

TAKE A HIKE

LEARNING OUTCOMES

Having completed this badge members will be able to:

- demonstrate how to plan for a hike;
- recognise trail and tracking signs;
- demonstrate how to prepare and pack for a short hike;
- explain safety precautions and first aid necessary for a hike;
- experience a short hike.



BADGE REQUIREMENTS

1. Plan for a short hike.
2. Know how to prepare for a hike including packing and dressing.
3. Explain safety precautions for a hike including treating bush bites.
4. Learn and use five trail signs and tracking signs and explain their meaning.
5. Experience a short hike.

Note to leaders
It is recommended to do the Bush
survivor badge and First aid badge
prior to commencing this badge.

ADVENTURERS
SUNBEAMS

take a hike



CATEGORY

Have a go

TIME FRAME

Three weeks

AIM

To participate
in a short
hike.





Teaching ideas



1. Plan for a short hike.

Length of proposed hike: five – ten kilometres

Duration of proposed hike: four – six hours

Hiking with Adventurers and Sunbeams is profitable when planned around a theme, a place of interest, things to look for or practising learned skills.

A hike could be used for:

- a fundraising event (walk-a-thon for Missionary project);
- a social event (SAGALA family picnic);
- a visit to a historical site (Aussie, Aussie, Aussie or First Australians badges);
- an opportunity to observe the environment (Nurture nature badge);
- an opportunity to use learned skills (Bush survivor badge).

To select the hike venue, Leaders present several ideas of places for members to brainstorm. Leaders must have knowledge of places being discussed. Things to consider when brainstorming ideas:

- transport to and from hike location – public transport, parent cars, leaders cars;
- the age, walking ability and fitness of all members. Always plan the length and duration of the hike to your slowest member. (N.B. This could be the Leader!);
- the path/trail chosen should be in an area of common use and well marked, e.g. along a bike/walking path, a parkland trail, a bush trail, a coastal walk;
- the possible cost.

Local councils, National Parks and Wildlife Services and adventure activity stores have information relating to walking paths and trails suitable for children.

An *Activity Approval Form* (Caring for Kids level 1) must be completed and forwarded to DHQ one month prior to the proposed hike. A permission note must be filled in by parents/carers.



2. Know how to prepare for a hike including packing and dressing.

Dress for a hike is determined by the season of the year in which the hike is held. Shoes must be comfortable. Sun protection needs to be used in all seasons as the wind can burn as well as the sun.

Summer – lightweight clothing: shorts, t-shirt or long sleeved shirt, sneakers, socks, protective hat, raincoat.

Autumn: as for Summer, with a sweater or jacket that can be removed and put back on.

Winter: jeans, t-shirt or long sleeved shirt, jumper, jacket, protective hat, raincoat.

Spring: as for Autumn.

Unsuitable clothes: singlet shirts, midriff tops, thongs, open-toed shoes.

Teaching ideas



TEACHING
IDEAS

Relay race

For each team provide the following adult clothes:

- Shirt/blouse/t-shirt
- Trousers/shorts
- Jacket
- Hat
- Socks
- Shoes

Other supplies needed for each team: back-pack, chair

Line the teams up at one end of the room, the clothes in the back-pack on a chair at the other end of the room. Team members race one at a time to the back-pack on the chair, remove the clothes from the bag. Members put the clothes on over their uniform, then run around the chair twice with the back-pack on their back. Members 'undress', replace the clothes in the back-pack on the chair, and race back to their team to tag the next player.

Packing

A list of the specific needs of members should be on the permission note to parents/carers.

Each member needs to carry a day pack which is a lightweight, small back-pack. A day pack should hold each member's food, drink, mini-first aid kit, sweater, raincoat, and sun protection. Spare clothes might be considered if there's the possibility of getting wet.

An alternative way to make sure all members have adequate food is to pack the individual lunches at the hall and supply to the members before departing for the hike though this will increase the cost of the outing.

