



## Learning Topic: Hiking

In this Learning Topic, you could

- Play the Guiding game outdoors
- Hike up hills and down dales in the city or town, open bush, around lakes or in National Parks
- Explore new places!

### Suggested Activities

#### Initial planning / brain storming.

A hike usually has a plan, with an end point and a reason. Think about the reason for the hike:

- Buy an icecream
- Walk the dogs at the RSPCA
- Visit a historical home
- Visit a waterfall
- Do Scouts Pace
- Do a Penny hike
- Orienteering
- Bird-watching or insect hunts
- A cooking hike
- A bike hike

Work with your Guides to assist in planning their hike.

- Why are you going on the hike?
- What aspects of the AGP does hike cover? Think about listing the aspects of AGP, that the hike include - People, Physical, Self, Practical? How does this hike fit into your program? Is it part of a badge or part of the general Guide Unit program?
- What are the characteristics of your Guides – age, fitness, health, interest?
- Is the hike appropriate to their age, fitness, health and interest?
- Do your Guides need to increase their fitness before going on their hike?

#### Practical planning

What do the Guides need to take with them? E.g. food, drink, raincoat, sunhat. What do they need to wear?

What general /shared equipment do you need and who is going to carry it? What equipment do you, as Leader, need to take? E.g. first aid kit, map, extra food/drink, camera.

Do you need a map? Can you read a map? Can you use a GPS?

How are you going to get to the starting position? Can you use public transport to and from the hike? Is it a round route or a one-way route? How are you getting home? A hike can include using public transport as a method of linking points of interest or reasons for doing the hike.

What facilities are along the route? Shelter, toilets etc.

What activities are you going to do on your hike?

How long is it going to take to do the hike? Use the Naismith's rule to predict walking time. Think about walking the route before you take the Guides especially if the area is unknown to you?

Do you need permission from landowner for your hike?

Suggest your Guides make their own B-P kit or First Aid kit. Check out The Guide Handbooks 3 and 4.

Bush trails are graded – learn about track grades.

What can we do to look after our environment? Visit Leave No Trace: <http://www.lnt.org.au/>



## Managing the risks

What are the risks and how will you manage them?

- Check *Guide Lines* for the supervision ratio, forms required, additional requirements for overnight hikes, first aid requirements?
- Assess the risks and make notes on your program, or make a risk management plan for the hike.
- Do you have an action plan for an emergency? What happens if a Guide strains her ankle, becomes tired or there is a change of weather while on the hike?
- How is the group of Guides going to be organized? In patrols, walk with a friend, give each Guide a number?
- Use the Bureau of Meteorological website to find out the weather. Check the weather radar. Do it the day before as well.
- Be aware of health needs of your Guides
- Be aware of the extent of the challenge for your Guides? Some Guides may not be used to being in the outdoors. They may have a fear of heights, leeches, snakes or bush fires.

## After the hike

Guiding works when the Guides are part of discovering, deciding, planning, doing, and then evaluating. Do not forget the evaluating by the Guides? Consider doing hikes on a regular basis so the Guides extend the challenge. How many other different types of hikes can your Guides brainstorm? Complete a Camp/Activity report form.

Challenge yourself to increase your skills in navigation, orienteering, technology or even obtain an expedition camping qualification.

## Resources to help you

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| <ul style="list-style-type: none"> <li>• GGA Lightweight Camping Resource</li> <li>• Australian Scout Handbook</li> <li>• National Parks websites</li> <li>• Activities to do on hikes - <a href="https://www.girlscoutswv.org/current-volunteers/volunteer-learning/Outdoor%20Series/GORPHiking.pdf">https://www.girlscoutswv.org/current-volunteers/volunteer-learning/Outdoor%20Series/GORPHiking.pdf</a></li> </ul> | <ul style="list-style-type: none"> <li>• Grading of Bush tracks - <a href="http://www.depi.vic.gov.au/_data/assets/pdf_file/0003/225597/dse_trail_grade_brochure_tagged.pdf">http://www.depi.vic.gov.au/_data/assets/pdf_file/0003/225597/dse_trail_grade_brochure_tagged.pdf</a></li> <li>• Weather - <a href="http://www.bom.gov.au">www.bom.gov.au</a></li> <li>• Leave no Trace - <a href="http://www.lnt.org.au/">http://www.lnt.org.au/</a></li> </ul> |
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## Record your Learning

What have you learned and how did you apply it in your Guiding role?

Record this in your Learning Log.

