

Preparation of the ground

The ground should be in a safe area away from trees, hedges, buildings and tents which could potentially catch fire. If lighting a fire on the ground look for where fires have been lit before, and simply check it is ready to use. Keep near, a bucket of water, sand or earth and a spade should you need to put out the fire in an emergency.

ROCKS AND SOILS

METHODS OF CREATING SPARK/HEAT



- Spark - Flint and Steel
- Solar - Glass/Mirror sunlight onto very dry tinder
- Chemical - e.g. potassium permanganate and glycerine or a match strike.
- Electrical - e.g. wire wool and battery
- Friction - e.g. bow drill, to create an ember, then flame through a tinder bundle
- Compression - rapid compression of air to ignite tinder bundle

Avoid peat areas as it can heat up underground. Clear stones and avoid heating rocks as they can shatter.

MATERIALS FOR TINDER

- Straw
- Hay
- Dried Grass
- Dried Cow Manure
- Dead Plant Material
- Animal Hair
- Dried Bracken
- Dead, dry Leaves
- Resin from Scottish Pine Tree

FIRE LIGHTING

SKILL CARDS

MATERIALS FOR KINDLING

- Dry, dead branches less than an inch in diameter
- Dead leaves
- Grass
- Pine needles
- Softwoods like pine, spruce, and cedar
- Tinder Fungus (King Alfred Cakes)
- Lichen/Moss (on the ground, don't break off)

SAFETY EQUIPMENT

Fire Gloves

Bucket of Water/Sand

Pans/Kettle

Kneel Mats

Flint & Steel

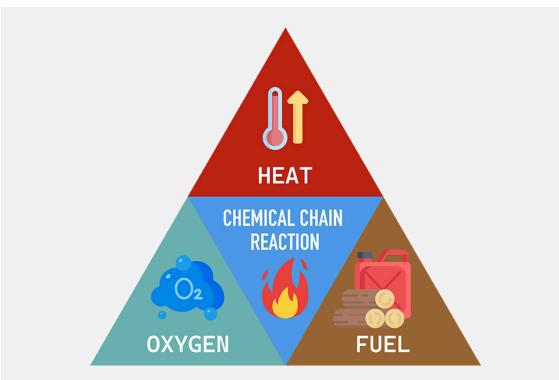
Hair Bobbles (tie long hair back)

Blowstick

First Aid Kit

FIRE TRIANGLE

The fire triangle is a model that illustrates the three elements needed for a fire to ignite and burn: fuel, heat, and oxygen.



NOTES

Take into account the space between the fire surround and seating logs, ensuring this area remains clear of trip hazards. Make certain that there are emergency exit routes available for a quick departure if necessary. Always have a competent adult supervising the fire. Secure the surround and seating with pegs to maintain stability.

FIRE LAYS

SKILL CARDS

A good fire needs three things to burn - fuel, oxygen and a spark source.

DIFFERENT TYPES OF FIRE LAYS

LOG CABIN

For a long-lasting, low-effort fire, the log cabin method is ideal. Stack thick logs in a way that they lean on each other while leaving space for airflow in the center, allowing for a slower burn than the teepee style. To build, place two parallel logs in the pit, stack two more perpendicular on top, and continue stacking to the desired height. Finally, add kindling in the centre square and ignite.



TEEPEE

Tepee or Cone - one of the classic fire shapes, the tepee or cone fire gets its name from the shelter it resembles.. A Teepee fire gives protection if the wind is changeable and coming from all directions. Larger sticks fall into the centre of the fire once it takes hold.



FIRE LAYS SKILL CARDS

A good fire needs three things to burn - fuel, oxygen and a spark source.

DIFFERENT TYPES OF FIRE LAYS

LEAN TO

The lean-to method uses a thick log as a windbreak. Place tinder on the leeward side and lean kindling against the log at an angle over the tinder. Lighting the tinder ignites the kindling and log. Gradually add larger sticks and a full-size log when ready.



