

# April Roundtable

## CUB SCOUT INTEREST TOPIC AND SCOUT LAW CONNECTIONS FOR MAY 2017

Cub Scout roundtable is a form of commissioner service and supplemental training for volunteers at the den and pack level. It is intended to give leaders supplemental training on BSA policies and procedures, as well as Cub Scout interest topics and ideas for program such as songs, skits, games, and ceremonies. The Cub Scout roundtable also provides an opportunity to share experiences and enjoy fellowship with others.

District: \_\_\_\_\_ Location: \_\_\_\_\_ Date: \_\_\_\_\_

**CUB SCOUT INTEREST TOPIC:** Cub Scout Hiking      **POINT OF THE SCOUT LAW:** Clean

<b>Cub Scout Roundtable—60-Minute Format</b>			
Time Allotted	Activity	Assigned to	Content
<b>20 minutes from start time</b>	<b>General Session</b>		
2 minutes	Travel from general session to Cub Scout leader session		
<b>Cub Scout Leader Session—Under leadership of Cub Scout roundtable commissioner (15 minutes)</b>			
5 minutes	Ceremony/skit/song/game	Cub Scout roundtable team or participants	Cub Scout Outdoor Knowledge
10 minutes	Cub Scout interest topic review and discussion	Cub Scout roundtable team	Adventures that include hiking Outdoor Code and Leave No Trace Principles for Kids Cub Scout hiking tips
	Tips for pack activity	Cub Scout roundtable team or participants	Where to hike in your area
<b>Cub Scout leader breakouts training option (20 minutes each group)</b>			
20 minutes	Den leaders 1. Rank-specific discussion of Cub Scout interest topic 2. Hands-on activities	Cub Scout roundtable team	Tiger, Wolf, and Bear hiking distances Outdoor Code Cub Scout Six Essentials Being prepared to hike Cub Scout hiking tips
20 minutes	Webelos/Arrow of Light leaders 1. Rank-specific discussion of Cub Scout interest topic 2. Hands-on activities	Cub Scout roundtable team	Webelos hiking distance Hiking first-aid kit Nutritious lunch for the hike Leadership roles on the hike Service projects while hiking Cub Scout hiking tips
20 minutes	Cubmasters 1. Position-specific discussion on Cub Scout interest topic 2. Hands-on activities	Cub Scout roundtable team	Supporting den leaders and Scouts in hiking Outdoor Code Leave No Trace Principles for Kids Cub Scout hiking tips
20 minutes	Pack committee members 1. Position/unit-specific discussion on Cub Scout interest topic 2. Hands-on activities	Cub Scout roundtable team	Supporting den leaders and Scouts in hiking Ideas on where to hike Helping arrange transportation tour and activity plan, No. 680-014 activity consent form, No. 680-673 Cub Scout hiking tips

<b>Cub Scout leader session—all pack leaders combined training option</b>			
20 minutes	Cub Scout interest topic review and discussion extension	Cub Scout roundtable team	Proper equipment for hiking What to do if lost in the woods Buddy system How to get the most out of a hike Service projects while hiking Cub Scout hiking tips
<b>Questions/answers, announcements, and closing</b>			
2 minutes	Questions/answers Announcements	Cub Scout roundtable team	Opportunity to answer any additional questions related to the interest topic Share upcoming local Scouting events, activities, and trainings.
1 minute	Closing	Cub Scout roundtable team or participants	Review answers for the opening activity Recite the Outdoor Code
<b>End on time</b>			
<b>After the Meeting</b>	Refreshments and fellowship for all	Cub Scout roundtable team or participants	Time for fellowship before cleanup is encouraged
	Team meeting for Cub Scout roundtable		Can be conducted now or at another time preferred by the team. Evaluate the current meeting; review attendance and plans for next meeting.

