

This activity contributes to the following badges:



Emergency Aid Staged Activity Badge



Cub Our Outdoor Challenge Award



Scout Outdoor Challenge Award



Scout Expedition Challenge Award

Beavers | Cubs | Scouts | Explorers

Go on an incident hike

Worried your section doesn't know what to do in an emergency?

This hike will get them back on track



Time 60-90 minutes

Equipment

- weather-appropriate hiking gear
- backpacks containing essentials such as water, food, sunscreen, etc
- maps
- compasses (optional)
- GPS (optional)
- mobile phones
- first-aid kits

Instructions

1 First, plan your hike: this could take place in a city, town or village, along a waterway or a popular footpath, or in a nearby green space. Choose a route that is suitable for the age and ability of your section. Make sure there are plenty of rest stops along the way as this is where you will stage your incidents. If you plan a route that is in Terrain Zero, you won't need additional

permits. Head to scouts.org.uk/terrainzeroactivities for the Terrain Zero Activities Factsheet or to scouts.org.uk/a-z for more information about hillwalking, hikes and terrain definitions.

2 Ensure you have sufficient adult support for the hike. It's a good idea to see if parents/carers can join this activity, particularly for the Beaver and Cub sections.

3 Embark on your hike, encouraging the young people to navigate their own way, and at the first rest stop divide the group into small teams and give each one a first-aid kit. Explain that one person in each team has stumbled and twisted their ankle. The remaining team members must respond in a calm, safe and responsible manner. What should they do first? The adult volunteers can

observe each team and prompt them if they get stuck.

4 After the first incident, continue along your route until the next rest stop. This time, they might find themselves lost without a map or a compass – how should they proceed?

5 Continue through your hike, regularly stopping to act out these emergency scenarios, using it as an opportunity to advise them on the best courses of action. Other scenarios might include a young person becoming dehydrated and fainting, an accident where the emergency services would be needed, or a closed road or pathway that would require re-routing the hike.

Take it further

For younger sections, try re-enacting these scenarios in the Scout meeting place or at a nearby outdoor space. What would they do in this situation and what other things might they need to consider, eg weather, terrain, etc? Older sections can tackle this challenge while they're on camp. What additional precautions might they need to take if they were doing their Queen's Scout Award or Duke of Edinburgh's Award?

Explorer Scout Young Leaders

Young Leaders could plan and run one of the incident activities as part of mission 2 of the Young Leaders' Scheme.