









# Alpine Stage 2 Intro to Alpine

Outdoor Adventure Skills Activity Resource


Suitable for	Organiser Skills	Specialist Skills	Duration	Location
 Cub Scouts  Scouts Cub Scouts -Scouts	 +OR  Scouting Adventure or Stage 5 Alpine	None	 90 min	 Scout Hall

A starter activity resource for learning basic Alpine skills prior to a day trip in the snow.

## Who this is for

Leaders or Youth supporting youth members in delivering the Outdoor Adventure Skills for **Alpine Stage 2**:

- Adult Leaders — Youth Program Leader with Scouting Adventure.
- Youth two-up — with **Alpine Stage 4+** (Cross Country Skiing, Snow Camping and Hiking, Downhill Skiing, Snowboarding).

These two roles can verify **Alpine Stage 2** proficiency statements, before Stage sign-off by the Unit Council. A useful tool to help with assisting youth members during this process is the  guidance statement popup in the Scouts | Terrain app next to each proficiency statement. That should provide discussion points with which to engage the youth member.

Youth new to scouting should be adequately baselined in terrain prior to working through this resource.

## Tips for Leaders supporting Alpine Stage 2

- This is a starter resource. If run as described it should meet the listed proficiency statements. However, it should be customized to suit your available resources, intended outing, and youth members' needs.
- Any Leader with the training listed above can deliver parts of this activity. Snow activities outside of ski resorts may require specialist training or use of a 3<sup>rd</sup> party provider.
- This program is best structured around one Scout night and an alpine outing with the Unit or Activity Patrol.

## Example youth program

One weeknight at the hall and one trip to the snow for a day hike and tobogganing.

OR one night at the hall, one Ice-blocking or ice-skating night, and one trip to the snow.

## Resources required

### People:

- Adequate people for supervision, some prior alpine experience is helpful.

### Equipment:

- Cardboard and string, assorted obstacles
- Printed A3 map of alpine area, coloured pens
- Newspaper, tape, wet sponge, tables or other obstacles
- Printed copies of diagram for labelling
- Youth to bring clothing for alpine activity

### Locations:

- Scout Hall
- Alpine resort or approved low alpine location

## Schedule

Time	Duration	Activity	Lead	Assist	Organiser
07:00 PM	00:05	Opening			
07:05 PM	00:10	Activity: Leave No Trace			
07:15 PM	00:20	Optional activity: Snowshoe challenge			
07:35 PM	00:20	Discussion: Patrol Planning			
07:55 PM	00:10	Activity: Label a diagram			
08:05 PM	00:30	Activity: Equipment check & Snowball fight			
08:25 PM	00:05	Finish			
Future Activity-		Outing: Trip to snow			

### Activity: Leave No Trace

Discuss the sensitive nature of alpine environments and the 7 principles of leave no trace

**Stage 2: Plan** > I can explain what impact I can have on local vegetation when snow hiking or tobogganing over exposed shrubs.

People	Resources	Duration	Location
One leading per patrol	None	5-10 mins	Hall

The 7 principles of leave no trace guide us in making good decisions so we have a good time in the outdoors whilst minimising our collective impacts on the environment.

**Preparation:** Revise the 7 principles of Leave no trace.

[The 7 principles of LNT](#) | [Tas Parks Leave no trace](#)

**Part 1:** Teach Scouts the seven principles of Leave No Trace, using hand actions. Get your patrol to copy the hand actions as you teach them. Then get them to do it without your assistance.

[Learn the hand actions](#)

**Part 2:** In patrols briefly discuss how you use each principle in an alpine environment. Some clues are provided in the table below.

Q. Does alpine vegetation grow quickly or slowly? Why?

A: Alpine vegetation is slow growing, because it is in a cooler climate. It is easily damaged and slow to recover.

Q. How can we use the 7 principles of leave no trace to protect vegetation?

A. See table below.

Q. What can happen if we don't follow the principles and we walk on, toboggan or ski over exposed plants?

A. Damage the vegetation, causing increased erosion and mud, less habitat and food for animals, dust in summer, and it won't be as nice to look at.