## Cub Scout Adventures to Highlight

**Tiger**—Backyard Jungle

**Wolf**—Paws on the Path

**Bear**—Fur, Feathers, and Ferns

**Webelos**—Webelos Walkabout

## Cub Scout Hiking

Being outdoors is an essential part of the Scouting program. Each level of the program provides fun opportunities for hiking.

In Cub Scouting, Tigers start with a 1-foot hike. Wolf and Bear Scouts go on a 1-mile hike and learn about the Cub Scout Six Essentials. Webelos go on a 3-mile hike and are asked to recite the Outdoor Code and Leave No Trace Principles for Kids.

Make sure that you are familiar with the area where you will be hiking and that everyone is prepared. Abide by the Outdoor Code and Leave No Trace Principles for Kids.

### Interest Topic Game:

#### Cub Scout Outdoor Knowledge

As participants enter the room, hand everyone a piece of paper with three column items across the top: Cub Scout Six Essentials, Outdoor Code, and LNT Principles for Kids. Ask them to write down the elements of each item as completely as they can, and to keep the papers for review during the closing. (See resources for the correct answers.)

## RESOURCES

### Cub Scout Six Essentials

First-aid kit

Flashlight

Filled water bottle

Trail food

Sun protection

Whistle

### Outdoor Code

As an American, I will do my best to—

Be clean in my outdoor manners

Be careful with fire,

Be considerate in the outdoors, and

Be conservation minded.

### Leave No Trace Principles for Kids

Know before you go.

Choose the right path.

Trash your trash.

Leave what you find.

Be careful with fire.

Respect wildlife.

Be kind to other visitors.



## Tips for Pack Activity

- Have participants brainstorm about where dens and packs can hike in your area.
- Determine which hiking trails are accessible to Scouts with special needs.

## Closing

- Review the Cub Scout Outdoor Knowledge quiz from the opening. Recognize those who gave the most complete answers.
- Ask the group to show the Scout sign, and recite the Outdoor Code together.

## APRIL 2017 CUB SCOUT LEADER BREAKOUT SESSION

### Den Leaders

*Ask: What are some things leaders can do to ensure that they and their Cub Scouts will be prepared for a hike, physically and mentally? After a few participants have answered, review the following:*

### Hiking Distances

Hiking can be a very rewarding physical activity. The hikes planned for Tigers, Wolves, Bears, and Webelos Scouts in the rank handbooks are each designed for the skill and ability levels of their age groups, starting with the hiking distance. Tigers hike the distance of 1 foot, and Wolf and Bear Scouts hike for 1 mile. We all know that Tigers can hike much farther than a single foot, but to stir some enthusiasm for hiking in these young Scouts, we start them off with the world's shortest hike in the Backyard Jungle adventure. Then they go on a short hike with their den or family in the Tigers in the Wild adventure.

The key to each of the Cub Scout hikes is for leaders to embrace the pace that the boys themselves set. Encourage their interest in what they see around them, and allow them to explore with frequent stops and snacks. If hiking were treated as a must-do or a workout to complete a requirement, their enthusiasm would drop immediately.

### Who's Hiking?

It is important to know who will be attending the hike. Is it a den-only activity or is it meant to include families?

### Equipment for the Hike

Short day hikes do not require much in the way of equipment. However, there are some basics that need to be addressed. The Cub Scout Six Essentials list is a great place to start in getting the boys ready to go. Pages 97-98 of the *Wolf Handbook* provide a good breakdown of these essentials.

- First-aid kit. Include a few adhesive bandages, some moleskin (a sticky bandage that you can put over a blister to keep it from getting worse or rubbing), and soap or hand-sanitizing gel.

