

## RM 3–PS: Survival Game Questionnaire\*

### Directions/Description

Below you will find 12 questions that deal with different aspects of human survival in a barren region. For each of the 12 questions, you must individually choose the solution that seems best. Try to imagine yourself in the described situation, and remember that you are alone and that you have very limited equipment (unless otherwise indicated). It is autumn, and the days are warm and dry, but the nights are cold.

Once you have individually answered each question, you will review each question within a small group/team. Your group must decide, by reaching a consensus, what is the best alternative for each situation. You must not, under any circumstances, change your individual answers after the team discussion. Individual answers and group answers will then be compared with responses provided.

### Questionnaire

1. You have strayed away from your group of friends and are now alone and lost in a forest with neither paths nor roads. You have no special equipment to signal your whereabouts. The best way to alert your friends is to:
  - a. Cry out for help as loudly as possible but in a deep voice.
  - b. Yell as loudly as possible.
  - c. Whistle in a tone as loud and high-pitched as possible.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

2. You find yourself in a snake-infested area. The best way to protect yourself from the snakes is to:
  - a. Make as much noise as possible with your feet.
  - b. Walk softly and noiselessly.
  - c. Move only at night.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

3. You are lost in a wild region and you are hungry. The best way for you to recognize edible plants (at least those you don't know) is to:
  - a. Try out what the birds are eating.
  - b. Eat all the plants except those that have bright scarlet berries.
  - c. Place a small piece of the plant on your lip for five minutes; if nothing happens, try to eat some.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

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\* Source: Physical and Health Education Canada (PHE Canada). *Leading the Way—Youth Leadership Guide: Bringing Out the Best in Children and Youth*. Ottawa, ON: PHE Canada, 2009. Available at <[www.excelway.ca](http://www.excelway.ca)>. Adapted with permission.

**RM 3–PS: Survival Game Questionnaire (Continued)**

4. The weather is turning warm and dry. You have about one litre of water with you. You should:
- Ration the water and just drink approximately one cup a day.
  - Refrain from drinking before halting for the night; then drink what you think you need.
  - Drink as much as you feel you need because you are thirsty.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

5. You do not have any water left and you are very thirsty. At last you arrive at a creek, only to find that its bed is totally dry. The best way to find water is probably to:
- Dig anywhere in the creek bed.
  - Dig underneath plants and tree roots near the edge of the creek.
  - Dig in the creek bed and in the hollow of the bend.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

6. You try to leave this barren zone by climbing down ravines where water can be found. Night has arrived. The best place to camp out is:
- Near the water pocket in the ravine gorge.
  - High up on an overhang.
  - At mid-slope.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

7. You strayed away from your campsite for a little walk at nightfall. Night starts to come quickly in the forest and, as you turn back toward the camp, your flashlight starts to dim. Then you should:
- Walk as quickly as possible toward the camp with the flashlight on, hoping that it will work long enough so that you can find your way.
  - Place the batteries under your armpits to warm them and then put them back in the flashlight.
  - Light up in intervals of a few seconds in order to recognize where you are and proceed toward the camp in stages.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

*Continued*

**RM 3–PS: Survival Game Questionnaire (Continued)**

8. A snowstorm is keeping you confined to your tiny tent. While sleeping, you have left your portable stove lit. This could become dangerous if the flame is:
- a. Yellow
  - b. Blue
  - c. Red

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

9. You must cross a river with a very strong current whose bed is scattered with large rocks and rough waters. After having carefully chosen the place where you will cross, you must:
- a. Cross over with your boots and knapsack.
  - b. Take off your boots and throw your knapsack over to the opposite bank.
  - c. Throw your knapsack over to the opposite bank but cross the river with your boots on.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

10. When you cross a river with a strong current and you have water up to your waist, you must cross with your body turned:
- a. Upstream.
  - b. Toward the opposite bank.
  - c. Downstream.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

11. You find yourself on stony terrain over which you must climb in order to pass. The boulders are moss-covered and slippery. You must climb:
- a. Barefoot.
  - b. With your boots on.
  - c. With your socks on.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

12. Upon your return to the campsite, you are surprised by a big bear milling around your tent. You have no weapons. Ten metres from you, the bear rears up on its hind legs. You must then:
- a. Run away.
  - b. Climb the closest tree.
  - c. Remain still, but be prepared to back away slowly.