Principle	How in the Alpine
1. Plan ahead and prepare	<ul style="list-style-type: none"> <li>Find out if there's any endangered vegetation or animals to watch out for.</li> <li>Pack a rubbish bag, so we don't litter. Package food to take less rubbish in.</li> <li>Planning our route to go past toilets.</li> <li>Know the forecast and plan for it to change.</li> <li>Have a plan B and change plan if conditions are not right.</li> </ul>

2. Walk and camp on durable surfaces	<ul style="list-style-type: none"> <li>Staying on established tracks by following snow pole lines means we don't crush slow growing plants under the snow as it softens.</li> <li>Camp on stable snow platforms or rock instead of vegetation.</li> <li>As snow melts stay off the track soft edges to avoid track widening killing grass and increasing erosion.</li> <li>Don't toboggan over exposed plants they will get pulled out and die.</li> </ul>
3. Dispose of waste properly	<ul style="list-style-type: none"> <li><u>Pack it in pack it out</u>. Take all your rubbish home. Put compost in a green bin and plastics in rubbish or recycling.</li> <li>Alpine areas are fragile; we need to carry out all our waste. In summer things decompose, and you can bury poo 20cm under soil 100m away from water.</li> <li>In winter you can only use the proper toilets or take it with you to dispose of in one, paper and all. Just like you do for a dog on a walk.</li> </ul>
4. Leave what you find	<ul style="list-style-type: none"> <li>Don't break or pull-out alpine plants, they grow slowly.</li> <li>In winter there is less food available for the animals, leave the native flora for them.</li> <li>Take any rubbish you find with you when others made a mistake leaving it.</li> </ul>
5. Minimise campfire impacts	<ul style="list-style-type: none"> <li>Use fuel stoves instead of leaving ash in the snow.</li> <li>Avoid taking natural fuel like sticks from trees, there's not much in these areas taking it will reduce habitat for animals.</li> </ul>
6. Respect wildlife	<ul style="list-style-type: none"> <li>Keep noise down so we don't scare off birds that feed or pollinate plants.</li> <li>Leave habitat alone for animals and insects that need it to survive.</li> <li>Don't feed wildlife unnatural foods we bring with us, it's not good for them.</li> </ul>
7. Be considerate of your host and others	<ul style="list-style-type: none"> <li>leave space for others when we stop so they don't have to trample plants to fit.</li> </ul>

## Optional Activity: Snowshoe challenge

Put on a pair of makeshift snowshoes and run an obstacle course.

People	Resources	Duration	Location
One supervising per patrol	Cardboard, String. Assorted obstacles	30 mins	Hall

Walking on soft snow is difficult, and we quickly sink to our knees with each step leaving holes that can be dangerous for skiers or other walkers. Snowshoes make the bottom of our foot bigger, so we don't sink.

As a patrol, make snowshoes from cardboard to tie onto your feet. Then make an obstacle course and get your patrol from one side of the hall to the other, whilst avoiding obstacles that represent plants, rocks, and holes.

**Equipment.** Snowshoe (Cardboard and string or twine), Obstacles (chairs, bush poles, tables, carpet squares)

### Make snowshoes

An adult snow shoe is 55 -70cm long and 18-20cm wide. A suitable size for a cardboard mock snowshoe is 50cm x 18cm (average cub size).

- Cut cardboard rectangles 50 x 18cm, then trim two corners to make the front. (two per Scout)
- Place your hike boot in the middle and make 4 holes for the straps, see picture.
- Thread the string through the holes and tie the boot on, make sure to cross behind the ankle.

**Added challenges:**

- Not enough snowshoes for everyone, so patrol will need to problem solve. For example, carry one pair of snowshoes back for the next person, or piggyback a patrol member.
- Make it a race. First patrol to make snowshoes and transport the entire patrol across the snow wins.
- Alternative in Alpine 3 activity resources: make mock skis from planks of wood.



**Tip:** Demonstrate how snowshoes make it easier to walk by stopping you from sinking. Have youth stand on a large spongy foam pad and compare how much they sink with different size snowshoes on vs no shoes on.

**Safety:** Demonstrate walking in mock snowshoes and start slowly to avoid tripping.

**Activity: Patrol planning alpine hike**

Plan your snow hike and think about your safety precautions

**Stage 2: Do** > Before I start a snow activity, I can show where and when I am allowed to go.

**Stage 2: Plan** > I can discuss the appropriate action I should take in the case of an accident.

**Stage 2: Plan** > I can discuss what safety precautions you should take before going out in the snow.

People	Resources	Duration	Location
One leader per patrol	A3 map, coloured pens/ texters	20 mins	Hall

Using a large A3 map of the alpine area/resort you are visiting work as a patrol to plan a 1-3km loop to walk in the snow.

