

# SCOUTING IRELAND ADVENTURE SKILLS: HILL WALKING- SESSION GUIDE





### Introduction

The session guides created by the SFNI Programme Lead have been designed to help support delivery of SI Adventure Skills Stages 1-4 in Hillwalking and each session is pitched at a particular Section or level.

Each guide contains a total of **five sessions** that provide activities that are intended to encourage and promote developing the necessary skills and knowledge linked to completion of each of the skills levels.

**Four** of these sessions have been designed to be delivered within the 'den' and the **fifth** session, intended to be a practical session that will enable the learner to apply the skills and knowledge necessary to complete a hiking activity safely and confidently as per the requirements for completing the skills Stage.

### Completing the Hillwalking Adventure Skill

Before beginning delivery of the Hillwalking Adventure skill, **it is important to do a few things:**

**Firstly**, read through the session plans and become comfortable with the activities described and the resources required. You may find that through experience that a different approach or activity may suit better to deliver this training, adapt the session for what works best for you and the group.

**Secondly**, take time to plan delivery with the group, utilize **Plan, Do, Review**, ensuring the group have been engaged and explored the [Hillwalking Adventure Skill](#) and chosen to take part and shape their experiences across this learning journey.

**Finally**, research a few locations that will be used to **facilitate the practical hike** elements required to complete the Adventure Skills Stage. Each Stage requires more than one hiking activity to be undertaken before it can be awarded, so ensure that you are comfortable and confident in the places you intend to use, and that **Risk Assessments** have been complete regarding these activities.

### Using the Session Plans

There are a total of four complete skills session guides created, each linking in with a different skills stage and aimed at a particular section/ group:

- Hill Walking Stage 1** – Beaver/Cub/ Beginner
- Hill Walking Stage 2** – Beaver/ Cub/ Beginner
- Hill Walking Stage 3** – Cub/ Scout/ Novice
- Hill Walking Stage 4** – Scout/ Venture/ Competent

Each session begins with an energizer activity, loosely linked to the learning activity, an introduction, learning activity(s) and a close/ reflection element.

A **description** of an activity to complete related to the title and prompts on how to complete this activity are provided.

A **timing column** has been included, for guidance only. It may be beneficial to slow down and stretch out activities dependent on your group.

A **resource column** includes a list of equipment and/ or external links to additional resources to assist in the delivery of the activity.

Hill Walking – Skills level 1			Week 2	
Adventure Skill	Hill Walking	Session number	2- Introduction & Kit	
Level	1	Session length	50 minutes	
Section/ Skill level	Beavers/ Cubs/ Beginner	Location	Den	
	Activity	Time	Resources	
Energiser Break Time Or is it?	<p>This short activity is less an energiser and more of a way of introducing learning in a fun way that highlights what nutrient rich food you should bring on a hike.</p> <ul style="list-style-type: none"> <li>Have prepared dried fruits, nut free muesli/ breakfast bars, cheese strings, crackers &amp; chocolate bars.</li> <li>Offer the food and ask the group in what ways would these foods help on a hike/ hill walk:               <ul style="list-style-type: none"> <li>-Dried fruits/ cereals help to 'fill' us</li> <li>-Crackers- carbohydrates refresh glucose in the brain getting rid of any fuzzy head-ness</li> <li>-Cheeses and dairy fill the bloodstream with fats dealing with the cold</li> <li>-Chocolate gives us a boost and refreshes us</li> </ul> </li> <li>To complete this task why not create with a group a chart that details all that has been learned regarding nutrition and hiking.</li> </ul> <p>Discuss that the Group will continue completing learning around Hill Walking Adventure Skills level 1 + introduce the next <b>session</b></p>	15 minutes	Fruit and snack as described	
Preparing for a Hill Walking activity- Packing my bag	<ul style="list-style-type: none"> <li>Having worked out what clothing and kit to bring, next challenge the group(s) to pack a 'kit' bag the correct way for undertaking a Hill Walking activity making sure they pack correct items from the selection made available in the previous activity.</li> </ul>	25 minutes	Kit from Dressing Bob activity including appropriately sized rucksack. Resource/ guidance document on packing a rucksack	
Close/ what we learned	<p>To finish the session revisit all that you have done and ask the group to tell you one thing that they have learned.</p> <p>Answers may include:</p> <ul style="list-style-type: none"> <li>What is involved in completing Adventure Skills level 1 in Hillwalking.</li> <li>Clothing and kit to bring on a Hill Walking Adventure</li> <li>Food &amp; Nutrition</li> <li>How to pack a rucksack correctly</li> </ul> <p>Don't forget to ask how the group found the first 2 sessions. What did they like? What would they change?</p>	10 minutes		
	<ul style="list-style-type: none"> <li>Adventure Skills level 1</li> <li>I can pack a rucksack for a day hike.</li> <li>I know what food to bring on a hike</li> </ul>		SPICES	<ul style="list-style-type: none"> <li>-Communicate effectively with others</li> <li>-Be responsible for own learning</li> </ul>
				<ul style="list-style-type: none"> <li>-Understand and show how to maintain a healthy diet</li> <li>-Demonstrate the confidence to deal with life's challenges</li> </ul>