- Flashlight. Check your batteries to make sure they have plenty of juice. Your flashlight will be used only in an emergency, so save the batteries for times when you really need them!
- Filled water bottle. The boys should bring enough water to drink through the whole hike and back. Everyone should make sure their bottles are full when starting out! It is not safe to drink water you find along the trail. Den leaders should help decide how much water to bring.
- Trail food. Trail mix or a granola bar will provide quick energy when you need it.
- Sun protection. Sunscreen should be SPF 30 or greater. A hat is good to have, too!
- Whistle. It's only for emergencies, but a whistle will last longer than your voice.
- Other Equipment. Proper fitting shoes or boots will also be needed as well as the proper clothing for the weather. You may also want to pack an extra pair of socks in case your feet get wet or it rains. A rain poncho, waterproof jacket, or even a large plastic garbage bag with holes cut out for your head and arms will keep you dry if it rains.

### Hiking Rules

Review the basic hiking rules, emphasizing that all items should be discussed in the weeks prior to the hike and right before the hike begins.

- One adult should be in the front and one in the back, with slower hikers toward the front.
- Always use the buddy system.
- If you are trail-hiking, always stay on the trail.
- Keep with the den.
- Be courteous to other hikers.

### Outdoor Code and Leave No Trace Principles for Kids

Learning both of these is a great activity for the boys to do at a den meeting before the hike. As a leader, you can use teaching opportunities during the hike to help reinforce the ideals in the code and principles. Reinforcing "Trash Your Trash" ties into the "Clean" point of the Scout Law.

### Emphasizing Fun

Enjoy every moment of hiking with Cub Scouts. Explore their sense of wonder and curiosity. Try some of these fun hike ideas:

- Select a topic—trees, for example. Encourage the Scouts to look for five different trees and help educate them on the types of trees found. Once they have found five trees, stop the hike and have everyone give each other a high five. Then move on to another topic, such as animals, colors, or sounds.

- Choose a letter of the alphabet, and have the boys look for things along the hike that start with that letter.
- If your den likes to sing, then sing!
- Share with the den leaders a list of hiking and outdoor resources that are specific to your area. These may include:
  - Members of a local hiking club
  - Search-and-rescue team members
  - Boy Scouts from local troops
  - Parks and recreation departments
- Hiking trail maps
- U.S. Forest Service
- Arbor Day Foundation

### Webelos Leaders

Review the requirements in the Webelos Walkabout adventure.

Do all of these:

1. Create a hike plan.
2. Assemble a hiking first-aid kit.
3. Describe and identify from photos any poisonous plants and dangerous animals you might encounter on your hike.
4. Before your hike, plan and prepare a nutritious lunch. Enjoy it on your hike, and clean up afterward.
5. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.
6. With your Webelos den or with a family member, hike 3 miles (in the country, if possible).
7. Complete a service project on or near the hike location.
8. Perform one of the following leadership roles during your hike: trail leader, first-aid leader, lunch leader, or service project leader.

Webelos Scouts and Arrow of Light Scouts have many chances for hiking and developing leadership skills during the activity. A simple service project performed during a hike may give them a sense of ownership of the outdoors and how they can help keep it beautiful for those who come behind.

As leaders, it is important to spend time before the hike preparing everyone—the Scouts, but also yourselves—physically and mentally. You should also know who will be attending the hike: only the Scouts and adult leaders, or will families also be going?

### Outdoor Essentials

Extra clothing	Pocketknife
First-aid kit	Rain gear
Flashlight	Sun protection
Map and compass	Trail food
Matches and fire starters	Water bottle

**Other equipment.** Review with the Webelos leaders proper fitting shoes or boots (see page 113 of the *Webelos Handbook*) and proper clothing for the weather and possible weather changes. A whistle isn't on the Scout Basic Essentials list, but it might be appropriate to bring on a hike. You might also want insect repellent.

### Outdoor Code and Leave No Trace Principles for Kids

Ask participants to share ideas about reinforcing the code and principles (see den leaders session) with Webelos Scouts while on a hike.

