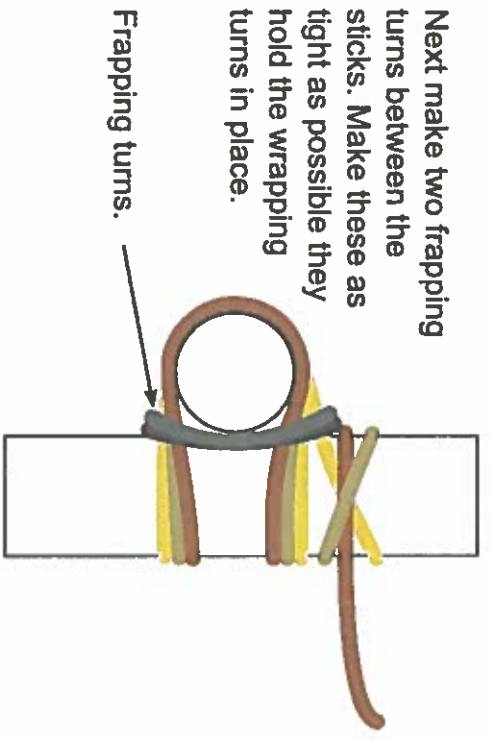


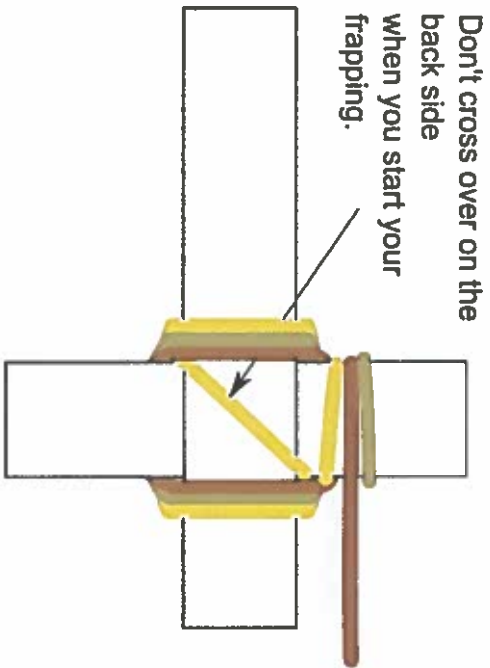
On the stick with the starting clove hitch the first wrap is made inside of the starting clove hitch, each following wrap is made inside of the previous wrap.

On the other stick each wrap is made on the outside of the previous wrap.

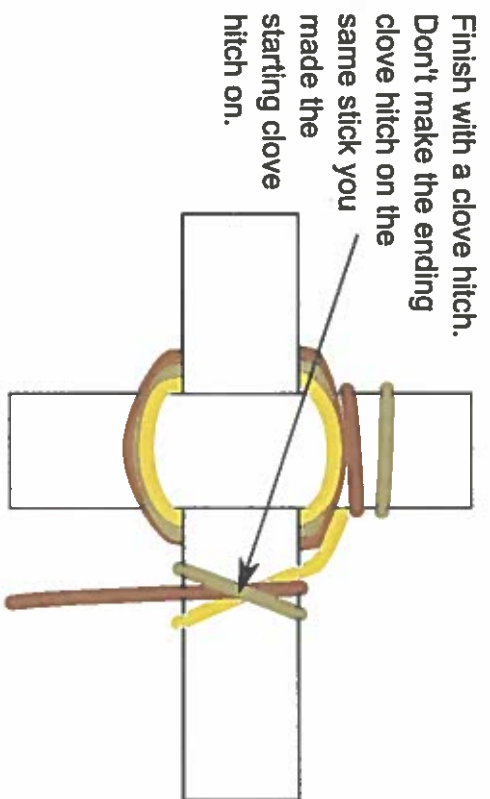


Next make two frapping turns between the sticks. Make these as tight as possible they hold the wrapping turns in place.

