

14th Century Battlefield Medicine – Camp Sanitation Competition

TROOP 27

Each participating Patrol will do **two** of the **cases** by random choice. They will **also take a quiz on First Aid in the Middle Ages**. All correct answers and actions for the cases are found in the Boy Scout Handbook (12th Edition 2009). Patrols are encouraged to research the correct answers for the quiz.

Case 1: Adult (age 50ish) found lying on his back unresponsive with a shield on the ground next to him.

Case 2: A 16 year old boy with sitting on the ground, somewhat dazed, with blood running out of a large gash on his right forearm.

Case 3: A 14 year old boy who has fallen down a mountain side trying to keep up with his clan and has an obviously deformed left lower leg.

Case 4: An 11 year old boy who your patrol comes upon alone wandering in a meadow asking “Where did everyone go?” “Did you see that big snake?”

Each patrol will be given a sheet describing the person needing First Aid for each case. One member of the patrol will act as this person. One member of the patrol should assume leadership for the actions of the patrol and direct the care in the correct order for the victim in each scenario. Speed, but not haste is essential. Expect the unexpected. Expect fun surprises!!

Each patrol should have a Patrol First Aid kit and at least one patrol member carrying their personal First Aid kit. They will need to indicate (not actually use) what supplies in these kits would be used in the correct care. They will need to show but not necessarily do certain First Aid actions, like CPR. The Patrol should have the TEN essentials with them.

Cases #3 & #4 may ask the Patrol to transport the victim a short distance out of danger. Materials for safe short transport will be available but creative use of the TEN essentials is allowed.

Scoring: Each case is worth 40 points (30 points for correct care and 10 points for leadership) TOTAL POSSIBLE POINTS: 2 X 40 plus 20 points for the quiz on first aid in the Middle Ages = 100.

UNITE THE CLANS!

FIRST AID IN THE MIDDLE AGES

QUIZ

Clan McGregor question

One of your patrol members after arriving at UNITE THE CLANS Camporee develops black and blue blotches all over his body. You are fairly certain it is the **plague**. What treatment would you follow? (No, you can not take him down the hill to the nearest Emergency Room)

1. Apply sterile egg whites to his blotches
2. Give him a treacle
3. Swaddle him and shave the sign of the cross into his head

Clan MacBain question

One of your clan spends the night at UNITE THE CLANS Camporee in his tent with chills, a fever, and a terrible headache. In the morning at your patrol breakfast you find pimple-like spots covering his skin. It is clear he has **smallpox**, a contagious disease common in the Middle Ages (but not in the modern world!). What treatment would you follow? (No, you can not take him down the hill to the nearest Emergency Room)

1. Soak a piece of linen in a mixture of peony root and Rose oil and apply it to the affected areas.
2. Have him eat chicken broth.
3. Wrap him in red cloth and drape red hangings around his tent.

Clan Sutherland question

One of your patrol has been showing all the signs of having **leprosy** (a sore on his wrist that never seems to heal) ever since he joined your patrol 2 years ago. Even though no one else in the patrol has come down with leprosy, he wonders if there is something that can be done for him. What would you do?

1. Have him attend his own funeral and banish him to a colony?
2. Amputate one of his limbs?
3. Mix vinegar, sulfur, and oil and place on the affected area

SAMPLE KNOWLEDGE OF FIRST AID IN THE MIDDLE AGES

The connection between locating latrines near the source of drinking water and the subsequent outbreak of disease was known in the Middle Ages.

Simple fractures which involved a single break with no break in the skin are often successfully splinted.

Application of honey and salt mixtures to wounds was helpful in aiding soldiers to recover from their wounds.

Early disease prevention was sometimes practiced by encouraging daily bathing (even in the field), providing netting for protection against mosquitoes, and ensuring that soldiers exercised daily and had an adequate and nutritious diet.

Wounds were cleaned and vinegar was widely used as a cleansing agent as it was believed that it would kill disease.

Mint was also used in treating venom and wounds.

Myrrh was used as an antiseptic on wounds.

Yarrow or Achillea was used to treat headaches and wounds, especially battle wounds.

STRIKE THE RAMPARTS EVENT

The Goal Move materials and build your Clan (patrol) fortifications to withstand the marauding hoards! The materials will be carried to and assembled at a designated location (approx. forty (40) feet) using coordinated teamwork and scout skills.

The Twist Selected Clan members may be temporarily "disabled" by the Bruce [supervising scout] at his discretion. The structure strength will be tested for stability. Points awarded for overall rampart design and Clan presentation (Got Kilt?).

The Rules

- Patrols have **fifteen (15) minutes** to complete the rampart structure, building it as a team.
- Patrols must use all the supplied materials including the "rock" wall (painted plywood), blocks (4), boulders, logs (3), stumps (1 or 2), poles and stakes (several), sand or gravel [0.25 yd³] and other things.
- Add rampart elements from their own 10-essentials and/or from their carried supplies.
- **Patrols should use their own rope** for any lashings, knots and guy lines utilized. Recommend at least two (2), ten-foot (10'), 3/8th inch, polyester/nylon rope lengths.
- Supplied sand/gravel [0.25 yd³] must be moved using "bucket brigade" techniques (arms length apart). Buckets will be supplied.
- The Bruce [supervising scout] may 'disable' or 'kill' one clan member at this discretion, who will be temporarily (2-4 minutes) unable to participate. Applied first aid by the Clan may bring this individual "back to life".
- Patrols will receive a 5 minute & 1 minute warning. Patrols must stop when time is called.
- The rampart structure will be "tested" by the Bruce to determine its stability. The Bruce will judge the overall Clan efforts and assess the scores. The Bruce's decisions are final.
- After initial judging and **Clan photograph** [also an opportunity for yell or shout!], Patrols have **5 minutes** to disassemble clean-up site, restack logs, poles, remove rope and orderly assemble their Clan for final scoring by the Bruce.