Finally, at the end of each session you will find a list of the **Adventure Skills outcomes** covered by the session and the **SPICES** that relate to the activities delivered.

#### External web links

<https://sfni.org/wp-content/uploads/2021/02/Hillwalking-Logbook.pdf>



## Hill Walking Adventure Skills Stage 3

### Session Plan

Den sessions = 4

Practical hike session = 1\*

Section/ Skill level – Cub/ Scout/ Novice

\*Please note that to complete the Adventure Skill at this level more than one hiking activity must be completed





Hill Walking – Skills Stage 3				Session 1
Adventure Skill	Hill Walking	Session number	1- Planning & keeping safe	
Stage	3	Session length	45 minutes	
Section/ Skill level	Cubs/ Scout / Novice	Location	Den	
		Activity	Time	Resources
<b>Introduction Energizer</b>	<b>Taking out the trash</b> <ul style="list-style-type: none"> <li>Spread the circles/ hoops evenly across the playing space and place a card with a year written on it in the center of each. Make sure the center area of the playing space is clear and large enough for the group to stand.</li> <li>Tell the group that they will be asked to work out <b>'how long'</b> it takes for an item to decompose. You will read out a range of items and the group must go to the circle/ hoop they think corresponds to the amount of time it takes for the item to decompose.</li> <li><b>Orange Peel:</b> 1-2 Yrs. <b>Cigarette:</b> 1-5 Yrs. <b>Leather:</b> 1-5 Yrs. <b>Wool Socks:</b>1-5 Yrs. <b>Gum:</b> 5 Yrs. <b>Plastic Paper:</b> 5 Yrs. <b>Plastic Bag:</b> 10-20 Yrs. <b>Nylon Fabric:</b> 30-40 Yrs. <b>Tin Can:</b> 50Yrs <b>Aluminum Can:</b> 80-100 Yrs. <b>Plastic 6 Pack Holder:</b> 100 Yrs. <b>Glass Bottle:</b> 1,000,000 Yrs.</li> <li>Take time to correct the group if they get the answers wrong and discuss the groups thoughts and feelings about the time frames for each item.</li> </ul>		10 minutes	9 Hula Hoops or alternatively draw 9 chalk circles the size of a hula hoop.  9 cards reading: 1-2 Years 1-5 Years 5 Years 10-20 Years 30-40 Years 50 Years 80-100 Years 100 Years 1,000,000 Years
<b>Introduction Adventure Skills-Hill Walking Stage 3</b>	Introduce the Stage 3 Hill Walking Adventure Skills session by reflecting on what was learned across the first and second skills sessions and explaining that next the group will look at being prepared for undertaken a hillwalking adventure.  Tell the group what areas Hill Walking Skills Stage 3 looks. Explain that the game just played is linked to 'Leave No Trace' and this is the first area that will be explored.		5 minutes	Adventure Skills – Hill Walking guide
<b>Introducing Leave No Trace</b>	<b>The Seven Principles Poster</b> <ul style="list-style-type: none"> <li>This activity will introduce the Group to the main Principles of Leave No Trace. Prepare for this activity by familiarizing yourself with the main principles and relating them to real life examples/ experiences that you and the group have undertaken.</li> <li>The groups task will be to design a poster that identifies and explains the main principles. You can run this activity a number of ways, either split into smaller groups and design multiple posters detain Leave No Trace or if numbers allow, give individuals/ pairs one of the Principles and ask then to create a poster for this, showcasing and sharing them across the larger group.</li> <li>Display posters in Den for all Sections to see and learn from.</li> </ul>		25 minutes	<a href="#">Leave No Trace Principles Webpage</a>  Paper/ Card Pencils/ Colours/ Paint
<b>Review</b>	<b>Reflect on all the learning and delivered and evaluate the activities with the Group.</b>		5 minutes	N/a
<b>Adventure Skills Stage 3</b>		<b>SPICES</b>		
<ul style="list-style-type: none"> <li>I know the main principles of "Leave No Trace".</li> </ul>		-Communicate effectively with others -Be responsible for own learning -Apply own capacity for imagination and ideas, showcasing the ability to be innovative and creative -Demonstrate the confidence to deal with life's challenges	-Show awareness and understanding of the true value of things -Understand and demonstrate a respect and appreciation for 'own' environment, the role played within it and the contributions and impact your actions have upon it.	