STAR

The star fire method, used by western Native American tribes with limited wood supplies, allows for slow burning by aligning logs and burning them gradually. This technique requires no cutting and creates a full flame. To create a star fire, start with a small tepee of kindling and place four or five logs around it, with one end in the fire. As it burns, push the logs toward the center. The star fire can be quickly extinguished by moving the logs away from the flames.



FIRE LAYS

SKILL CARDS

EMBERS



PHOTO / DIAGRAM

NOTES

a piece of wood or coal, etc. that continues to burn after a fire has no more flames

FLAMES



PHOTO / DIAGRAM

NOTES

Flames are the visible, gaseous part of a fire that are caused by a chemical reaction between fuel and oxygen

PERMANENT FIRE SKILL CARDS

A permanent stone circle or a space marked out with wood to house a fire. Seating logs or stumps can be placed around the space to create boundaries. An entrance can also be created to enable people to move in and out of the circle.

INSTRUCTIONS FOR SAFETY AND CHOOSING A SITE

Choose a clear space, remove any debris and ensure you are a good distance away from trees and bushes. Place seating at a safe distance away from the fire to enable movement and access.

EXTINGUISHING OR CLEARING AWAY

Pour water onto cooling embers and not naked flakes to put out a fire. Once the embers are cool, remove any larger pieces of wood to dry for reuse. Scrape the ash to the perimeter of the fire pit to allow space for the next fire lay.

TEMPORARY FIRE

SKILL CARDS

There are many types of temporary fires that can be used outdoors, including campfires, portable fire pits, and tabletop fire pits.

INSTRUCTIONS FOR SAFETY AND CHOOSING A SITE

A temporary fire is ideal if the ground happens to be too dry for a floor fire. Ensure that it is steady and sits on a stand or flat rock. Choose a site that is free from trees and dry plant matter. Clear the floor.

EXTINGUISHING OR CLEARING AWAY

Pour water onto cooling embers and not naked flakes to put out a fire. Once any smoke has cleared and the embers are cold you can scatter ash and embers on the forest ground away from footpaths or walkways.

USES / OTHER NOTES

Portable and easy to contain a fire on a windy day.

Used with a grill it can be helpful for cooking.

TARPAULIN SHELTER

SKILL CARDS

A FRAME

The A-Frame shelter is likely the most widely used type of shelter you can create. It involves tying paracord between two trees, followed by draping a tarp over it and securing it with stakes. By maintaining a 30-degree angle for the tarp's roof, you will establish a living area that measures ten feet in length.

USES / OTHER NOTES

This shelter offers effective runoff for rain and snow, along with good wind deflection. However, a drawback of the A-frame shelter is the absence of a floor, and if the paracord isn't stretched tightly enough, it may sag in the centre.



TARPAULIN SHELTER

SKILL CARDS

LEAN TO

This is another straightforward shelter that effectively deflects wind and offers sunshade. To construct this shelter, fasten the tarp to the ground on the windward side and use paracord to support it between two anchor points. Setting the tarp at a 30-degree angle will give you a height of five feet and a width of eight feet beneath the shelter.

USES / OTHER NOTES

This shelter is designed for convenience, allowing for easy setup and quick takedown. It offers excellent wind protection and keeps you safe from rain and sun exposure. However, the downside is that it lacks sides and a floor, which means it doesn't provide complete protection.



WOODLAND SHELTER

SKILL CARDS

FORMATION

Find a couple of robust 'Y' shaped sticks and equally robust pole to act as the ridge. They have to be robust as by the time the shelter is finished it'll be supporting a lot a weight. Ensure that the ridge pole is rooted into the ground to make it sturdy - so so that it can't slide backwards. Find lighter, straight sticks to build up the sides. Cover with forest debris and bracken.

USES / OTHER NOTES

A storage area for food and supplies.

A place to store tools

A place to find shelter if you don't have tarp.