Scoring – Possible 100 points

- 15 points – Leadership
- 15 points – Teamwork
- 15 points – Scout Skills
- 15 points – Safety
- 15 points – Structure Stability (as tested)
- 15 points – Creative design and/or rampart aesthetics!
- 10 points – Time to complete, Disassemble and Cleanup

Campfire Event

Two top Clans will be honored for the completed rampart at the campfire (possibly reenacting their rampart structure and battling (water balloons) their rivals.

REPRESENTATION ONLY

STRIKE YOUR RAMPART SCORE SHEET

Judge/Scorer: _____

Troop #: _____

Patrol Name: _____

Patrol Leader: _____

Mmbr Count: _____

Points (maximum 15 points per category unless otherwise noted)

LEADERSHIP _____

Did the patrol leader give clear instructions? Did he understand and follow the rules? Did the patrol use its own ropes?

TEAMWORK _____

How well did the patrol work together? Did everyone participate?

SCOUT SKILLS _____

Did the patrol use proper scout skills? Tie knots correctly? Use the right knots? Bucket brigade?

SAFETY _____

Did the patrol complete the event safely? Did they violate any safety rules? Did the rampart or its materials fall on anyone? Anyone hurt?

STRUCTURE STABILITY _____

When "Tested" by the Bruce, did it stand or fall?

DESIGN CREATIVITY _____

Overall Creativity / Aesthetics
Clan presentation / yell or shout

TIME & COMPLETION (10 PTS) _____

Did the patrol complete the event within 15 minutes? Did they clean up - stack materials, logs and poles, and clean up in 5 minutes?

TOTAL SCORE

100 Point Maximum

WRITE SCORE ON PATROL'S SCORE SHEET and INITIAL
KEEP THIS SHEET FOR TROOP 21 RECORDS
THANK YOU!

TOWER BUILDING EVENT – TROOP 509

The Goal Make the tallest tower possible using three stave poles. A three legged camp gadget must support the poles. The tower must stand freely, without any holding, for at least 30 seconds.

The Rules

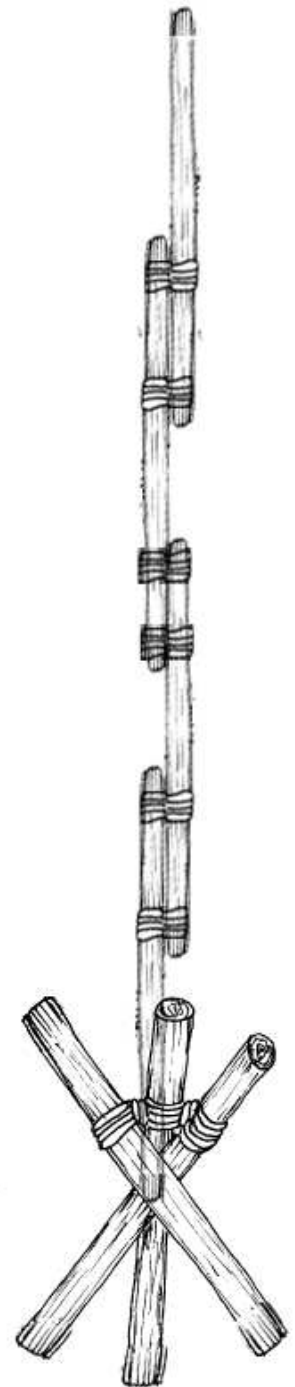
- Patrols have twenty (20) minutes to complete the tower.
- Patrols can use only the three (3) sticks and three (3) logs that are provided for building the tower. Added tower elements from their 10 essentials. (Note: figure shows 4 sticks rather than the actual 3).
- Patrols should use their own rope for the round lashings and other purposes, **but** will be given a twenty five (25) foot piece for the tripod lashing.
- Patrols must support the tower with a three-legged tripod, which is tied together with a tripod lashing.
- Patrols must lash poles with round lashings
- Patrols will be responsible for tying a measurement string to the tower tip before it is raised. The point where the string hits the ground will be measured upon Patrol Leader signal that the tower is completed. Judge's measurement decision is final. This will determine the highest tower of the day with awards for the tallest tower.
- Patrols will receive a 5 minute and 2 minute warning.
- Patrols must stop when time is up.
- Patrols have **5 minutes** to clean up site, restack logs and poles, remove rope.

Scoring – Possible 100 points

- 20 points - Leadership
- 20 points - Teamwork
- 20 points - Scout Skills
- 20 points - Safety
- 20 points - Time and Completion

Special Awards -

A Special Award will be given for the tallest tower at the campfire.



REPRESENTATION ONLY

St Fillan's Chair and Well Dunfillan

A rocky seat on top of the Dunfillan, is the place where St Fillan is said to have sat and blessed the surrounding lands. The chair was thought to be able to heal rheumatism of the back, although you had to be dragged back down the hill by your legs to affect a cure. This would certainly cause enough bruising to allow you to forget about your rheumatism for a while. The well was also a place of healing, the sick having to walk around it in a clockwise direction, and then having to drink of its water. The well is said to have moved its position as if by magic from its original spot on top of Dunfillan.

