



LIMERICK  
COUNTY SHIELD  
2023



# BASE 1 : THE BOATS OF VALHALLA




THE VIKINGS SENT THEIR GREAT WARRIORS TO VALHALLA ON BURNING LONGBOATS. THESE SHIPS WOULD CARRY THE FALLEN WARRIORS INTO THE SEA UNTIL THEY BURNED AND SANK.



SCOUTS NEED TO SET A FIRE ON THE VIKING LONG BOAT! THE FIRE NEEDS TO BE STARTED WITH FLINT AND STEEL. THE BOAT MUST BE FLOATING ON WATER WHEN FIRE IS STARTED.

WHEN THE BOAT IS ABLAZE IT MUST THEN SINK BRINGING ITS WARRIOR TO VAHALLA!!

Backwoods	
	<p><i>I know how to prepare a fire place and light and maintain a fire using minimum resources.(Stage 4)</i></p> <p><i>I can light a fire using flint and steel. (Stage 5)</i></p> <p><i>I Know how to use and care for tools of all kinds safely (Stage 5)</i></p>

## Scouter Notes

Scouts need to build fire pyramids in the cardboard boats. When the boat is set up the fire must be lit on the water. Patrol members can be making kindling while others are trying to light the fires. Scouts will be given Flint and Steel, cotton wool and charcloth. Any extra items they have on them (paper, cotton bandages, sisal) can also be used. The aim of the base is to sink the boat by burning.

Marking Guidelines:

Teamwork	40	All the team involved? Working together? Being safe around the fire and with tools? Tidy up? Enthusiasm/ Engagement from patrol?
Leadership	30	Is there a defined PL/ Base lead. Are instructions correct? Do all scouts have a task? Is the base lead delegating or taking over?
Task	30	All 3 beacons lit = 30/30, 2 = 20/30, 1= 10/30
Total :	100	



Equipment:

Metal Containers	To fill with water and float boats in.	2
Firewood	Dry Quick burning timer	1 Bag
Flint & Steel	If scouts do not have their own	3
Axe /Knife	To chop firewood	1/1
Cardboard Boats	One per Patrol	8
Charcloth	Enough for each patrol	20 pieces

Risk Assessment

Water at base to put out fires. First aid kit for possible burns. Only one fire lit at a time. A sharp eye must be kept on scouts chopping tinder. Using a knife and batting it down is the preferred method.



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# BASE 2 : VIKING OVERBOARD




THE VIKINGS WERE A SEA-FARING PEOPLE. THEY WOULD SAIL THE HIGH SEAS IN ALL WEATHERS. HOWEVER, SOMETIMES STORMS CAUSED THEIR STURDY LONGBOATS TO SINK!

THE PATROL FIND THEMSELVES ON A RAFT AFTER HUGE STORM AT SEA.



TWO PATROL MEMBERS ARE OVER BOARD. ONE HAS SIGNS OF HYPERTHERMIA AND ANOTHER IS UNCONSCIOUS. THE PATROL MUST WORK TOGETHER TO SAVE THEIR SHIPMATES. THEY MUST TIE A BOWLINE AND THROW IT TO THE OVERBOARD SCOUTS AND PULL THEM TO SAFETY WHILE TREATING THE AILING SHIPMATES ON BOARD.

First Aid	
	<p><i>I know how to check for the A B C of basic First Aid (Stage 3)</i>  <i>I know how to take care of and reassure a casualty. (Stage 5)</i>  <i>I know the causes of, how to recognize and to treat: hypothermia (Stage 6)</i>  <i>I can demonstrate throwing a Throw Line to a casualty, preparing the rope for the throw and instructing the casualty to use the rope. Heave the casualty to shore. (Paddling Stage 3)</i></p>

## Scouter Notes:

This is a first aid base. Scouts will be bases in a confined area to represent a small raft. There will be two “victims” in the water who need to be saved. Scouts on the boat will throw a rope with a bowline to the struggling “Swimmers”. The “swimmers will be in bivvy bags to imitate being under water. On the boat, one crew member will have hypothermia while another is unconscious. The able bodied scouts will have to treat both patients while the others rescue the “swimmers”. There should be chaos on board to replicate a real emergency situation!

