



Registered Office:
Survival School Ltd
1 Epworth Mount
Ocker Hill
Randwick
Stroud
GL6 6 HU
United Kingdom

Tel: 01453 752220
Web: www.survivalschool.co.uk
Email: info@survivalschool.co.uk

LEVEL 2 ASSESSMENT ESCOT PARK DEVON

DAYS AND TIMES	7pm FRIDAY to SUNDAY 12pm
CONTACT TELEPHONE NUMBER	07786 436518
COURSE LEADER	JONNY CROCKETT

DIRECTIONS FROM EXETER	From Exeter, take junction 29 on the M5 and head towards Honiton on the A30. About 8 miles from Junction 29 you will see a brown road sign showing the turning for Escot. Turn left off the dual carriage way, turn right off the slip road, turn right after you pass under the dual carriage way, take the second turning on the left following signs for Fairmile (do not go back onto the dual carriage way). Turn right opposite the Fairmile Inn. Drive into Escot (between the stone pillars) and then take the left hand fork to the restaurant car park.
DIRECTIONS FROM THE EAST	Follow the A303 to the A30. Drive past Honiton. When you leave the built up area of Honiton, take the first slip road off the A30. Escot is marked on a brown road sign. Turn left at the end of the slip road. Keep going until you drive past a Memorial. Take the next left following signs for Fairmile (do not go back onto the dual carriage way). Turn right opposite the Fairmile Inn. Drive into Escot (between the stone pillars) and then take the left hand fork to the restaurant car park.
SATNAV POSTCODE	EX11 1LU

The course will start as soon as you arrive at Escot Country Park car park at 19:00 pm. You will be escorted from the car park to the course area by a one of the instructors who will guide you through until you get back to the car park at 12:00pm two days later.

Whilst every effort has been taken to ensure the safety of those who come to our courses, we would like to the following rules to be adhered to:

1. Instructors' directions are to be obeyed at all times.
2. No fires are to be lit unless supervised.
3. Only food brought with participants or provided by Survival School is to be consumed by visitors.
4. No litter to be dropped.
5. Safety should be the first concern of all participants.

6. Conservation should be the second concern of all visitors.

7. Where safety is an issue, the instructors' word is final.

Escot Country Park is still a family home. Please leave it as you found it. Nothing should be taken to Escot Country Park that is not taken away and nothing should be taken away except fond memories. We cannot control the weather and so if you bring everything on the Survival School Kit List, it will add to your survival experience.

Kit List

You do not need much for a Survival School course. Please save your money and do not buy expensive kit. The more you know, the less you need to carry.

IF YOU NEED TO BUY KIT, PLEASE LET US KNOW.

Suitable outdoor clothing (see below)

Sleeping bag

Insulated sleeping mat

Sheath Knife and Folding Saw

5 x Natural Tinder, 5 x Man Made Tinder, Materials for a 3 x Tinder Bundles

1 x Fire Steel, 1 x Strike and Light (Flint and Steel), 1 x Fire Bow Set

Tent, Tarp, Hammock etc

Food to last for the duration of the assessment

Folding Camp Chair

Knife, fork, spoon, mug, bowl and plate

Water bottle (1 litre mineral water bottle will do)

Torch with fresh batteries & 2 spare sets

Wash kit & towel

Whistle

Personal toiletries & medication (to include toilet paper, sunscreen, insect repellent and lip salve)

Antibacterial wipes/soap

Tea or Coffee + whitener

Small first aid kit (plasters, bandages, headache pills etc.)

Spare change of clothing

Outdoor clothing

Outdoor clothing should be tough and comfortable. Wearing several thin layers is better than a few thick layers. A waterproof jacket and several sweatshirts underneath are sufficient. Jeans should not be worn, as they are slow to dry, clinging and cold. Natural colours or camouflage will give you a better chance of spotting wildlife. Walking boots are ideal, but wellies in wet weather and trainers in dry weather will suffice. Please pack your torch, antibacterial wipes/soap and insect repellent at the top of your bag.

Food

Alcohol and non-prescription drugs are not permitted on this course.

Itinerary

The Course will start with a safety brief and introduction. You will then be shown to the camp you will use for the duration of your assessment. Administration and exemptions will take place on the Friday evening. We will then start to work through the Candidate Record Sheet. Once you have finished your assessment and have received your results, you will be free to go.

Feedback and Complaints

Any feedback from you course is always welcome. If you have a complaint it should first be raised with the instructor running the course. If you are still not happy, please contact us in writing at the address above within 10 working days of the course finishing. We will always strive to amend our courses for the best experience for all concerned.

