



Scouts in Action Month 2019

AQUA Scouts in Action

Joey Unit Program

Joey Scout Unit Weekly Planner

This program covers Water Based Outdoor Adventure Skills – Aquatics Stage 1 Introductory Skills, Boating Stage 1 Introductory Skills & Paddling Stage 1 Introductory Skills.

Date		Program Theme		Getting ready for water Fun		
Time	Activity	Leader	Equipment	AoPG	Method	Resource Link
0.00	Opening Parade		Flag	 Spiritual  Physical  Intellectual  Emotional  Social  Character	 Nature  Service  Team System  Promise & Law  Games & Activities  Symbolic Framework	
0.05	Game: Buddy Tag Game		Nil	 Spiritual  Physical  Intellectual  Emotional  Social  Character	 Nature  Service  Team System  Promise & Law  Games & Activities  Symbolic Framework	
0.10	Activity – Learning about Life Jackets		Personal Flotation Devices – Joey Scout Size	 Spiritual  Physical  Intellectual  Emotional  Social  Character	 Nature  Service  Team System  Promise & Law  Games & Activities  Symbolic Framework	
0.20	Instruction – Tie a Reef Knot		Sash or coloured cord	 Spiritual  Physical  Intellectual  Emotional  Social  Character	 Nature  Service  Team System  Promise & Law  Games & Activities  Symbolic Framework	
0.35	Discussion – The Buddy System		Nil	 Spiritual  Physical  Intellectual  Emotional  Social  Character	 Nature  Service  Team System  Promise & Law  Games & Activities  Symbolic Framework	

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0.40	Game – Jump Splash		Rope, cups, water	Spiritual Physical Intellectual Emotional Social Character	Nature Service Team System Promise & Law Games & Activities Symbolic Framework	
0.45	Game – Fill the bucket		Buckets, cups, water	Spiritual Physical Intellectual Emotional Social Character	Nature Service Team System Promise & Law Games & Activities Symbolic Framework	
0.50	Activity – Reef Knot Relay		1 rope per Joey	Spiritual Physical Intellectual Emotional Social Character	Nature Service Team System Promise & Law Games & Activities Symbolic Framework	
0.55	Closing Parade		Flag, Prayer Book Presentations Notices	Spiritual Physical Intellectual Emotional Social Character	Nature Service Team System Promise & Law Games & Activities Symbolic Framework	

Game - Buddy Tag

Equipment Nil

Method All Joeys except for two form into buddy pairs and link one arm. Pairs spread out over area. There is one player as 'It' and one player being chased - the 'runner'.

The 'runner' may run up beside any buddy team and link arms with one free arm of a buddy. This makes 3 scouts together which is not allowed. So, the member of the buddy team that the 'runner' did not link arms with is now the 'runner'.

'It' can tag the 'runner' at any point. As soon as the 'runner' is tagged, he is 'It' and 'It' is now the 'runner'.

Usually, the tag is made when someone does not realize a 3rd has joined a buddy pair. Be careful about one scout being 'It' for too long. Change the game by having 2 Its and Runners at the same time.



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Activity – Learning About Life Jackets

- Equipment** Personal Flotation Devices – Joey size – one for each Joey – Types of Life Jacket Sheet (from website) and Choosing a Properly Fitting Life Jacket (from website)
- Method** Show the Joey Scouts a life jacket (check if parents can supply or the local BCF/Anaconda or other outdoor/marine/fishing store who may assist by holding Joey's at their local store)
- Explain what a PFD (Personal Flotation Device) is – Joeys may know this already.
- Lead the discussion – see information sheet on types of life jackets, choosing a properly fitting life jacket, When to wear a life jacket – check your State Maritime Authority as each State/Territory is different.

