

Explore adventure



Here are some ideas to consider for putting some adventure into this week's program.

Hiking preparation

Joeys and Cubs

What do you put in Scroggin for a day hike? Start off with an explanation of what Scroggin is, and what can be put into it. Then there could be a raid of home pantries to make up enough scroggin for a day hike (think sultanas, almonds, smarties, lollies etc).

Scouts and Venturers

Prepare and cook a meal that can be cooked on a Trangia. If they do not have a Trangia then cook on a stove provided later on it can be cooked on a Trangia. This meal needs to be 3 course - soup, main then sweets. This practice could include how to dehydrate home-prepared meals to save weight.

Hiking at home

Joeys and Cubs

Plan out how far you can travel for a day hike.

1. Work out how many steps you take in 20 metres on a flat surface.
2. Is it harder to walk those same steps up a hill?
3. How many hours in a day can a Joey or Cub walk?
4. How far can a Joey or Cub walk in an hour and how far can they walk in a day?
5. Show a number of hike possibilities and see if they can pick which ones they could do in a day hike.
6. What would they do if they got lost on a hike?
7. What size should the hike party be?

Scouts and Venturers

1. Explain and understand Naismith's rule
2. Download and show a number of maps and potential hikes and get the Scouts to work out how long these proposed hikes would take. These downloaded maps could be sent to the youth members in advance. A mixture of simple to more difficult terrains.

Packing for a hike

Joeys and Cubs

What would you take on a day hike?

Scouts and Venturers

Set the recommended weight each Scout should carry. Could the Leader have a set of scales that individual items could be weighed on & show the difference between carrying a can of beans versus a dehydrated meal etc.

Guest Speaker

Are your youth members interested in a particular type of adventure?

Bush walking? Skiing? Rock Climbing? etc.

Why not ask one of the Scouts Victoria Adventure Team to share their experience with your Section.

Email scoutingathome@scoutsvictoria.com.au if you would like some help finding a speaker.

Winter Wonderland

Joeys and Cubs

What to take to the snow and stay warm and safe e.g.

- tobogganing only on a proper toboggan and not plastic sheets
- proper gloves, jackets and boots

An exercise for Joeys and Cubs

Put some ice cubes into water and then put your fingers into the water for two minutes. Imagine then what that would be like in the snow if you did not take the proper gloves and boots etc.

Scouts and Venturers

Have you thought about going snow shoeing this winter? Could you plan a snow trip for your Unit - where could you go for a day's trip? How much would it cost, what would you need, and what are the safety considerations for this trip?

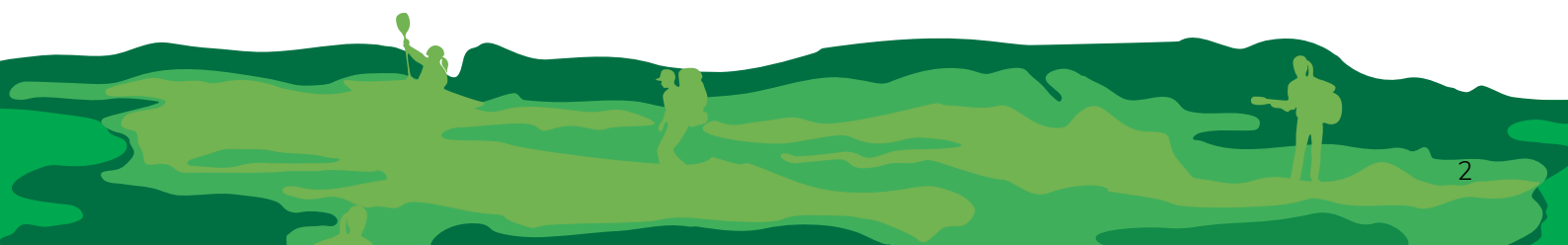
Cycling Challenge

Every Street in your 'Hood, see page 3 of this document.



Climbing Challenge

What are the differences between these two photos?





Scouting at Home Cycling Activities



Every street in your 'hood

The challenge is to ride every street in your neighbourhood!

What:

Ride every street in your 'hood! You could go for your whole suburb/postcode, or your estate, subdivision or an area bounded by main road.

Why:

Why not! Do a journey on your bike (or scooter), explore your neighbourhood, practise navigation.

How:

Go old school!

Photocopy the page of the street directory or print off an online map with your house or Scout Hall on it. Take it riding with you and mark your route on the map as you go.

Mark off points of interest and add landmarks or notes. Look for parks and playgrounds, alleyways, short cuts, and steep hills you'd rather not ride up again!

When:

Probably best to do during daylight hours!

Who:

With members of your family is the only way with current social distancing restrictions in Victoria. Talk to your parents about what you are doing beforehand and set your neighbourhood boundary with them.

Review:

Did you discover anything in your 'hood? Did you get lost? How far did you ride? Could you do it in a shorter distance? Can you now create a more detailed map of your 'hood?

Sharing:

Share your effort with other members of your Scout Group and challenge them to do their local hood.

You can also ask a parent to send a picture of you on your bike to cycling@scoutsvictoria.com.au and we will share some of the best pictures on our Facebook page, encouraging others to take-up the challenge.





Scouting at Home Cycling Activities



Extra challenges:

Do it as a penny hike? Let a coin decide which way to turn.

Try riding and only turning left (or right)?

See if you can do it without going up and down the same street twice?

Explore on a mountain bike and check-out off-road trails.

Try out mapping apps. If you have a smartphone or can borrow one use apps like Strava, Map my Ride, Kamoot, Endomondo. There are lots of free apps! Just be wary that many of these apps are social networks. Get your parents' permission, use private settings, and don't post anything that identifies where you live.

Example MTB from Scout Hall



Safety:

Riding on footpaths: In Victoria, anyone 12 and under may ride on the footpath. Anyone 13 or older may ride on the footpath if accompanying them. Keep to the left and give way to cars and pedestrians.

Main roads: These make a good boundary. Avoid riding on them for this challenge.

Set boundaries: Work with your parents or Scout Leader to set boundaries, and mark which roads or tracks you can't ride. Some roads and tracks are not safe for bikes.

Be cyber-safe: If you are using apps or social networks to share your rides get your parents permission before you share. Set activities in apps to private and share screenshots. Don't share maps that show where you live, a good option is to recording rides at a nearby crossroad, rather than at your house.

Resources and inspiration:

Ride your Hood Facebook Challenge: <https://www.facebook.com/wheelwomenustralia/>

Victorian Bike Riding Laws and Safe Riding

www.legalaid.vic.gov.au/sites/www.legalaid.vic.gov.au/files/vla-resource-bike-law.pdf