The cure was thought to have a better chance of success if an offering was placed on St Fillan's Chair. This was either a rag or a white pebble, which was left on the nearby cairn. The cures were thought to be more effective if the well and chair were visited on May Day, or in August.



St Fillan's Chair

CHAIR-LASHING COMPETITION

GOAL:

Each patrol is to build St. Fillan's chair within 15 minutes using only the materials provided along with your 10 essentials. Once the chair is completed, place an offering on the chair, walk around it in a clockwise direction, and take a drink of water. The chair should be capable of supporting the offering (an adult) without failing or touching the ground.

RULES:

1. All Scouts in patrol must participate.
2. The three timbers must be lashed using a correct tripod lashing (pg. 399)
3. You may use either 2 half-hitches or a clove hitch to tie each corner of the tarp.
4. Use a clove hitch or taut-line hitch to tie the tarp to the timber.
5. To receive full credit, an adult must be able to sit in the chair without it:
 - a. breaking
 - b. touching the ground
6. Once you are satisfied with the chair, inform the timekeeper. He will have the chair tested. He will then score your time and your chair and ask you to dismantle the chair. Please stack the materials as you found them. You have 5 minutes to clean up and return all material to the designated area.
7. Penalties may be assessed by the timekeeper for improper knots/lashings or non-involvement by members of the patrol.
8. When you are done, signal your completion with a good rendition of your patrol yell-this counts too!
9. Five bonus points will be awarded if the task is completed before the 15 minute time limit, A penalty of 1 point for every minute over the time limit will be assessed up to 5 points. The task is considered incomplete if not finished within 20 minutes total.
10. You will be given your score card- return to the starter's table for certification and recording of your scoresheet.
11. HAVE FUN!!

CHAIR LASHING SCORE SHEET

Judge/Scorer: _____

Troop#: _____

Patrol Name: _____

Patrol Leader: _____

Member Count: _____

Points (maximum 18 Points per category)

LEADERSHIP _____

Did the patrol leader give clear instructions?
Did he understand and follow the rules?

TEAMWORK _____

How well did the patrol work together?
Did everyone participate?

SCOUT SKILLS _____

Did the patrol tie the tripod lashing correctly?
Did they tie the half-hitch, clover hitch and
taut-line knots correctly?
Did they use any of the 10 essentials?
Did the tripod/seat fail or touch the ground?

SAFETY _____

Did the patrol complete the event safely?
Did they violate any safety rules?

TIME AND COMPLETION _____

Did the patrol complete the event within 15
minutes?
Did the patrol clean up the site afterwards?

Sub Total (90 max) _____

EXTRA POINTS (10 MAX) _____

Scout spirit/patrol yell.
Complete task **before** the 15 minute limit.
Deduct 1 point per minute if not complete
within 15 minutes.

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TOTAL SCORE: _____ **100 POINTS maximum w/extra points**

WRITE SCORE ON PATROL'S SCORE SHEET
KEEP THIS SHEET FOR RECORDS

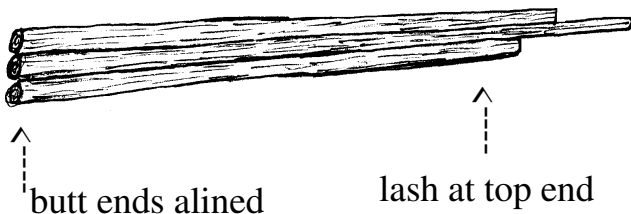
TRIPOD LASHING:

Description ---- A shear lashing around 3 poles.

Use ---- To bind three poles together, for the construction of a tripod. ---- To bind three poles together that contact at the same point in a structure.

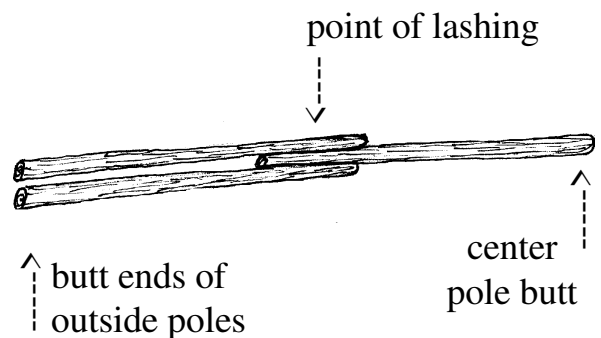
Comments ---- The tripod lashing is a shear lashing that binds three poles together at the same point. ---- The tripod lashing gets its name from the fact that its most common use is the construction of a tripod. ---- The tripod lashing can be used just about anywhere in a structure that three poles cross each other at the same point and the same time in the sequence of construction. ---- Tripod lashing takes two main forms; with racked wrapping turns (the rope is woven between the poles) and with plain wrapping turns (the rope is wrapped around the poles without weaving the rope between the poles). When the lashing is made with racking turns the rope contacts each pole around its entire circumference; this contact makes the tripod lashing with racking turns the most secure form of tripod lashing; therefore tripod lashing with racking turns should be used when safety is important. However, for light structures where there would be no danger if the lashing slipped, the faster to tie tripod lashing with plain wrapping turns may be used.

Laying Out The Poles ---- For most tripod lashings, lay the pole side by side with the butt ends aligned. The alignment of the butts of the pole insures that the tripod legs are the desired length.

