

# Urban Walks Cub Section

## Guidance for Cub Scout Leaders

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### Purpose

Urban walks, introductory bushwalking skills, and activities outside of the Scout Hall are a great way to engage in many Scouting activities during the regular Cub night. This document provides guidance for the Cub Section to conduct walking based or similar activities outside of the hall on a regular Scout night or during the day in urban or semi urban locations.

By following this plan your Group Leader can be assured that key safety measures are addressed enabling you to undertake this activity.

If you wish to do an activity that doesn't fit within this guide refer to "What can I do" or another specific Scout Victoria Activity Plan.

### What is an urban walk?

A walk around an urban or built environment. In metropolitan, regional and rural locations, most Scout Halls are built in urban environments. Lighting is a key consideration for use of these locations at night. If you have difficulty interpreting the guidance below, consider it Urban if the Cub or Scout Section youth in your Group would travel to school on that path.

### Check List

1. Activity plan and location selected.
2. Supervision needs are met.
3. Group Leader informed of activity.
4. [Scout and about](#) completed if exiting your district.
5. Weather report has been checked.
6. Lighting considerations known.
7. Member specific medical needs (e.g. Adrenalin auto injectors, puffers, walking aids).
8. Equipment lists checked.
9. Do not go if there are any weather warnings, extreme fire, or Scout safety warnings out for the location.

### Supervision

Leaders of Youth with a Certificate of Proficiency, Provisional or Trainee Leaders may be the adult Leader in Charge of the activity under the conditions of this plan.

**Direct Supervision** is required. This means a responsible person, in this case an adult member of Scouting, is physically with the group of youth and able to provide immediate assistance to youth.

**Ratios:** There should always be a minimum of two adults. In some environments an increase to supervision may be helpful. Consider if you need additional supervision for youth prone to running off, or behaviours that remove Leaders from being able to supervise the Group for extended periods of time.

- Green locations: Use normal hall night supervision.
- Orange locations: Recommended one adult: Six Cub Scouts.
- Minimum two adults per Group.
- Consider; location, visibility, behaviour needs.

If you have Cub Scouts prone to running ahead or getting lost on walks have a Leader, adult, or responsible Venturer at the start of the Group, and a Leader or adult at the rear of the Group, with all Cub Scouts in between.

### **Facilities**

When conducting urban walk activities, consider straightforward access to facilities such as toilets and drinking water. This could be easy access to the Scout Hall, along your route or at a destination.

### **Contingency Planning**

We can't plan for everything.

- Establish a support person. An adult who is briefed of the plan and knows when you plan to be back.
- For longer duration walks the support person may need to be able to travel to your location and collect the Group if you run into trouble or become late.
- Use a live location sharing application between the Leaders and the support person for long walks if you have multiple Groups out.

### **Activity Examples**






- Penny hike
- Trip to local shops
- Penny hike Navigation chasey
- Scavenger hunt
- Introductory bushwalking

### **Award Scheme Notes**

Outdoor Adventure Skills Stage 1 and 2 bushwalks (Stage 1: I have attended at least one bushwalk of at least one hour's duration at this Stage, Stage 2: I have attended at least two short bushwalks at this Stage) can be completed in urban locations providing some portion of the walk travels through some form of parkland.

Adventurous Journeys can be completed in an urban environment provided the requirements of a Cub Scout Adventurous Journey are met by the Cub Scout. Refer to Scout | Terrain for full details of the requirements.

# Activity Plan 1: Cub Section Night Urban Walks

				
Cub Scouts	Cub Leader	None	90 min	Scout Hall

General activity plan for Cub Section Leaders to plan and manage basic walking activities in urban environments on a Cub Section night.

## Resources Required | Planning

### Locations

- Select from the location categories below.
- Check your location on Google Maps and identify the boundaries for Leaders and youth.

#### Green Locations

Locations that can be walked to from your Scout Hall that most members will have familiarity with.

- Scout Hall premises.
- Parkland immediately surrounding the Scout Hall.
- Local streets around the Scout Hall with some form of permanent lighting.
- Small urban parks with some permanent lighting.
- Urban trail with consistent permanent lighting.

