

# OUTDOOR COOKING

Version: 1	Approved by: Russ Jacobi
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This SOP refers to all outdoor cooking activities including the use of fire and/or gas stoves.

## OBJECTIVES

1. For each participant to enjoy an outdoor cooking activity
2. To gain knowledge of safe fire management
3. To gain knowledge of safe food handling while in the outdoors

## INSTRUCTORS MUST

1. Have ALL necessary equipment set up prior to the start of the session
2. Explain expectations of handling fire (if a stick goes on the fire it stays on the fire, no running around fire, never turn your back to the fire)
3. Ensure the fire can immediately be extinguished if needed.
4. Explain LNT principles applying to use of fire and use of the natural environment for fuel.

## TIME

1.5-2 hours

## INSTRUCTOR REQUIREMENTS

1. Signed off in "outdoor cooking"

## CLIENTS REQUIREMENTS

1. Follow instruction given by YMCA Staff
2. Wearing closed toed shoes
3. Dressed appropriately for the conditions

## LOCATION

1. Main campfire circle in pioneer village
2. Small campfire west of main building

## REQUIRED EQUIPMENT

Instructor must carry the following equipment

- 1<sup>st</sup> aid kit
- YMCA Cell phone

Activity equipment

- Food box. (flour, herbs, cheese, choc chips, rubbish bag and damper sticks)
- Flint and steel / matches / lighter
- Newspaper
- Bucket (to put fire out, collect water from stream)
- Gas cooker can be used is cooking in other location due to bad weather (**duty manager approval required**)

## PRE ACTIVITY CHECKS

**Bucket of water needs to be in place before the fire is lit**

## BRIEF

The brief should include:

- What is campfire cooking?
- Fire triangle (elements of fire)
- Search and rescue, being seen
- Difference between heat and cooking fire.
- Supervisory role of the adult helper

How you are going to cook (gas stove or campfire)

## BEGINNING

- When would you not light a fire?
- Discuss with participants what fuel they need to create a fire. (Newspaper, twigs, logs, fire starters, dead leaves/ferns, matches Etc.)
- Set boundaries of wood collection (split the group in two one adult with each group)
- Collect fuel for their fire. (Demo what dead wood looks and feels like, reiterate that they are not to bring anything green back).

## MAIN CONTENT

- Talk about structure of their fire and why
- Instructor will assess who should light the fire. (instructor or one match each etc)
- Whilst the fire is burning down prepare damper. Should be small balls at scone consistency (remember safe food handling)
- Cooking damper.
- How to leave the fire

## DEBRIEFING

Debriefing is important part of the activity at YMCA Kaitoke, it is important to involve and listen to all participants; some options of discussions are below

- What one thing that they have learnt that helped them the most
- What did they enjoy most about the activity
- What bit of advice would they give to someone about to start the activity

## FINISH

- Fill in incident report forms for all incidents and near misses
- Make sure the fire is safe to leave unattended

## EXTENTION ACTIVITIES

For participants who really enjoy it, or just want some extension, try these ideas:

- Bush games (e.g. camouflage, gecko, flash flood)
- Extra cooking ideas such as , marshmallows or pancakes

**Add fire lighting resources**

Document History and Version Control			
<b>Version</b>	<b>Date Approved</b>	<b>Approved by</b>	<b>Description</b>
1	2 June 2017	Russ Jacobi	New format New history and version table