Packing game

Have members lined up in patrol teams at one end of the hall and the items to pack at the other end. Half way between have a backpack for each team. On the word go the first member of each team runs, walks, or moves in a directed manner to the end of the hall to pick up the first item to be packed, moves back to the backpack, packs their item and returns to the team to tag the next player.

Either have one item for each player of your team or have the same amount of items to pack into the backpack (this means that uneven teams are not a problem because there are even numbers of items to pack, and this method means that you are packing what is necessary irrespective of team numbers).

The last player collects the backpack, puts it on their back, runs up to the end of the hall and then runs back to the team without anything falling out of the backpack. You may like to have the last player not pack anything just run to collect the backpack.

Variations:

- Have the lunch box and first aid kit not packed, teams must pack these first before they pack their backpack.
- Have a caller call items to be packed – this will reinforce the order in which things are to be packed. (Put the items to pack on a chair in line with the team but not easily picked up – piled up rather than laid out.)



Teaching ideas

- Have all items to be packed in one pile for all teams but make sure there are enough items – one of each thing for each team. You then have teams in four corners and the pile in the middle.

Food

Sandwiches, cracker biscuits, wraps, fruits and cheese sticks are ideal lunch foods. Fillings need to be chosen according to member likes and the ability to stay fresh. All food needs to be kept cool. Freezing the lunch drink overnight and placing beside the more perishable items will help to keep food cool and also provide a refreshing drink.

Snacks should be energy giving, e.g. muesli bars, trail mix, dried fruits, chocolate, small amount of sweets.

Drink

The amount of drink will depend on the weather and the physical difficulty of the chosen hike route. In summer or hot weather members' fluid intake will need to be a lot higher than in the cooler months. It is probably best to start the day with two drink bottles – one to sip along the way and the one which was frozen overnight for lunch. Water is the best drink to carry. Drink bottles taken from home can be refilled at any source of potable water. Pop-tops and popper juices are useful but any rubbish needs to be taken back home unless there are bins provided where you stop for lunch and snacks.

Mini first aid kit

Members can carry their own supply of band-aids, tissues and about 3 teaspoons of salt (in a cling wrap twist) or sachets from fast food outlets, in a self-sealing plastic bag. The Leader should have the other items such as elasticised bandages, triangular bandages, gauze, etc). A wet washer placed in another sealed plastic bag can be used to cool a member down if they get too hot and to clean hands before eating and after going to the toilet.



3. Explain safety precautions for a hike including the treatment of bush bites.

Hike plan and list of participating members given to a responsible person not going on the hike

No matter how short the proposed hike might be it is still vital that the route, date, time of departure and expected return time, together with a list of participating members and their contact phone numbers, are given to a responsible person. This may be someone at the Corps, at DHQ or a friend.

Discuss with members why the hike information and list of participants need to be left with a responsible person.

Carry copies of members' Individual Record Form

On the hike Leaders should carry with them up-dated copies of every participating member's Individual Record Form. This will give the Leader access to emergency contact details and any health issues relating to members.

Ask members why it is important for the Leader to carry each member's health and emergency contact details.

Teaching ideas

Adult/ child ratio

When planning an activity away from the hall there needs to be one adult for every six children. Plan to invite parents to help.

Knowing the route

Leaders need to have knowledge of the proposed route. Safety issues to consider:

- the need to cross roads;
- crossing creeks;
- using shared paths, e.g. walkers/bikes, hikers/cars;
- steep sections of trail or terrain;
- toilet facilities;
- possibility of bushfires;
- weather conditions.

Ask members to choose the best options in the scenarios given on **Handout 1**.

Before setting off

Safety issues for members to consider in preparation for a hike:

- obeying the Leader;
- keeping together;
- obeying traffic rules;
- the need for rest periods along the way;
- the amount of food and water to take;
- first aid supplies required for a kit;
- revision of trail signs
- how to use a compass to find direction;
- (optional) use of a GPS and/or mobile phone for finding location and emergencies.

