

Bushcraft skills – camp fires – half day option

Small groups will collect wood from the forest and bring it back to Suntrap grounds (fires are not permitted to be lit in Epping Forest). Here in small fire pits, they will build their own fire and light it using different methods. If successful they will cook their toast on their fire (butter and jam will be provided!).

Learning objectives

- to select appropriate materials to build a fire for toasting bread
- to collaborate with others in a group to solve a problem or make a decision
- to develop some of the skills involved in group work, such as negotiating, problem-solving, debating.
- to evaluate their teamwork, identifying strengths and areas for development



Some suggestions for visit preparation

1. Discuss that a fire needs fuel, heat and oxygen.
2. Each group undertakes their own risk assessment for making fires in the forest.

Follow on suggestions

1. Each group reflects on how well their team worked together.
2. Write instructions for how to make a fire.

National curriculum links

PSHE guidance

Health and wellbeing

- to differentiate between the terms, 'risk', 'danger' and 'hazard'
- to deepen their understanding of risk by recognising, predicting and assessing risks in different situations and deciding how to manage them responsibly

Relationships

- to listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge their points of view
- to work collaboratively towards shared goals
- to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves

Living in the wider world

- that there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment
- to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices



EVENT SPECIFIC RISK ASSESSMENT

Issue	How to manage it
Understanding/behaviour	Class teacher to advise Suntrap staff of any children who may need extra support out in the forest to help them to follow instructions. School to ensure that there is appropriate adult: children ratios as required.
Medical conditions	Suntrap staff to check that school staff brings medication out into the forest. All adults to be made aware of any medical conditions. Suntrap staff will carry a first aid kit.
Getting lost	Keep within sight of teacher/adult & observe boundaries as directed by the staff.
Injury from horses/dogs or bikes	Group to be instructed to stand to the side, be quiet and still when horses, dogs or bikes are near.
Accident when crossing the road	Group to be instructed on follow safe procedures for crossing roads (Suntrap Line). No one to walk across the cattle grid.
Risk of burns	Fires are only to be lit under adult supervision. Once lit, groups sit on their mat away from the fire pit. Water and a fire blanket are kept on hand to extinguish any fires that become unmanageable. First aid kits will include burn dressings. Children with long hair will be instructed to tie it back, or tuck it into t-shirt.
Choking/Poisoning	No eating outside unless directly instructed by Suntrap staff.
Injury through falling & throwing	Climbing of trees and throwing sticks/stones prohibited.
Fire getting out of control	Wind direction and speed may be unsuitable for fires, in which case an alternative activity will be found.
Food allergies	Teacher to ensure no children have allergies to bread, margarine or jam.
Soil borne disease	Children instructed not to put fingers in mouth during/after activities which include handling plants, soil and sticks. Hands should be washed with warm soapy water before eating lunch/snack.
Injury from picking up branches/sticks	Children instructed to do the following: Only lift heavy branches with 2 or more people, check they have adequate space before turning with long branches, do not take live branches off trees.