

FUN THE SERIES DAMENTAL

INCIDENT HIKE

What you will need

- Compass
- Paper maps
- Specific equipment for the games and activities
- Tokens to reward successful teams

Before you begin

- Don't forget to make sure all young people and adults involved in the activity know how to take part safely
- Make sure you'll have enough adult helpers. You may need some parents and carers to help if you're short on helpers



Planning your hike

- Plan a route around the local area with checkpoints. It's up to you how long the hike is and how frequent the checkpoints are
- Make sure the checkpoints are positioned to allow the game or activity to be played without affecting access to the path
- Plan activities at each checkpoint
- Make sure Leaders are happy with the activities they're running and have all equipment ready before the hike begins
- Make sure you have enough adults to run each checkpoint, as well as supervise the hike
- Consider asking young Leaders to help run the checkpoints
- Decide on whether you are theming your hike
- If you are providing reward tokens, make sure that there's a scoring system in place that adults are informed of

Activity examples

Mini shelter building

You will need:

- Marshmallows
- Natural materials, such as dead wood and rocks
- Water

Give the team five minutes to make a mini-shelter for a marshmallow. When their time is up, place the marshmallow inside the shelter and pour water over it to see if the marshmallow stays dry.

First aid kit memory game

You will need:

- First aid kit
- A way to hide the kit, such as a towel or coat over a tray

Lay out the contents of a first aid kit. Give the team 30 seconds to look at the items before hiding them. The team should try to name as many items as they can remember.

Paper airplane

You will need:

- Scrap paper
- Measuring tape

Challenge the team to make a paper airplane that will fly across a distance of your choosing.

Riddle me this

Ask the team to solve a riddle of your choosing. Here are a few examples:

Q: Take two apples from three apples and what do you have?

A: Two apples

Q: What occurs once in a minute, twice in a moment, but never in an hour?

A: The letter M

Q: I have cities but no house. I have mountains but no trees. I have water but no fish. What am I?

A: A map

Noughts and crosses relay

You will need:

- Hoops, sticks, chalk or similar to mark out a grid
- Cones or bean bags

Lay out a 3x3 three grid on the floor using the hoops, sticks or chalk.

Challenge the team to play giant noughts and crosses against the person running the checkpoint, with the team working in a relay for each move.

Scout promise

Challenge a member of the team to recite their Scout promise from memory.

Set the scene

1. Everyone should split into Patrols.
2. Each Patrol should receive a compass and a map showing the route, but don't include the checkpoints. This is so each encounter will be a surprise.
3. Make sure everyone is ready to walk. Have they got everything they need? Are they dressed appropriately for the weather and time of year?
4. You might want to read everyone a story to set the scene for the theme of the incident hike.

Run the hike

1. Each Patrol should start the hike with a Leader. They should have a map marked with the checkpoints, so they know when to anticipate the next activity.
2. Consider staggering the start times, or starting the Patrols at different points along the route so that Patrols are less likely to bump into each other. Allow time for the checkpoint activities to be completed.
3. Everyone should participate in the activities at the checkpoints.
4. When everyone returns at the end of the hike, check everyone's scores and see how all the teams have done.



Reflection

This activity was about being a team player and developing skills to try to beat the challenges at the checkpoints. In this activity you needed to work as a team.

- How did you work together during the hike?
- Did you walk at a pace that worked for everyone?
- How did you communicate?
- Did you enjoy working as a team during the challenges?

You also worked on your navigation skills to make sure you stuck to the right route.

- Did you find navigating challenging?
- Did you discover new routes or places that you hadn't noticed before?



Change the challenge level

- Choose the activities and games that will be encountered along the way with your Group's ability in mind
- Increase the challenge of following the route by running the hike in an area unfamiliar to everyone