#### Supervision

**Green Locations:** Normal Cub supervision.

Minimum two Adults per Patrol

#### Orange Locations

Locations that require additional considerations, at night.

- Local trail regularly accessed by most youth in your Group with infrequent or no lighting.
- Small urban parks with no lighting.
- Medium size urban parks in light area only.

**Orange Locations:** Additional consideration

Ratio 1:6 recommended.

Minimum two Adults per Patrol

Head torch required.

### Equipment

- Equipment list provided is a guideline and will need to be modified based on your activity and time of year.
- In some instances, it may be appropriate to distribute equipment between youth.
- Ensure youth are appropriately dressed for the time of year before departing.

#### Leader Equipment List

Minimum equipment to be carried by Leaders.

##### Group Equipment

- Compact Group first aid kit.
- Phone or other communication device.
- Access to Operoo profiles / emergency information.
- Head torch or other emergency lighting.
- Spare warm layer for youth.
- Appropriate energy boosting snacks.

##### Personal Equipment

- Sturdy footwear.
- Weather appropriate clothing.
- Water and snack.
- Personal medical devices.

#### Cub Scout Equipment Considerations

Equipment recommended for Cubs.

##### Personal Equipment

- Sturdy footwear.
- Personal medical devices (Inhalers / Epi pen).
- Spare warm layer such as Jumper.
- Hat or beanie.
- Water bottle and water. (If out for more than 30min)
- Small snack (If out for more than 30min)

##### Whether Appropriate Clothing

- Raincoat or windproof jacket.

##### Orange locations

- Head torch suitable for youth (Required at night)

## Schedule

Time	Duration	Activity	Lead	Assist	Organiser
06:30 PM	00:05	Opening Parade			
06:35 PM	00:10	Optional activity or game			
06:45 PM	00:05	Departure preparation			
06:50 PM	00:45	Activity: <b>Urban walk</b>			
07:35 PM	00:05	Return and Review>			
07:40 PM	00:15	Optional activity or game			
07:55 PM	00:05	Closing Parade			

### Plan: Departure Preparation

Prepare Cubs and Leaders for departure.

People	Resources	Duration	Location
Leaders and adult helpers	Any required equipment	10 mins	Hall

1. **Brief Cub Scouts and Leaders on the activity**
  - What is the activity we are doing.
  - Why are we doing the activity.
  - What do we need to bring with us. – (see equipment list)
  - What are the rules and location boundaries?
    - a. Stop at every intersection and wait.
    - b. Stay with the Group.
    - c. Stay on designated paths.
    - d. Respect other people using the paths.
2. **Assign buddies** and Leader Groups.
3. Equipment and clothing check. (both youth and adults)
4. Go to Toilet.

### Activity: Urban Walk

Urban Walk Activity

People	Resources	Duration	Location
Leaders and adult helpers to suit supervision needs.	As per equipment list above and example activity below.	~45 mins	Local Urban area

An Urban Walk can be any number of activities. Three examples are provided however you may wish to use an urban walk as an opportunity to practice other Scouting skills.

#### During the activity

- Ensure you can see each youth member by quickly visually scanning, stop for a head count as required.
- Observe changes in behaviour. Changes in behaviour may indicate; fear, hunger, need to use a toilet, discomfort, or poor temperature regulation.

- Ensure youth are actively engaged and having fun.
- Turn back or contact your support person if there are any problems.

### Example 1: Penny Hike

A Penny Hike is simple all you need is a coin such as a 20c piece. On the urban walk when you come to an intersection a youth member flips the coin to determine the direction to travel.

1. In Patrols youth choose between the sides of the coin for right and left. Flipping the coin and having the activity lead call out right or left can also work.
2. When you arrive at the first intersection flip the coin and the Group turns the appropriate direction.
3. Each intersection a different Cub flips the coin.
4. At the halfway time point Leaders need to begin to influence direction back towards the Scout Hall, you may need to skip flipping the coin at some intersections to make sure you arrive back at the Hall on time.