### Marking Guidelines

Teamwork	40	All the team involved? Working together? Being safe equipment? Tidy up? Enthusiasm/ Engagement from patrol?
Leadership	30	Is there a defined PL/ Base lead? Are instructions correct? Is the base lead delegating or taking over?
Task	30	Did the patrol tie a Bowline Correctly? Did the patrol rescue the drowning victims? Are they treating the casualties correctly?
Total:	100	

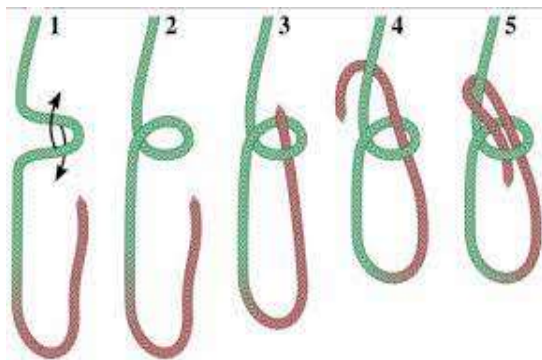
### How to treat Hypothermia

First and foremost, if someone is displaying symptoms of hypothermia - call 000 and request an ambulance!

If you aren't in a position to call one, or you need to provide first aid until it arrives, your most important focus should be on providing warmth.

#### You can do this by:

- Moving the person to a warm and dry area
- If the person is immobilised, do your best to shelter them from the cold
- Use blankets or other thermally resistant items to warm them up
- Elevate them if the ground is cold or wet
- If the affected person is conscious, offer warm, non-alcoholic drinks
- Apply dry, warm compresses, like a water bottle or warmed towels
- If appropriate, partially or fully undress and huddle with the affected person to share body heat



### Equipment:

Benches/ Sisal	Equipment to mimic a small raft to confine the scouts	
Rope	15m rope to throw and retrieve scouts	2
Bivvy/black bags	For the drowning scouts to replicate being under water	2
Blankets	Old Blanket to treat hypothermic patients	1
Info Pages	Handouts for scouts who need assistance	2



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# BASE 3: RUNIC CODEBRAKING



THE VIKINGS HAS THEIR OWN ALPHABET USING SYMBOLS CALLED RUNES. USING THESE RUNES, THEY COULD TALK TO OTHER SCANDINAVIANS AND RECORD THEIR JOURNEYS.

THE PATROL IS SPLIT IN TWO AND MUST COMMUNICATE BY TRANSLATING QUESTIONS AND ANSWERS FROM THE RUNIC LEGEND.



THE PATROL IS DIVIDED IN TWO. THE PATROL CAN ONLY COMMUNICATE IN RUNIC SCRIPT. ONE HALF OF THE PATROL MUST TRANSLATE THE QUESTIONS TO RUNES.

THE SECOND HALF MUST TRANSLATE THESE TO ENGLISH AND FIND THE ANSWERS. THE ANSWERS ARE THEN TRANSLATED AGAIN!!

Teamwork	<p>Teamwork: Scouting is based on teamwork. Patrols should be able to work together to achieve a goal. Each member of the patrol is as important as the rest. Each patrol member brings their own unique skills, strengths and knowledge to the activity.</p> <p>Leadership: The base lead should be able to organise and conduct the activity while taking into account all the ideas and suggestions from the patrol.</p>
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## Scouter Notes:

This is a teamwork base. The patrol will be divided in two and separated. Team A of the patrol will translate Questions in English into Runes. These questions are written onto chalk boards. These chalk boards will be left in the middle ground (Translation Area) for Team B to transcribe and bring back to their side and then translate from Runes to English. When they have the answer they translate back into runes for Team A. Patrols must only do one question at a time but can be practicing their translation in the meantime.