A storage area for wood

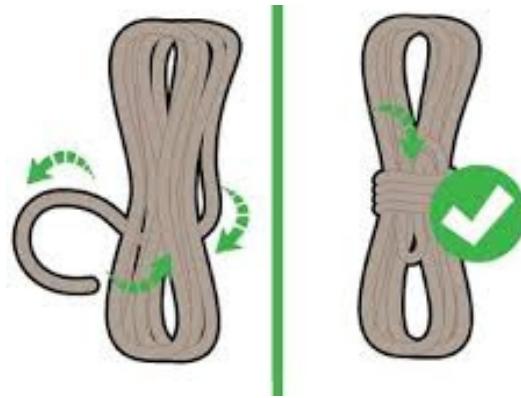
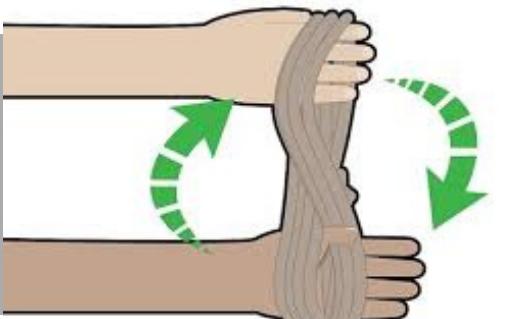


HOW TO STORE

Store rope in a cool, dry, and dark location. Ideally, lay it flat inside a tote bag or container, or hang it on a hook, somewhere dry. This will keep it off the ground – away from dirt, chemicals and moisture – and will help to prevent unnecessary damage from UV radiation. If the rope is dirty, rinse it with soap and fresh water before storing away. Air-dry it completely by leaving it in a spot that is out of direct sunlight.

STORING ROPE

A SIMPLE METHOD OF STORING ROPE



Advantages:
It's easy to uncoil by
pulling one end of the
rope.

1.

Knot both ends of the rope. Hold both ends with your non-dominant hand. Position rope between thumb and index finger. Then, approximately 33cm along hold rope with other hand positioning rope between thumb and index finger.

2.

Hold them at the same height, allowing the rest of the rope to hang down. Keeping hands flat, create a figure of eight with the rope around both thumbs. Continue making a figure of eight until there is approximately half a metre of rope remaining.

3.

Grasp the centre of the figure of eight. Wrap the half metre around it in a parallel fashion. Using your thumb as a lever, wrap the end of the rope under itself. Pull the end to tighten it.

KNOTS SKILL CARDS

TYPE OF KNOT: **CLOVE HITCH**

STEPS

1. Take a turn around the pole, or another object, and lay it diagonally over the standing part.
2. Keep going in the same direction, passing the working end around the object and then tucking it under itself.
3. Tighten the knot by pulling the working end and the standing part in different directions.

TEACHING 'HOOKS':

- Loop Around
- Cross Over
- Under to Figure of 8
- Tighten

SKILLS USED:

JOINING TWO OBJECTS

JOINING TWO ROPES

ANCHOR POINT

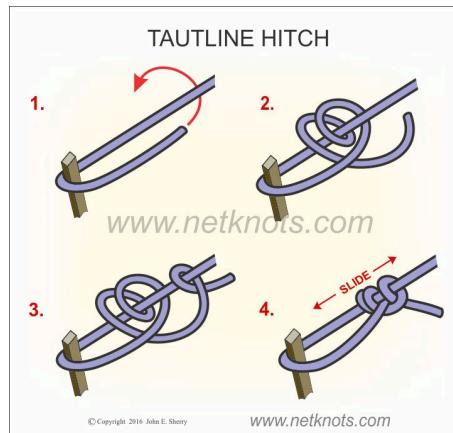
ADJUSTING TENSION



KNOTS SKILL CARDS

TYPE OF KNOT: TAUTLINE HITCH

STEPS



TEACHING 'HOOKS':

- Cross rope in a 'Q' shape with tail over long rope
- Take tail of Q up through loop from behind
- Repeat again in same direction
- Pull tail down to sit parallel behind the long rope
- Make another 'Q', this time behind the long rope
- Pull end up through lower loop, this time in front

SKILLS USED:



JOINING TWO OBJECTS



JOINING TWO ROPES

ANCHOR POINT

ADJUSTING TENSION



KNOTS

SKILL CARDS

TYPE OF KNOT: **COW HITCH / LARK KNOT**

STEPS

1. Take a turn around the pole, or another object, and lay it diagonally over the standing part.
2. Keep going in the same direction, passing the working end around the object and then tucking it under itself.
3. Tighten the knot by pulling the working end and the standing part in different directions.