Insurance

Our public liability insurance is with Inter Hannover and the certificate number is 1104WW0226



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Survival School Emergency Details & Consent Form For Adults

(Please return this form to us as soon as possible. Thank you.)

Full name:
Address:
..... Postcode:
Telephone number: Email:
Date of Birth..... Vehicle Registration Number

Date of Course.....

I UNDERSTAND THAT

- The survival course can be physically and mentally demanding and may require excessive exertion.
- The possibility of personal injury to me and others exists.
- The course may expose me to hazards (fire making and cutting instruments, cold and/or heat).

I CONFIRM AND AGREE

- I am aware of the risks to myself and others whilst attending a Survival School survival course and agree to abide by the rules at all times.
- I am physically fit and mentally able to partake in the survival course. If I feel unwell to continue I shall alert a member of staff immediately.
- I agree to comply with the rules as given to me by Survival School staff, to use all equipment as instructed and to obey all directions given by Survival School staff.

MEDICAL QUESTIONS

Do you suffer from the following?

Please tick	YES	NO		YES	NO
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Heart trouble	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	Anaphylactic shock	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Dermatitis	<input type="checkbox"/>	<input type="checkbox"/>
Haemophilia	<input type="checkbox"/>	<input type="checkbox"/>	Hay fever	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	Migraine	<input type="checkbox"/>	<input type="checkbox"/>
Allergies (please specify)	<input type="checkbox"/>	<input type="checkbox"/>	Dietary Restrictions	<input type="checkbox"/>	<input type="checkbox"/>
			(Please specify).....		

Do you have a history of any other illness not mentioned above? If so, please state illness below:

Are you under any medication at the moment? If so please state current medication. Please give details:

EMERGENCY CONTACT (PLEASE PRINT CLEARLY IN CAPITALS)

Full name: Relationship:.....
Address:
.....
Postcode: Emergency contact telephone number:



SURVIVAL SCHOOL STUDENTS HANDBOOK

Head of Centre – Jonny Crockett

Website – www.survivalschool.co.uk

Email – info@survivalschool.co.uk

Registered and Admin Office

1 Epworth Mount, Ocker Hill, Randwick, Stroud, GL6 6HU
01453 752220

Staffordshire Site

Knightley Park, Rangemore, Burton-on-Trent
07786 436518

Devon Site

Escot Park, Fairmile, Exeter, EX11 1LU
07786 436518

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STUDENT HANDBOOK

Name:

.....

Course:

.....

Welcome to Survival School

We are delighted to welcome you to Survival School and hope that you find your time with us safe, fun and ultimately rewarding and enjoyable.

This handbook contains all the information about Survival School and your courses. Please take the time to read through it so that you know what to expect from your course.

If you need assistance at anytime, please contact us either by phone or email. We will be only too happy to point you in the right direction. Also, if there is anything that you would prefer to be done differently, please let us know.

We would like you to feel at home whilst on our courses and we will go out of our way to ensure you have a great time with professional instructors and assessors and the best instruction available.

We look forward to working with you.



Jonny Crockett
Head of Centre
Survival School Ltd

Survival School's Mission Statement

Survival School's aim is to provide the best bushcraft, survival and wilderness living education possible, putting our customers first through high quality teaching and support and always promoting conservation.

At Survival School we endeavour to improve our performance for you and we will always put you first. This is what we offer you:

Students

- Accurate and impartial guidance
- Clear and accurate information about the costs
- Specialist help for students with disabilities or learning difficulties
- Initial induction
- High quality teaching and assessment by qualified and experienced staff
- Tutorial support
- Equality of opportunity to our programmes
- The opportunity for you feedback

Employers and the local Community

- Prompt and efficient handling of your enquiries
- Named personnel with clear points of contact
- Clear information on the standards of skills and competence attained by students
- Clear information about training

Quality Standards – Customer Services

We are committed to:

- Putting our customers first
- Meeting our customers' needs
- Developing partnerships with staff, students, the community and industry
- Recognising and respecting the needs and rights of individuals
- The continuous improvement of our programme and services
- Providing our staff with appropriate training and evaluating its effectiveness

You can expect us to:

- Treat you with courtesy, respect and consideration
- Identify ourselves by name and position in the centre when we communicate with you
- Listen and respond appropriately
- Conduct our dealings with you with efficiency, integrity, fairness and professionalism
- Provide you with relevant, accurate and up to date information when you need it
- Make you aware of the standard of service we aim to provide
- Actively seek your comments on a regular basis

If a problem arises, we will:

- Wherever possible, deal with the matter straightaway
- Advise you of what action can be taken if it cannot be dealt with immediately
- Advise you of any further steps you can take if you remain dissatisfied

Equality and Diversity

At Survival School we are committed to promoting and celebrating diversity and equality of opportunity. We appreciate the benefits and richness that diversity brings. We want your time at Survival School to be enjoyable, successful and stimulating. Racism or treating people badly because of their age, gender, sexuality, religion, physical or mental differences is unacceptable.