On the map identify:

1. Starting / finish point
2. Place to have a rest or snack
3. Location of emergency services
4. Evacuation or meeting points
5. Go and No-Go areas for your trip. Mark the boundaries with a red and green highlighter.

Once your map is marked up discuss some basic safety precautions you will take as a patrol and make an accident action plan.

**Safety precautions:**

- What is the first principle of leave no trace?
- Who are we going to tell where we are going? How will they know if we need help?
- Does our path go near possible dangers (near downhill skiers, creeks, cliffs) and how can we be safe?
- When should we check the weather forecast? (now, days before & day of trip)
- How are we using the buddy system?

- What do we need to take? (Insulation, first aid kit, emergency snack, survival blanket/tarp, communication)

**Accident questions:**

- What is the first thing you do in the case of an accident? A. Follow DRSABCD
- What type of accidents can you or an adult in our group manage?
- What needs emergency services help (e.g. ski patrol)?

Use the scenarios in the table to brainstorm how to manage it as a patrol.

Scenario	Plan to include
A Cub Scout slips over on an ice-skating ring. They have <b>sprained their wrist</b> and got their top very wet.	<ol style="list-style-type: none"> <li>1. Check for dangers</li> <li>2. Tell a leader</li> <li>3. Get dry and warm (change top)</li> <li>4. Bandage and ICE the wrist</li> </ol>
A Joey Scout is tobogganing, and they go sliding into the bush at the bottom of the hill. They <b>get a scratch</b> on their forehead from a branch and it's bleeding like a scratch.	<ol style="list-style-type: none"> <li>1. Move away from the toboggan slope or to the side</li> <li>2. Tell a leader</li> <li>3. Give your buddy a band-aid and clean any dirt off the scratch.</li> </ol> <p>Q. What can you do to stop someone skiing or tobogganing into the injured person? A. Move them away or alert skiers before they get there.</p>
On a snow hike a Scout Leader is getting <b>very cold</b> and starting to <b>fumble</b> and <b>not making sense</b> .	<ol style="list-style-type: none"> <li>1. Get out of wind, rain or snow, go inside or make shelter. Don't keep walking!</li> <li>2. Alert another leader or Ski patrol</li> <li>3. Give them instant hand warmers to put on their chest to warm up.</li> <li>4. Make sure clothing is dry and wrap in a survival blanket</li> <li>5. Give a warm drink</li> <li>6. Wait for help</li> </ol>

Note: Use each patrols planned route; Use one as plan A and the other is the backup plan B or C.

**Activity: Label a Diagram**

Label the attached diagram and work out what equipment is needed for different alpine activities

**Stage 2: Plan** > I can label a picture describing all of the essential equipment to bring to the snow.

People	Resources	Duration	Location
One leading for any youth	Diagram attached and photos	10 mins	Hall

**Label:** Different equipment is needed for different snow activities. Label equipment in the attached diagrams or other images. Then in patrols talk about what is the same and what is different for each activity.

**Optional:** Make a short gear list for your upcoming trip to bring next week (for a gear check).

When planning clothing work top down so nothing is missed. Think: Head, Eyes, Face, Neck, Torso, Hands, Legs, Feet, and day pack.

Ask an older scout to help with this "Stage 4: Plan > I have taught a Stage 2 Scout or below how to dress for the alpine environment."



## Activity: Equipment checks and snowball fight

Perform a pre-trip gear check and have a snowball fight to test out your alpine armour.

**Stage 2: Do** > I can protect myself when exposed to the elements associated with snow whilst outdoors.

**Stage 2: Do** > When I come inside, I can put away my outdoor clothing so they will dry quickly.

People	Resources	Duration	Location
Info	Newspaper, tape, sponge, tables, trip gear	20-30 mins	Hall

### Part A: Pre activity gear check

Before a snow trip, get everyone to bring their gear at least a week prior to the snow trip. This gives you a chance to check it, and for the scout to resolve any issues before the trip.

Talk with scouts about how they will dry their clothing after the trip. Examples: hanging in a breeze or warm spot, shoes near a fire, putting gloves inside your sleeping bag at night. Remember to keep ice outside!

