

Grade Level: Middle School

Unit: Backpacking and Camping

Lesson 2: Backpacking / Camping Safety

Objectives

- Student will be able to identify potential safety hazards associated with camping and backpacking.
- Students will be able to identify how to avoid common safety hazards.
- Students will be able to create a sufficient first aid kit for a camping trip.
- Students will identify how to respond to various emergencies that may exist in a camping / backpacking event.

Standards

- Analyzes the situation and makes adjustments to ensure the safety of self and others (S2.M13.7)
- Implements safe protocols in self-selected outdoor activities (S2.M13.8)
- Participates in self-selected physical activity outside of physical education class (S3.M2.6)

Key Vocabulary

- Vaccinations
- Contamination
- Poisonous plant / tree
- Biodegradable

Equipment Needs

- First aid kits (unmade)
 - Bandages
 - Tweezers
 - Rubbing alcohol
 - Rubber gloves
 - compression wrap
 - antibiotic ointments
 - Gauze pads
 - Pain relievers (discuss rather than have present)
 - Cold packs
 - Medical tape

- Biodegradable Toilet paper (campgrounds can run out)
- Hand sanitizer
- Small bath towel
- Personal Care Supplies (as needed)
- Pain relievers (discuss)
- Sunscreen Insect repellent
- Prescription medications (as needed)
- Weather radio
- Powerpoint of camping and backpack safety
- Videos of making first aid kits
 - <https://www.youtube.com/watch?v=mYWmUsTHLKo>
 - <https://www.youtube.com/watch?v=nwr-WFq7SGw>

Set-up

- Have equipment for the first aid kit out on a display (table)
- Have a computer and projector (with screen) to show any videos or powerpoints

Safety

- Check activity area for obstacles or holes
- Make sure any equipment is free of sharp points
- Allow water for hydration as needed.

Warm Up

- Relay races with “injuries”
 - Race 1 - Retrieving a friend with an injured ankle
 - Race 2 - Retrieving a friend who can not walk at all
 - Race 3 - Dragging an unconscious person back to camp
 - Race 4 - Carrying an unconscious person back to camp

Description

1. Watch appropriate camping safety / first aid videos (listed in equipment list).
2. Discuss any appropriate camping stories from previous experiences (teacher and students).
3. Practice making first aid kits from the listed equipment.
4. Practice wrapping for injured ankles / wrists / knees / shoulders / elbow:
 - a. Knee <https://www.youtube.com/watch?v=ag512AMEqu8>
 - b. Shoulder <https://www.youtube.com/watch?v=BvzW2sQtpKc>
 - c. Ankle <https://www.youtube.com/watch?v=8pI4NWjFP2A>
 - d. Wrist <https://www.youtube.com/watch?v=b-6QDURXbeU>
 - e. Elbow https://www.youtube.com/watch?v=Zeb4_nI2Ips

More Challenging

- Wrap a body part in a race.
- Create a scenario with a massive injury to fix (ie severed finger, severe yeti attack, etc).

Less Challenging

- Work with partners instead of alone.

Assessment

- Written - students will create a checklist of items (and amounts) to go in a first aid kit.
- Physical - Students will demonstrate how to appropriately wrap one of the following body parts. (Teacher will assess during activity with checklist - see video for steps).
 - Knee
 - Ankle
 - Wrist
 - Shoulder
 - Elbow

Cool Down/Review/Closure

- Review items to include in a first aid kit.
- Review how to wrap a body part.
 - Knee
 - Ankle
 - Wrist
 - Shoulder
 - Elbow