TEACHING 'HOOKS':

- Bird on a wire
- With legs in the air
- Does a roly poly
- With its legs behind its head
- And ties itself in a knot

SKILLS USED:

JOINING TWO OBJECTS

JOINING TWO ROPES

ANCHOR POINT

ADJUSTING TENSION



WOODLAND CRAFTS

SKILL CARDS



INSTRUCTIONS FOR NATURE WEAVING:

1. Square lash four sticks to make a frame.
2. Weave string in and out in one continuous movement.
3. Tie off the string with two knots, to secure. Trim off the excess.
4. Weave in leaves and forest finds to create your design.

SKILLS USED:



JOINING WOOD TOGETHER



CARVING OR WHITTLING

SPLITTING WOOD

WEAVING



OTHER

WOODLAND CRAFTS

SKILL CARDS



INSTRUCTIONS FOR MAKING A BIRD'S NEST:

Choose slender, bendy twigs. Weave them together to make a basic nest shape. Use dried grass and fallen leaves to fill in any gaps. Fill with objects that you find in the forest, i.e. cones and stones.

SKILLS USED:



JOINING WOOD TOGETHER

CARVING OR WHITTLING

SPLITTING WOOD

WEAVING



OTHER

LOPPERS SKILL CARDS



TOOL TALK

This tool can be used for whittling wood that is no thicker than the size of your thumb. Wear gloves. Using both hands cut the wood diagonally so that rain will run off the cut onto the ground.. Ideal for cutting/coppicing Hazel.

USE

Hold it like a baby, with the blade towards your body when walking. When passing to someone else, pass the handle first. Store away when not in use.

MAINTENANCE

When not in use, ensure that the blade is clean and not soiled by wood or sap. Close the handles together so that neither blade is exposed and place it bag into the tool bag.

BOW SAW SKILL CARDS



TOOL TALK

Do not wear a glove on the hand holding the tool, but wear a safety glove on the other hand. Rest the wood on a log or stump to keep it off the ground. Respect Position: 1 knee up, 1 knee down. Opposite, and to the side, of each other. . Any other person should be double arms' length away when the tool is in hand. When working with a partner, cross hands under the bow shaft. Afterwards, one person may just hold the wood. Keep the saw cover on when carrying or storing the saw. Carry it like a handbag when moving around, with the blade facing the ground. Pass handle end first.

USE

Use for sawing small pieces of wood and discs.

MAINTENANCE

- Cleaning
- After each use, clean the blade with a cloth and oil to remove dirt and sawdust.
Use a gloved hand or toothbrush to remove sawdust.
- Store in a waterproof or airtight container with the blade cover on.
- Replace dull or damaged blades
- Sharpen with a slim taper file when needed.

BILL HOOK

SKILL CARDS



TOOL TALK

When you use the bill hook ensure that you are two arms and a tools length away from anyone (except working partner.) The bill hook is used to cleave (split) wood. Use the tool with bare hands. When the bill hook is not in use, put it down with the handle facing forwards and the hook and blade facing inwards. When you have finished using the bill hook, store it away in its designated place.

USE

Place wood to be cleaved on a flat wooden surface. One person, in the respect position, holds the billhook handle and the blade in position over the wood to be cleaved. The second person is opposite, in the respect position, with a mallet waiting for instructions. The 1st person instructs the 2nd to hit the billhook gently on top of the blade, with the mallet. Start with a gentle hit and work up (follow the same procedure of communication). Keep going until the wood splits. Let the wood fall to the ground.

MAINTENANCE

Wipe blade with a cloth to ensure it is clean and dry. Check handle is secure. Sharpen billhooks on a cigar stone WD 40 to prevent rust.

Sheath knife skill cards



TOOL TALK

Always use it on the outside of your body with the blade facing away from you. When you have finished with the knife, put the cover back on. When using the knife, ensure that you are two arms and a tools length away from anyone (except your working partner). The knife can be used to cut cord, split fire wood and to whittle. Wear a glove on your helper hand. When you are not using the knife, put it down with the handle facing forwards and the blade facing inwards. When you have finished with the knife I put it in the designated place.