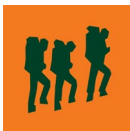
Hill Walking – Skills Stage 3			Session 2	
Adventure Skill	Hill Walking	Session number	2- Planning & keeping safe	
Stage	3	Session length	45 minutes	
Section/ level	Skill	Cubs/ Scout / Novice	Location	Den
		Activity	Time	Resources
<b>Introduction Energizer</b>	<p><b>Speak for One Minute</b></p> <ul style="list-style-type: none"> <li>Form a circle with the group and ask one person to stand in the center.</li> <li>The person in the middle then has to speak for one minute on that subject without repetition or hesitation.</li> <li>If anyone in the circle spots hesitation or repetition they shout 'freeze', level their accusation and, if accepted, attempt to finish off the minute again without repetition or hesitation</li> </ul> <p>The activity should set up being able to continually talk, make a noise for a prolonged time and will assist in completing the main activity.</p>	10 minutes	Large playing space	
<b>Activity- Being prepared for a hill walking activity: Distress Signals</b>	<p><b>Louder, Louder, Louder</b></p> <ul style="list-style-type: none"> <li>Keeping safe and being ready to respond to emergency are key skills that the group should have begun to engage with across Stages 1+2 of Hill Walking Adventure Skills.</li> <li>This activity will revisit and consolidate some of this previous learning and provide opportunities to try out some of the distress signals used across outdoor adventuring.</li> <li><b>Make some noise</b> – Explain that the universal distress signal is usually some kind of signal repeated three times. Ask the group to <b>shout help (x3)</b> now ask what other things they could use – <b>Whistle (x3)</b> – <b>Beat a pan (x3)</b>. Try the group with the whistles- <b>This activity may not be suitable for someone with sensory needs.</b></li> <li><b>Show me you're in trouble-</b> Next ask the group how they may physically signal to someone they are in distress- use the blanket/ flag to signal for help. Demonstrate and show how torches or mirrors may also be used to attract attention.</li> <li>Finally, using the principle of 3- explain that 3 columns of smoke also indicate distress and ask the group to set up (x3) tripod shaped fires- <b>DO NOT LIGHT</b></li> </ul>	30 minutes	Whistles Blankets/ Flags Mirror/ Reflective item Torches Dry Kindling/ Logs	
<b>Additional Distress Signal Activity</b>	<p>This activity should be considered and built into a woodland walk if you have such an activity planned.</p> <ul style="list-style-type: none"> <li>Use the webpage and familiarize yourself with the different Leaving Signals that can be used to help others track you.</li> <li>Using materials found on a woodland walk, introduce these signals, and set the group a challenge of leaving a trail for you to follow.</li> </ul>		<a href="#">Scouts Leaving Signals webpage:</a>	
<b>Close/ what we have learned</b>	<p>To finish the session revisit all that you have done across the previous 2 sessions and ask the group to tell you one thing that they have learned.</p> <p><b>Don't forget to ask how the group found the session. What did they like? What would they change?</b></p>	5 minutes		
<b>Adventure Skills Stage 3</b>		<b>SPICES</b>		
<ul style="list-style-type: none"> <li>I know how and when to use the main distress signals.</li> </ul>		-Communicate effectively with others -Be responsible for own learning	-Understand and demonstrate a respect and appreciation for 'own' environment, the role played within it and the contributions and impact your actions have upon it.	