### How to Hike

Review this information from page 114 of the *Webelos Handbook*:

Here are some things that make hiking easy and fun:

- Look around. Unless the trail is rocky or uneven, stop looking at your feet and start looking at the world around you. Spread out on the trail so you can see more than your buddy's back.
- Take breaks. Plan to stop for 10 minutes after every 30 minutes of hiking. Stretch your muscles and study the world around you. Make sure everyone gets to rest. If possible, take breaks after you climb big hills—not before—so the hiking will be easy when you start up again.
- Stay on the trail. Don't go around muddy spots or take shortcuts. That makes trails wider and damages the environment.
- Walk in single file. If you're hiking along a road, stay in single file on the left side. Wear white or reflective clothing or carry a flashlight.
- Respect other hikers. Don't be too noisy. If you meet other people, give them the right of way, especially if they are going uphill or are on horseback.

Then review the leadership opportunities from page 116.

- Trail leader: Responsible for calling breaks, following the map, setting a comfortable pace, and pointing out hazards to other hikers
- First-aid leader: Responsible for carrying the first-aid kit (or assigning someone else to carry it) and helping to give first aid if needed



- Lunch leader: Responsible for assigning Scouts to carry food, identifying a lunch spot, and supervising cleanup
- Service project leader: Responsible for helping with service project assignments and carrying tools and other supplies

Share with the group the list of hiking and outdoor resources at the end of the den leaders' session.

### Cubmasters

Open a dialogue with the group by asking the question, "How can a Cubmaster assist a den or the pack with a hiking activity?" Answers might include:

- Offer to attend the hike with the den.
- Offer to find and share contact information of local stores that sell hiking equipment to arrange a demonstration of simple day-hiking equipment.
- Making sure the pack follows the ideals in the Outdoor Code as well as the Leave No Trace Principles for Kids.
- Set a great leadership example in being prepared for a hike, and being a good hiker.
- Confirm with the leaders that someone has recently hiked the same route and that the area is in safe condition.

Share with the group the list of hiking and outdoor resources at the end of the den leaders' session.

### Pack Committee Members

A pack committee plays an important role in BSA activities. The organization has many policies in place to keep its members, both youth and adults, safe and enjoying the program they love.

Many things need to be done prior to a hiking activity. These may include

- Provide the pack or dens with ideas of where to hike.
- Help to arrange transportation.
- Complete tour and activity plans.
- Make sure permission slips and health forms are on file.
- Ensure leaders have weather hazard training.
- Ensure BSA leadership policies are followed and that all leaders going on the hike are aware of them.
- Confirm with the leaders that someone has recently hiked the same route and that the area is in safe condition.

Discuss any additional requirements or information that your local district or council may require for hiking activities.

Share with the group the list of hiking and outdoor resources at the end of the den leaders' session.

## APRIL 2017 CUB SCOUT LEADER COMBINED SESSION

Discuss topics that relate to hiking at all levels of Cub Scouting. Point out that the basics of hiking are the same for each of the Cub Scout age groups. However, as the Cub Scout grows in age and maturity, more challenges exist—longer distances, possible rougher terrain, etc.

Have the group share ideas about similarities and differences in what should be prepared for a den or pack hike. Make sure that these items are covered:

- The need for proper hiking equipment (e.g., proper fitting shoes, appropriate clothing for the weather)
- The buddy system in Scouting and what Cub Scouts should be taught to do if they become lost in the woods
- The Outdoor Code and Leave No Trace Principles for Kids, and the importance of abiding by them while hiking
- How Scouts and leaders can get the most out of their hike: Stop, look, and listen. What do you see? What do you hear?
- Simple service projects that can be performed during a hike—cleaning up areas or planting trees
- Documents and forms that must be in place prior to going on a hike: tour and activity plans, the *Guide to Safe Scouting*, a list of emergency numbers, health forms, etc.
- Hiking when you have Scouts with special needs
- Any additional requirements in your local district or council

Share with the group a list of hiking and outdoor resources that are specific to your area. These may include

- Members of a local hiking club
- Search-and-rescue team members
- Boy Scouts from local troops
- Parks and recreation departments
- Hiking trail maps
- U.S. Forest Service
- Arbor Day Foundation