



GET
ADVENTUROUS



15 MINUTES



READY
TO GO

ULTIMATE TEST OF SURVIVAL



GETTING INTO THE ACTIVITY

Put your survival skills to the test as you take a look at different survival situations and make a decision on what you'd do to get out alive.

A leader will need to have a copy of the 'ultimate test of survival' question sheet. On there are 8 different scenarios which look at a range of survival skills. For each one, there are four options to choose from (unless true/false questions). This activity could be done in a couple of different ways.

Individual Quiz: Read out the questions, with young people choosing their answer and writing it down. Go through the answers at the end and see who scored the most points.

Team Quiz: Head into breakout rooms and as small groups, discuss each question and come up with an agreed group answer. Come back into the main room to find out the answers. Can you beat the other team(s)?

Debate / Discussion: One by one, go through the situations and have a big group discussion on what you think the best answer is. Let young people state their arguments and hear from all sides. Finally have a vote to find out which argument wins each time. Does it match with the correct answer?



WHAT YOU'LL NEED

- The Ultimate Test of Survival Question Sheet



KEEPING EVERYONE SAFE

If using breakout rooms please remember that a minimum of 2 registered leaders must be in each room.

ULTIMATE TEST OF SURVIVAL

- 1) You are hiking and get lost in the woods. You have been without supplies for almost a day. Which of these is NOT one of your top priorities at the moment?
- A) Shelter B) Food C) Water D) Protection from the Elements
- 2) You find yourself lost in the wilderness while hiking or camping. You remember bragging to your friends and family about how much fun you'd have at the place you were going, but now you're panicking and you need to get home. What is the first thing that you should do (if there is no imminent danger)?
- A) Go off in search of civilisation C) Hunt for Food
B) Explore the area to orient yourself D) Stay put and wait for someone to find you
- 3) You are in the city when a nearby window shatters and a large piece of glass embeds itself deep into your skin. What should you do?
- A) Leave the glass in your arm and go to hospital immediately
B) Take it out and treat yourself. Only go to the hospital if you need to afterwards
C) Take it out, bandage it and then go to the hospital
D) Leave it in until the bleeding stops, then take it out and see a doctor within 24 hours
- 4) You have found a clear stream of water while lost in the woods. The water looks very clean and safe to drink. It doesn't taste of salt. Can you drink it?
- A) Yes B) No
- 5) You are swimming in the ocean when you turn to see a bull shark rushing at you and is about to attack. What should you do?
- A) Fight back C) Swim away as fast as you can
B) Lie perfectly still pretending to be dead D) Make lots of splashes in the water
- 6) What type of bear is most likely to attack a human?
- A) A mother bear C) A fully grown male
B) An adolescent male D) An old female
- 7) You've been bitten by a snake, which may be venomous. Which of these should you NOT do?
- A) Keep the wound below the level of the heart C) Cover the wound with a loose dressing
B) Remove tight clothing and jewellery D) Try to suck out the venom
- 8) When in the cold, it is important to always wear several layers of thick clothing at all times, even if you get overheated.
- A) True B) False

ULTIMATE TEST OF SURVIVAL ANSWERS

- 1) You are hiking and get lost in the woods. You have been without supplies for almost a day. Which of these is NOT one of your top priorities at the moment?

Food - While finding food is important, you need to make sure you have obtained water, shelter, and protection from the elements (such as a fire) first. People can survive weeks without food, but only a few days without water. You also need shelter and fire to stay safe, dry, and warm.

- 2) You find yourself lost in the wilderness while hiking or camping. You remember bragging to your friends and family about how much fun you'd have at the place you were going, but now you're panicking and you need to get home. What is the first thing that you should do (if there is no imminent danger)?

Stay put and wait for someone to find you - ALWAYS tell someone where you're going to be before you leave. If you've already told others where you were planning on going, they'll know about where to look for you if you get lost. Moving away from the area will only make matters worse.

- 3) You are in the city when a nearby window shatters and a large piece of glass embeds itself deep into your skin. What should you do?

Leave the glass in your arm and go to hospital immediately - The piece of glass could be blocking severed blood vessels. Removing it could result in major blood loss.

- 4) You have found a clear stream of water while lost in the woods. The water looks very clean and safe to drink. It doesn't taste of salt. Can you drink it?

No - There could still be dangerous microorganisms or other harmful things living in the water, even though it looks perfectly clean. In order to drink it, you'll need to boil it first, otherwise it will make you ill. When purifying water over a fire, wait until it reaches a rolling boil. Continue boiling for five minutes in order to kill all of the disease-causing bacteria.

- 5) You are swimming in the ocean when you turn to see a bull shark rushing at you and is about to attack. What should you do?

Fight back - Even if you lie still, sharks can sense whether something is dead or alive. There is also no way anyone could out-swim a shark. Splashing might entice a shark even more to attack. But your chances of surviving a shark attack are greatly increased if you hit it in the eyes and gills.

- 6) What type of bear is most likely to attack a human?

A Mother Bear - Mother bears will do anything to protect their young and are extremely dangerous. Although a mother bear will attack to protect her cubs, she is less likely to kill you than a male. Also, running from a bear is useless. Running ignites their chasing instinct and they can reach speeds of up to 35 miles per hour.

- 7) You've been bitten by a snake, which may be venomous. Which of these should you NOT do?

Try to suck the venom out - Keeping the victim still, with the wound below the heart will help to prevent the venom from spreading. A sterile dressing will keep the wound clean and removing jewellery or clothing will help if there is swelling following the bite. Cutting into the wound, or trying to suck out the venom may cause further infection. Get medical help as soon as possible.

- 8) When in the cold, it is important to always wear several layers of thick clothing at all times, even if you get overheated.

False - Getting overheated leads to sweating, which makes you wet. Being wet in the cold can lead to hypothermia, which is when your body temperature is dangerously low. If too hot, you should remove only one layer of clothing at a time.