Hill Walking – Skills Stage 3				Session 3	
Adventure Skill	Hill Walking	Session number	3- Preparation		
Stage	3	Session length	45 minutes		
Section/ Skill level	Cubs/ Scout / Novice	Location	Den		
		Activity	Time	Resources	
<b>Introduction Energizer</b>		<p><b>Directions</b></p> <ul style="list-style-type: none"> <li>Set the game up by writing the following directions on a board/ flipchart: turn left / turn right / straight ahead / turn around at the traffic lights</li> <li>Stick a length of tape on the floor and explain that all the group must stand to the left of the tape when you call out turn left, put their feet on either side of the tape for straight ahead, turn around and face the opposite direction for turnaround at the traffic light, etc.</li> <li>Whoever is on the wrong side of the line is out and can begin calling out the instructions. Shout instructions quicker and quicker to try and catch group members out.</li> </ul>	15 minutes	Tape Board/ Flip Chart & Stand Marker	
<b>Introduction Adventure Skills- Hill Walking Stage 3</b>		<p>Introduce the Stage 3 Hill Walking Adventure Skills session by reflecting on what was learned across the first skills sessions and explain that next the group will look at some more about being prepared and ready to undertake an outdoor hiking adventure.</p> <p>Explain that the game was related to directions and that to start the session we will look a little closer at compasses and using these directions.</p>	5 minutes	Adventure Skills – Hill Walking guide	
<b>Activity- Using Compasses &amp; Reading Maps</b>		<p><b>North, South, East &amp; West</b></p> <ul style="list-style-type: none"> <li>To prepare for this activity, familiarize yourself with how to use a compass and a map- the link in the resources provides a clear explanation.</li> <li>In pairs, hand out a map and a compass to each. Find a route on the map you wish to follow- a main path or road and ask the group to orientate the compass following the steps described in the link.</li> <li>Try this a few times so the group get the idea of how to properly use a compass and map- you may wish to ask one of the pairs to use the 'map apps' on a mobile device to see how accurate they are against the traditional method.</li> <li>While the group have their maps, ask them to revisit prior learning by pointing out to you the main features on the map and revisit what symbols etc. mean.</li> <li>You may also run the activity as a competition to see who can position themselves quickest using just a map and compass.</li> </ul>	20 minutes	<a href="https://getoutside.ordnancesurvey.co.uk/guides/beginners-guide-to-using-a-compass/">Get Outside- Ordinance Survey – How to use a compass web link:</a>  Maps Compass (Enough to share in pairs)	
<b>Review</b>		<b>Reflect on all the learning and delivered and evaluate the activities with the Group.</b>	5 minutes	N/a	
<b>Adventure Skills Stage 3</b>		<b>SPICES</b>			
<ul style="list-style-type: none"> <li>I can use a compass to find directions.</li> <li>I can point out the features of a map.</li> </ul>		<ul style="list-style-type: none"> <li>-Communicate effectively with others</li> <li>-Be responsible for own learning</li> <li>-Demonstrate the confidence to deal with life's challenges</li> </ul>		<ul style="list-style-type: none"> <li>-Assess and determine outcomes relating to situations as you find them, developing skills in making informed decisions and choices to find the best possible solution to any given situation</li> </ul>	