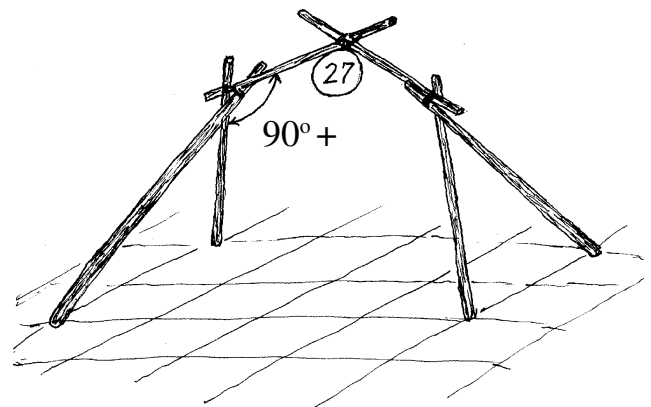


[NOTE] The practice of laying the center pole in the opposite direction to the outside poles creates several problems. When the poles are laid

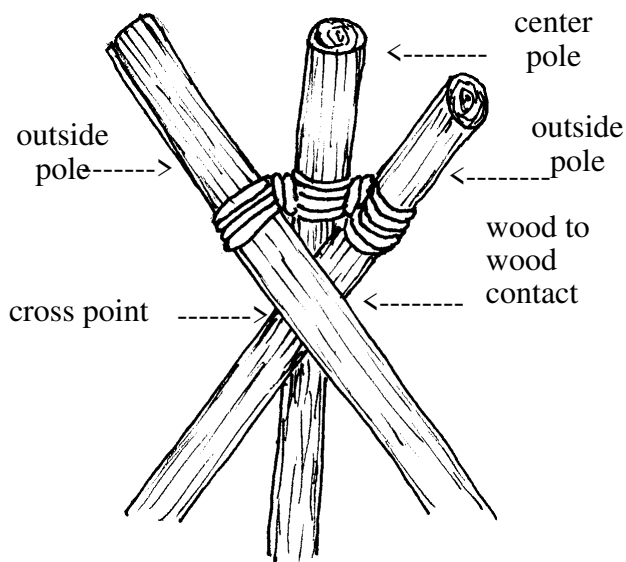
in opposite directions the wrappings must be put on loosely so that when the center pole is rotated to its proper position the lashing is tightened around the poles. If the wrappings are put on too tight, the rope is stretched causing damage to the rope fibers, therefore weakening the lashing. On the other hand, if the rope is wrapped too loosely, the lashing will not tighten enough when the center pole is rotated and the lashing will be able to slip along the length of the pole. Either way, the rope too loose or the rope too tight, a dangerous situation is created.



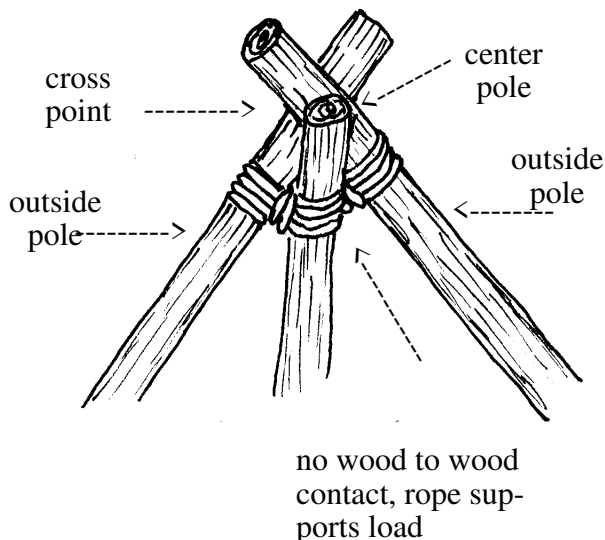
However, if the tripod is to be part of a structure and the center pole will be at an angle greater than 90° to the outside poles, lay the center pole in the opposite direction to the outside poles so that the rotation of the poles at the lashing is less than 90° . See gate way below for an example.



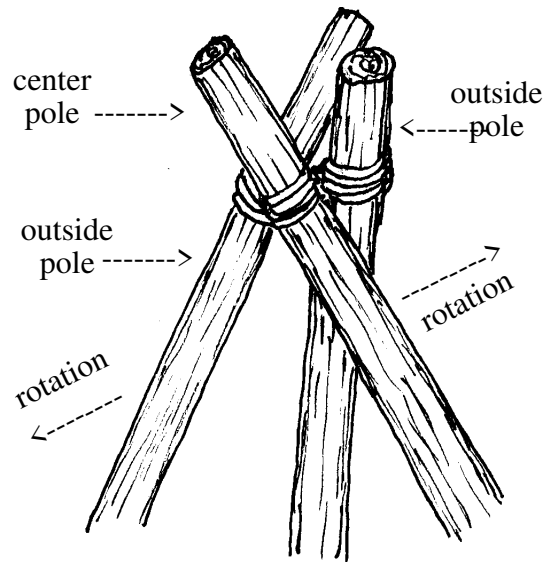
Setting Up A Tripod ----- Set up the tripod by crossing the outside poles so that the cross point of the poles is under the center pole. Crossing the outside poles under the center pole causes part of the load that is placed on the tripod to be taken up by the wood to wood contact of the poles.



If the outside poles are crossed above the center pole, the rope of the lashing will be required to support all or most of the load; therefore the tripod will not be as strong as when the outside legs are crossed under the lashing.