Student Code of Conduct

This code of conduct exists to benefit everybody. Observing it is both good sense and a condition of Survival School membership. In doing so, everyone within Survival School will contribute to the care of Survival School, the personnel involved with Survival School and the environment.

You are asked to:

- Behave in a courteous, considerate and respectful manner towards others
- Behave in a way that does not endanger others
- Be punctual to all classes and attend all classes with equipment required
- Comply with course requirements in terms of wearing appropriate clothing and using serviceable equipment
- Not to smoke during lessons
- Not to attend whilst under the influence of controlled drugs or alcohol
- Refrain from using foul and abusive language to others
- Not litter the premises
- Switch off mobile phones whilst teaching is taking place
- Respect the environment at all times

Complaints Procedure

We are proud of the standards achieved at Survival School and the professionalism of the staff. However, despite our best efforts, things occasionally do go wrong. When they do we want to know so that we can put them right as quickly as possible.

If your complaint involves a member of staff, you should, where possible, take up the matter directly with the person concerned and give them every opportunity to deal with the problem. You can also make a complaint in person to another member of staff in writing or by telephone – 01453 752220. You will receive a response within 10 working days.

Harassment

Survival School is committed to providing a safe, welcoming environment for all students and staff and will not tolerate any form of harassment or bullying. Harassment is any behaviour which is unreasonable, unwelcome or offensive to the person it is directed towards.

Survival School does not tolerate physical abuse, verbal threats, racist, sexist or religious comments.

First Aid

All staff are first aid trained and carry first aid kits. In the event of an accident or casualty ask the nearest member of staff for assistance. Always stay with the casualty until the first Aider arrives. All incidents and accidents must be reported to the course leader or head of centre.

Appeals against Results

Students may appeal against their assessment results:

- Within 5 working days of the grade being awarded the student consults with the individual assessor or the assessment leader
- If agreement cannot be reached, the student is advised that within 5 working days they can request the formal appeals procedure to be involved
- Within 10 working days of the decision that the result should stand being reached the head of centre must set up a meeting of the course team to which the student is invited. The head of centre will act as chairman.
- If agreement cannot be reached then the matter is referred to an independent arbitrator
- Within 10 working days the arbitrator considers all the documentation and evidence, including, where appropriate, interviewing staff or the student. The final decision is made by the independent arbitrator and this is communicated to both the head of centre and the student.



SURVIVAL SCHOOL LEVEL 2 SYLLABUS

Version 3

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CUTTING TOOL SAFETY

The Candidate Must be able to Describe or Demonstrate:

- Knives:
 - General description of Mora Clipper
 - Safe withdrawal – hand position
 - Safe place – light; space; seating; cutting block
 - Safe position – danger triangle; cut away; clear arc
 - Safe replacement – clean blade; concentrate
 - Safe passing – eye contact; sheathed or handle first, blade uppermost
- Folding saws:
 - General description of Bahco Laplander
 - Safety button/locks open and closed
 - Push/pull cutting
 - Safe place and position as for knives
 - Close saws before passing
 - Keep hands away from blade (removes not slices)
- Bow saws:
 - General description of Bahco bow saw
 - General safety as above
 - Green and dead wood blades
 - Start cut with arm through bow to prevent blade bouncing onto back of hand
 - Continue cut with thumb over saw cut to prevent blade jumping out
 - Replace blade cover after use
 - Use a 'tool' tree for safe storage

Relevant safety points:

- Always treat cutting tools with respect
- Keep them sheathed/closed/covered when not in use
- Don't use in the dark or if tired
- Don't walk and cut/whittle
- Never run with a knife
- Don't throw knives or stick in the ground/stumps/trees
- Use the right tool for the right job
- Work within your physical limitations
- NEVER leave cutting tools lying about
- Carry a first aid kit and know how to use it

GAME PREPARATION – PIGEON

The Candidate Must be able to Describe or Demonstrate:

- Checking the pigeon looks safe to eat
- Humane dispatching methods
- Preparation away from camp
- Hygiene – clean hands
- Removing wings and head by hand
- Splitting body along correct axis by hand
- Removing breast bone and breast meat from body
- Removing breast meat
- Cooking techniques

Relevant safety points:

- Risk of food or other poisoning
- Hygiene before, during and after preparation

BREAKFAST – BREAD

The Candidate Must be able to Describe or Demonstrate:

- Wash hands before starting
- Mixing flour and small amounts of water at a time
- Adding flavours and other ingredients
- If wrapping around a stick to prepare, bark must be stripped as it contains tannin and is unhygienic
- Make it as thin as possible so it cooks thoroughly and quickly
- Eggs should be boiled in cleaned big pot

Relevant safety points:

- Sterilise grill on fire
- Ensure water is poured from water bottles not jerry cans

CUTTING TECHNIQUES

The Candidate Must be able to Describe or Demonstrate:

- Principles:
 - Taught fibres cut easier
 - Work with the grain
 - Apply cutting pressure/force gradually
 - Keep saw teeth clean
 - Measure twice, cut once
- Grips:
 - Firm hand position always
 - Forehand
 - Backhand
 - Chest lever
 - Reinforced
- Techniques:
 - Peeling/shaving
 - Slicing/trimming
 - Pointing
 - Bevelling
 - Notches/hooks
 - Battening
- A demonstration – making a pot hanger from a sapling

Relevant safety points:

- Apply principles from cutting tool safety session

SHELTERS

The Candidate Must be able to Describe or Demonstrate:

- Aim – protection from elements, work and rest area
- Site selection:
 - Hazards
 - Sources of water/food
 - Building materials
 - Terrain and weather conditions
 - Duration of stay
 - Search and rescue considerations
- Construction:
 - Size and strength
 - Cordage
 - Thatching/roofing material
 - Heating/insulation
 - Sleeping/working arrangements
 - Fire, reflector and fuel
- Building safely – forked supports and ridge poles
- Demonstration of lean-to and A frame construction
- Safe supervision of students building shelters

Relevant safety points:

- Safe cutting techniques
- Safe construction techniques
- Check for deadfall prior to building
- Check frame secure and interlocked before thatching
- Head at 'open' end, feet at the bottom
- Fire risk

GAME PREPARATION – TROUT

The Candidate Must be able to Describe or Demonstrate:

- Checking the fish looks safe to eat
- Humane dispatching methods
- Corneal reflex
- Preparation away from camp
- Hygiene – clean hands and tools
- Emptying the anal passage
- Safe cut from vent to gills, without piercing intestines
- Cutting throat
- 'Stop cuts' at gills and tail
- Removing internal organs and blood line
- Best practice method of removing fillets, leaving head, bones and tail in one piece
- Cooking techniques

Relevant safety points:

- Knife safety – grip will be affected by slime/cold
- Knife not to be sheathed till cleaned
- Risk of food or other poisoning (contaminated water)
- Remove large fish scales (choking hazard)
- Fish meat spoils quickly, prepare soon after catching or keep cold/alive till use
- Hygiene before, during and after preparation

GAME PREPARATION – RABBIT

The Candidate Must be able to Describe or Demonstrate:

- Checking the rabbit looks safe to eat
- Humane dispatching methods
- Corneal reflex
- Preparation away from camp
- Hygiene – clean hands and tools
- Emptying the bladder
- Best practice method for removing legs, head, skin and entrails without tainting the meat
- Check internal organs for signs of disease
- Best practice method for jointing
- Cooking techniques
- If cooking in pit, ensure pit is dug in advance and rocks are hot

Relevant safety points:

- Knife safety
- Knife not to be sheathed till cleaned
- Risk of food or other poisoning (myxomatosis)
- Hygiene before, during and after preparation

FIRE

The Candidate Must be able to Describe or Demonstrate:

- 5 x Natural tinder:
 - Plant downs/birch bark/fungi/Maya wood
- 5 x Man made tinder:
 - Charcloth/feather sticks/cotton wool
- Producing a spark:
 - Flint and steel/fire steel
- Producing a flame:
 - Matches/lighters
- Using the sun
- Using chemicals:
 - Pot P and sugar/antifreeze
 - Magnesium
 - Vaseline
- Using electricity:
 - 9v battery and wire wool
- Fire by friction
 - Hand drill/bow drill
- A demonstration of the bow drill, creating flame

Relevant safety points:

- Safety glasses worn when using chemicals
- Safe cutting techniques when using fire bow
- Ensure tinder bundles extinguished at end of session

TRAPS AND SNARES

The Candidate Must be able to Describe or Demonstrate:

- Sources of protein/nutrients missing from plant diet
- Food is last priority (up to 3 weeks)
- Watch animal behaviour/routines before trying to trap
- Trapping:
 - Where and when to trap
 - Don't disturb natural state
 - Camouflage and scent
 - Check traps/snares at least twice a day
 - Traps hold prey – you must dispatch humanely, wounded or trapped animals will fight for survival
 - Types of traps (strangle/mangle/dangle/tangle):
 - 8 strand brass wire snare
 - Spring snares
 - Deadfalls
 - Platform traps
 - Squirrel pole
 - Bird traps
- Hunting – generally harder than trapping:
 - Weapons
 - Fieldcraft
 - Tracking
 - Knowledge of quarry
- Fishing – easiest way to get food:
 - Improvisation
 - Rod/hooks/line/reel
 - Baits/lures/weights
 - Baskets
 - Nets
 - Night lines

