

# 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.

This guide contains a total of **four 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.

**Three** of these sessions have been designed to be delivered within the 'den' and the **fourth** 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<br>Break Time<br>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.<br><br>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><b>Don't forget to ask how the group found the first 2 sessions. What did they like? What would they change?</b></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> |  | <b>SPICES</b><br>-Communicate effectively with others<br>-Be responsible for own learning |   | -Understand and show how to maintain a healthy diet<br>-Demonstrate the confidence to deal with life's challenges |

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 4

### Session Plan

Den sessions = 3\*

Practical hike session = 1\*\*

Section/ Skill level – Scout/ Venture/ Competent

\*Additional sessions referencing Stages 1-3 are recommended

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





| Hill Walking – Skills Stage 4  |  |  | Session 1   |                            |
|--|--|--|---|----------------------------|
| Adventure Skill  | Hill Walking   | Session number   | 1- Introduction & Kit   |                            |
| Stage  | 4  | Session length   | 65 minutes  |                            |
| Section/ Skill level   | Scout/Venture/ Competent   | Location   | Den   |                            |
| Activity   |  | Time   | Resources   |                            |
| Introduction Energizer- Game   | <b>Hiking Relay</b> <ul style="list-style-type: none"> <li>Have prepared two sets of old hiking gear/ kit available including waterproof coat and trousers, hat &amp; gloves, size 12 boots, rucksack, and walking aid.</li> <li>Split the group into 2 teams and explain that they will complete a relay race.</li> <li>At turn, team members must put on all the gear/ kit, complete a lap of the hall/ space, and then remove the kit for the next person to put on and complete a lap.</li> <li>The winner is the team that sees all team members put on the kit/ complete a lap and remove the kit.</li> </ul>  | 15 minutes   | Kit/ Gear as described.<br><br>Large hall with a good length to facilitate the race   |                            |
|  | <b>Introduction Adventure Skills- Hill Walking Stage 4</b> <ul style="list-style-type: none"> <li>To introduce the session explain that at Stage 4 of Hillwalking Adventure everyone must be signed off to Stage 3 and that most of the activities will center around a practical weekend hiking activity.</li> <li>The group will plan and prepare their own hike and learn some useful skills along the way.</li> </ul>  | 5 minutes  | Adventure Skills – Hill Walking guide   |                            |
| <b>Preparing for a Hill Walking activity – Show &amp; Tell</b>   | <b>Looking after our Kit</b><br>This activity should explain to the group the importance of looking after our kit and the things you should do to make sure you are prepared to complete a hike. <ul style="list-style-type: none"> <li>Using the kit and equipment from the energizer, discuss what each is and how they should be tended to and looked after. e.g., Boots should be cleaned, polished and waterproofed/ Wet gear hung up on hangers to dry and not lose their shape/ Suitable jumpers, hats, gloves brought along etc.</li> <li>Ask the group to think about what other kit/ resources that should be brought on a hike/ weekend hike and discuss use and care for each. e.g., Maps, folded along crease/ Compass/ First Aid kit/ Walking poles/ Tents &amp; camp equipment if overnight activity is planned.</li> <li>To complete the activity, ask the group to design a 'care for' poster to use in the den.</li> </ul> | 40 minutes   | Equipment and kit used in energizer activity<br><br>Group hiking kit and resources<br><br>Materials to design an information poster |                            |
| <b>End/ 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 4</b>  |  | <b>SPICES</b>  |   |                            |
| <ul style="list-style-type: none"> <li>I can care for all my personal hiking equipment.</li> <li>I know what team equipment to bring and why.</li> </ul> |  | -Communicate effectively with others<br>-Be responsible for own learning |   | -Treat others with respect |