If a symmetrical arrangement of the poles is needed within a structure, the tripod can be set up by rotating the poles around the lashing. This rotation causes the loss of the wood to wood contact so that the load is supported only by the ropes, and the joint between the poles becomes very flexible; therefore the tripod may be unstable.



TRIPOD LASHING: **(With Racking Turns)**

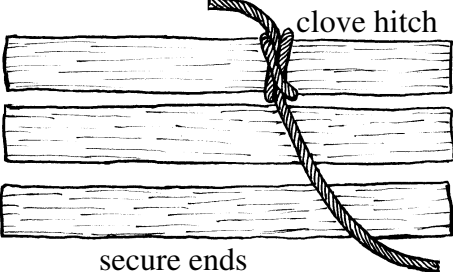
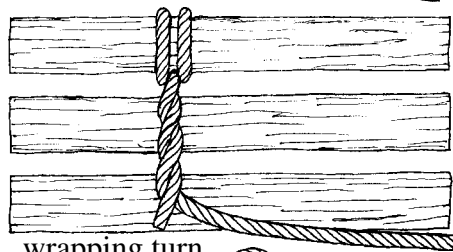
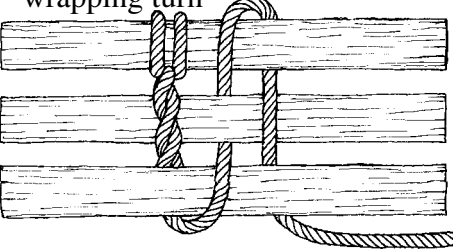
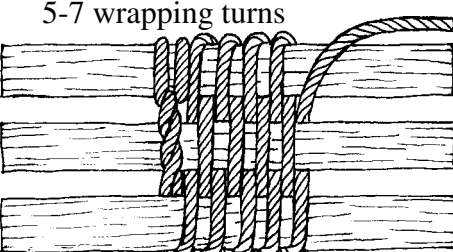
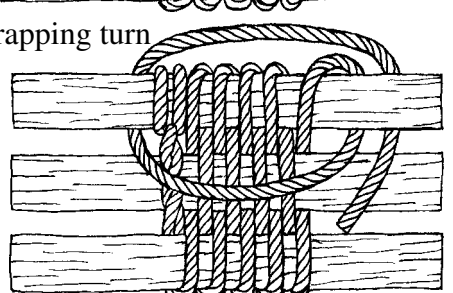
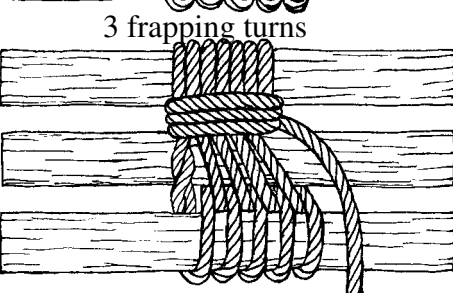
Narration ---- (For tripod lashing with racking turns knotboard.) (1) Tie a clove hitch around one of the outside poles. (2) Secure the standing part by wrapping it around the running part. [NOTE] Wrapping the standing part around the running part prevents the clove hitch from slipping around the pole. If the clove hitch slips the lashing will loosen up from the inside. (3) Start the racked wrapping turns by weaving the rope between the poles. (4) Take a total of 5 to 7 wrapping turns. Pull each wrapping turn tight as it is made. [NOTE] The stiffness of the tripod lashing depends on the number and tightness of the wrapping turns. As the tightness of the wrapping turns or the number of wrapping turns increases, the stiffness of the tripod will increase. (5) Take the first frapping turn by taking the rope around the pole that the clove hitch

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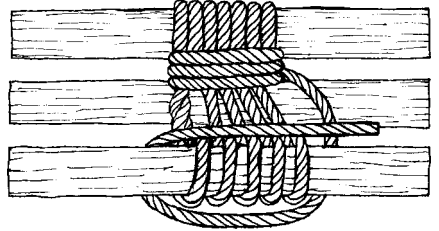
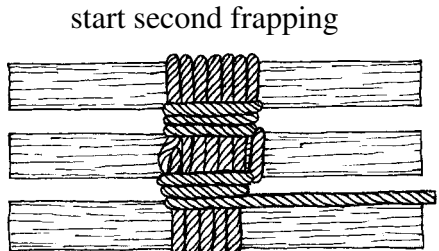
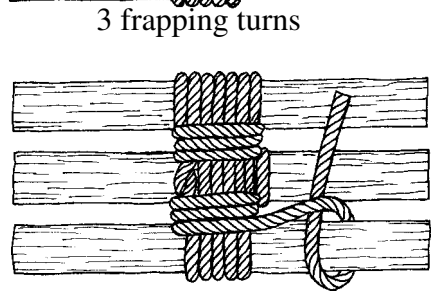
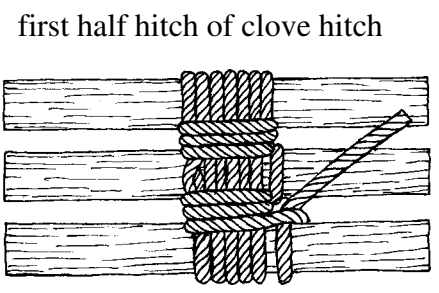
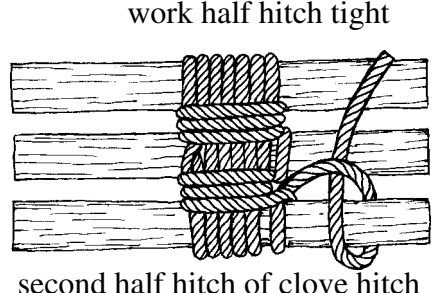
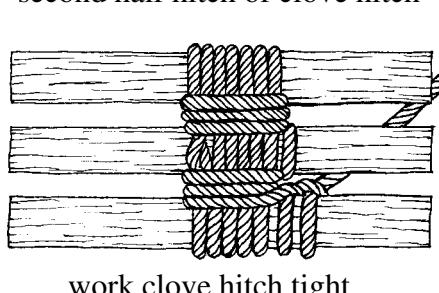
TRIPOD LASHING