#### Tips

- Leaders need to keep track of geographical position and time.
- Put a L and R stickers on the coin to help with memory.

### Example 2: Local shop trip

A simple walk to the local supermarket in preparation for an upcoming activity.

1. Cub Scouts walk to local shops along a pre-determined route.
2. At shops Cub Scout Patrols find and perches items from a list for their up-coming camp.
3. Cubs walk back to Scout Hall along same or a different pre-determined route.

#### Tips

- Pre-determined route can be identified from google maps or similar and communicated to the Leaders with a screen shot. Simple use of the Google Maps walk directions may also be appropriate.
- A visit to a local fire station, police station or other community centre is also appropriate.

### Example 3: Navigation and Bushwalking skills

Simple modification of a Penny Hike and chalk chasey game can be used to apply navigation skills such as Bushwalking **Stage 2: Do** > I can use a campus to find basic directions.

1. Stagger Patrols departing the hall by 5 min.
2. Before making a turn the first patrol use a compass to identify magnetic direction and records the cardinal (North, East, South, West) or ordinal/intercardinal (North-East, South-East, South-West, North-West) direction on some paper or mobile device. They also draw a chalk arrow on the ground for the next Patrol to follow.
3. The second Patrol arrives at the arrow and use their compass to determine the direction the arrow is pointing and record it the same way as the first Patrol before following it.
4. Once back at the Scout Hall Patrols compare their direction records and determine if they match. In a game of chalk chasey the winning patrol is the Patrol with the most correct directions.

#### Tips:

- Leaders will need to pay close attention to the directions being recorded.
- Assist Cubs in working it out. However, make sure Cub Scouts are given the chance to work as a group or get some wrong.






- Alternatively use an urban walk following a pre-determined route to practice navigation or other recent skills Cubs Scouts have been learning.

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### **Review: Return and Review**

- Upon returning ensure youth can go to the toilet, sit for a moment, eat, and drink something before closing parade.
- Conduct an informal review during this time or during closing parade.
  - What was the objective of our walk?
  - What did you enjoy?
  - How did we work well as a Patrol?
  - Other relevant questions from the experience...

## Activity Plan 2: Cub Section Day urban walks

				
Cub Scouts	Cub Leader	None	3 - 7 hr Day time	Urban environment or park

General activity plan for Cub Section Leaders to plan and manage basic walking activities in urban environments for Cub Scouts during day activities.

### Resources required | Planning

#### Locations:

- Select from the location categories below.
- Check your location on Google Maps and identify the boundaries for Leaders and youth.
- Obtain a map. This can be a land manager produced map or one created from a mapping application. The main consideration is being able to identify route options and locate potential incorrect turns.
- For Orange locations, check satellite view on Google Maps for an indication of unexpected tracks, terrain type, and visibility.

#### Green Locations

Locations that can be walked to from a Scout Hall, or when the leader is familiar with the location.

- Scout Hall premises.
- Parkland immediately surrounding a Scout Hall.
- Local streets around a Scout Hall.
- Small urban parks.
- Medium size urban parks.
- Local Urban trail.



#### Supervision:

**Green Locations:** Normal Cub supervision.

Minimum 2 Adults per Group.

#### Orange Locations

Locations that require additional planning.

- Semi urban trails.
- Large urban or semi urban parks:
  - *Must obtain a park map from land managers or mapping application (a detailed Google Map may be ok however you need to check satellite view for unmarked tracks).*

#### Additional Planning:

- Identify group meeting/departure location and parking.
- Identify Toilet availability.
- Identify shelter options.
- Identify shortcuts or bail out options.
- Check for opening / closing times for large parks.

**Orange Locations:** Additional Cub supervision.

Ratio 1:6 recommended.

Minimum 2 Adults per Group.

#### Equipment:

- Equipment list provided is a guideline and will need to be modified based on your activity and time of year.
- In some instances, it may be appropriate to distribute equipment between youth.
- Ensure youth are appropriately dressed for the time of year before departing.