Relevant safety points:

- Set demo snare/trap triggers at last safe moment
- Have a clear route for students to walk/watch
- Keep students out of the danger arc of all traps
- Explain the legal aspects of hunting and fishing throughout the session i.e.:
 - fishing licences
 - Countryside and Wildlife Act
 - Deer Act
 - DEFRA code of practice for using snares
 - UK target and non target species
 - Scottish differences – stop 5 inches from eye
- Collect/dismantle all traps/snares after the session

WATER

The Candidate Must be able to Describe or Demonstrate:

- 2nd only to air in importance; next priority after shelter; body 75% water; kidney function; temperature regulation, loose 2/3 litres daily in normal conditions
- Saving water:
 - Injury/illness increases shock which increases fluid loss
 - Avoid sweating, talking or moving excessively
 - Don't drink alcohol and regulate food intake
 - Stay covered up and in the shade
- Dehydration (killer in 3 days):
 - Feeling thirsty = already dehydrated
 - Urine should be clear, copious and odourless
- Finding water (water indicators):
 - Valleys/natural drains/water courses
 - Geology
 - Dew/rain traps
 - Animal indicators
 - Condensation/transpiration
 - Ice/snow
 - Plant sources
 - Ground/gypsy wells
- Water Collection:
 - Billy Cans
 - Bottles
 - Water proof clothing
 - Tarps
 - Bags etc
- 5 basic contaminants:
 - Turbidity
 - Parasitic worms/protozoa
 - Bacteria
 - Viruses
 - Chemicals
- Making water safe:
 - Filtration methods – Mill Bank Bag
 - Boiling (4 mins rolling boil)
 - Chemicals (chlorine or potassium permanganate only)
- Safe water strategy:
 - Keep everything and everyone clean
 - Suspect water from unknown/standing sources
 - Filter cloudy water
 - Always boil drinking water for minimum of 4 minutes
 - Water bottles for water only, flood threads
 - Replace lids on bottles
 - Consider hazards of poisonous plants containing alkaloids during transpiration
 - Consider hazards of poisonous roots when digging gypsy wells
 - Research journey/expedition and 'know before you go'

Relevant safety points:

- Clean out gypsy well
- Boil filtered water thoroughly before students drink it
- Take care with chemicals and follow instructions
- Iodine is now not available for sale in the EU
- Boiling failsafe method
- Alkaloids and other poisons contained in above and below ground parts of plants
- Cover gypsy well and extinguish fire after the session

NATURAL CORDAGE

The Candidate Must be able to Describe or Demonstrate:

- Uses of cordage
- Range of different fibres
 - Conifer roots, brambles, nettles, tree bark (willow, chestnut, elm), clematis, honeysuckle etc
- Preparation of different fibres
- Plating and twisting techniques
- Stripping bark from conifer roots with stick and splitting

KNIFE LAW

The Candidate Must be able to Describe or Demonstrate:

- What is and isn't legal? (3" non locking)
- The law:
 - Prevention of Crime Act 1953
 - Restriction of Offensive Weapons Act 1959
 - Criminal Justice Act 1988
 - Offensive Weapons Act 1996
 - Knives Act 1997
 - Violent Crime Reduction Act 2006
- Definition of a public place
- Good cause or lawful authority
- The 'THIS List':
 - Has THIS person got permission
 - To use THIS article
 - For THIS use
 - On THIS land
 - By THIS landowner
- Police powers of stop and search:
 - Ignorance of the law is not an excuse
 - Zero tolerance policy
 - Burden of proof lies with the defendant
- Advice for carrying cutting tools:
 - Bottom of rucksack, not lid or side pockets
 - Boot of car, not passenger compartment
 - Hold luggage, not hand luggage
- Advice for transporting or storing cutting tools:
 - Treat cutting tools like firearms
 - Lockable container/toolbox
 - Out of reach/sight of the lay visitor
- Survival School business card

KNIFE SHARPENING

The Candidate Must be able to Describe or Demonstrate:

- Blunt knife is dangerous – more force required
- All knives need sharpening eventually
- Sharp means cutting paper or hair effortlessly
- Best practice method – Japanese Water Stones:
 - Coarse – removes damage/nicks
 - Medium – removes scratches and produces burr
 - Fine – removes burr and polishes
 - Nagura – used with fine stone to create paste
 - Leather strop – removes micro burr
- Marker pen to check progress
- Stones are graded – lower the number, coarser the grit
- Demonstration of sharpening a flat grind blade
- Care of water stones:
 - Only use water – never oil
 - Soak stones well before use
 - Dry afterwards if out of use
 - Keep stones flat (wet/dry paper on glass)