It is essential that members understand that they obey the Leader at all times. When taking members into unfamiliar places as they could be on a hike it is important that they follow the Leader.

Play a game of 'Follow the leader'. This could be using hand actions or with movement around the hall.

Most problems on hikes occur when members become separated. If one person stops, everyone stops. It is important to keep together.

When using a shared pedestrian/bike path observe the markings for walkers/joggers. If the path is unmarked keep to the right hand side of the path so that you can see any oncoming bikes. Walk with no more than two members side by side.

Hiking routes can be on suburban or country roads. If hiking along roads shared with vehicles or crossing a road, extreme care needs to be taken. Practise the procedure of walking on the side of the road facing oncoming traffic and safely crossing a road with members.

Planned rest periods allow members to get their breath back, give their legs a break and the opportunity for a snack and water to be taken. If members know they will get a rest within a certain amount of time then they are less likely to complain along the way.



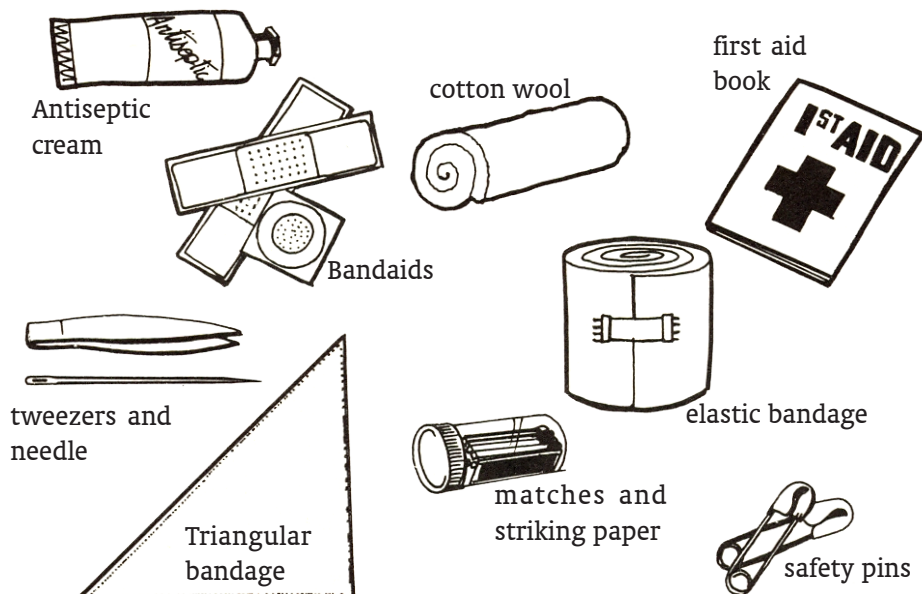
TEACHING
IDEAS



Teaching ideas

Each member should carry their own food and water supply. The amount of food and water to be carried depends on the length of the hike and the time of day. Sun protection is a major health factor in hiking. This will include an applied sunscreen, a protective hat and appropriate clothing. (Refer to **Badge Requirement 2.**)

The Leader should carry the First Aid kit but individual members may like to carry their own supply of salt (to remove any leeches) and band-aids for the inevitable blister or scraped knee. Discuss with members what items should be in a basic first aid kit.



Play Kim's game – provide a variety of items that are in a basic first aid kit and ask members to observe them for two minutes. Cover the items and ask members to make a list of as many items as they can remember.

Things to know when lost:

- don't panic – someone will come looking for you;
- stay where you are unless it is dangerous;
- make sure everyone keeps together;
- if separated from the group and you have a mobile phone, call the leader or someone who can help. The emergency numbers – 000 or 112 (mobile);
- call for help or make a loud noise at regular intervals;
- make a large SOS signal, e.g. with stones, in the dirt/sand, with clothes.