Leader Equipment List
Minimum equipment to be carried by Leaders.
<b>Group Equipment</b>
<ul style="list-style-type: none"> <li>• Compact Group first aid kit.</li> <li>• Phone or other communication device.</li> <li>• Access to Operoo profiles / emergency information.</li> <li>• Head torch or other emergency lighting.</li> <li>• Spare warm layer for youth.</li> <li>• Appropriate energy boosting snacks.</li> <li>• Spare water (1 L)</li> <li>• Paper Map or saved digital map.</li> <li>• Spare sunscreen.</li> <li>• Hand sanitizer.</li> <li>• Small rubbish bag (<i>re-use resealable packaging such as flat bread wraps</i>)</li> </ul>
<b>Personal Equipment</b>
<ul style="list-style-type: none"> <li>• Sturdy footwear.</li> <li>• Weather appropriate clothing.</li> <li>• Water and snack.</li> <li>• Personal medical devices.</li> </ul>

Cub Scout Equipment Considerations
Equipment recommended for Cubs
<b>Personal Equipment</b>
<ul style="list-style-type: none"> <li>• Sturdy footwear.</li> <li>• Personal medical devices. (Inhalers / Epi pen)</li> <li>• Spare warm layer such as fleece Jumper.</li> <li>• Hat or beanie.</li> <li>• Sun protection – sunscreen and glasses.</li> <li>• Water bottle and water.</li> <li>• Small snack or scroggin mix (avoid lollies that result in a sugar crash).</li> <li>• Lunch. (<i>Alternatively: adult helpers may prepare a BBQ or picnic along your rout or end point.</i>)</li> </ul>
<b>Weather Appropriate Clothing:</b>
<ul style="list-style-type: none"> <li>• Raincoat or Windproof layer.</li> <li>• Thermal base layer.</li> </ul>
Note: Avoid cotton layers, once wet from weather or sweat it will contribute to reduced body temperature.

## Schedule

Time	Duration	Activity	Lead	Assist	Organiser
09:30 AM		<i>Group arrives</i>	-	-	-
09:30 AM	00:10	Opening Parade			
09:40 AM	00:20	Departure preparation			
10:00 AM	02:30	Activity: <b>Urban walk</b>			
12:30 AM	00:30	Lunch break			
01:00 PM	02:30	Continue Urban walk			
03:30 PM	00:15	Return and Review>			
03:45 PM	00:10	Closing Parade			
04:00 PM		<i>Group departs</i>			

## Plan: Departure preparation.

Prepare Cubs and Leaders for departure.

People	Resources	Duration	Location
Leaders and adult helpers	Any required equipment	15 mins	Meeting point

### 1. Brief Cub Scouts and Leaders on the activity.

- What is the activity we are doing.
- Why are we doing the activity.
- Reminder of what we need to bring with us. – (see equipment list)
- What are the rules and location boundaries?
  - a. Stay with the Group. Don't walk ahead of the Leader at the front, and don't walk behind the Leader at the back.
  - b. What do we do if we get separated or lost?



2. **Patrols briefing.**

- What does our Group want to get out of the activity?
- Look at the map as a Group and identify things to look out for and boundaries.
- Assign buddies.
- Equipment and clothing checks. (both youth and adults)
- Go to toilet.

**Activity: Urban Walk**

Urban Walk Activity

People	Resources	Duration	Location
Leaders and adult helpers to suit supervision ratio.	As per equipment list above and example activity below.	1~ 3 hr	Local Urban area

Urban walks can be any number of activities. Three examples are provided however you may wish to use an urban walk as an opportunity to practice other Scouting skills.

**During the activity:**

- Ensure you can see each youth member by quickly visually scanning.
- Observe changes in behaviour. Changes in behaviour may indicate; fear, hunger, need to use a toilet, discomfort, or poor temperature regulation.
- Turn back or contact your support person if there are any problems.
- Keep the Group active. Disguise rests by stopping the Group to look at interesting things or do small program-based activities. Ensure youth get both a physical and mental break for a few minutes, drink, snack, or toilet break. However, avoid resting multiple times in short periods, use points of interest as targets.
- Manage thermoregulation, pause for 2 min within the first 10-15 min of the walk to alter clothing layers. On long rest stops in cool conditions add layers as soon as you stop and remove them again just before walking.
- Have fun.