Hill Walking – Skills Stage 3				Session 4	
Adventure Skill	Hill Walking	Session number	4- Preparation		
Stage	3	Session length	55 minutes		
Section/ level	Skill	Cubs/ Scout / Novice	Location	Den	
		Activity	Time	Resources	
Introduction Energizer	<b>Trust Pinball</b> <ul style="list-style-type: none"> <li>Ask the group to form an oblong shape with an opening at either end.</li> <li>Blindfold one group member and position them at one end of the oblong. Ask the remainder of the group to vary the shape but keep both ends open.</li> <li>The object is for the 'player' to reach the exit and trust that the group will gently guide them to this point.</li> </ul> <p>Trust in others is important when we are seeking their help as will be highlighted in the first aid activity that the group will be engaged in.</p>		15 minutes	Large playing space.	
	<b>Ouch</b> <ul style="list-style-type: none"> <li>While out and about, picking up minor and non-serious injuries is something to anticipate.</li> <li>Being prepared for such eventualities is good practice and something the group should have had experience with to date.</li> <li>Start this session by asking the group to describe the clothes and items they should bring and tell you why they are brought-<b>think clothes, kit, and their function.</b></li> <li>In this activity a First Aid Kit should have been introduced, and this will lead into the next activity.</li> <li>Using some make-up/ face paints, split the group into pairs and ask them to mockup a cut or abrasion.</li> <li>Now they must treat each other's minor injury using their first aid kit- give out extra plasters or bandages to replace the items that have been used.</li> <li>Make sure the group know how to clean wounds, elevate cuts if they are bleeding badly, ask the patient to apply pressure and follow correct procedures for applying plasters/ bandages.</li> </ul>		25 minutes	First Aid Kit – Extra non-latex plasters & bandages  Make up/ face paints  Baby wipes	
Being prepared for a hill walking activity: First Aid/	<b>Step this way</b> <ul style="list-style-type: none"> <li>This quick activity will introduce the group to ways of crossing bog/ wetland but is no substitute for discussing and demonstrating this in the real world.</li> <li>Prepare by placing some cut out cardboard steppingstones on the floor. (approx. 12)</li> <li>Underneath 4 of these, place a sponge (cut in half – length ways)</li> <li>Using a walking pole or stick, demonstrate how you prod the ground before moving to identify firmer areas and communicate the path to follow back to your group.</li> </ul>		10 minutes	12 x Cardboard Steppingstones  2x Sponges cut in half along its length  Walking Stick/ pole	
Being prepared for a hill walking activity: Boggy Ground	To finish the session revisit all that you have done across the previous 2 sessions and ask the group to tell you one thing that they have learned.  <b>Don't forget to ask how the group found the session. What did they like? What would they change?</b>		5 minutes		
Close/ what we have learned					
Adventure Skills Stage 3		SPICES			
<ul style="list-style-type: none"> <li>I know why you bring certain clothing on hikes.</li> <li>I know how to treat simple cuts and scratches.</li> <li>I know how to cross boggy ground.</li> </ul>		-Communicate effectively with others -Be responsible for own learning		-Assess and determine outcomes developing skills in making informed decisions and choices to find the best possible solution to any given situation	



Hill Walking – Skills Stage 3 – Practical Walk/ Hike			Session 5 Page 1	
Adventure Skill	Hill Walking	Session number	5 – Hill Walk Activity	
Stage	3	Session length	2-3 Hours	
Section/ Skill level	Cub/ Scout / Novice	Location	On site location	
	Activity	Time	Resources	
Prior to activity	<ul style="list-style-type: none"> <li>Plan the date and time of activity (check weather forecasts)</li> <li>Complete Risk assessment for activity</li> <li>Acquire all consents and bring attendance/ contact details.</li> <li>Bring additional kit/ clothing, water and Group First Aid kits.</li> <li>Ensure Group know appropriate clothes and kit/ food to bring.</li> </ul>	N/a	Risk Assessment Consent/ Attendance form Additional kit	
Meeting	<ul style="list-style-type: none"> <li>Meet the group at the main car park of the site you have chosen to lead a Hill Walking Adventure.</li> <li>Manage the larger group into smaller ones and within these pair up youth members and explain the importance the 'Buddy' system plays when we are out having an adventure.</li> <li>Ask the group what ways they think they should behave when out and how listening to and following instructions is key to keeping safe.</li> <li>Introduce 'Leave no trace' explaining that everything we take onto the mountains must be brought back with us and that staying to paths limits the damage we may cause whilst walking.</li> </ul>	5 minutes	N/a	
Beginning the adventure	<p><b>Task number 1- Getting Bearings</b> This activity will be used to introduce some very basic orienteering/ map reading to the group.</p> <ul style="list-style-type: none"> <li>Having crossed the road safely into the main boundary of the site ask the group to tell you what they can see:               <ul style="list-style-type: none"> <li>-Summit points</li> <li>-Natural features</li> <li>-Built features</li> <li>-Other interesting features</li> </ul> </li> <li>Select one of the smaller groups to lead the way and guide the group safely to a selected area.</li> </ul>	15 minutes	Basic map identifying main routes/ features of chosen site	
The next steps (Part 1)  Adventure Skills & Personal Development	<p><b>Task number 2- A Walk to the Summit</b> Across the duration of the hike/walk you will have the opportunity to teach the group about safety, looking after themselves and others and basic map reading along with a range of other areas in personal development.</p> <p><b>-Hill Walking Adventure Skills</b> As above, change the lead group at the head of the bigger group and ask them to navigate to certain points along the route you have chosen so that you may all follow. Build in plenty of opportunities to take a break and rest if required and have a few quick energizers, songs on hand to keep spirits up.</p> <p><b>-Mindfulness &amp; Well Being</b> Being in an outdoor environment such as this is also a great opportunity to engage in some mindfulness and connect with the world around us. Taking opportunities to hear the nature around us, the wind blowing through the long grass or the feel of the sun (or rain) on our faces helps us be calm and reflect on our world.</p> <p><b>-Challenging Ourselves</b> Completing a walk such as this can aid our physical health and enable us to recognize resilience and our own achievements.</p>	As required/ planned	As described/ required	