If an accident occurs at least two people would be required to go for help if no-one has a mobile phone. A mobile phone may activate the emergency numbers even when out of range of normal services.

Treating common Bush Bites

The most important thing to remember when someone gets bitten is to get adult help as quickly as possible and to tell the adult what has happened.

NOTE: Treatment methods constantly change so check with a qualified first-aid for the current treatment.

Teaching ideas

You may like to show the bush biters on **Handout 2** when teaching this badge requirement.

snake Bites

There are venomous snakes in Australia. Remember that they will leave you alone if you leave them alone. If someone is bitten always assume that the bite may be dangerous.

Treatment

- Keep the patient still and help them to keep calm.
- Apply a broad, firm bandage around the limb, beginning at the bitten area. (As much of the limb should be bandaged as possible.)
- Keep the limb as still as possible. Splint the limb using timber or any rigid material.
- Bring transport to the patient if possible.
- Leave the bandages and splint on until medical care is reached.

spider Bites

The two most dangerous Australian spiders are the red back spider and the funnel web spider.

Treatment

- Funnel Web – same as the treatment for snake bite.
- Red-back Spider – Apply icepack to bitten area and seek medical aid.

Ticks

Ticks are common in the Australian bush and if they get into your skin they can cause itchiness and sometimes make you sick. Prevention is better than cure so, before you go into the bush, it is wise to apply insect repellent to clothing (spray-on type repellent to trouser and shirt cuffs) or to skin and reapply every few hours.

If a tick is attached, Adventurers/Sunbeams need to get an adult who will then treat it.

Treatment

- The tick can be gently removed with fine pointed tweezers.
- It is normal for a tick bite to remain slightly itchy for a few weeks, but if this continues a doctor should be consulted.

Leeches

Leeches are generally found in damp areas. They are like small worms and if they attach themselves to your skin they can cause loss of blood.

Treatment

- If they are not attached, they can easily be brushed off. However, if they are attached, apply salt and they will fall off.
- Wash the bite area, apply pressure to stop the bleeding and use a band aid, bandage or some gauze and an adhesive strip.



TEACHING
IDEAS

Teaching ideas

Game

Use the pictures of the 'Bush Biters' (**Handout 2**). Photocopy and cut into six separate pieces. Play a game to reinforce the teaching:

- at a table on the other side of the room put the things that are needed to treat all the different types of bites (mixed up), e.g. salt, tweezers, splints, bandages, and so on;
- one person at a time takes an item from the table and places it in front of the picture of the creature whose bite it will treat;
- see how quickly everything can be sorted out.

Role Play

Make up a story about children having fun in the bush and coming across one or more of the 'bush biters' mentioned in this badge. Ask them to explain how to treat a bite, should this happen.



4. Learn and use five trail signs and tracking signs and explain their meaning.

Trail signs

- Trail signs are made on the ground using sticks, grass or stones. They are placed close to the left-hand side of the track.
- An Adventurer/Sunbeam never damages rocks, trees, plants or private property.
- Make the sign obvious so that the follower knows that it is meant for them.
- If a member loses direction when following a trail, retrace path to the last sign to check and try again.

Game

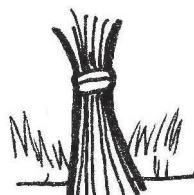
Set a trail around the hall, using trail signs for members to follow. This could be done in pairs, with each pair starting off at a different time. Be sure that the children are safe and supervised at all times when moving around the hall. Use **Leader's Resource 1** to help with this game.