### Marking Guidelines

Teamwork	40	All the team involved? Working together? Have a plan? Enthusiasm/Engagement from patrol?
Leadership	30	Is there a defined PL/ Base lead? Are instructions correct? Is the base leads delegating or taking over?
Task	30	Did the patrol manage to communicate? Are the answers Correct?
Total:	100	



### Equipment:

Chalk Boards	To Write messages on	2
Chalk	Box of Chalk	1
Tent / Shelter	For Scouts to use as midway point	2
Runic Alphabet	Sheets to translate (Laminated)	2
Question/ Sheets	Handouts for each part of patrol	2



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# BASE 4: THOR'S HAMMER



THOR WAS THE VIKING GOD OF THUNDER. THOR WIELDED A LARGE HAMMER CALLED MJÖLNIR. THIS HAMMER WAS A WEAPON AND A DIVINE INSTRUMENT.



THOR HAS UNFORTUNATELY LOST HIS HAMMER! THE PATROL CAME ACROSS *MJÖLNIR* FLOATING ON AN ICEBERG IN A LAKE. THE SCOUTS MUST CREATE A GADGET TO RETRIEVE THE SACRED HAMMER WHILE AVOIDING FALLING INTO THE IY WATERS.

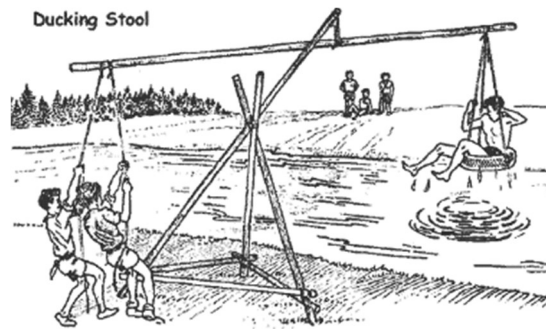
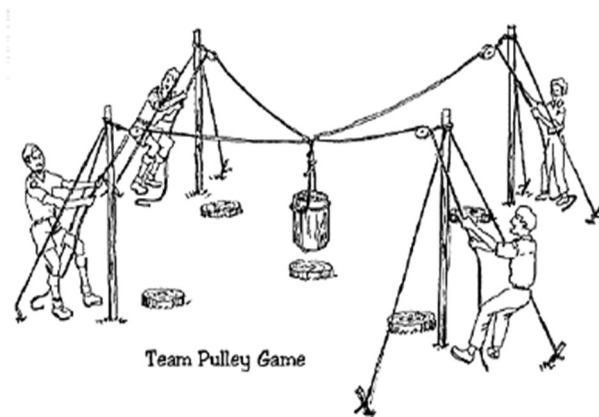
Pioneering	
	<p><i>I have built at least two gadgets using rope and poles (Stage 3)</i></p> <p><i>I know the safety precautions to be observed for the safe lifting of pioneering poles (stage 4)</i></p> <p><i>I know the basic components of pioneering structures and how to make them (Stage 4)</i></p>
	<p><i>I have taken part in the construction of at least two pioneering projects (Stage 5)</i></p>

## Scouter Notes:

This is a pioneering and teamwork base. Mjolnir (A heavy “Hammer” object ) needs to be extracted from a cordoned off area without entering it. The scouts are given Pioneering poles, ropes and small pulleys to construct a gadget to extract the hammer without entering the cordoned off area. Scouters can be as lenient or as strict with the rules as they see fit.