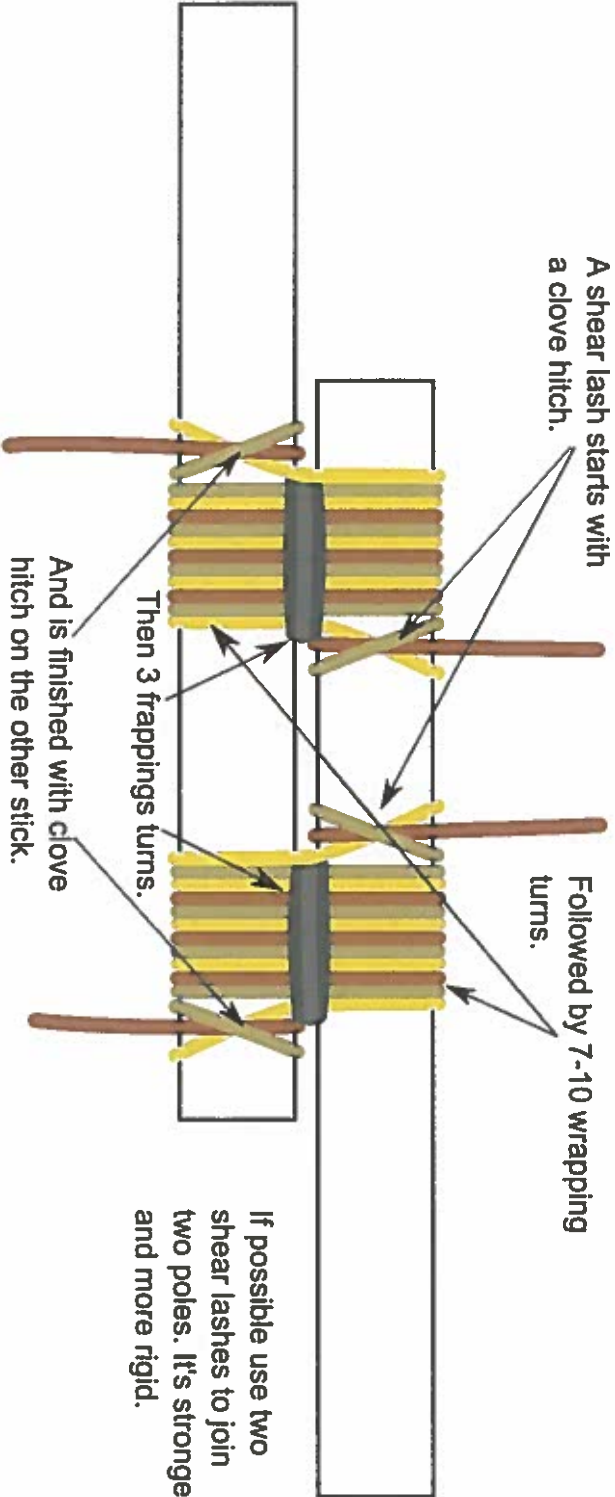




Don't cross over on the back side when you start your frapping.



Finish with a clove hitch. Don't make the ending clove hitch on the same stick you made the starting clove hitch on.



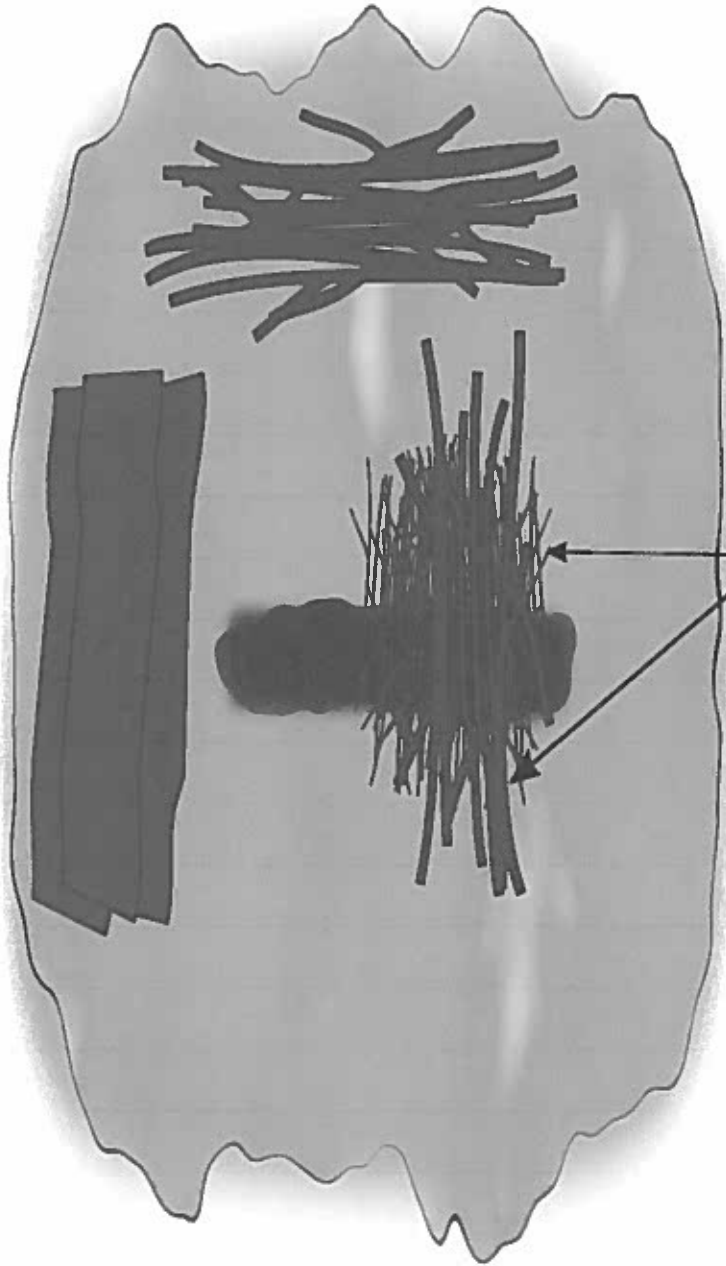
A shear lash starts with a clove hitch.