**Example 1: Scavenger hunt**

Youth go on an urban walk whilst completing a scavenger hunt using points of interest identified on a simple map or pre-set clues put together by a Leader or another Patrol.

1. Using the map appropriate to your location Identify 8-20 points of interest and number them on your map and highlight the suitable path options between them. What is at some numbered points may not be known to the cubs from just looking at the map.
2. During the departure preparation youth discuss the path they will take.
3. As youth come to each point of interest a photo is taken with youth imitating the point of interest and the number.
4. At the end of the walk Cubs can look over or compare their photos with other Patrols.

Tips:

- An advanced Group, spare Leaders, or party from another youth Section may start early and place objects at pre-determined points to be found by the Cubs to find.
- Alternatively, each point of interest could have a clue or activity to be completed.
- Objects and clues that have been pre-placed, or carried by a Leader, can be collected from each point of interest, once back to the start youth solve the clues and use the resources collected to complete

an activity. For example, making a shelter, making afternoon tea, putting together a survival kit.

### Example 2: Urban Bushwalk

Longer duration urban bush walks for Cubs Scouts can be used to extend the skills, and fitness. Urban Bushwalks may be suitable for Cub Adventurous Journeys if youth are at the correct stage and complete the requirements.

#### Using the map obtained from your location selection.

1. Identify a route that is an appropriate distance for the time available and the skills of the Group.
2. Identify features of interest or rest spots to visit whilst on your walk. Use these locations as a reminder that you are on the right path and timeline. (referred to as a collection point).
3. Have Cub Scouts and their buddies lead the Group alongside an adult or older Section youth Leader, whilst setting the pace over short distances, ensuring the slowest walkers can keep up without getting too tired.
4. Stop at interesting points to rest or practice a bushwalking, bushcraft skill, or elements of the SPICES.
5. Keep track of time.
6. Stop for a longer break about half-way.

#### Note:

- The walking speed of a Cub Unit is variable and  $\sim 3\text{km.hr}$  is a general estimate. Individual energetic Cubs will travel much faster  $\sim 4.8\text{km.hr}^{-1}$  when walking, however, large groups tend to move slower hills, stairs, uneven surfaces, and unexpected attractions will also slow the Group.



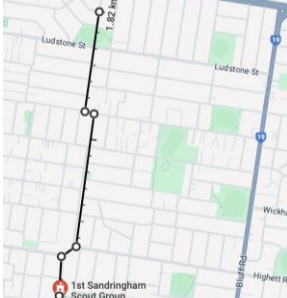
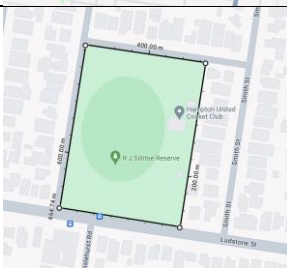

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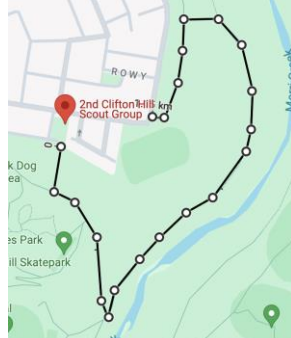


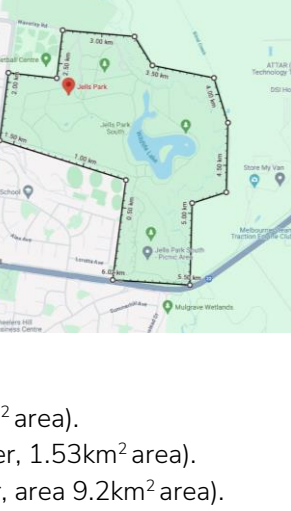
#### Review: Return and review

- Upon returning ensure youth can go to the toilet, sit for a moment, eat and drink something before closing parade.
- **Conduct a review.**
  - Reminder - What was the objective of our walk?
  - What part of our walk were easy or challenging and why?
  - What did you enjoy or was the most fun about our walk and why?
  - What is something you learnt today that you can use next time we go on a walk?
  - Other relevant questions from the experience...
  - Log the walk on Scout | Terrain and identify program completions.