Relevant safety points:

- Don't sharpen knives when tired

FORAGING

The Candidate Must be able to Describe or Demonstrate:

- Edible, poisonous and medicinal plants
- Trees and their uses
- Reminder to not advise others – lethal species
- Listen carefully when asked to pick/taste

Relevant safety points:

- Positive plant ID
- Avoid fungi and umbellifers

NATURAL NAVIGATION

The Candidate Must be able to Describe or Demonstrate:

- Sun and watch method (hour hand to sun, bisect angle between hour hand and 12 to get south)
- Shadow stick (east/west)
 - 1st stone will always be west marker
 - also works with moon
- Stars - Plough (north)
- Natural indicators:
 - Most moss/lichen grow in shade (north)
 - Tree growth more lush on side facing sun (south)

Relevant safety points:

- Don't look directly at the sun... ouch

Candidate Record Sheet

Name	
Ethnicity	
Date of Birth	
Verifier	
Venue & Date	

Unit	P/F	Comments	Verifier	Assessor
1 Cutting Tool Safety				
2 Game Prep - Bird				
3 Damper Bread				
4 Cutting Techniques				
5 Shelter				
6 Game Prep – Fish				
7 Game Prep – Mammal				
8 Fire Lighting				
9 Traps and Snares				
10 Water Prep				
11 Natural Cordage				
12 Knife Law				
13 Knife Sharpening				

14 Foraging				
15 Natural Navigation				

Pass or Fail	
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Candidate's Signature:

Assessor's Signature:

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
Knives				
1.1a	General description of sheath knives	Q/A		
1.1b	Safe withdrawal – hand position	PD		
1.1c	Safe place – light; space; seating; cutting block	Q/A		
1.1d	Safe position – danger triangle; cut away; clear arc	Q/A		
1.1e	Safe replacement – clean blade; concentrate	PD		
1.1f	Safe passing – eye contact; sheathed or handle first, blade uppermost	PD		
Folding Saws				
1.3a	General description of Folding Saw	Q/A		
1.3b	Safety button/locks open and closed	PD		
1.3c	Push/pull cutting	PD		
1.3d	Safe place and position as for knives	Q/A		
1.3e	Close saws before passing	PD		
1.3f	Keep hands away from blade (removes not slices)	PD		
Bow Saws				
1.5a	General description of bow saw	Q/A		
1.5b	General safety	Q/A		
1.5c	Green and dead wood blades	Q/A		