USE

Position yourself in a safe stance either in the respect position, or sitting on a bench •
Work the knife away from the body, cutting down onto a hard surface (a log slice). •
Put the guard back on, and return to the safe place whenever it is not in use.

MAINTENANCE

Clean and dry it using a soft cloth. Check whether it requires sharpening. Check that the handle is secure. Sharpen on a whetstone if needed. Use WD 40 to protect from rust.

HAND DRILL SKILL CARDS



TOOL TALK

This is a small piston hand grip drill which drills holes in wood by turning a handle and applying a bit of pressure to drill a hole. Use the hand drill with two arms. Use it a tools length away from anyone (except your working partner.) You can use the hand drill to drill a hole in wood. You use this tool with bare hands. When you are not using the hand drill, put it down with the main handle facing forwards and the drill bit facing behind you. When you have finished with the hand drill, put it away in its designated place.

USE

Position yourself in safe stance feet firmly on the ground. No gloves required Position a spare piece of timber (1 cm thick) underneath to protect work surface. Position drill piece vertically on top of the piece of wood to be drilled and rotate handle. Care must be taken to secure the piece of wood that is being drilled you may need to build a support or clamp it.

MAINTENANCE

Clean and dry it using a soft cloth. Check all the parts are tight and secure. WD 40 to protect from rust. Replace drill bits when blunt.

MALLET SKILL CARDS



TOOL TALK

To provide a force to tools that split wood. To hammer wooden pegs into ground. Hold top of tool and offer the handle to the other person. Hold handle of tool next to leg with head facing downwards. Hold top of tool and offer the handle to the other person. On ground or surface with handle facing back wards. Return to designated storage place after use. No gloves on tool.

USE

- **Grip:** Hold the mallet firmly near the end of the handle with your dominant hand.
- **Strike:** Hit the mallet squarely, deliberately, and accurately.
- **Safety:** Keep your hands and head clear of the striking zone, and make sure no one is standing too close behind you.

MAINTENANCE

Remove any loose bits of wood. Store in a dry bag / large water proof and air tight container with other woodwork tools. Ensure that it is clean before storing away.

KELLY KETTLE /

STORM KETTLE

SKILL CARDS

Instructions for safety and choosing a site

Choose a clear dry space on a flat surface. Use fire strikers, wool and Vaseline along with kindling and sticks to light a small fire in the fire-base of the Kelly Kettle.

Wear fire gloves to add fuel to the fire and carefully place the Kelly Kettle on the base. Blow through the hole in the base and carefully feed small amounts of additional fuel through the central hole/chimney in the top of the Kelly Kettle to keep the fire going if necessary. The water will quickly boil. Hold the wire handle to carefully lift the Kelly Kettle up and away from the fire-base. When it is clear of the fire base, remove the whistle/stopper and use the handle and stopper chain to pour out the hot water.

EXTINGUISHING OR CLEARING AWAY

Pour water over your fire at the end to put it out. Remove all the water and allow kettle to cool before storing.

USES / OTHER NOTES

Do not fill to the brim because when it boils it has a tendency to spit. You can use the fire underneath to cook something in a small pan.



FOOD HYGIENE

SKILL CARDS

SAFETY CONSIDERATIONS

Wash utensils beforehand. Safety knives for young people.

INSTRUCTIONS

- Staff should have food hygiene training and be present when food is being prepared.
- Food should be stored in clean, airtight containers and transported in a cool bag.
- Raw meat should be kept separate from other food.
- Food should be cooked thoroughly to kill harmful bacteria.
- Utensils
- Utensils and pans should be clean and washed in hot, soapy water after use.
- Hands should be washed with soap and water before and after cooking and eating.
- Food waste
- Food scraps should be disposed of appropriately to avoid attracting scavengers and bacteria.
- Dietary requirements and preferences should be considered, and alternatives should be provided if needed.
- Food should not be used or frozen after its use-by date.
- People should not cough, sneeze, or spit over food, and they should avoid wearing strong perfumes or nail varnish when handling food.

