

San Bernardino County Sheriff's Department

Volunteer Forces

Basic Mountaineering Course

Lecture Format

SURVIVAL

Objectives: The learner will be able to:

1. Describe how to respond to an Outdoor Emergency.
2. Define the priorities of survival.
3. Define the term "survival" and "emergency situation".
4. Describe the guidelines for managing a survival/emergency situation.
5. List emergency signals.
6. List considerations for "positive mental attitude".

Length: 1.00 Hours

Schedule suggestions: After shelters, fire starting, clothing classes.

Materials:

Student:

Survival Scenario Worksheets.
Survival Handout.

Instructor:

Detailed lesson notes

Audio-Visual Equipment:

Whiteboard with markers in several colors

Additional Equipment or Materials:

Paper and pencils.

Additional Instructors 1 or-2 assistants for facilitating discussion

TERMS:

Survival - The situation where one's life is in imminent jeopardy.

Emergency Situation – A situation where prompt action is necessary to protect and save life and/or limb.

Positive Mental Attitude – The psychological condition where the individual

Level I BMC Survival
maintains a “can-do” attitude.

LECTURE OUTLINE

SURVIVAL

- I. Introduction: What is a survival situation and an emergency situation? Note:
Give first scenario (5 minute group exercise). Feedback on questions.
 - A. Have a group a 3 minute review of their answers.
 - B. Have second group a 3 minute review of their answers
Best choice for survival – prevention by preparation, practice, planning, and physical fitness
Goal is to conserve energy
- II. The priorities of survival
 - A. Positive Mental Attitude (give example)
 - B. First Aid (if required)
 - C. Shelter
 - D. Fire
 - E. Signaling
 - F. Water
 - G. Food(Order may be flexible for B through F)
- III. Phase 1 STOP
 - Stop
 - Think
 - Observe
 - Plan.
- IV. Positive Mental Attitude: Never Give Up.
 - Using examples of positive/negative experiences.
 - Example of PMA in survival (Parvan search).
- V. Medical

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- ABC's.
- Wilderness Medical.

Most likely winter medical emergencies

Hypothermia

Frostbite

Breaks, sprains

Burns

Dehydration

VI. Emergency Shelters

A. What makes a "good shelter

1. Winter

- a. Snow Trench
- b. Snow Cave
- c. Over hanging tree

2. Non-winter

B. Practice, experiment

1. During training – try various shelters when you have a safe "bail out" alternative.
2. Back yard trials.

VII. Fire

A. Starting

B. Maintaining

C. Types of Fires and when to use

VIII. Signaling

A. Emergency Signals.

- Contrasting colors
- Contrasting Shapes
- Sound
- Other

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- B. Make yourself visible
- C. Signal Fires
- D. Clothing
- E. Air to Ground Signal Codes
 - I Require assistance (V Boy Scout)
 - II Require medical assistance (X Boy Scout)
 - X Unable to proceed
 - F Need food
 - N No or Negative
 - Y Yes or affirmative

IX. Water

- A. Water
- B. Making Safe
 - Be careful to decontaminate.

X. Food

Note that food is way down on list of priorities.

- A. Edible foods
- B. Snares

XI. Preparing for Survival

- A. SURVIVAL
 - Size up the situation
Medical considerations, immediate dangers, terrain and surroundings
 - Undue haste Makes waste
Under survival conditions, energy is precious and time is less precious
 - Remember where you are
Maintain your references to camp
 - Vanquish fear and panic

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Keep a positive “Never Give UP” attitude

- Improvise

Be inventive. No matter where you are, there will usually be something you can use to aid yourself.

- Value Living

Do not take unnecessary risks

- Act like the natives

Learn, observe what works, what precautions locals are taking

- Learn basic skills

Study and practice basic skills

B. Plan Ahead

- Survival Kit

- Knowledge

- Weather

XII. Conclusions, Wrap-up, and Call to Action