Followed by 7-10 wrappings turns.

If possible use two shear lashes to join two poles. It's stronger and more rigid.

Then 3 frappings turns. And is finished with clove hitch on the other stick.

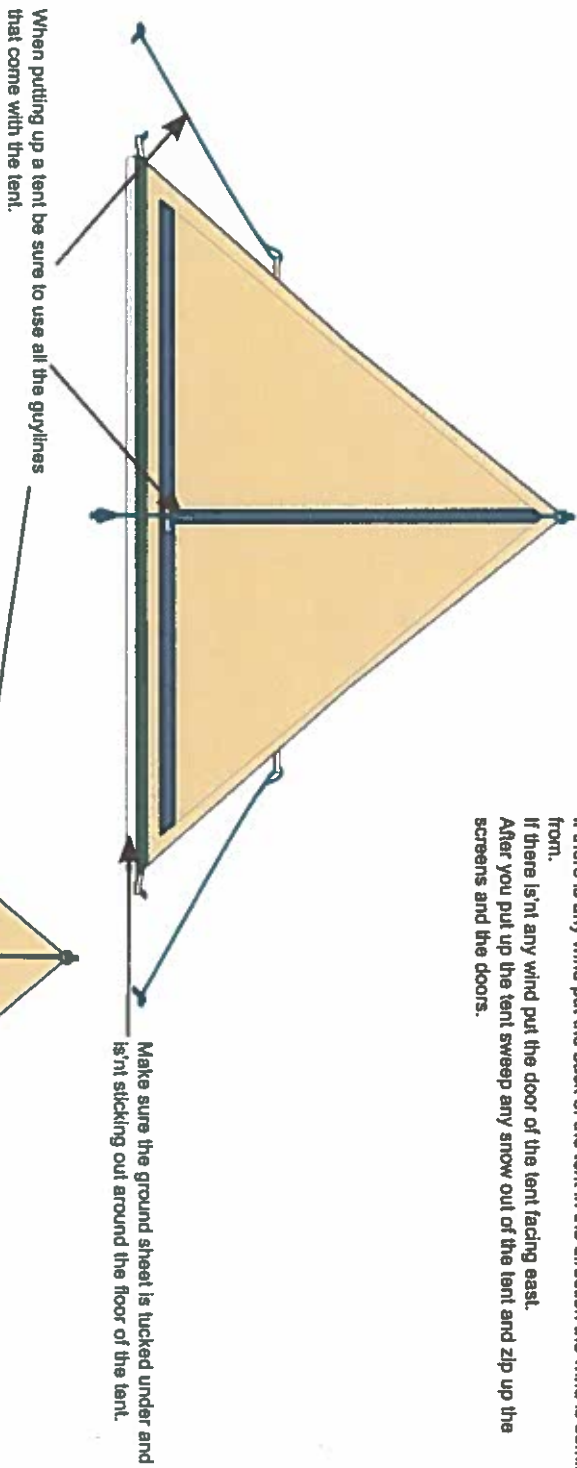
Fire Building Aid



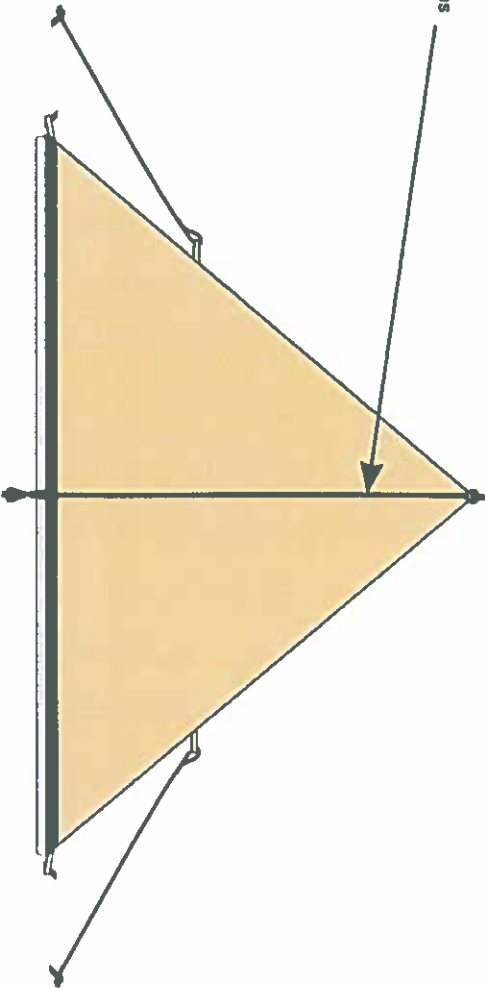
1. Dig a shallow trench about 2" deep and 3"-4" wide and about 12" long. Align the trench with the wind direction.
2. Place your tinder over the trench keeping the upwind end uncovered.
3. Place a few pieces of kindling over the tinder.
4. Light your fire from the uncovered end of the trench.

Tent Erection Aids

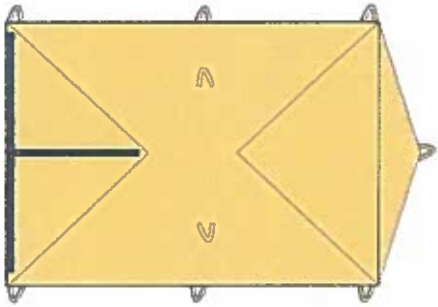
First find a level spot to put up the tent then clear away any sticks or stones. then pack down the snow where you are going to put up the tent. If there is any wind put the back of the tent in the direction the wind is coming from. If there isn't any wind put the door of the tent facing east. After you put up the tent sweep any snow out of the tent and zip up the screens and the doors.



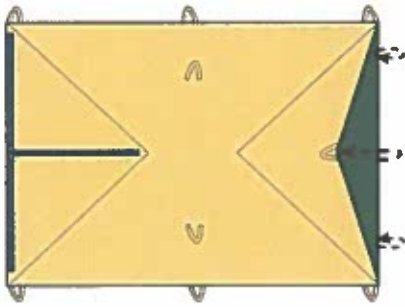