### Marking Guidelines

Teamwork	40	All the team involved? Working together? Have a plan? Enthusiasm/Engagement from patrol?
Leadership	30	Is there a defined PL/ Base lead? Are instructions correct? Is the base leads delegating or taking over?
Task	30	Did the patrol construct a gadget? Did the gadget function? Did the patrol extract the hammer from the area? Did the Scouts enter the “Lake”?
Total:	100	



### Equipment:

Pioneering poles 2m	For building gadget	8
Pioneering poles 1m	For building Gadget	8
Blue 6mm Rope	Pre-cut coils	16
Sisal	Pre-cut coils	16
Hammer	5 kg hammer with loop to extract	1
Hook	For catching hammer	1
Small Pulleys	For gadget	4





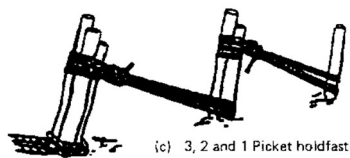
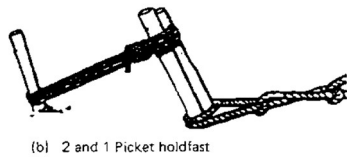
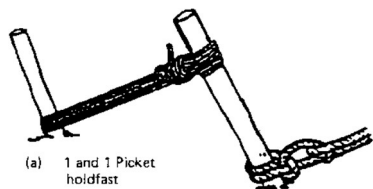
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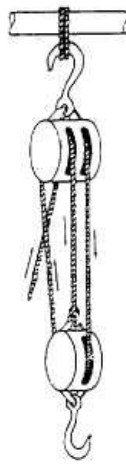
# BASE 5: STUCK IN THE MUD.



NAVIGATING UNCHARTED WATERS WAS AN OCCUPATIONAL HAZARD FOR ROVING VIKINGS. OFTENTIMES THEY WOULD GET RUN AGROUND. WHEN THIS HAPPENED THE SHIP'S CREW WOULD NEED TO GET OUT OF THEIR SHIP AND PULL THE SHIP OUT OF THE MUD ONTO LAND TO DO REPAIRS.



GUN TACKLE



SINGLE LUFF TACKLE



TWOFOLD PURCHASE

SCOUTS MUST WORK AS A TEAM TO BUILD A 3-2-1 PICKET SYSTEM AND USE THE BLOCK AND TACKLE TO PULL THE LONGBOAT OUT OF THE MUD!

Pioneering



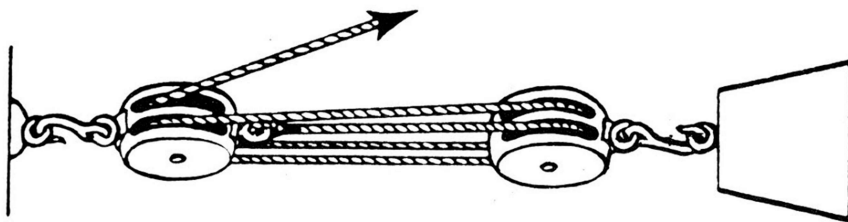
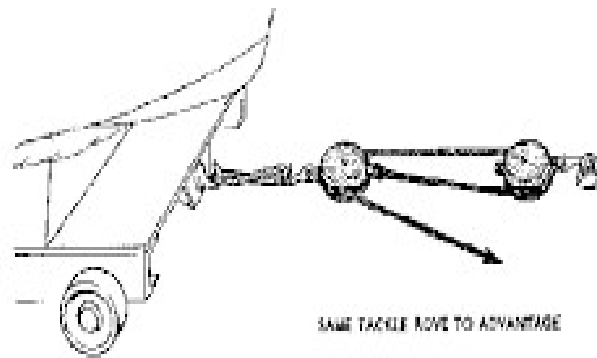
I can set up a simple pulley system for lifting and tensioning ropes. (Stage 5)  
I know how to reeve up, use and safely secure pulleys in pioneering projects (Stage 6)  
I know the best types of anchorage to use for a project and can use them. (Stage 6)

## Scouter Notes:

This is a pioneering base. Scouts will need to set up a pulley system to pull/drag a heavy object. The scouts will have to set up picket system first to anchor the one rope. The other rope will be connected with a hook to the heavy object (Boat). Using 2 twofold pulleys the object should then be pulled a distance to “dry land”