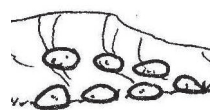
This way



This way



This way



This way



Turn left



Turn left



Turn right



Turn right



Danger



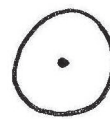
Message 3
paces to the
right



This way to
water



Don't go
this way



Gone
home

Teaching ideas



TEACHING
IDEAS

Tracking signs

- Tracking signs are those signs left by humans or animals – e.g. footprints, runways, droppings.
- Tracks can give a lot of information such as the nearest water, if someone is injured etc.
- Deep prints mean that someone is carrying a weight or landing heavily such as when hopping.
- Running prints only show the toes and the sand or dirt is kicked backwards
- The faster the person is travelling usually the straighter the line of tracks are.
- Young and elderly take shorter steps; men have a longer stride.

Common Tracks



Man



Kangaroo



Fox



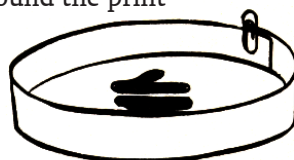
Cat

Make a plaster cast of a track

1. Find your track.



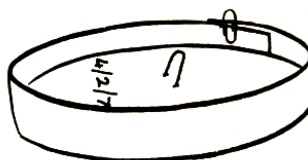
2. Put a cardboard 'collar' round the print



3. Mix your plaster.



4. Pour plaster into mould.
When it is nearly dry
stick in a paper clip and
write in the date.



5. When the plaster is dry, lift it, remove the cardboard. Clean off any dirt and hang your specimen in the hall.



WALLABY PRINT



Teaching ideas

No matter what the purpose of the hike members can use skills that have been learned in other badges.

Compass

Revise the cardinal points north, south, east and west. Members **9–10** also revise the four points between the cardinals: north-east, south-east, north-west and south-west.

Game

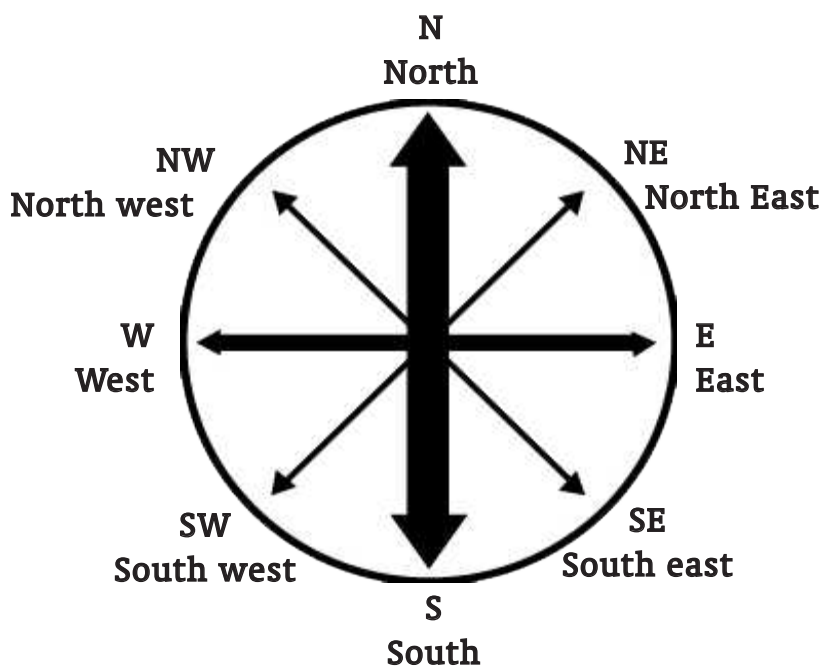
Preparing to play: Make eight flashcards showing the initials of the eight compass points (N, S, E, W, NE, SE, NW, SW). Determine the direction of N (north) using a compass. Show members how to hold the compass in the hand and wait for the needle to settle on N. Choose a member to place the 'N' flashcard on the floor. Determine with members where the other three cardinal points are in relation to N. Place these on the floor in a circular pattern. **9–10s** can now place the other four compass points in place.

Playing the game: Sit one member in the centre of the 'compass' circle so that they are facing 'N'. They are to close their eyes. All the other members are to run or skip around the outside of the circle. On a signal from the Leader the members stop near a compass point flashcard. The Leader nods to one member who calls out, '_____' (name of member sitting in centre), where am I?' The member in the centre, without opening their eyes, has to guess which direction the voice came from.