1.5d	Start cut with arm through bow to prevent blade bouncing onto back of hand	PD		
1.5e	Continue cut with thumb over saw cut to prevent blade jumping out	PD		
1.5f	Replace blade cover after use	PD		
1.5g	Use a 'tool' tree for safe storage	PD		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
2.1a	Checking the pigeon looks safe to eat	Q/A		
2.1b	Humane dispatching methods	PD		
2.1c	Preparation away from camp	Q/A		
2.1d	Hygiene – clean hands	Q/A		
2.1e	Removing wings and head by hand	PD		
2.1f	Splitting body along correct axis by hand	PD		
2.3g	Removing breast bone and breast meat from body	Q/A		
2.3h	Removing breast meat	PD		
2.3i	Cooking techniques	PD		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
3.1a	Wash hands before starting	PD		
3.1b	Mixing flour and small amounts of water at a time	PD		
3.1c	Adding fruit or other filling	PD		
3.1d	If wrapping around a stick to prepare, bark must be stripped as it contains tannin and is unhygienic	Q/A + PD		
3.1e	Make it as thin as possible so it cooks thoroughly and quickly	PD		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
Principles				
4.1.1a	Taught fibres cut easier	Q/A		
4.1.1b	Work with the grain	Q/A		
4.1.1c	Apply cutting pressure/force gradually	Q/A		
4.1.1d	Keep saw teeth clean	Q/A		
4.1.1e	Measure twice, cut once	Q/A		
Grips				
4.1.2a	Firm hand position always	PD		
4.1.2b	Forehand	PD		
4.1.2c	Backhand	PD		
4.1.2d	Chest Lever	PD		
4.1.2e	Reinforced	PD		
Techniques				
4.1.3a	Peeling/shaving	PD		
4.1.3b	Slicing/trimming	PD		
4.1.3c	Pointing	PD		
4.1.3d	Bevelling	PD		
4.1.3e	Notches/hooks	PD		
4.1.3f	Battening	PD		
Demonstration				
4.1.4	Make a pot hanger	PD		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
5.1.1	Aim – protection from elements, work and rest area	Q/A		
5.1.2	Tools – knife, saw, cordage, digging tools, gravity	Q/A		
Site Selection				
5.1.3a	Hazards	Q/A		
5.1.3b	Sources of water/food	Q/A		
5.1.3c	Building materials	Q/A		
5.1.3d	Terrain and weather conditions	Q/A		
5.1.3e	Duration of stay	Q/A		
5.1.3f	Search and rescue considerations	Q/A		
Construction				
5.1.4a	Size and strength	Q/A		
5.1.4b	Cordage	Q/A		
5.1.4c	Thatching/roofing material	Q/A		
5.1.4d	Heating/insulation	Q/A		
5.1.4e	Sleeping/working arrangements	Q/A		
5.1.4f	Fire, reflector and fuel	Q/A		
5.1.5	Building safely – forked supports and ridge poles	PD		
5.1.6	Demonstration of lean-to and A frame construction	PD		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
6.1a	Checking the fish looks safe to eat	Q/A+PD		
6.1b	Humane dispatching methods	Q/A+PD		
6.1c	Corneal reflex	Q/A+PD		
6.1d	Preparation away from camp	Q/A+PD		
6.1e	Hygiene – clean hands and tools	Q/A+PD		
6.1f	Emptying the anal passage	Q/A+PD		
6.1g	Safe cut from vent to gills, without piercing intestines	Q/A+PD		
6.1h	Cutting throat	Q/A+PD		
6.1i	‘Stop cuts’ at gills and tail	Q/A+PD		
6.1j	Removing internal organs and blood line	Q/A+PD		
6.1k	Best practice method of removing fillets, leaving head, bones and tail in one piece	Q/A+PD		
6.1l	Cooking techniques	Q/A+PD		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
7.1a	Checking the rabbit looks safe to eat	Q/A+PD		
7.1b	Humane dispatching methods	Q/A+PD		
7.1c	Corneal reflex	Q/A+PD		
7.1d	Preparation away from camp	Q/A+PD		
7.1e	Hygiene – clean hands and tools	Q/A+PD		
7.1f	Emptying the bladder	Q/A+PD		
7.1g	Best practice method for removing legs, head, skin and entrails without tainting the meat	Q/A+PD		
7.1h	Check internal organs for signs of disease	Q/A+PD		
7.1i	Best practice method for jointing	Q/A+PD		
7.1j	Cooking techniques	Q/A+PD		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
8.1a	Natural tinder: Plant downs/birch bark/fungi/ Maya wood	Q/A+PD		
8.1b	Man made tinder: charcloth/feather sticks/ cotton wool	Q/A+PD		
8.1c	Producing a spark: Flint and steel/fire steel	Q/A+PD		
8.1d	Producing a flame: Matches/lighters	Q/A+PD		
8.1e	Using the sun	Q/A+PD		
8.1f	Using chemicals: Pot P and sugar/antifreeze, Magnesium, Vaseline	Q/A+PD		
8.1g	Using electricity: 9v battery and wire wool	Q/A+PD		
8.1h	Fire by friction Hand drill/ bow drill	Q/A+PD		
8.1i	A demonstration of the bow drill, creating flame	Q/A+PD		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
9.1a	Sources of protein/nutrients missing from plant diet	Q/A		
9.1b	Food is last priority (up to 3 weeks)	Q/A		
9.1c	Watch animal behaviour/routines before trying to trap	Q/A		
9.1d	Trapping: a. Where and when to trap b. Don't disturb natural state c. Camouflage and scent d. Check traps/snares at least twice a day e. Traps hold prey – you must dispatch humanely, wounded or trapped animals will fight for survival Types of traps (strangle/mangle/dangle/tangle): 8 strand brass wire snare Spring snares Deadfalls Platform traps Squirrel pole Bird traps	Q/A+PD		
9.1e	Hunting – generally harder than trapping: a. Weapons b. Field craft c. Tracking d. Knowledge of quarry	Q/A+PD		