# Urban Walks Cub Section

Limited risk assessment

Location type	Example
Scout Hall premises.	<p>The area the Scout Hall is built on and has an easily definable boundary.</p> 
Parkland immediately surrounding the Scout Hall.	<p>The parkland or bushland visible from the Scout Hall or illuminated by Scout Hall lighting at night.</p> 
Local streets surrounding the Scout Hall.	<p>7-12 metropolitan blocks with street lighting, (Night-time). Up to ~2.0 km from the Scout Hall in rural or urban fringe locations (night).</p> 
Small Urban parks.	<p>A park that is entirely enclosed by road boundaries or housing.  1 Suburban block in size, less than 1.0km parameter.  Minimal visual obstructions in park.</p> 
Urban trail with consistent lighting.	<p>A short trail &lt;1.5km long with permanent street or trail lighting. Or Trails that are regularly bisected by well light roads are ok (&lt;150m intervals).</p> 

Location type	Example
Local trail regularly accessed by most youth in your group.	<p>Tracks or trails that are directly around your Scout Hall or would be travelled on by most youth on a regular basis outside of scouting.</p> 
Medium urban parks	<p>Parks that are larger than 1 residential block and surrounded by streets or residential housing or other clear boundary. Perimeter of less than ~4.km, total area of &lt;1.2 Km<sup>2</sup></p> 
Semi urban trail	<p>Short sections of well-defined, maintained and signed trails between urban location with semi regular road access such as the Warburton rail trail.</p> 
Large urban or urban fringe parks	<p>Large parks that are in or bordering an urban location. Surrounded by roads and housing on at least one side however other sides may have poorly definable boundaries, or blend into neighbouring bush or industrial lands.</p> <p>Perimeter of less than 20km, total area of &lt;15km<sup>2</sup></p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• Westerfolds Park (5.0km perimeter, 13km<sup>2</sup> area).</li> <li>• Jells Park, Wheelers Hill (6.03km perimeter, 1.53km<sup>2</sup> area).</li> <li>• Woodlands Historic Park (16km perimeter, area 9.2km<sup>2</sup> area).</li> </ul> 

# Urban Walks Cub Section

Limited risk assessment

Risk Name	Local Controls
Cub Scouts running ahead of Leaders, into traffic or getting lost.	<ul style="list-style-type: none"> <li>• Cub Scouts appropriately briefed of rules and need to stay with the Group before departing.</li> <li>• When setting off there should be a leader, adult, or responsible Venturer at the front of the Group.</li> <li>• Leaders to consider if increases in supervision are needed to manage behaviour at local level.</li> </ul>
Poor visibility at night increasing fear, chance of becoming separated or failing to see a hazard, surprise interaction with public.	<ul style="list-style-type: none"> <li>• Leaders to consider increases to supervision for poorly light locations at night (Orange locations).</li> <li>• Leaders to carry a light source, Youth recommended to carry a light source.</li> </ul>
Toilet emergency.	<ul style="list-style-type: none"> <li>• Identify facilities available during planning.</li> <li>• Support person who can collect youth and return to hall if required.</li> </ul>
First Aid required. Resulting in need to give first aid, and a decrease in leader ability to supervise large number of youth members.	<ul style="list-style-type: none"> <li>• Group to have a compact Group first aid kit and communication device.</li> <li>• Personal medical devices to be carried as required.</li> <li>• Increased supervision to account for losing one leader or dedicated first-aider as required.</li> </ul>
Getting lost or losing track of time.	<ul style="list-style-type: none"> <li>• Locations to be used are known to the Leaders and have been viewed on a map.</li> <li>• Establishment of a support person who can assist or organise ad hoc support.</li> <li>• (optional) live location share.</li> </ul>

Note: You know your youth members and behaviours. Use this activity plan responsibly and manage your group according to their needs.