WITH RACKING TURNS

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1.  clove hitch
2.  secure ends
3.  wrapping turn
4.  5-7 wrapping turns
5.  frapping turn
6.  3 frapping turns

pull
each
turn
tight

7.  start second frapping
8.  3 frapping turns
9.  pull each turn tight
10.  first half hitch of clove hitch
11.  work half hitch tight
12.  second half hitch of clove hitch

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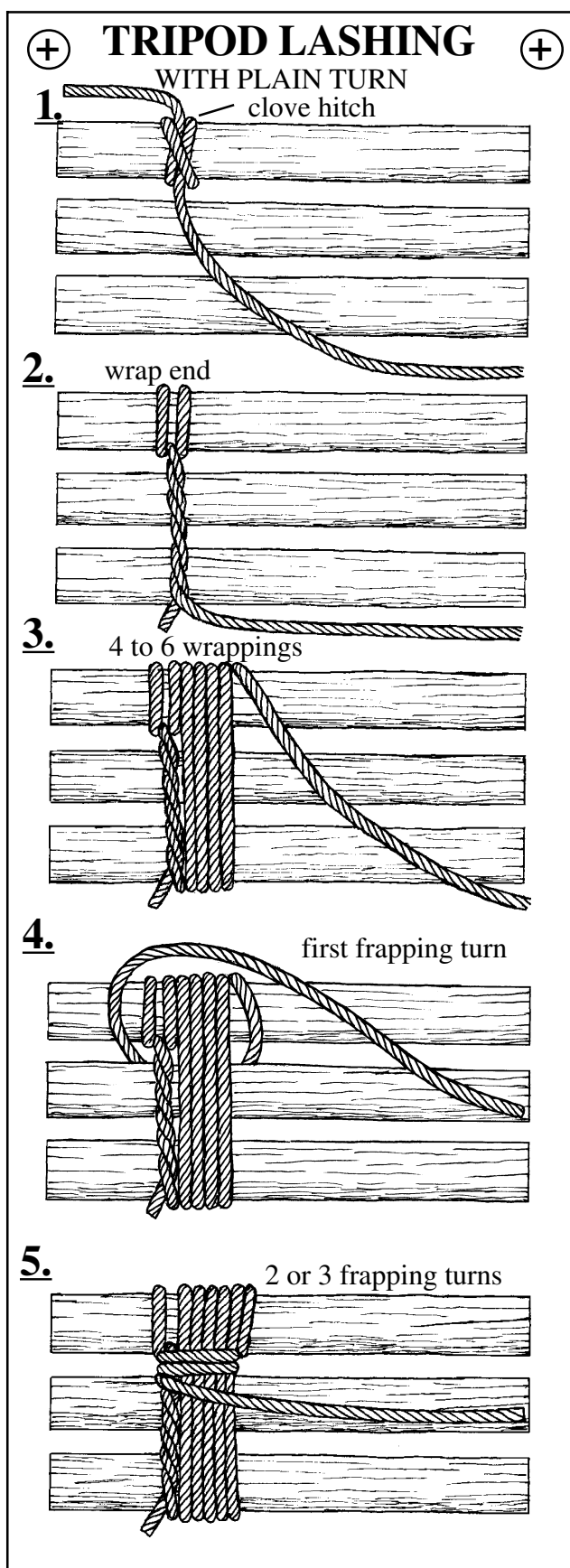
work clove hitch tight