### Marking Guidelines

Teamwork	40	All the team involved? Working together? Have a plan? Enthusiasm/Engagement from patrol?
Leadership	30	Is there a defined PL/ Base lead? Are instructions correct? Is the base lead delegating or taking over?
Task	30	Did the patrol build the pickets? Did the patrol use the pulleys correctly? Did the patrol move the heavy object? Were the patrol safe around ropes and block and tackle?
Total:	100	



### Equipment:

Heavy “Boat”	Heavy object to pull	1
Set of Pulleys	Pulleys (2 and 1)	1
Heavy ropes	Long enough to pass through pulleys	1
Pickets to Brace	Pointed	9
Blue 6mm rope	To secure pickets	30m
Hook	To attach to “Boat”	1
Pegs	To secure excess rope	10
Heavy Mallet	To drive in pickets	1



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# BASE 6: VIKING ARCHERY



AS WELL AS USING AXES AND SWORDS, THE VIKINGS WERE PROFICIENT WITH BOW AND ARROWS. THEY WOULD USE THEM FOR HUNTING AND FOR COMBAT. VIKINGS USED ARROWS FLETCHED WITH THREE FEATHERS AND GLUE AND THREAD.



SCOUTS WILL BE GIVEN A CHANCE TO GET AN INTRODUCTION TO ARCHERY.

Special Interest	
	<p>Skills: This can be any new personal skill (Fletching, Archery) Adventure: This should be an adventure journey that includes something completely new!</p>

## Scouter Notes:

This a skills and fun base. The scouts can use this base as a start for a Special interest badge in Archery if they wish. Scouts will be evaluated on their patrol teamwork and the patrol leadership and not so much on the task. Patrols will be divided in two. One half will fire arrows at the target after a quick safety intro while the other half will 'fletch' arrows with the feathers provided. Scouts will need to peel and smoothen the arrows and split the feathers. Heavy thread / glue will be used to secure the split feathers to the shafts. The arrow heads will be sharpened to a blunt point. Care should be taken when using knives and firing arrows.

### Marking Guidelines

Teamwork	40	All the team involved? Working together? Have a plan? Enthusiasm/Engagement from patrol?
Leadership	40	Is there a defined PL/ Base lead? Are instructions correct? Is the base lead delegating or taking over?
Task	20	Did the patrol complete arrows? Did all the patrol fire an arrow. Were the patrol safe?
Total:	100	



### Equipment:

	Supplied externally	4
Targets	Supplied externally	1
Thin branches	Long/ straight enough to be used as arrow shafts	25
Feathers	Small feathers (Duck, Pheasant or whatever is available)	50
Thick thread	To secure feathers	30m
Pegs	To secure excess rope	10
Glue	To glue feathers to shafts	1

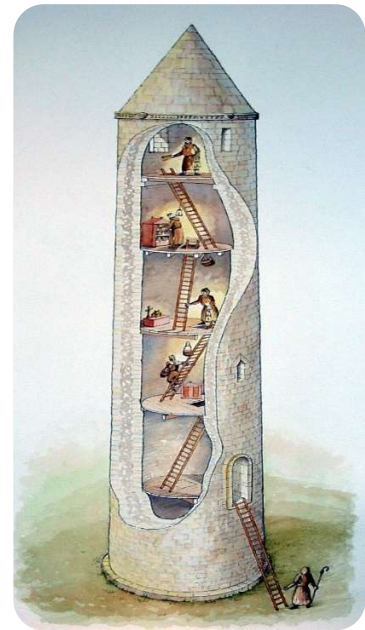
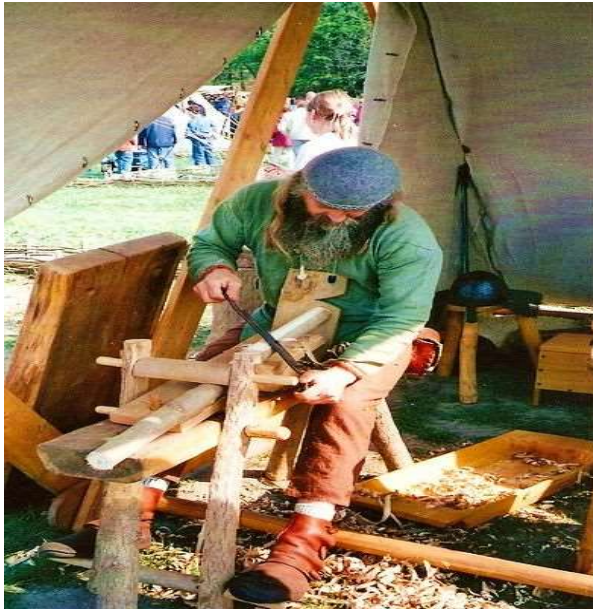