USES / OTHER NOTES

Have a bucket of warm soapy water for washing pots, crockery and utensils, in-between cooking..

CAST IRON PEACHES

Ingredients:

2 ripe peaches, halved and pitted.
2 tsp demerara sugar
2 tbsp pumpkin seeds

Sprinkle of fresh thyme leaves
2 ripe peaches, halved and pitted.
To serve:
Cream or Ice Cream

STEPS

1 .

Place the peach halves, cut-side facing up, in a cast-iron skillet or pan. Sprinkle the sugar evenly over the cut surface, then dust with the pumpkin seeds and thyme leaves.

2 .

Cook the peaches in the wood-fired oven or on the barbecue with the lid on, for around 15-20 minutes, or until the peaches soften and the tops are charred and caramelised. If using a barbecue, place the peaches, cut-side facing down, on the grill to caramelise on that side first, then turn them over halfway through the cooking time to caramelise on the other side. Make sure the pumpkin seeds don't burn, but just toast off.

3 .

Serve warm with your choice of cream or ice cream.

RECIPE

SKILL CARDS

PORK WITH LEMON, HONEY AND THYME

Ingredients:

14 - 18oz (400 - 500g) pork tenderloin, cut into 1 1/4 inch cubes
1 lemon, quartered
2 sprigs of fresh thyme

Pinch each of coarse sea salt and ground black pepper
2 tsp runny honey

STEPS

1 .

Put a cast-iron skillet or pan in the barbecue (either on the grill or on top of embers) or wood fired oven to warm up. Add the cubed pork, three of the lemon quarters, and the thyme. Season with the sea salt and black pepper, then sear the outside of the pork until it is nicely browned - this should take about 4 - 5 minutes.

2 .

Squeeze the fourth of the lemon quarters over the pork and drizzle with the honey.

3 .

Cook the pork for a few more minutes until the internal temperature reaches 145 degrees fahrenheit. This ensures the pork remains juicy and slightly pink, and does not dry out.

RECIPE

SKILL CARDS

JERK CHICKEN

Ingredients:

600g Chicken Thighs

2 tbsp Dunn's River Jerk Seasoning Paste

1 tbsp All Purpose Seasoning

Pinch each of coarse sea salt and ground black pepper
2 tsp Gravy Browning

STEPS

1 .

Mix the chicken, All Purpose Seasoning, Gravy Browning, salt and pepper in a bowl until the mix completely covers all of the chicken pieces.

2 .

Put a cast-iron skillet or pan in the barbecue (either on the grill or on top of embers) to warm up. Sear the outside of the chicken until it is lightly browned. Let it remain until it begins to simmer and juices are formed (keep turning chicken.) This should take 10 - 15 minutes.

3 .

Remove the chicken from the skillet or pan and place on a barbecue (no direct flame). Brush the chicken with the jerk paste, turn over and brush the other side. Allow to cook until juices run clear and the chicken is cooked inside (not pink). Serve with rice and peas.



JERK CHICKEN WITH RICE AND PEAS

RECIPE

SKILL CARDS

RICE AND PEAS

Ingredients:

1 400g tin of Kidney Beans (yes they are beans but in JA we refer to this dish as rice n peas)

4 sprigs fresh thyme

2 chopped spring onions

1 Scotch Bonnet Pepper

150g Basmati Rice

100g tinned coconut milk

1 tsp butter

Sprinkling of salt

STEPS

1 .

Rinse the rice in a sieve.

2 .

Add rice, kidney beans (do not drain/rinse) coconut cream, spring onion, thyme, whole scotch bonnet pepper, butter and salt into a pot. Add water - enough to cover the mixture by approximately 3/4 of an inch. and bring to a boil.

3 .

Once water has come to a boil reduce heat and simmer to cook. Ensure the lid is on the pot at this stage. Do not stir the rice. Keep checking it so that the water does not dry out. If you top up with water only add tiny amounts. Your cooked rice should not be sticky or wet but light, fluffy with a lovely brown colouring. Serve with Jerk Chicken and enjoy a tasty Jamin' meal.



JERK CHICKEN WITH RICE AND PEAS