

## Rí & Aire Training Course Content 2002

### MORNING SESSION

#### 1. Discussion (15 mins)

Rí's & Aire's Jobs. The participants should be divided into small groups of four / five macaoimh and they should be asked to suggest what the job of a Rí and Aire is.

A leader / venturer should be present with the group to help them along and ensure the suggestions are relevant

Suggestions should be written on post-it notes

#### 2. Consolidate Answers (15 mins)

Each group should contribute at least one or two points for each of the Rí's and Áires jobs.

#### 3. Energy Release Games (15 mins)

The macaoimh will be split into the three groups that they will be in for the day and undertake some quick games and an obstacle course



Grow ing 01 - Do some sports training  
Growing 16 – Go on an obstacle course

#### 4. Skills Bases A to C

##### A - Firelighting (30 mins)

The objective of this base is to ensure that each team of four / five can light a fire, keep it lighting and build it up.



Silver 01 – Light a fire, cook & boil water  
Hiker 07 – Light a fire & cook a hot meal  
Explorer 04 – Light a fire & cook a hot meal

##### B - Mapping Reading (30 mins)

The object of this base is to be able to interpret a map and realise how the map reflects the terrain. In addition they should also be able to identify and find the major symbols on a Ordnance Survey 1:50,000 (Discovery Series) Map.



Map Reader 01 - Identify the Sign on OS Map

##### C - Tracking & Nature (30 mins)

The objective of this base is to be able to identify and make tracking signs, follow a tracking trail and understand the country code



Bronze 01 – Lay & follow a tracking trail  
Sharing 07 – Know the country code

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### LUNCH SESSION

#### 5. Backwoods Cooking (30 mins)

The objective of this base, is to show that backwoods cooking is done on the embers of a fire and you do not need frying pans and billy cans to cook.

Each macaoimh will make a food parcel which will be steam cooked on the fire. The food parcel will contain, chopped potatoes, onions, rashers and a sausage.



Silver 01 – Light a fire, cook & boil water  
Hiker 07 – Light a fire & cook a hot meal  
Explorer 04 – Light a fire & cook a hot meal

#### 7. Presentation - Bullying (15 mins)

This short a simple presentation is aimed at Rí's and Aires and it has two purposes:

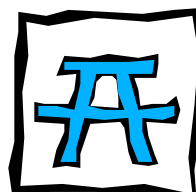
- (1) To identify different types of bullying including physical and mental.
- (2) To prevent Rí's and Aires from undertaking this type of behavior and to stop other macaoimh in their clann from "picking on" or "bullying" members especially new macaoimh.

#### 6. Lunch (30 mins)

The food parcels take approx 20 minutes to cook and lunch will be started while waiting

Weather permitting lunch will be eaten outside.

Each macaoimh is responsible for ensuring that all rubbish is disposed of.



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### AFTERNOON SESSION

#### 8. Skills Bases D to F

##### D - Map Making (30 mins)

The objective of this base to build on the mornings base on map reading. This time macaoimh will have to draw out a map to scale and include items on the map so other people could use it.



Sharing 19 – Mark on sketch map you have made some important places.

##### E - Ropework (30 mins)

The objective of this base is as a refresher for the 3 basic knots; Reef Knot, Figure of Eight & Clove Hitch. Macaoimh should also know what they are used for.

It will also introduce the Sheet Bend and the Bowline for those who are more advanced.



Bronze 02 – Be able to tie some useful knots

##### F - Compass (30 mins)

The objective of this base is to familiarize macaoimh with using a compass and what the different parts of the compass are.

They should be able to align a map (ignoring magnetic variations)

They should also be able to take a bearing a follow a compass trail.



Silver 02 – Take a bearing, align a map and follow a compass trail.

Map Reader 04 – Orientate a map correctly

#### 9. Presentation – Preparing for a Hike (15 mins)

This presentation is to teach macaoimh to “be prepared” when going on a hike and to encourage them to help get their own gear ready for a macaoimh hike or activity.

It includes; lunch; rain gear; neckerchief; change of clothes; towel etc.

Part of the presentation is on how to pack a rucksack for a weekend or a day hike.



Hiker 01 – Gear required for a hike and how to pack a rucksack.

Explorer 01 – Preparations for a Day Hike

#### 10. Regional Rí's Council Meeting (15 mins)

Following on the introduction of the Rí's Council last year, the Regional Rí's Council Meeting will take place on the Training Day.

##### AGENDA

- Review of both activities this year
- Suggestions for this years activities
- Upcoming activities already planned

(Aires will take part in a wide game)

#### 11. Presentation of Certificates (15 mins)

The training day will conclude with all Rís and Aires taking the Macaoimh Promise.

Certificates will be awarded to all those to participated on the Training Course



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<p><b>LEADERS NOTES</b></p>
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