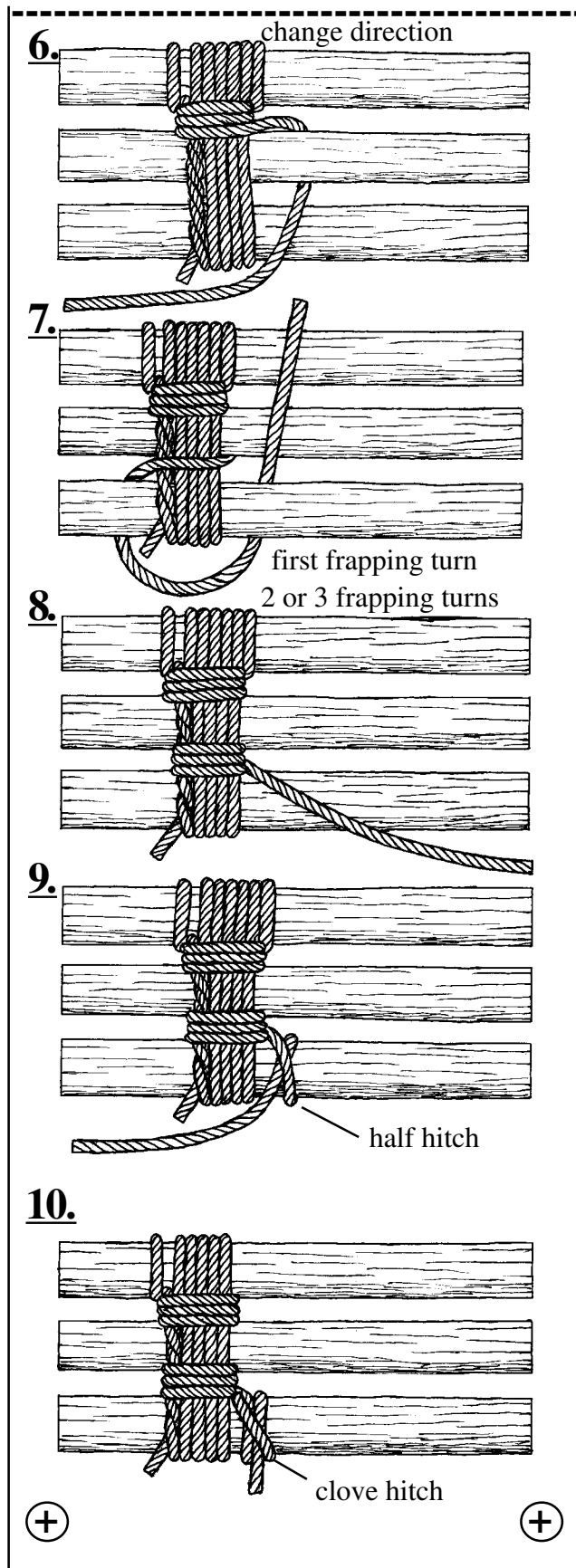
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was tied to, then between the outside pole and the center pole. (6) Take 3 frapping turns. Pull each frapping turn tight as it is made. (7) Start the second set of frapping turns by taking the rope across the center pole and reeving it between the second outside pole and the center pole. Take the second set of frapping turns in the opposite direction to the first set of frapping turns. [NOTE] Taking the second set of frapping turns in the opposite direction to the first set of frapping turns prevents the rope from crossing the wrappings at a diagonal. Unnecessary crossing of the rope increases friction between the strands of the rope making it difficult to tighten the lashing properly. (8) Take a total of 3 frapping turns. Pull each turn tight. (9) Take the first half hitch of the ending clove hitch around the second outside pole by taking the rope past the pole and then around the pole. (10) Work the half hitch tight so that it is locked against the lashing. [NOTE] See the narration for square lashing for instructions on working the half hitch tight. (11) Take the second half hitch of the ending clove hitch. (12) Work the half hitch tight to complete the ending clove hitch. [NOTE] If the clove hitch is not worked tight so that it is locked against the lashing the clove hitch will slip around the pole allowing the lashing to loosen. [NOTE] If very smooth rope is being used, a 3rd half hitch should be added to the clove hitch to insure that the lashing will stay in place.

TRIPOD LASHING: **(WITH PLAIN TURNS)**

Narration ---- (For tripod lashing with plain turns knotboard.) (1) Tie a clove hitch around one of the outside poles. (2) Secure the standing part by wrapping it around the running part. [NOTE] Wrapping the standing part around the running part prevents the clove hitch from slipping around the pole. If the clove hitch slips the lashing will loosen up from the inside. (3) Start the wrapping turns by wrapping the rope around the poles. Take a total of 4 to 6 wrapping turns. Pull each wrapping turn tight as it is made. [NOTE] The stiffness of the tripod lashing depends on the number and tightness of the wrapping turns. As the tightness of the





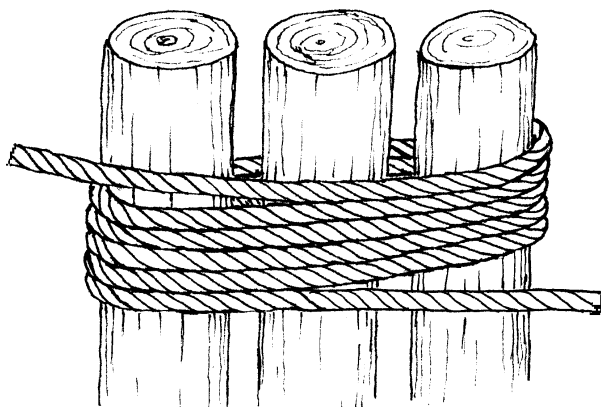
wrapping turns or the number of wrapping turns increases, the stiffness of the tripod will increase. (4) Take the first frapping turn by passing the rope around the pole that the clove hitch was tied to, then between the outside pole and the center pole. (5) Take 2 or 3 frapping turns. Pull each frapping turn tight as it is made. (6) Start the second set of frapping turns by taking the rope around the center pole and reeving it between the second outside pole and the center pole. (7) Take the second set of frapping turns in the opposite direction to the first set of frapping turns. [NOTE] Taking the second set of frapping turns in the opposite direction to the first set of frapping turns prevents the rope from crossing the wrappings at a diagonal. Unnecessary crossing of the rope increases friction between the strands of the rope making it difficult to tighten the lashing properly. (8) Take a total of 2 or 3 frapping turns. Pull each turn tight. (9) Take the first half hitch of the ending clove hitch around the second outside pole by taking the rope past the pole and then around the pole. Work the half hitch tight so that it is locked against the lashing. [NOTE] See the narration for square lashing for instructions on working the half hitch tight. (10) Take the second half hitch of the ending clove hitch. Work the half hitch tight to complete the ending clove hitch. [NOTE] If the clove hitch is not worked tight so that it is locked against the lashing the clove hitch will slip around the pole allowing the lashing to loosen. [NOTE] If very smooth rope is being used, a 3rd half hitch should be added to the clove hitch to insure that the lashing will stay in place.