All 11 tent stakes must be used and angled properly with the top of the stakes pointing away from the tent.



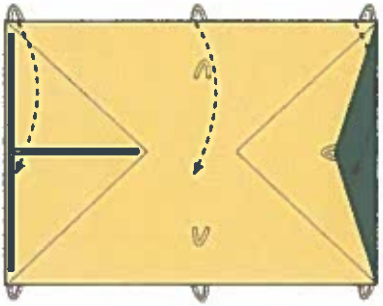
To take down the tent follow these steps:



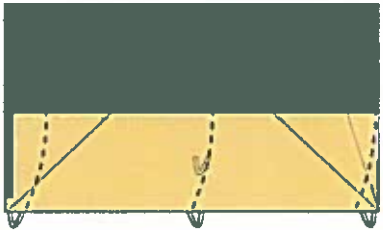
1. Take down the rear pole first by holding the top of the pole from the outside of the tent lifting it and then swinging the bottom of the pole towards the front of the tent, someone can then reach in the door and take out the pole. Doing it this way keeps snow out of the tent. Now take out the front pole and zip up the screen and the door.
2. Fold the front and back of the tent down flat towards the center of the tent.
3. Pull up all the stakes and put away the stakes, poles and guylines.



4. Fold the rear extension up towards the center.



5. Fold one side of the tent 2/3rds of the way towards the opposite side.



6. Fold the other side completely over the previous fold.



7. Roll up the tent starting from the rear and rolling towards the front. Roll it as tightly and as straight as you can.



8. Slide the tent into the bag.