### Part B: Mock snowball fight

1. Make lots of soft or lightweight snowballs from scrunched up newspaper and a little tape (30 per patrol).
2. Each patrol creates a fortress outside the hall using general items like tables, seats.
3. Scouts put on their armour. (jacket or raincoat, gloves, beanie and boots)
4. Scouts get 5 minutes to have a snowball fight.
  - Snowballs usually doesn't get us too wet when hit by them, but scooping up snow does, add a few small 4x4cm wet sponges to the mix so gloves and jackets get a little wet.
  - Nominate a target (scout leader) and every time it is hit with a sponge Scouts get an extra minute of fight time.

**Part C:** After the snowball fight practice putting gear away, hanging clothing so they dry quickly, it's also good practice to change your socks, put on slippers and put boots somewhere to dry.

### Tips:

- The gear check requires a gear list to have been provided to youth prior. alternatively do this activity one week later after youth have done the labelling and route planning activities as they can come up with the list in patrols.
- Part B and C can be replaced by Ice blocking linked with OAS 1 or any other snow or Ice based activity.
- Remember that snowball fights require both sides to agree to play otherwise it isn't fun.



## Outing: Snow trip

Go on a day trip to the snow

**Stage 2: Do** > I have walked for 1km in the snow.

**Stage 2: Do** > I have tried two different snow activities at this stage.

**Stage 2: Review** > I have talked about what I enjoyed, learned, or improved upon from at least two snow activities.

**Stage 2: Review** > I can suggest what could be done differently on future snow hike or activity, to enjoy it more, to be safer, or learn new things.

People	Resources	Duration	Location
One leader one other adult per patrol	Map, compass, Hire toboggans,	~6 hours	Alpine resort

**Preparation:** Ensure you have the minimum safety equipment and additional spare layers for youth. Check the weather, and road conditions prior to departing.

**Briefing:** Remind everyone what you learnt during the preparation activities.

Double check everyone has the right clothing and spare layers.

In patrols review your A3 map and spend a few minutes orienting your map and pointing out what things on your map look like in the real snow. Youth then need to point-out what the boundaries of where we can and can't go looks like in the real world.

Remember not to walk on ski trails. When walking is permitted on a shared trail, walk along the side not in the ski tracks.

### Activity1:

Go on your planned 1+ km snow hike around an alpine resort or approved location.

### Activity 2:

Try tobogganing, do a ski class, or build a large snow Scout as a patrol.

Alternative options include Ice blocking or ice skating on a Scout night.

### Safety:

- When tobogganing, remind youth of the need to look before sliding and to quickly move to the side of the run once at the bottom to prevent collisions. Use the designated toboggan area and avoid long slopes as you will not be able to stop.
- If anyone in the group is starting to shiver or lose coordination, Stop and act by seeking cover from wind or other elements, changing wet layers, giving something sweet to eat, a warm drink. If they don't improve apply a heat pack to their torso and seek help.
- Carry an emergency sleeping bag and shelter or tarp for the group.
- When snow hiking: Avoid getting lost in the snow, make sure you have a map and GPS/phone or PLB, identify track markers, and do not go out in low visibility. Turn back early if visibility is deteriorating.
- Carry snow chains for any car transport to or from the resort and check the road conditions via resort webpages prior to departure.

---

### Post activity review questions:

What did new skill did you learn on each activity?

Was anything we did more fun than you expected what and why?

If this is your second or third time to the snow what is something you got better at?

What is something that can be done different next time we visit the snow?



Cross Country (XC) Day Trip: Beane, sunglasses, neck gaiter, long sleeve top, thin gloves, thermal pants, xc boots, xc skis, ski poles, day bag, spare puffer jacket, waterproof jacket, map, sunscreen, lip balm (SPSF), water bottle, food, emergency shelter (bortly bag), first aid kit. (missing campus).



Downhill Skiing: Downhill helmet, ski goggles/glasses, neck gaiter, downhill ski jacket, puffy ski pants, downhill ski boots, downhill skis or snow board, sunscreen, lip balm (SPSF), map, snack.

Snow Camping: Beane, sunglasses, neck gaiter, puffer jacket, thick gloves, mid weight pants, snowshoes, snow shovel, cooker, alpine tent, sleep system, (foam pad + inflatable pad + sleeping bag). Stage 9 Snow Hiker: Helmet, hat with visor, neck gaiter, sunglasses, mid weight top, leather gloves, walking ice axe, walking pole, mid weight pants, boots & crampons, avalanche pole, PLB, radio, emergency shelter, spare layers.