9.1f	Fishing – easiest way to get food: a. Improvisation b. Rod/hooks/line/reel c. Baits/lures/weights d. Baskets e. Nets f. Night Lines	Q/A+PD		
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Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
10.1a	Intro – 2 after shelter; body 75% water; kidney function; temperature regulation, loose 2/3 litres daily in normal conditions	Q/A		
10.1b	Saving water: Injury/illness increases shock which increases fluid loss, avoid sweating, talking or moving excessively. Don't drink alcohol and regulate food intake. Stay covered up and in the shade	Q/A		
10.1c	Dehydration (killer in 3 days): Feeling thirsty = already dehydrated. Urine should be clear, copious and odourless	Q/A		
10.1d	Finding water (water indicators): Valleys/natural drains/water courses, Geology, Dew/rain traps, Animal indicators, Condensation/ transpiration Ice/snow, Plant sources, Ground/ gypsy wells	Q/A		
10.1e	Water Collection: Billy Cans, Bottles, Water proof clothing, Tarps, Bags etc	Q/A		
10.1f	5 basic contaminants: Turbidity, Parasitic worms / protozoa, Bacteria, Viruses, Chemicals	Q/A		
10.1g	Making water safe: Filtration methods – Mill Bank Bag, Boiling (4 min rolling boil), Chemicals (chlorine or PP only)	PD		

10.1h	Safe water strategy: Keep everything and everyone clean, Suspect water from unknown /standing sources. Filter cloudy water. Always boil drinking water for minimum of 4 minutes. Water bottles for water only, flood threads. Replace lids on bottles Consider poisonous plants containing alkaloids during transpiration. Consider poisonous roots when digging gypsy wells. Research journey/expedition and 'know before you go'	QA		
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Unit 11 Assessment Sheet

Natural Cordage

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
11.1a	Uses of cordage	Q/A		
11.1b	Range of different fibres: Conifer roots, brambles, nettles, tree bark (willow, chestnut, elm), clematis, honeysuckle etc	Q/A		
11.1c	Preparation of different fibres	PD		
11.1d	Platting and twisting techniques	PD		
11.1e	Stripping bark from conifer roots with stick and splitting	PD		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
12.1a	What is and isn't legal? (3" non locking)	Q/A		
12.1b	The law: a. Criminal Justice Act 1988 b. Offensive Weapons Act 1996 c. Violent Crime Reduction Act 2006	Q/A		
12.1c	Definition of a public place	Q/A		
12.1d	Good cause or lawful authority	Q/A		
12.1e	The 'THIS List': a. Has THIS person got permission b. To use THIS article c. For THIS use d. On THIS land e. By THIS landowner	Q/A		
12.1f	Police powers of stop and search: a. Ignorance of the law is not an excuse b. Zero tolerance policy c. Burden of proof lies with the defendant	Q/A		
12.1g	Advice for carrying cutting tools: a. Bottom of rucksack, not lid or side pockets b. Boot of car, not passenger compartment c. Hold luggage, not hand luggage	Q/A		

12.1h	Advice for transporting or storing cutting tools: a. Treat cutting tools like firearms b. Lockable container/ toolbox c. Out of reach/sight of the lay visitor	Q/A		
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Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
13.1a	Blunt knife is dangerous – more force required	Q/A		
13.1b	All knives need sharpening eventually	Q/A		
13.1c	Sharp means cutting paper or hair effortlessly	Q/A		
13.1d	Best practice method – Japanese Water Stones: a. Coarse – removes damage/nicks b. Medium – removes scratches and produces burr c. Fine – removes burr and polishes d. Nagura – used with fine stone to create paste Leather strop – removes micro burr	Q/A		
13.1e	Marker pen to check progress	Q/A		
13.1f	Stones are graded – lower the number, coarser the grit	Q/A		
13.1g	Demonstration of sharpening a flat grind blade	PD		

13.1h	Care of water stones: a. Only use water – never oil b. Soak stones well before use c. Dry afterwards if out of use d. Keep stones flat (wet/dry paper on glass)	Q/A		
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Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
14.1a	Edible, poisonous and medicinal plants	Q/A+PD		
14.1b	Trees and their uses	Q/A+PD		
14.1c	Conservation	Q/A		
14.1d	Foraging Law (4xF)	Q/A		

Criteria	Description	Type of evidence	P/F	Additional information (if applicable)
15.1a	Sun and watch method (hour hand to sun, bisect angle between hour hand and 12 to get south)	Q/A+PD		
15.1b	Shadow stick (east/west) 1 st stone will always be west marker also works with moon	Q/A+PD		
15.1c	Stars - Plough (north)	Q/A+PD		
15.1d	Natural indicators: Most moss/lichen grow in shade (north). Tree growth more lush on side facing sun (south)	Q/A+PD		

Assessor Record Evidence/Observation/Feedback Report

Candidate	Qualification
Assessor	Unit

Learning Outcomes	Assessment Decision/Feedback Given
	This assessment was: formative/summative

All LOs/range met? Yes/No	Is this evidence?	Further Action Required:
Underpinning knowledge covered? Yes/No	Valid	Action completed on:
Competent Yes/No	Authentic	
	Current	
	Sufficient	

Candidate Signature:

Date:

Assessor Signature:

Date: