

Maine Woodsman (Level 2) Ages 12-14

15 Skills Testing Modules towards Earning the MW patch

Overall goal of the Junior Maine Guide Program:

JMG is a Maine based outdoor skills program, designed to foster enjoyable, safe and healthy outdoor living experiences for youth ages 9 –18. It can lay the groundwork for later training and certification as a licensed Trip Leader, as well as provide a lifetime of enjoyment of living in concert with nature in the Maine wilderness. It is a joint program of the Maine Youth Camping Foundation & the Dept of Inland Fisheries & Wildlife.

Goal of the MW level:

This is Level 2 training of the Junior Maine Guide program. Individual Maine camps offer instruction and testing on each module to certify campers for the Maine Woodsman patch, and to prepare them for the 3rd and final level training of JMG.

Modules in Maine Woodman program

1. Tool Craft
2. Canoeing
3. Individual Shelter & Fireplace
4. Map & Compass
5. Map of Maine
6. Trip Equipment
7. First Aid/Wilderness First Aid
8. Cooking
9. Group Encampment
10. Maine Issues & Environmental Concerns
11. Fire building
12. Trees
13. Hiking & Backpacking
14. Leave No Trace Camping
Minimum Impact Camping
15. Outdoor Living Skills (General Knowledge)

Staff Qualifications:

Competency in the curriculum areas; capacity to design & carry out testing on each module.

Methods of Evaluation:

Oral tests, skills tests, written tests, according to individual camp's philosophy.

Length of time required:

Varies due to length of camp session & age. Can be completed in one summer, or over several summers.

Patches & Certificates:

To purchase completion patches & certificates, camp representatives should contact the MYCF office at 207-518-9557 and make a group order.

Contact person:

Spencer Ordway, Camp Winona, 207-647-3721

Maine Woodsman Curriculum – Ages 12 + (JMG: Level 2)

A) Tool Craft

Knife –

Know appropriate type and size.

Sharpen and handle correctly.

Develop ability to prepare fire kindling materials, including knife splitting techniques.

Saw-

Know how to use and handle safely.

General Knowledge of types of camp saws.

Axes – (Optional depending on Camp Philosophy)

Know how to sharpen, carry, handle and care for an axe.

Know how to trim branches off fallen trees.

Split small billets

Contact split

Prepare adequate stakes for shelters

Evaluation: Oral Exam / Skill Demonstration

B) Canoeing

The Camper should have a reasonable competency in handling a canoe under *various wind and water conditions*. The camper should:

- Know proper entry and departure of the craft.
- Perform safe landings on dock and shore.
- Be able to move the boat / canoe in a straight line and to turn.
- Should have confidence with all bow strokes.
- Be capable of solo handling a boat /canoe in a slight wind or mild current.
- Understand boating safety regulations and PFD use.
- Understand minor boat repairs.
- Knowledge of proper rescue procedures for a capsized canoe.
- Know parts of the canoe.

Evaluation: Skill Demonstration

C) Individual Shelter & Fireplace

The camper should have knowledge of how to set up a correct individual shelter for survival purposes or kitchen fly. The camper should:

- Knots needed to tie a fly.
- What to look for in a proper site – including suitable protection for an overnight stay.
- Identify proper site for a fireplace - provide a usable supply of tinder, kindling and firewood.
- Set up using only axe, knife, rope and shelter fly.
- Knowledge of proper site drainage.
- Restore site to original condition; remove traces of stay.
- ***Accomplished in a two hour time period.***

Evaluation: Skill Demonstration

D) Map & Compass

The camper should have a general acquaintance with a map and compass and their uses by being able to:

Test #1

- Understand the parts of a compass and its use.
- Orient a map.
- Understand a topographical map –
This in includes understanding contour lines and other symbols.
- Select a route on the map and discuss relevant information.
- Use a topographical map and compass in traveling to a designated point.

Test #2

- Prepare a simple informative map of a specific area, such as the camper's campsite using appropriate symbols (the symbols may be one's own, if an identifying key is provided).

Evaluation: Written Exam/ Oral Exam / Skill Demonstration

E) Map of Maine

The camper should have a general acquaintance with the map of Maine and be able to locate:

<i>Towns:</i>	<i>Lakes:</i>	<i>Rivers:</i>
Auburn-Lewiston	Belgrade	Allagash
Augusta	Chesuncook	Androscoggin
Bangor-Orono	Flagstaff	Kennebec
Bar Harbor	Moosehead	Penobscot
Fort Kent	Mooselookmeguntic	Saco
Greenville	Sebago	St. Croix
Houlton	West Grand	St. John
Kittery		
Lubec-Eastport	<i>Parks:</i>	<i>Mountains:</i>
Madawaska	Acadia National	Cadillac
Millinocket	Allagash Wilderness	Caribou-Speckled
Portland	Baxter State Park	Pleasant
Presque Isle-Caribou	Sebago Lake State	Katahdin
		Old Speck
		Sugarloaf-Bigelow

Evaluation: Written Exam

F) Trip Equipment

The camper should plan and list items needed for a THREE DAY/ TWO NIGHT TRIP, for a group of six people, including:

- Knowledge of packing techniques
- Necessary group equipment
- Necessary personal equipment
- A menu for a day's three well balanced meals – a breakfast, lunch and dinner.
- Food list and supplies for the three meals.

