**First Aider**

Topic Link: A child’s war

How to earn your badge

You will need to take part in around two to three hours of training, which should be taught by an adult with relevant knowledge.

1. Explain to your teacher or another adult about how to call 999.
2. Learn how to deal with a casualty who is unconscious- Recovery position.
3. Learn what to do when a casualty is unconscious and not breathing – CPR
4. Learn how to deal with a casualty who is bleeding – Simple cuts/ hand bandage and head bandage.
5. Learn what to do when someone is choking.
6. Create a stretcher and move a casualty round a set course.
7. Learn what to do when someone has a simple burn.

Outdoor Chef

How to earn your award:

1. Learn how to light a fire in the fire pit with a suitable adult. Demonstrate this skill safely as part of a team under close supervision.
2. As part of a group, demonstrate how to light the Kelly Kettle and make a hot drink.
3. Devise a menu for 4 to 6 people including quantities.
4. As a team, successfully cook the menu you have designed. Ensure you have cleaned up thoroughly afterwards.
5. Aim to cook three of the following:
   * Bread twists
   * Baked potato in foil
   * Toasted marshmallows
   * Strawberry and oat crush biscuits
   * Chocolate bananas
   * Any food which is agreed with an appropriate adult