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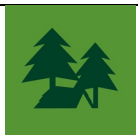
# BASE 7: WOOD WORK I

THE VIKINGS WERE KEEN CARPENTERS. WOOD WAS THE PRIMARY MATERIAL USED TO PRODUCE THEIR TOOL, SHIPS AND WEAPONS.



PATROLS MUST USE THEIR OWN SKILLS AND USE VIKING METHODS TO CARVE, WHITTLE AND SHAPE WOODEN IMPLEMENTS SUCH AS A LADDER TO ATTACK AN IRISH ROUND TOWER!

Backwoods



I know what equipment I need to bring with me on a backwoods activity (Stage 4) I know how to use and care for tools of all kinds safely (Stage 5) I know how to make utensils by carving and by other methods (Stage 7)

## Scouter Notes:

This is a woodwork base. The scouts will get the chance to use old style carving materials. They will be tasked with building a ladder and carving a “King” and batons for a game of Kubb.

### Marking Guidelines

Teamwork	30	All the team involved? Working together? Have a plan? Enthusiasm/Engagement from patrol?
Leadership	30	Is there a defined PL/ Base lead? Are instructions correct? Is the base lead delegating or taking over?
Task	40	Did the patrol construct a ladder? Was the ladder safely usable? Did the patrol use the tools correctly?
Total:	100	



### Equipment:

Timber Spars	Ash spars to cut and carve for ladder	4
Awl	To Crave holes for ladder	1
Hand saw	To cut wood	2
Carving Knives	Sharp	2
Sharpening stone	To teach scouts knife care	1
Carving Horse	If possible	1

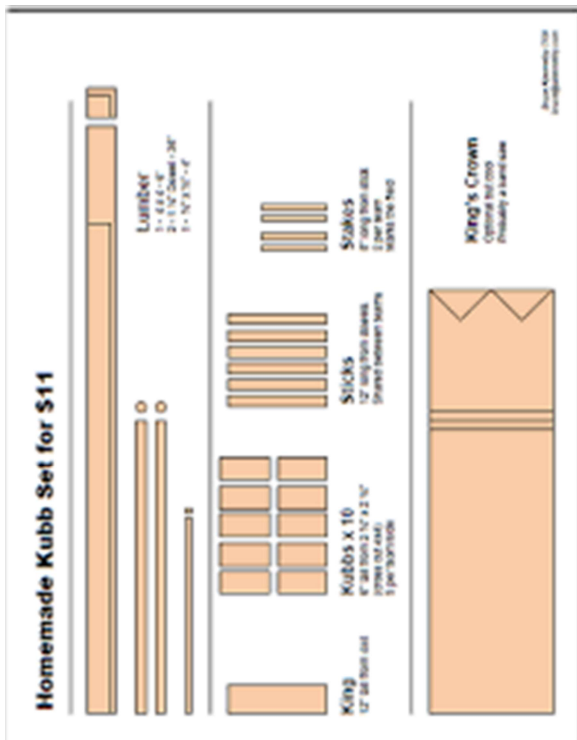
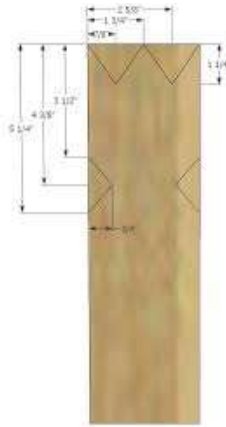