Evaluation: Written Exam / Oral Exam

G) First Aid / Wilderness First Aid

The camper should have basic knowledge of the following:

- General items that belong in a first aid kit.
- Recognize and take first steps in a first aid situation.
- How to treat fainting, headache, stomach ache, heat exhaustion, sprained ankle, cuts and bruises, bites, burns, broken limbs.
- Protection from insects, the sun and poison ivy
- Proper habits of rest, eating and personal hygiene
- What to do if help is delayed.

Evaluation: Written Exam

H) Cooking

The camper should be introduced to the methods of cooking in the out of doors with a fire and/or a stove. Emphasis should be on acquiring skills so the camper has the ability to function alone. Counselor guidance and supervision remain as key factors for success. The camper should:

- Under supervision prepare the cooking of the groups meals.
- Under counselor guidance, use a stove.
- Cook and know the difference of a boil, fry and a bake.
- Conduct kitchen cleanup including the use of proper environmental disposal issues.
- Conduct appropriate dishwashing procedures.

Evaluation: Skill Demonstration

I) Group Encampment

Learn the basics of why people go camping – to live, work and share together in a wilderness setting. Many of the areas of knowledge are covered in individual skills, but it is important for the camper to see necessity of the group working together.

The camper should spend three days / two nights at the campsite, with no more than six individuals in the encampment.

- Set up tents and a kitchen fly
- Set up the kitchen and cooking areas
- Be a part of a well organized and safe campsite
- Maintain cleanliness of campsite, including camper appearance.
- Serve well balanced meals on time
- Knowledge of proper waste disposal
- Break camp
- Leave the campsite cleaner than it was found

Evaluation: Skill Demonstration

J) Maine Issues and Environmental Concerns

The camper should start to develop an awareness and appreciation of the outdoors. Campers should have basic knowledge of the following issues:

- Litter and other incorrect uses of the environment
- Erosion and other over use issues
- Maine regulations on private property ownership and usage.
- Maine regulations on state owned property.
- Regulations which apply to property operated by the federal government.
- Knowledge of permits and guidelines concerning areas the camper uses.
- Basic knowledge of fishing laws - why they exist; license regulations
- Current environmental issues – Milfoil, West Nile virus, Deer Ticks...

Evaluation: Written Exam / Oral Exam

K) Fire building

Knowledge and skill with outdoor fires is important, as are safety factors. Camper's knowledge should include:

- Simple fireplace construction
- Fireplace location
- Fireplace safety and safety equipment
- Fireplace types
- Gather and prepare wood or a fire
- Lay and start a fire from a billet.
- Boil a cup of soapy water *in 25 minutes*.
- Properly extinguish fire and clean up site
- What to do if a forest fire is discovered
- Basic methods used when fighting a forest fire

Evaluation: Skill Demonstration / Oral Exam

L) Trees

The campers should know the common soft wood:
Pine; Fir; Spruce; Cedar

Campers should know the common hard woods:
Maple; Birch – white, gray, yellow; Beech; Oak; Ash

The camper should recognize what makes good tinder, kindling and wood for fire building.

Evaluation: Oral Exam / Skill Demonstration

M) Hiking and Backpacking

- Campers should have basic knowledge of foot preparation.
- Understand first aid for common injuries to feet when hiking: blisters, hot spots, scrapes, bruises, minor sprains and strains.
- Know proper care for knee strain and sprain.
- Know proper techniques regarding footwear combination for warmth, dryness and protection – proper socks, gators etc.
- Principles of packing equipment and food for protection, comfort, weight distribution, safety and convenience
- Awareness of proper techniques to be used in situations when the trails are poorly marked or the group becomes lost. (Bad weather, poorly marked trails, poorly maintained trails)
- Awareness of techniques used when trail conditions present abnormal difficulties such as stream fording, slippery conditions or very steep pitches.
- Knowledge of the various means by which trails are marked.

Evaluation: Written Exam / Oral Exam

N) Leave No Trace / Minimum Impact Camping

Campers should have a basic knowledge of why the use of Leave no Trace principals are important. How the use of minimum impact camping affects not only the camper but the group, other groups and animals.

Campers should be aware of the seven LNT principles:

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

Evaluation: Written Exam / Oral Exam

O) Outdoor Living Skills (General Knowledge)

Water Purification – campers should understand the issues involved with drinking water:

- Know three methods of water purification and how to use them.
- Have knowledge of diseases that can be present in untreated water.

Stars – campers should be able to locate and identify; as well as understand its relationship to direction finding. Campers should also know how to establish direction from the stars and sun.

- The Big Dipper
- Little Dipper
- North Star
- Cassiopeia
- Milky Way

Weather – campers should know how to identify wind direction. The camper should know obvious cloud signs and some indications of a change in the weather.

Lost Person – camper should know what to do if they become lost or separate from a group. **STAY IN THE SAME LOCATION**, keep calm, the group leader will find you.

Fishing – campers should know the different methods of fishing and the types of fish that can be caught in Maine.

Evaluation: Written Exam / Oral Exam

Updated March 19th, 2003