QUICK TRIPOD LASHING:

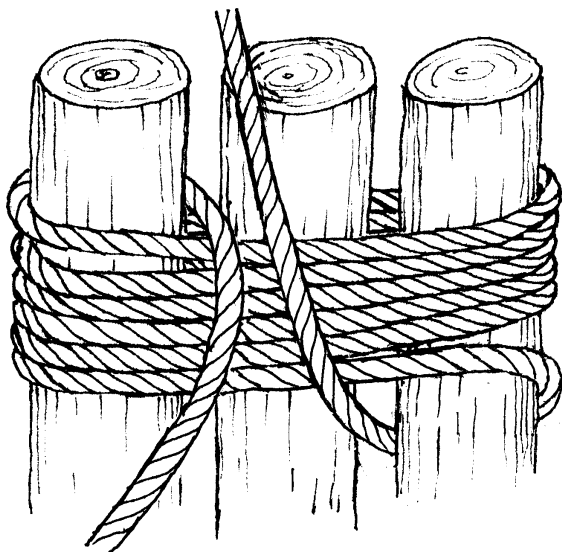
Comments ---- The tripod quick lash is one of the fastest ways to construct a tripod. However the tripod quick lash is not as secure as the more conventional methods, therefore the tripod quick lash tripod should not be use for heavy loads.

Directions -----

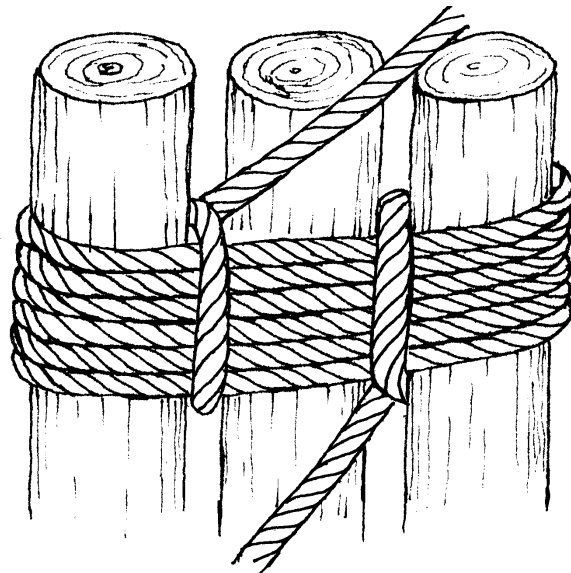
STEP 1] Lay the poles side by side with the with the butt ends alined. Wrap 5 to 8 wrappings around all three poles.



STEP 2] Start the frapping turn by taking each end around an outside pole and then between the outside pole and the center pole.

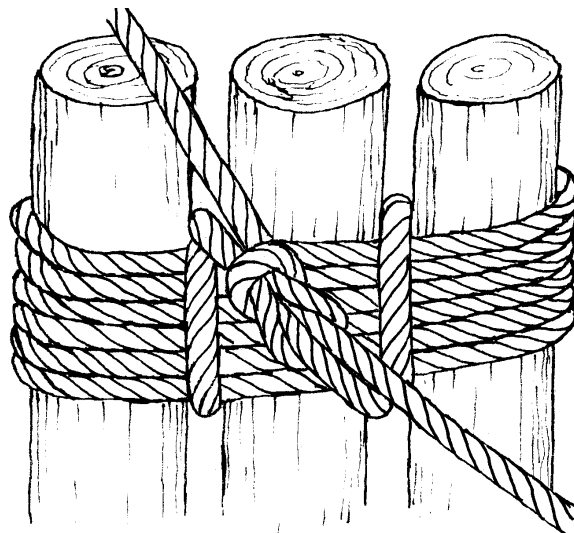


STEP 3] Take 1 or 2 frapping turns with each end. Pull the frapping turns tight; this will also tighten the wrappings.



[NOTE] The frapping turns are taken in opposite directions.

STEP 4] End the lashing by tying the ends of the rope together with a square knot.



[WARNING]

If one end of the square knot is pulled it can be up set into a lark's head knot. When this happens the knot will slip causing the entire lashing to loosen and fail.

Patrol: _____

Patrol # _____

Troop# _____

Start time: _____

Taking the Castle

Edward the Longshanks has invaded Scotland hoping to take back Scotland for himself. He has taken Lochness Castle and many of your women for himself.

You rebels of Wallace and Bruce are fighting back and are about to storm the castle. But before you do its defenses must be softened with an aerial attack of fire and rock.

Your clan of men must get up close to the castle walls and build a catapult to launch projectiles of fire and rock over its walls. Then, when their defense is weakened by death from above you will launch an assault and retake the castle.

Remember you cannot get closer then 40 feet from the castle walls or the Longshank's Bow men will take your life...

When the judge says go, you will take 2 assembled sides, a front pole, a back pole, a top pole with a launching arm, 2 twenty-five foot pieces of $\frac{1}{2}$ inch rope, 4 anchor lines, 4 stakes, a hammer, and 6 pieces of eight foot $\frac{3}{8}$ inch rope for lashing poles into position, five projectiles and one drawing of catapult to the launching and assembly site.

Begin assembling.

When your catapult is ready, launch five bean bags over the castle wall. Points are given for bean bags that go **over** the castle wall (forty feet distance). You have only twenty minutes.