(This can be calculated by visual thinking – they are facing North, East is to the right, West is to the left, South is directly behind. The other points are off centre to the cardinal points.)

7–8s are only to be given the cardinal points to choose from when they have their turn in the centre. **9–10s** can choose from all eight compass points.

Draw diagram of circle with eight compass points marked on the circumference.



Teaching ideas



5. Experience a short hike.

The hike is to be an enjoyable experience. It should teach co-operation, patience, obedience, physical endurance and a love for the outdoors.

Take members on a short hike of five to ten kilometres in length.

- The hike is to take no more than one day.
- Transport to and from the hike route needs to be arranged.
- Adult supervision needs to be adequate.
- Check each member's food and water supply before departing. An inadequate food supply for one member could be a problem.
- Every member is appropriately dressed.
- The list of participating members and the route information has been given to a responsible person.

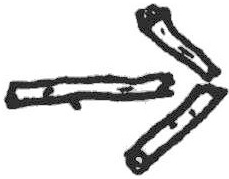
Handout 3 may be used to reinforce teaching.



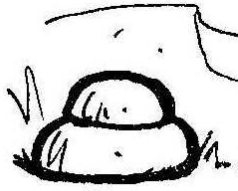
TEACHING
IDEAS

Leader's Resource 1

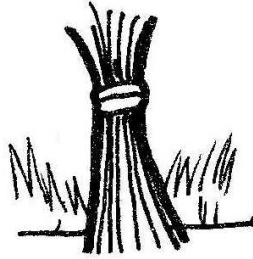
Make up trail sign cards. Use with or without meanings underneath. Cards may also be used to play memory games or used to practise 'indoor' tracking.



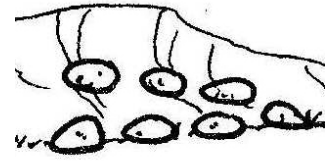
This way



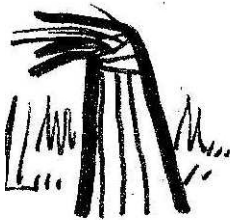
This way



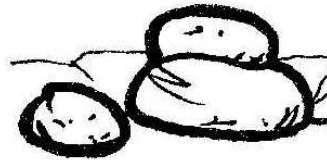
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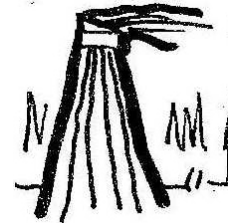
This way



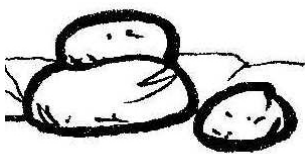
Turn left



Turn left



Turn right



Turn right



Danger



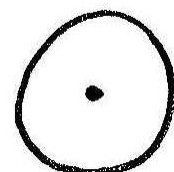
Message 3
paces to the
right



This way to
water



Don't go
this way



Gone
home

Handout 1

Adventurer/Sunbeams

Members choose the best answer for the following situations:

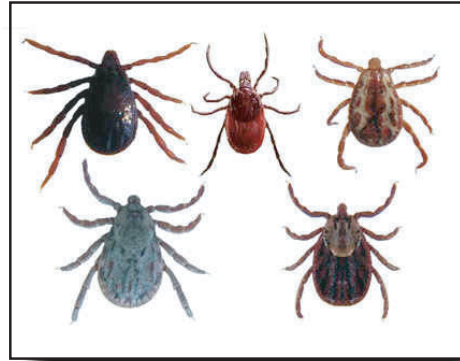
1. On Saturday twenty Adventurers/Sunbeams were hiking along the river track. A main road had to be crossed near the river bridge.
 - a) Some members ran ahead to cross the road first.
 - b) Everyone crossed the road at the same time, even if it meant holding up traffic.
 - c) The group went back home because they didn't know how to cross the road safely.
2. It had been raining a few days before the Adventurer/Sunbeam bush hike. The Leader needed to check if:
 - a) The sun was going to shine on hike day.
 - b) Whether the creek we had to cross had become swollen from the rain.
 - c) Whether the creek had been washed away.
3. Part of the planned hike was on the bike path through the town. The group were told to:
 - a) Walk where they could dodge the bikes.
 - b) Try to make it hard for cyclists to ride along the path.
 - c) Walk on the right hand side of the path so that cyclists could see them clearly.
4. The best time of year to hike in the bush is when bushfire danger is:
 - a) Extreme.
 - b) Moderate.
 - c) Low.
5. Not all walking trails have toilet facilities. Members should be prepared to:
 - a) Responsibly use the bush as a toilet.
 - b) Hang on all day and not go to the toilet.
 - c) Wet yourself.
6. The dirt road members were hiking along was sometimes used by a farming family to access their property. Suddenly a car came along:
 - a) Members had to quickly step off the road to the right so the driver could see them clearly.
 - b) All the members began to cheer loudly to attract the driver's attention.
 - c) Members had to quickly step off the road to the left so the driver could run over them better.
7. When hiking along the coastal road the path was suddenly beside the steep cliff. The Leader called out to pass the message on to walk carefully.
 - a) No one listened and one person slipped on the edge.
 - b) Each member passed on the message to the person behind them and everyone passed that section safely.
 - c) The message changed as it was passed on from member to member so the last person heard 'talk cheerfully' instead of 'walk carefully'.



Handout 2

Adventurer/sunbeams

Bush Biters



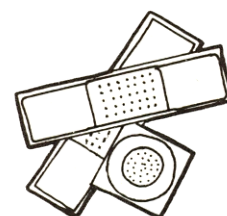
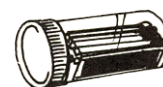
Handout 3

Adventurer/sunbeams

'Take a hike' Wordsearch

Find the following words and phrases in the wordsearch. The words and phrases may be written vertically, horizontally or diagonally.

R	R	B	A	E	F	O	O	D	B	F	K
E	O	A	I	P	I	B	U	S	H	J	E
S	U	N	S	C	R	E	E	N	A	Q	E
T	T	D	V	A	S	Y	B	K	C	L	P
O	E	A	W	A	T	E	R	J	I	W	T
S	U	I	Z	L	A	I	U	K	D	H	O
S	A	D	T	E	I	H	L	L	S	R	G
A	N	R	O	A	D	R	U	L	E	S	E
P	H	Z	Z	D	K	G	H	E	O	K	T
M	D	T	Y	E	I	A	F	X	H	G	H
O	K	C	A	R	T	M	S	L	S	C	E
C	O	M	F	O	R	T	A	B	L	E	R



BANDAID

COMPASS

HAT

LEADER

ROAD RULES

SHOES

WATER



BUSH

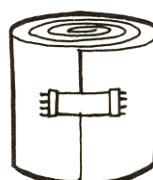
FIRST AID KIT

HIKE

OBEY

ROUTE

SUNSCREEN



COMFORTABLE

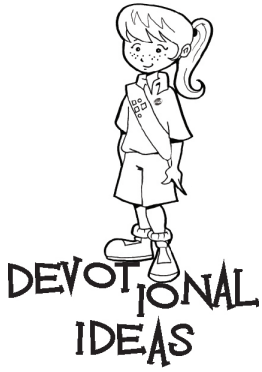
FOOD

KEEP TOGETHER

REST

SALT

TRACK



Devotional ideas



1. **Title:** On track
Bible: Psalm 27:11a
Thought: Stay on track for God
Supplies: A Bible, a model train engine

Present model train to group and ask how many have played with a model train, or who owns one.

