



Rí & Aire Training Course Content

The following is the course content for the Regional Rí and Aire Training Course. The course is a combination of practical sessions and discussion topics.

One of the main objectives of the course is to make macaoimh aware of the role and "job description" as Rí's and Aire's. In addition it also aims to promote the use of the Rí's Council in macaoimh cathas.

-- MORNING SESSION --

1. Introduction (15 mins)

Welcome and Introduction to the course give out packs with information leaflets and train manual included.

2. Discussion Topic 1 (15 mins)

Rí's & Aire's Jobs. The participants should be divided into small groups of six macaoimh and they should be asked to suggest what the job of a Rí and Aire is.

A leader / venturer should be present with the group to help them along and ensure the discussion stays on track.

Suggestions should be written on post-it notes

3. Consolidate Answers (15 mins)

Each group should contribute at least one or two points for the Rí's and Aires jobs.

4. Skills Training

The group will be split into 3 smaller groups to facilitate basic scout skills training. It is important that Rí's and Aires should be aware of these skills as they should be in a position to help leaders by teaching these to the other macoimh in their clans.

4A - Ropework (30 mins)

This is teaching the following basic knots and where they are used. The following will be practiced: Reef Knot, Clove Hitch, Figure of Eight and Bowline.

4B - Mapping & Compass (30 mins)

This involves being able to read a map include the symbols and contours lines on the map and show how the map reflects the terrain. In addition macaoimh should be able to find north using a compass and be able to taking a bearing using a compass

4C – Tracking & Nature

Macaoimh should be able to lay out and follow a tracking trail. The signs are in the macaoimh badge work book. In addition macoimh should be aware of the Country Code and the environment around them.

5. Lunch (30 mins)

Soup (Cup a Soup Assorted Flavours) and Sandwiches and Diluted Orange.



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--- AFTERNOON SESSION ---

6. Backwoods Cooking (60 mins)

Macaoimh should know how to cook without implements. Items suggested are as follows: Sausages in Tin Foil, Sausage in a Twist, Twists, Egg in a Potato etc.

The three groups will each make different item or two depending on the time available.

7. Discussion Topic 2 (15 mins)

Discipline – Problems & Dealing with them.

Again the groups should be split into smaller groups of six macaoimh with a leader or venturer to help,

Again the problems should be written on a post-it note.

8. Consolidate Answers (15 mins)

Each group should suggestion one discipline problem that they have come across. Suggestions will then be given on how to deal with it as opposed to bullying, pushing, shoving or shouting at the person, which should not be encouraged.

9. Fun Based Activities

The group will be spilt back into the 3 groups that we used for the morning session. Macoimh should change into old clothes for these activities.

9A – Blind Trail (20 mins)

This will be done down by Murphys Rock

9B – Rope Bridge (20 mins)

This is a rope brige crossing – the idea is to get across the bridge without getting wet

9C – Obstical Course (20mins)

This is down by the river and near mud !

9D – Slippery Slope (30mins)

This is purely a fun activity

9E – River Walk

Walk through stream back up towards Rope Bridge and then back to Kilcully

10. Change clothes and dry off (20 mins)

Important to check that everybody has changed.

11. Dinner (30 mins)

Chips and Burgers and Drink (bought in from Dinos or other chipper) Dinner needs to be hot after the afternoons activities



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--- EVENING SESSION ---

12. Free Time (20 mins)

Free time is allowed to get the macoimh to mix a bit more or go back to their own friends before Dinner.

13. Discussion Topic 3 (15 mins)

Again back in small groups of six macaoimh to discuss or make suggestions of hikes, activities and locations for weekends and something interesting to do on the meeting night,

14. Consolidate Answers (15 mins)

Again the suggestion can be put on the board using at least one post-it note from each group.

15. Rí's Council (15 mins)

Introduce the concept of a Rí's Council and explain what it does.

Note that the suggestions made earlier are a big part what the Rí's Council is all about. The Rí's should listen to suggestions from the clann from previous activities that worked well, but also come up with new ideas for the leaders to work on.

16. Complete Training Manual & Pack (10 mins)

The train pack distributed at the start should be completed with any additional materials or handouts.

17. Presentation of Certificates (15 mins)

Each RÍ or Aire that attended should be presented with a certificate of their attendance on the course.

--- END OF COURSE ---