| Hill Walking – Skills Stage 4  |  |  | Session 2   |           |
|--|--|--|---|-----------|
| Adventure Skill  | Hill Walking   | Session number   | 2- Emergency  |           |
| Stage  | 4  | Session length   | 55 minutes  |           |
| Section/ Skill level   | Scout/Venture/ Competent   | Location   | Den   |           |
|  |  | Activity   | Time  | Resources |
| <b>Energiser Break Time Or is it?</b>  | <p><b>Mummies</b><br/>This short game will inject some fun prior to the session and be a great reference to the bandage activity that will be complete across the session.</p> <ul style="list-style-type: none"> <li>Split the group into three teams and give each team 3 toilet rolls each, or if you have them several rolled bandages.</li> <li>The object of the game is for each group to create the best ‘mummy’ using the materials.</li> <li>Secret method- have within eyesight a tray with toilet roll tubes/ glue / marker and felt tip available. The team could use these resources to make a mini mummy, and this is something you may want to get a fellow Scouter to do and show the group- this is a lateral thinking method and demonstrates how thinking about a challenge rather than just doing can yield different results.</li> </ul> | 10 minutes   | Toilet paper and or bandages<br><br>*Secret method:<br>Toilet roll tube/ glue / marker/ felt tips   |           |
| <b>Introduction</b>  | <ul style="list-style-type: none"> <li>This session will focus on dealing with emergencies and actions to take to respond to injuries.</li> </ul>  | 5 minutes  | N/a   |           |
| <b>Preparing for a Hill Walking activity- Discussion – Emergency Services</b>  | <p><b>Emergency Services</b><br/>This activity will revisit learning already complete across previous stages.</p> <ul style="list-style-type: none"> <li>Ask the group to list the emergency services and tell you in what circumstances you would need to contact them.</li> <li>Now coin the services using emergency scenarios that you might anticipate happening when completing a hike.</li> <li>Help the group to think about what these emergencies may be and discuss the emergency and non-emergency numbers to contact them.</li> <li>Finally revisit the other methods (distress signals) to use when on a hike to alert others that an emergency event is occurring – Adventure Skills Stage 3.</li> </ul>  | 10 minutes   | List of emergency services and understanding of their purpose and when/ how to contact them.<br><br>Distress signal information as per Stages 3 resources   |           |
| <b>Preparing for a Hill Walking activity- Practical demonstration</b>  | <p><b>Ouch...Sprains &amp; Blisters</b><br/>This activity will present practical first aid skills to use in treating sprains &amp; blisters, both potential injuries that may occur on a hike.</p> <ul style="list-style-type: none"> <li>Use the links provided to discuss and show the group how to treat a sprain and then ask for a few volunteers to demonstrate what you should do.</li> <li>Use the links provided to discuss and show the group how to treat a blister and then ask for a few volunteers to demonstrate what you should do.</li> <li>Finish the activity by asking the group to verbalise what action are taken in treating a strain and blister injury.</li> </ul>  | 30 minutes   | Laptop/ Projector<br><br><a href="#">NHS- How to treat sprains</a><br><br><a href="#">Sprains- Red Cross video</a><br><br><a href="#">How to treat a blister – video</a><br><br>Bandages/ dressings/ plasters |           |
| <b>Close/ what we have learned</b>   | To finish the session revisit all that you have done across the previous 2 sessions and ask the group to tell you what they have learned, reflecting on what the session has delivered.<br><br><b>What was good about the session, what would they change?</b>   | 5 minutes  | N/a   |           |
| <b>Adventure Skills Stage 4</b>  |  | <b>SPICES</b>  |   |           |
| <ul style="list-style-type: none"> <li>I know how to treat simple sprains and blisters.</li> <li>I know the different emergency services that are available and how and when to call them</li> </ul> |  | -Communicate effectively with others<br>-Be responsible for own learning | -Demonstrate the confidence to deal with life's challenges  |           |