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# BASE 8: WOOD WORK II

SCOUTS MUST CARVE A "KING" FOR USE IN A GAME OF KUBB



Backwoods	I know what equipment I need to bring with me on a backwoods activity (Stage 4) I know how to use and care for tools of all kinds safely (Stage 5) I know how to make utensils by carving and by other methods (Stage 7)



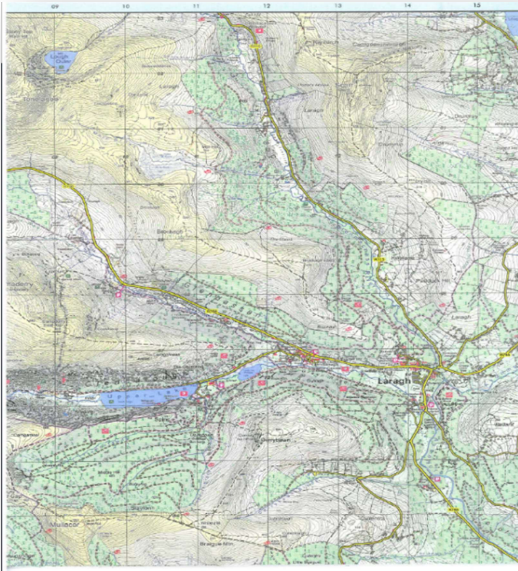
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# BASE 9: NORDIK NAVIGATION



VIKINGS NAVIGATED THROUGHOUT IRELAND USING THE RIVERS AND COVES TO PLUNDER AND DISCOVER NEW AREAS. THE VIKINGS USED BASIC MAPS TO REMEMBER WHERE THEY HAD BEEN AND WHERE THE BEST PLUNDERING SPOTS WERE.



LUCKILY TODAY WE HAVE EXCELLENT MAPS OF IRELAND. SCOUT MUST USE THEIR MAP READING SKILLS TO FIND THE GRID REFERENCES AND POINTS OF INTEREST LIKE THE VIKINGS!

## Hillwalking



- I can point out the main parts of the compass (Stage 2)
- I can follow our route on a map and find a grid reference on a map (Stage 4)
- I know the main principles of navigating using map and compass. (Stage 5)

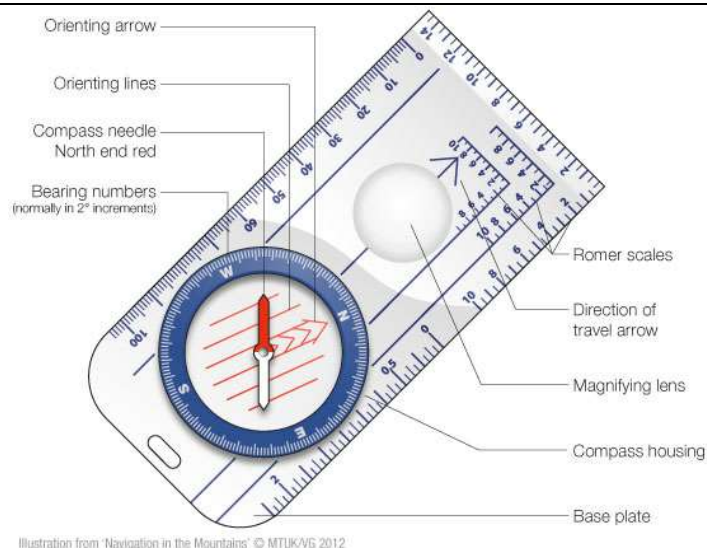


## Scouter Notes:

This is basic map work base. Scouts will be broken into small groups and given A3 map of the Glendalough area. They will be given 6 figure grid references to follow and points of interest to make references for. Scouts will be given a map and will have 16 questions in which they must get grid references, bearings from certain points, distances and heights.

