




1.0	Parade – NWAC, Killaloe (52°50'4.63"N 008°27'41.65"W)
1.1	<p>09:30 Saturday 21 March 2009 (three bells forenoon watch).</p> <ul style="list-style-type: none"> ■ Cost: €15. ■ Location: National Water Activities Centre, Killaloe, Ireland. <p>Note: <i>If members wish to stay in the NWAC on Friday night please let the Skipper know in advance so it can be arranged.</i></p>
2.0	Brian Boru Challenge
2.1	<p>Objective</p> <ul style="list-style-type: none"> ■ To allow Sea Scouts the experience of a combined activity including traditional hiking and bivvying with a long boat trip. <p>Completion</p> <ul style="list-style-type: none"> ■ Successful participants will be presented with the Brian Boru Challenge badge. 
3.0	Equipment
3.1	<p>Participants are expected to have at a minimum the following equipment</p> <ul style="list-style-type: none"> ■ SIG Kneckerchief ■ Hiking boots ■ Comfortable backpack ■ 2 sets of warm clothes ■ Hat & Gloves ■ Raingear (incl. Leggings) ■ Sleeping bag ■ Bivvy bag ■ Other bivvy gear (pegs/bungies) ■ Food for: <ul style="list-style-type: none"> ○ Saturday lunch ○ Saturday evening meal (cooked in bivvy) ○ Sunday breakfast ○ Sunday lunch

4.0	Activity
4.1	<p>210930 MAR 2009 (3 bells forenoon watch)</p> <ul style="list-style-type: none"> ■ Safety: - <ul style="list-style-type: none"> ✓ Heaving a line ✓ Explain the term “Mayday” ✓ Introduction to the outboard engine ✓ Explain the difference between lifejackets and buoyancy aids ✓ Explain what is hypothermia and how you treat it in a fellow watch member ✓ From the jetty heave a lifeline to a fellow scout in the water ■ Demonstrate ability to row a relievet: - <ul style="list-style-type: none"> ✓ Duty of coxswain ✓ Parts of the boat ✓ Coming aboard ✓ Rowing commands ✓ Rowing a course ■ Ropework: - <ul style="list-style-type: none"> ✓ The cleat hitch ✓ Round turn 2 half hitches ✓ Figure of eight ■ Swimming: - <ul style="list-style-type: none"> ✓ Demonstrate your swimming ability by swimming across the harbour 50 M
4.2	<p>211400 MAR 2009 (4 bells afternoon watch)</p> <ul style="list-style-type: none"> ■ Lake/River trip: - <ul style="list-style-type: none"> ✓ Prepare for river portion of expedition ✓ Depart for the boat portion of the expedition
4.3	<p>211600 MAR 2009 (8 bells afternoon watch)</p> <ul style="list-style-type: none"> ■ Overnight bivvy: - <ul style="list-style-type: none"> ✓ Drop off at landing site ✓ Make way to bivvy location ✓ Establish bivvy and bivvy routine
4.4	<p>220900 MAR 2009 (2 bells forenoon watch)</p> <ul style="list-style-type: none"> ■ Hike: - <ul style="list-style-type: none"> ✓ Breakfast ✓ Break camp ✓ Hike on route given to the NWAC
4.5	<p>221400 MAR 2009 (4 bells afternoon watch)</p> <ul style="list-style-type: none"> ■ Badge ceremony: - <ul style="list-style-type: none"> ✓ Presentation of Brian Boru Challenge badges ✓ Dismiss