Hill Walking – Skills Stage 3 – Practical Walk/ Hike		Hill Walking Activity	Session 5 Page 2
	Activity	Time	Resources
<b>The next steps (Part 2)</b>	<p>The sites you visit are important places in terms of our heritage and in providing a habitat for a diverse range of flora and fauna.</p> <p>Your group will have selected an area of interest for them in the previous session and as such you should incorporate this learning across your walk.</p> <ul style="list-style-type: none"> <li>• <b>Heritage:</b> Hold a story telling activity at or across one of the summits, exploring the earliest settlers, to how the site/ area has been used by society.</li> <li>• <b>Geology:</b> Explore how this area was formed and how it shaped the valley and areas below.</li> <li>• <b>Wildlife:</b> Explore and look out for wildlife and discuss the unique biodiversity of the place you are visiting.</li> </ul>	As required/ planned	As described/ required
<b>Next Steps (Part 3)</b> <b>Scrapbook</b>	Across the adventure and learning take plenty of pictures and reaffirm learning through Q&As along with the resources provided. When back in Den why not create a scrapbook that details and shows what the group learned across their visit to the site that has been selected.	As required/ planned	Camera Photo's Guides/ Pamphlets Paper/ Scrapbook Pens/ Pencils
<b>Close/ what have we learned</b>	<ul style="list-style-type: none"> <li>• Complete the activity by affirming the group's actions, successes and behaviors and evaluate the experience with them.</li> <li>• Capturing evidence of your visit and learning, share the experience with others and work to complete a 2<sup>nd</sup>, 3<sup>rd</sup> &amp; 4<sup>th</sup> hike so your group can sign off on Hill Walking Stage 3 Adventure Skills</li> </ul>	5 minutes  N/a	
<b>Adventure Skills Stage 3</b>		<b>SPICES</b>	
<ul style="list-style-type: none"> <li>• I know how to get help if someone is hurt.</li> <li>• I can be a responsible member of my team. while we are hiking.</li> <li>• I have attended at least 3 hikes, in addition to those for stage 1&amp;2</li> </ul>		<ul style="list-style-type: none"> <li>-Demonstrate how to value others and develop skills and attitudes in maintaining positive relationships with others</li> <li>-Communicate effectively with others</li> <li>-Be responsible for own learning</li> <li>-Display the ability to believe in oneself, accepting own abilities and show contentment while striving to be the best one can be</li> </ul>	
		<ul style="list-style-type: none"> <li>-Understand and show how to maintain a healthy diet</li> <li>-Demonstrate the confidence to deal with life's challenges</li> <li>-Show responsibility for own physical development through maintain a healthy and balanced lifestyle</li> <li>-Treat others with respect</li> </ul>	