### Marking Guidelines

Teamwork	30	All the team involved? Working together? Have a plan? Enthusiasm/Engagement from patrol?
Leadership	40	Is there a defined PL/ Base lead? Are instructions correct? Is the base lead delegating or taking over?
Task	20	Did the patrol understand the grid references? Did the patrol know how to find a bearing? Did the patrol answer the questions correctly?
Total:	100	



Maps	Large maps Laminated 2 per Patrol	2
Compass	To find correct bearings	1
Pens	For all	8
Question Sheets	2 per patrol	20
Clip boards	2 per question sheet	2

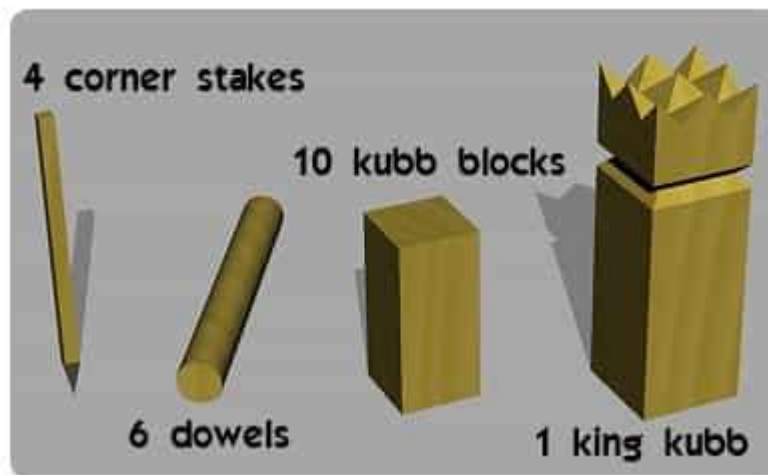
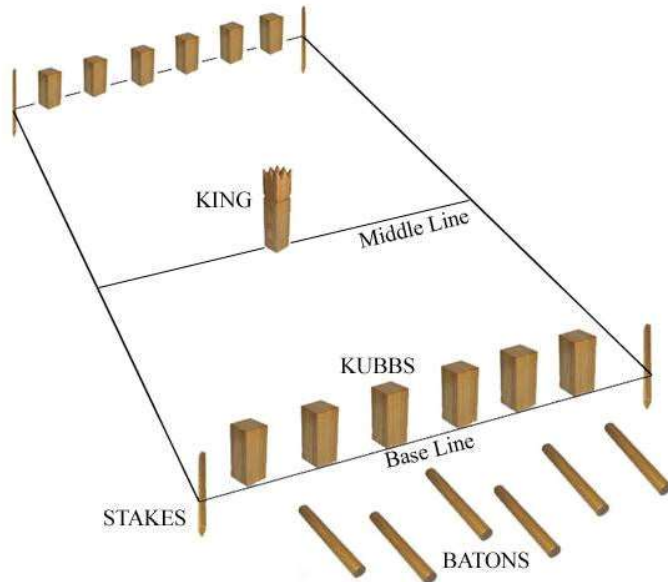


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# BASE 10: KUBB SCOUTS

KUBB WAS A VIKING GAME SIMILAR IN WAYS TO CHESS. SCOUTS MUST PLAY A ROUND OF KUBB WITH THEIR KING MADE ON THE WOODWORKING BASE TO COMPLETE THE BASE



## Teamwork



**Teamwork:** Scouting is based on teamwork. Patrols should be able to work together to achieve a goal. Each member of the patrol is as important as the rest. Each patrol member brings their own unique skills, strengths and knowledge to the activity.

**Leadership:** The base lead should be able to organise and conduct the activity while taking into account all the ideas and suggestions from the patrol.



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