Individual Answer \_\_\_\_\_ Group Answer \_\_\_\_\_

*Continued*

## RM 3–PS: Survival Game Questionnaire\* (*Continued*)

### Interpretation of Results

Below you will find the solution recommended by survival experts for each of the 12 questions. These recommendations would apply to most situations. In more specific instances, however, it would be necessary to look at other options.

1. **(a) Cry out for help as loudly as possible but in a deep voice.** In fact, a deep voice carries further, especially in a dense forest. By shouting loudly but in a deep voice and by using the word “help,” you have the best chance of attracting your friends’ attention. A high-pitched far-away cry will not carry as far, and is more likely to be mistaken for a bird call or for an animal cry.
2. **(a) Make as much noise as possible with your feet.** Generally, snakes are frightened by noise and will immediately slither away from you. There is a good chance that you will not see any snakes unless you have caught one by surprise and in a place where escape is impossible. Some snakes hunt at night, and by walking softly you would have a good chance of encountering them.
3. **(c) Place a small piece of the plant on your lower lip for five minutes; if nothing happens, try to eat some.** Naturally, the best solution is to eat only the plants that you recognize. But when you’re in doubt and there is no other solution, the lip test is a good alternative. If the plant is poisonous, you will experience a disagreeable sensation on your lip, which will alert you. The colour of the berries is not necessarily the sign of a poisonous plant. Furthermore, birds do not have the same digestive system as humans. What is safe for them may not be safe for you.
4. **(c) Drink as much as you feel you need because you are thirsty.** What must be avoided in this case is dehydration because once the process has started it can not be stopped. The rationing of water will not allow you to combat efficiently against the danger, particularly if you are overcome by sunstroke or dehydration. That is why you must drink when you feel the need and, of course, look for a source of water as quickly as possible.
5. **(c) Dig in the creek bed and in the hollow of the bend.** Water runs more quickly in the hollow of a bend where there is more depth and less mud; it is thus the last place to dry up.
6. **(c) At mid-slope.** If a storm arises, the place could be transformed into a real torrent. Consequently, you must not position yourself in the hollow of a ravine because you would run the risk of being swept away. This has happened to many campers and mountain climbers. Furthermore, if you camp on the ridge, you will be exposing yourself much more to the rain, wind, and lightning if a storm blows in. Therefore, it is preferable to camp at mid-slope.

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### RM 3–PS: Survival Game Questionnaire *(Continued)*

7. **(b) Place the batteries under your armpits to warm them and then put them back in the flashlight.** Batteries lose much of their power and wear down quickly when it is cold. It is a good idea to heat them. Naturally, it is preferable to avoid tramping through the forest at night. There are too many obstacles that could injure you (e.g., low branches, old tree trunks, holes in the ground). A broken leg, an injured eye, or a sprained ankle would be a severe handicap in your situation. When you find yourself in a wooded area, it is preferable to stay near the campsite because night comes very quickly once the sun has set.
8. **(a) Yellow.** A yellow flame indicates that the combustion in your stove is incomplete and that it is probably emitting carbon dioxide. Every year, many campers are asphyxiated in their tents by carbon dioxide emissions.
9. **(a) Cross with your boots and knapsack.** Crossing a strong current is the cause of numerous accidents. Keep your shoes or boots on to protect your feet from sharp rocks. Furthermore, if your knapsack is well-balanced, it will provide you with more stability to cross the current. If it is watertight and waterproof, it could even be used as a safety jacket if you fell into a water hole.
10. **(b) Toward the opposite bank.** Many people drown when fording a river by turning their bodies in the wrong direction. Facing upstream is the most dangerous solution. The current can push you backward and the weight of your bag can carry you off balance into the current. It is by walking perpendicularly to the current and looking at your place of arrival on the other bank that you have the greatest stability.
11. **(c) With your socks on.** This is the best way to maintain your grip and feel for the ground on which you are walking. Your mountain shoes can become slippery. If you walk barefoot, you run a greater risk of injury to your feet.
12. **(c) Remain still, but be prepared to back away slowly.** If you move, you will surely excite the bear more than if you remain still. If it is especially interested in your supplies, it is preferable to let it help itself and leave when it is satisfied. Generally, it is recommended that you back away very softly in order to reach some shelter, such as a tree, a steep boulder, and so on.