Comment on the style of train, colour etc. Ask members what is under the train. Turn over and display the wheels. Comment on how many wheels there are (most model trains will have about 6 to 8 wheels). Ask members what these wheels do. *(They guide the train by staying on the track.)* Ask members what happens if they do not. *(The train will have an accident – which we call a derailment)* If the train wheels stay on track there is no reason why the train can't keep going and going.

It's even more important for you and I to stay on track. Of course we do not have wheels or tracks to run on like a train, but we need to be on track for God. If we do what God wants us to do – like being kind and thoughtful, not saying unkind things, or not doing nasty things – it's like being on track. If we keep on track we can keep going and going.

Read Bible passage. Allow children to make their train track by pasting the words of the passage onto the tracks.

Teach me

to follow

Lord,

and lead me

on the

right path.

Psalm 27:11



Devotional ideas



2. Title: Guide Map

Bible: 2 Timothy 3:15

Thought: The Bible is our map

Supplies: A Bible, a street directory or map

Present the map/street directory to members and ask them if they know what it is. Then tell them that this is a road map. Find your local map and point out some places: to get to our hall from (someone's) house I would need to travel along these roads.

If I have a street directory in the car, I can go anywhere if I use it. I will not get lost, – even if I am travelling in a place I don't know very well.

God has given us a map. It doesn't tell us how to get from one place to another but it does direct us as we travel along in life. Ask members if they know what that map is.

God has the directions for our life are all laid out in this (hold up Bible).

God gives us many directions in the Bible. The most important one is to follow Him. Then someday we will live with Him in Heaven.

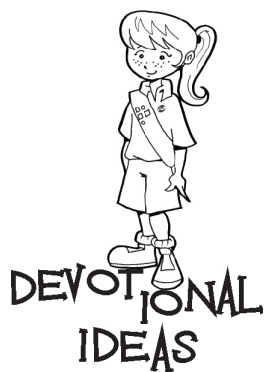
God also maps out other directions for us like honouring our parents, to love one another, to be kind to each other. These are great directions for our life.

Can anyone think of any others (*pray often, give to the poor, praise him, don't gossip*). All these directions are ways that we should take while travelling to heaven. The most important one is to follow God. Read the passage of scripture. This scripture tells us that when we read the Bible we become wise – we understand God's plans, we believe His directions for our life and follow them.

If you follow God's map, if you do what the Bible says, you will never be lost or take a wrong turn. God has given us the Bible as a means of finding our way to follow Him and reach eternal life in heaven with Him.



DEVOTIONAL
IDEAS



Devotional ideas



3. Title: Trail signs

Bible: Isaiah 30:21, Exodus 20:12 - 17; Psalm 25:4

Thought: God gives us directions about how we should live to please Him.

Supplies: Trail signs or materials to make them

It's fun to use signs to tell our mates where we have gone. Who can show us the sign for *Stay on the track* and *Keep on going*? (Have members make the signs or choose the right one from a group of cards you have.) It can be hard to know which way to go when one path meets another path. The sign helps us know what to do.

Sometimes life is like that. We have to make a decision about what we will do and we're not sure. Like when something gets broken and Mum or a leader asks who did it – do we own up?

God has given us a great promise in Isaiah 30:21. 'If you wander off the road to the right or to the left, you will hear His voiced behind you saying, 'Here is the road. Follow it.' (GNB)

It's like our conscience saying, 'You know that would be wrong. Don't go there, stick to the right path.' Or, if we want to turn from a wrong way of doing things, we need to *turn to the right* (have members make or choose the sign for this).

To help us know which is the right path, God has given us directions in the Bible. Choose someone to read Exodus 20:12 - 17. Ask the group to tell you some of the directions God has given. (Answers need not be restricted to the passage read.)

There is a prayer in the Bible that is good to remember. It's in Psalm 25:4 – '*Teach me your ways (or paths) O Lord; make them know to me.*' Let's pray it together now.