Let the Joeys wear a life jacket – maybe for the rest of the night

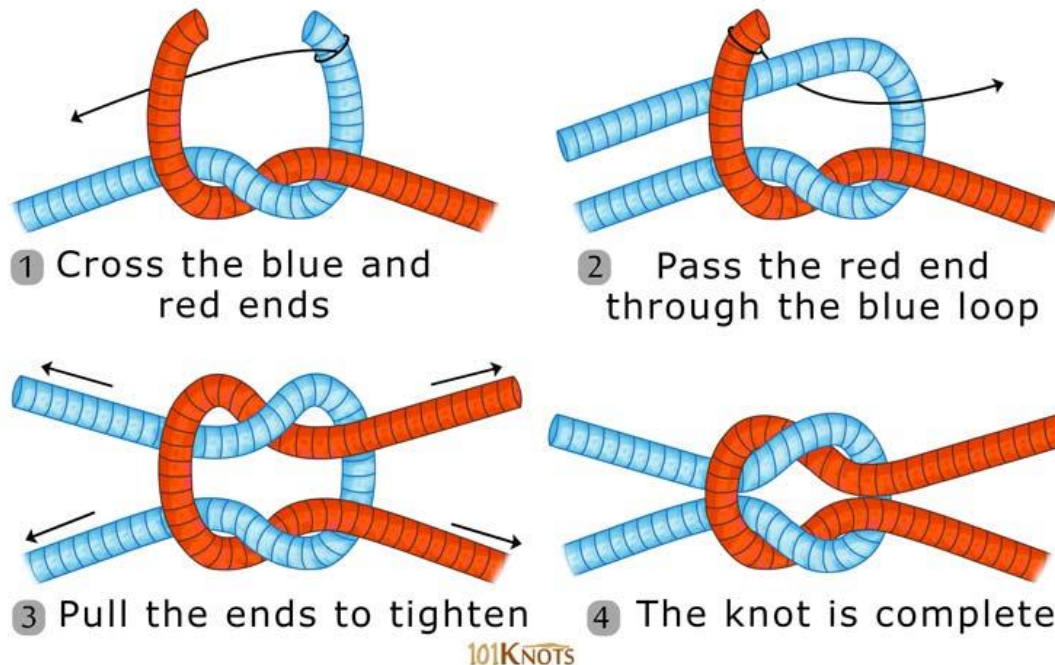
Instruction – Tie a Reef Knot

- Equipment** Two ropes of different colours for each Joey Scout
- Method** Explain to the Joey Scouts that we need to join two ropes together and one of the knots we use in Scouts is the reef knot
- Right over left and under
- Left over right and under

Use the diagram (right) to assist in showing how to tie a reef knot. Joeys to practice

Let the Joeys know that there will be a race later in the program to see if they can remember how to tie a reef knot

Square (Reef) Knot Instructions





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Discussion – The Buddy System

Equipment Nil

Method Ask the Joeys Scouts if they know what the Buddy System is?
You may need to lead this discussion – see notes below

The buddy system is a procedure in which two people, 'the buddies', operate together as a single unit so that they are able to monitor and help each other. In adventurous and dangerous activities, where buddies are often equals, the main benefit of the system is improved safety: each may be able to prevent the other becoming a casualty or rescue or warn each other in a crisis. When this system is used as part of training or the induction of newcomers to an organisation, the less experienced buddy learns more quickly from close and frequent contact with the experienced buddy than operating alone.

The buddy system is used in:

- The US armed forces, referred to by various names in each branch ('Wingman' in the Air Force. 'Battle Buddies' in the Army and 'Shipmates' in the Navy).
- Scuba-diving, where it is called buddy-diving
- Firefighting, where it is called the two-in, two – out principle,
- and of course, Scouting

Game – Jump Splash

Equipment Jump rope, cups, water

Method Each player must take a turn by jumping the rope while holding their cup of water. After everyone has had a turn, see who has the most water left.

Game – Fill the Bucket

Equipment 2 buckets per team, one filled with water. 1 cup per team

Method Place an empty bucket marked with measurement lines at each team's goal. Have a bucket filled with water and a dipper or cup at each team's start line. At "go" the first team member fills the dipper with water, runs to the goal, empties the dipper into the bucket, runs, back, and gives the dipper to the next team member. Repeat until everyone has had a turn, then measure which team has got the most water.



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Activity – Reef Knot Relay

Equipment Two different coloured ropes per team

Method Have Joeys line up in teams at one end of the hall/field

Place the pairs of ropes at the other end of the hall/field

On go the first Joey runs to the end of the hall/field and ties a reef knot (assistance by a Leader/Adult Helper if required).

Once tied and checked the Joey unties the reef knot and then races back to their team to tag the next Joey

Relay continues until all have had a go. Team that finishes first is declared the winning reef knot tying team.

Discuss the dangers of swimming in the types of water in your area.

Many swimming accidents are due to strong currents. A swimming hole that is safe at low flows may be unsafe at high flows. Stop and think every time you go! Do not assume that, because it was safe last summer or last week, it is safe now. If it looks unsafe for your skill level, do not go in.

Do not go in if you see any tree branches or other debris in the water. Do not let others pressure you to get you into a situation you cannot deal with. Each time, wade in gradually and check the current as you go. Joey Scouts must have adults supervising them at all times.

Please, never ever,

Dive headfirst (risks of paralysis or death)

Swim alone

Go barefoot (glass, sharp rocks)

Stand directly under a water fall (rocks can wash over falls)

Swim in upper pools of a waterfall (you could wash over falls)

Climb above or alongside a waterfall (many deaths from this)

Try to stand up in strong currents (feet get trapped in bottom rocks and current holds you down.) Instead, float on your back with feet downstream until current subsides.

Enter the any water without adults present supervising you at all times