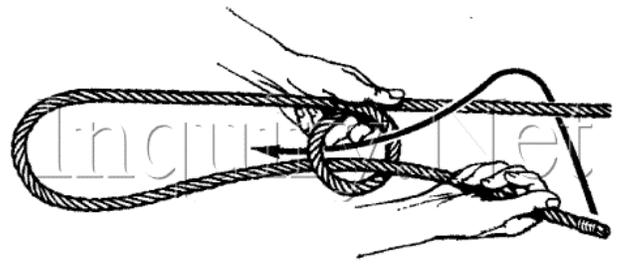
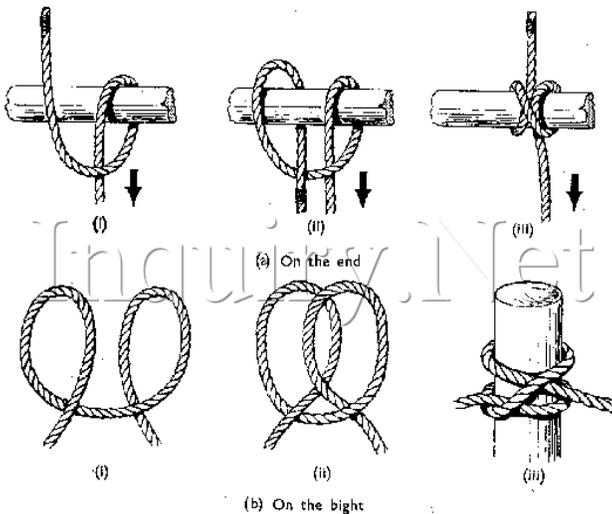


4th Grade Rainbow Skills



- Bowline/clove hitch
- Water Safety
- Pocketknife safety/cardboard knife
- Pitch a Tent
- No Trace Camping
- Teach craft to Tagalongs

Clove Hitch. Used for securing a rope to a spar as a starter knot for lashings, and for securing a line to a fixed object.



Bowline: One of the most useful knots that you can know how to tie. It has many uses such as a rescue knot for hauling people up a cliff. You should practice tying this knot in the dark, and with only one hand.

PITCHING A TENT

Pitching a tent is a basic outdoor skill. Begin by finding a level tent site. Remove all stones, sticks, and anything else that could damage the bottom of the tent, but do not disturb the pine needles or grasses.

Next spread out the "ground cloth." A ground cloth is usually a heavy-duty plastic sheet or tarp that protects the floor of the tent from dirt and sharp objects. Unfold the tent on top of the ground cloth. Pull out the corners of the floor and stake them to the ground.

Assemble the poles, making sure that there are no broken ones that will damage the tent, and put them in place.

Stake out any guy lines that stretch the tent into shape. Tie each line through a tent grommet with a [bowline](#).

The tent is finished by placing the rain fly over the tent and staking it down.

Crafts for Tagalongs: _____

Opening and Closing

1. A pocketknife has a blade that folds up to provide safe handling. Opening and closing the pocketknife can be just as difficult and dangerous as using the knife itself. First, grip the pocketknife with your left hand, and place your right thumbnail in the groove at the rear of the blade. Holding the pocketknife tightly with your left hand, pull the blade out as far as possible, ensuring that it won't snap back into place. Now remove your thumbnail from the groove and hold the knife at the thick point of the blade. (This side of the blade is not sharp.) Pull the blade back until it locks in place.

Reverse this process to close the blade. Grip the base with your left hand, using your right hand to close it. Carefully hold the knife by the thick, dull side of the blade, and push it back down into the casing.

Knife Use

2. Before you use a pocketknife, establish a "safety circle" around you so no one comes close enough to get hurt. The best way to do this is when the knife is closed. Hold it out at arm's length and spin around. If you haven't bumped anybody, your circle will provide enough room to work with the knife without putting anyone else in danger.

The safest way to carve is to always cut away from your body, and to hold the knife tightly with your whole hand. It's also important to use your writing hand (your dominant hand).

Knife Passing

3. Always close the pocketknife before you pass it to someone else. If you absolutely have to pass it open, there are steps to take to make sure it is passed safely.

The person passing the knife should hold it by the blade, with the cutting edge of the blade facing away from the hand. The person receiving the knife should take it by the handle. Passing a pocketknife this way gives the person holding the blade the most control. Once the person has taken the knife, it's best for her or him to say "Thank you, I have it," or simply "Thank you," to let the passer know the receiver now has control of the pocketknife.

WATER SAFETY RULES

- Never leave a child alone near water..
- Even when lifeguards are on duty, supervise your own child. Lifeguards are not babysitters. Parents are responsible for their childrens water safety.
- Teach children to swim and tread water.
- Home pools and hot tubs should always be gated and locked or appropriately covered when not in use. Keep lifesaving equipment near by. Remember that these are "attractive nuisances."
- Never dive into water less than nine feet deep. Never dive into unknown bodies of water.
- Do not swim during bad weather or in hazardous water conditions.
- If you don't know how to swim....wear a life jacket or vest around pools.
- Always wear a life jacket or vest on a boat, even if you are a good swimmer.
- Never run near swimming pools.
- Stay away from wells.
- Always follow the rules at the pool, beach, or lake.
- Stay clear and swim away from platforms and diving boards.
- Follow appropriate sun safety tips as well. Use sunscreen and eye protection. Drink lots of, non-caffeinated fluids to avoid dehydration. Be aware of the signs of heat exhaustion and heat stroke. Do not swim when tired