| Hill Walking – Skills Stage 4   |  |  | Session 3  |  |
|---|--|--|--|--|
| Adventure Skill   | Hill Walking   | Session number   | 3 – Planning a Hike/ Weekend Activity  |  |
| Stage   | 4  | Session length   | 70 minutes   |  |
| Section/ Skill level  | Scout/Venture/ Competent   | Location   | Den  |  |
|   | Activity   | Time   | Resources  |  |
| <b>Introduction Energizer – Game/ Show &amp; tell</b>   | <b>Bag Pack</b><br>Have two sets of rain gear, jumpers, first aid kits, socks, water bottles, sleeping bags, emergency shelters/ tarp, hat. Gloves/ dry food and a Trangia and trainers ready, along with two rucksacks. <ul style="list-style-type: none"> <li>Split the group into two and ask each group to pack the rucksack the way that they think is best for a hiking activity.</li> <li>Take time to inspect the rucksacks and then debrief with the group the correct way as per the Stage 1 session plan and other guidance.</li> </ul>   | 20 minutes   | As described in the activity<br><br>Resources describing correct way to pack a rucksack. |  |
| <b>Introduction</b>   | <ul style="list-style-type: none"> <li>This session will focus on planning a Hike/ Weekend activity. Group members should have completed several hikes across the previous Stages so should have knowledge of what is required to plan and complete a hiking activity.</li> </ul>  | 5 minutes  | N/a  |  |
| <b>Preparing for a Hill Walking activity- Planning</b>  | <b>Planning a Hike</b><br>This activity will encourage the group to plan for completing a Hill Walking Activity. <ul style="list-style-type: none"> <li>Begin by having a range of OS maps and other types available for a mountain site that you are familiar with and select an area on the map that you plan to hike to and camp at with the group.</li> <li>Help the group to identify access points across the map and begin to plan with them a route that will take you to the site and lead to an exit point.</li> <li>The group should plan their route, mark, and record main features, think about the inclines across the route (contours) and identify emergency points and exits across the route.</li> <li>Revisit how to use compasses and maps and ask the group to demonstrate this.</li> <li>Having identified a route, next ask the group to consider what kit and equipment would be required if completing an overnight hike activity and/ or a hiking activity run across two days (minus camping) and record what these are.</li> <li>Revisit with the group the potential emergencies that may arise and ask how the group may mitigate these.</li> <li>Finally ask the group to tell you how they might keep one another safe across the hike and reference how we should act to look after one another.</li> <li>Finally create a plan for the activity, a list of equipment necessary and decide when the hike two-day hike will be complete.</li> </ul> | 40 minutes   | Various maps with differing information on each<br><br>Compass<br><br>Pen/ Paper         |  |
| <b>Review</b>   | <b>Reflect on all the learning and delivered and evaluate the activities with the Group.</b>   | 5 minutes  | N/a  |  |
| <b>*Additional</b>  | <b>You may find it useful to facilitate further sessions that reference learning from Stages 1-3 to prepare for the activity.</b>  | N/a  | As required  |  |
| <b>Adventure Skills Stage 4</b> <ul style="list-style-type: none"> <li>I know how to pack a rucksack for weekend hikes.</li> <li>I can follow our route on a map and find the main points using a compass.</li> <li>I can be responsible for younger members of my team while we are hiking.</li> </ul> |  | <b>SPICES</b> <ul style="list-style-type: none"> <li>-Communicate effectively with others</li> <li>-Be responsible for own learning</li> </ul> |  | -Demonstrate the confidence to deal with life's challenges |



| Hill Walking – Skills Stage 4   |   |  | Session 4  |
|---|---|--|--|
| Adventure Skill   | Hill Walking  | Session number   | 4 – Weekend Hike   |
| Stage   | 4   | Session length   | As per plan  |
| Section/ Skill level  | Scout/Venture/ Competent  | Location   | External on site   |
|   | Activity  | Time   | Resources  |
| <b>Prior to activity</b>  | <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    |
| <b>Complete a weekend or overnight activity</b>   | Whilst completing the hiking activity ensure that group members of the opportunity to: <ol style="list-style-type: none"> <li>Identify and follow the route and use a compass to find their position on a map.</li> <li>Led an agreed 'leg' of the hike.</li> <li>Looked after other/ younger members of the team.</li> </ol>   | As per plan  | As required  |
| <b>Close/ what have we learned</b>  | To finish the session revisit all that you have done across all sessions and ask the group to tell you what they have learned, reflecting on what the session has delivered.<br><b>What was good about the session, what would they change?</b><br><br><b>Affirm with the group all learning, celebrate achievement, and sign off all necessary paperwork to complete Stage 4</b> | N/a  | N/a  |
| Adventure Skills Stage 4  |   | SPICES   |  |
| <ul style="list-style-type: none"> <li>I have led a leg of a hike.</li> <li>I have attended 3 hikes in addition to those for stages 1,2&amp;3 including an overnight (between two days hill walking - this need not be camping)</li> <li>I can follow our route on a map and find the main points using a compass.</li> <li>I can be responsible for younger members of my team while we are hiking.</li> </ul> |   | -Communicate effectively with others<br>-Be responsible for own learning | -Demonstrate the confidence to deal with life's challenges |