

PATHFINDER RESCUE RELAY

Materials: Each club will provide:

- Eight 3-foot x 1/4-inch braided nylon ropes,
- One cardboard square at least 2-feet x 2-feet (no larger than 3x3 feet)
- Gloves for the Pathfinders to pull once the knots are tied

Activity

1. The 8 Pathfinders stand behind a line with their eight 3-foot ropes
2. Pathfinder 9 is sitting on the cardboard square 12 feet away. They must remain on the cardboard during the entire activity.
3. On signal, Pathfinder 1 will tie rope 1 and rope 2 together with sheet bend.
4. Once step 3 is completed, Pathfinder 2 will tie rope 2 to rope 3 with a slippery sheet bend.
5. Once step 4 is completed, Pathfinder 3 will tie rope number 3 and rope 4 with a square knot.
6. Once step 5 is completed, Pathfinder 4 will tie a bowline in rope number 4
7. Once step 6 is completed, Pathfinder 5 ties rope 5 to the bowline of rope 4 with a sheet bend
8. Once step 7 is completed, Pathfinder 6 ties rope 6 to rope 5 with a slippery sheet bend
9. Once step 8 is completed, Pathfinder 7 ties rope 7 to rope 6 with a square knot
10. Once step 9 is completed, Pathfinder 8 ties rope 8 to rope 7 with a sheet bend

(If you do not have enough Pathfinders, use what you have and rotate Pathfinders in tying knots.)

11. As soon as they've joined the eight cords together, pathfinder 1 coils the long line while standing behind their line on ground and throws one end to their "12 feet away seated on cardboard" pathfinder 9. If Pathfinder 9 cannot reach the rope from remaining seated on the cardboard, the rope must be gathered back and Pathfinder 2 coils the rope and tosses to Pathfinder 9 (Seated). This process will continue through all Pathfinders until Pathfinder 9 can grab hold of the line while seated on their cardboard square.

12. Pathfinder 9 then ties a bowline around their waist. Once this is done, Pathfinder 1-8 (With gloves) pitch in to pull Pathfinder 9 over the line, as they hold on to the cardboard square with both hands. If Pathfinder 9 falls off the cardboard or touch the ground with their hands, Pathfinder 9 must stop and go back to the 12ft line and the team pulls again.

- Scoring:

- 1-3 Minutes - First Place
- 4-5 Minutes - Second Place
- 5+ minutes - Third place

There are several knot tying guides and videos online...Here are a few suggestions for our specific knots:

Sheet Bend - <https://www.animatedknots.com/sheet-bend-knot>

Slippery Sheet Bend - Youtube - Learn How To Tie A Slippery Sheet Bend Knot

Square Knot - <https://www.animatedknots.com/square-knot>

Bowline - <https://www.animatedknots.com/bowline-knot>

Fire Starting Challenge

Materials provided by club:

- Flint and steel,
- Starter tinder (leaves or natural material only - (NO cotton balls, dryer lint or anything soaked in vaseline, etc)
- Shovel and bucket full of water

Provided items:

- Kindling
- Firewood
- Base to build in
- Target string.

Activity

1. On signal, The timer starts the timer. Three Pathfinders run from starting line to the fire building station.
2. Using Flint and steel, and the starter tinder, the Pathfinders start a fire and build it higher with the kindling and firewood, enough to burn the string that is 12 inches high over the fire building station.
3. Once the string is burned. Timer stops the timer.
4. Pathfinders clean up their fire by putting it out completely.

Scoring:

String burned under 5 minutes - First Place

5-7 Minutes - Second Place

7+ minutes - Third place