

Cooking

Each patrol will be asked to cook a simple meal using the equipment provided. Marks will be awarded for hygiene, cooking ability, best use of ingredients, ingenuity and safety. Each patrol must bring the following ingredients only and use some or all of them:

Rice
1 fish
chicken (can be breast or thighs, cooked or uncooked)
mushrooms
bean shoots
spring onions/onion
peppers
noodles
carrots
knob of butter
herbs and spices of various types
sugar and salt
flour
cooking oil
an egg

Patrols will have 20 minutes to cook a meal of their choice with ONLY the above ingredients on a gas cooker. They will NOT have to do the washing up or clearing away (a leader will do this). Note that patrols must bring their own ingredients and these must ONLY be those listed above (they do not have to use all of them though). Patrols will NOT have to supply anything else (such as plates, forks, tea towels etc) - these will be provided.

First Aid

Each patrol will be expected to complete a first aid incident to the best of their ability.

Patrols will be marked on their ability to cope with all aspects of the incident as well as their competence at treatment of injuries.

Quiz

Each patrol will be expected to complete a quiz during the course of the competition

Patrols will only have 20 minutes in which to complete the quiz after which it must be handed in.



Barking & Dagenham
Mark Sutton Competition



Barking & Dagenham Scouts

invite you to

Mark Sutton
26th January 2008

at

6th B&D HQ
St. Mary's, Grafton Road
10:00 a.m. - 4:00 p.m.



Leaders Briefing Pack

Event Rules

Each of the bases will be marked out of 100 points

Allocation of the marks will be at the leaders discretion but must be subject to the rules and guidelines given here. Patrols must be seen to work together as a team and are expected to show exemplary behaviour and obey the Scout Law at all times.

Inspection

Inspection will be judged on each troops known choice of uniform and presentation of the uniforms. Each patrol must bring a first aid box

Patrols must wear their FULL uniform but we acknowledge that there are some minor variations across the district. However all Scouts must be smartly turned out and must conform to their groups ideal of full uniform.

The first aid kit will be inspected during the first aid incident but patrols will not be expected to use any materials from their own kit.

Mapping

Each patrol will be expected to be able to understand and use:

- *6 figure grid references*
- *OS map symbols (Explorer Scale 1:25000)*
- *Contour lines*
- *Route navigation*
- *Route length and related material that would enable them to navigate effectively in unfamiliar country.*

Patrols will be tested on all of the above. They must be familiar with the common map symbols on Explorer maps and be able to interpret them correctly. The route planned must take into account distance, height, difficulty and dangers.

Knots

Each patrol will be asked to understand and use knots from the groups below in an appropriate situation:

'Loops'

Alpine Butterfly, Bowline, Double Figure of Eight

Hitches

Truckers Hitch, Taut line Hitch, Timber Hitch

Bends

Zeppelin Bend, Sheet Bend, Carrick Bend

Other

Reef Knot, Fisherman's Knot, Fireman's Chair, Round Turn and Two Half Hitches, Sheet Bend, Sheep Shank

Patrols must learn ALL of the above knots. They will be asked to use them in an appropriate situation. Emphasis will be placed on the ability to tie and finish the knot correctly, and the ability to recognise the correct knot for each situation.

Compass

Each patrol will be expected to be able to understand and use:

- *Using a map with a compass*
- *Bearings*
- *Magnetic deviation*
- *Roamer scales on a compass*
- *Length estimation using a compass*
- *Triangulation*

Patrols will be tested on all of the above. They must be familiar with a quality Silva type compass and be able to use the Roamer scale and magnetic declination features on the compass. Bearings from map to compass and compass to map will be tested. They can use the string for length estimation. Triangulation will be tested for the more able Scouts.