

GWSR - Joey Scouts Trek About Leader Information

The aim of the GWSR Joey Scouts Trek About initiative is to encourage Joey Scout Mobs to get out of the hall and enjoy nature. Your Mob is encouraged to enjoy a nature walk/hike/bushwalk.

Nature Walk

A *nature walk* is a short hike. This may take place in a nearby park or playground. The purpose is for the Joey Scout (Leaders and parents) to get a closer look at what they see outdoors. During the activity, talk about the things you see – trees, leaves, birds, animals etc. Stop at intervals to point out interesting things. You may also like to prepare short nature activities that can be done at various points along a nature walk or hike. The aim is not simply to get from point A to point B in the shortest possible time, the aim is to observe nature – using all your senses.

Hike

A *hike* is simply a long walk. A hike is an activity for Mobs to work towards. It may take some time for Joey Scouts (and their parents) to build up to a longer walk. Many children are used to being driven places – rather than walking, so you may find that your Mob will need to start with a few short nature walks. Gradually increase the distance covered, and eventually your Mob will be able to tackle a longer walk.

Each Mob will be different. Some Mobs will be used to going on longer walks, so including a few hikes in the yearly program will be an easy activity for those Mobs. Part of our role in the Joey Scout section is to prepare our Joey Scouts for Cubs. As Cubs they will be participating in hikes as part of the Cub Scout award system. The children that have had some exposure to walking with their Joey Mob will find the transition to Cub hikes that much easier.

Bushwalking Policy

Joey Scouts may participate in *day walks only*. They are not permitted to participate in overnight bushwalks.

As per Frank Barr (GWSR Bushwalking Coordinator) – see Bulletin No. 353 – March 2008 an outing becomes a bushwalk if the walking activity takes the group more than one hour away from populated areas. The bushwalking policy – see www.gwsjoeys.org.au for a copy of the policy – must be adhered to for all bushwalks defined as above.

For day bushwalking (as defined above) activities the bushwalk must be lead by a member that holds a Preliminary Bushwalking Leader Certificate as a minimum. In attendance must be a Leader that holds COAL (Certificate of Adult Leadership) – this is a leader that has been fully trained in their section – may be a Joey Scout Leader, Cub Scout Leader, Scout Leader, Venturer Scout Leader, Group Leader etc. Outdoor activity ratios need to be maintained. For Joey Scout outings we require 1 adult for 4 Joey Scouts. At the activity we also need to have an adult to take on the role of First Aid Officer. This can be anyone with appropriate first aid skills.

Any Leader can work towards their Preliminary Bushwalking Leader Certificate. All that is required is that you submit a walk log to:

Frank Barr - GWSR Bushwalking Coordinator

data_scsi@msn.com.au

4758 6472 or 0409 128 310

The log must demonstrate an active involvement in bushwalking activities (at least 5 bushwalks). In your log include details of date and year, description, days, nights, distance, and whether you were involved as a participant or walk leader. The certificate is valid for a period of 12 months. To gain the experience required come along to bushwalks held by your Cub or Scout sections – they are sure to welcome any extra adult leaders.

**GWSR – JOEY SCOUTS TREK ABOUT
TABLE OF DEFINITIONS AND REQUIREMENTS**

	NATURE WALK	HIKE	BUSHWALK (DAY HIKE ONLY)
DEFINITION	A short hike.	A long walk.	A walk that is over one hour away from populated areas.
BUSHWALKING POLICY COMES INTO EFFECT	No - as long as the nature walk does not take the group more than one hour away from populated areas.	No - as long as the hike does not take the group more than one hour away from populated areas.	Yes
PRELIMINARY BUSHWALKING LEADER (PBL)	Not required.	Not required.	Yes – required.
COAL	A leader with a Certificate of Adult Leadership (COAL) is required – preferably Joey Scout trained where the activity is predominantly for Joey Scouts.	A leader with a COAL is required – preferably Joey Scout trained where the activity is predominantly for Joey Scouts.	A leader with a COAL is required – preferably Joey Scout trained where the activity is predominantly for Joey Scouts.
FIRST AID	A person with appropriate first aid skills and equipment is required.	A person with appropriate first aid skills and equipment is required.	A person with appropriate first aid skills and equipment is required.
PARTY SIZE	Minimum of 2 adults – ratios must be adhered to. Keep in mind that we do not want to damage the environment – it may be necessary to split large groups.	Minimum of 2 adults – ratios must be adhered to. Keep in mind that we do not want to damage the environment – it may be necessary to split large groups.	The minimum party size for any bushwalking activity is four – the leader plus three. For an adult PBL party size shall not exceed six – the leader plus five. For an adult BL party size shall not exceed eight – the leader plus seven. Apply to Frank Barr for approval for larger party size. It may be necessary to split large groups.
RATIOS	1 adult to 4 Joey Scouts	1 adult to 4 Joey Scouts	1 adult to 4 Joey Scouts
PRE-WALK	Yes – assists planning and for risk assessment purposes.	Yes – assists planning and for risk assessment purposes.	Yes – assists planning and for risk assessment purposes.
A1	Local A1 – download from http://www.nsw.scouts.com.au/	Local A – download from http://www.nsw.scouts.com.au/	Full A1 – download from http://www.nsw.scouts.com.au/
APPROPRIATE MAP AND SCALE	Appropriate map may be a street directory, visitor guides and maps, local council/state forest map etc.	Appropriate map may be visitor guides and maps, local council/state forest maps, books with maps, LPI topographical etc.	LPI Topographical map

Short Walks for Joeyes & Cub Scouts					
No.	Location	Distance Km	Total Km	Bushwalk Cert. Req.	Map
1	Parramatta Regional Park	2.0	6.0	N	NPWS & Street directory
2	Hunts Creek, Carlingford	2.0	5.5	N	The Hills Council
3	Lake Parramatta	2.5	2.5	N	Street directory
4	Cumberland State Forest, Castle Hill Road, West Pennant Hills	2.0	5.0	N	State Forests NSW
5	Three Creeks (Ponds Vineyard & Subiaco Creeks), Eric Mobbs Memorial Park, Marsden Road, Carlingford to Dundas Valley	3.0	12.0	N	Street directory
6	Bidjigal (Excelsior) Reserve, Castle Hill, Baulkham Hills, Northmead & West Pennant Hills	3.0	30.0	N	The Hills Council
7	Crestwood Reserve & extensions to Northmead/Parramatta	3.0	20.0	N	The Hills Council
8	Heritage Trail – Crestwood/Baulkham Hills	6.0	6.0	N	The Hills Council
9	Fred Catterson Reserve, Fullers Road Reserve & Showground, Castle Hill	4.0	6.0	N	The Hills Council & street directory
10	Two Creeks (Gordon & Moores Creeks), Slade Ave, Lindfield to Echo Point Park, Roseville	3.0	11.5	N	Ku-ring-gai Council
11	Rouse Hill Regional Park, Worcester Road, Rouse Hill	2.4	4.0	N	NPWS
12	Bouddi NP – Maitland Bay to Putty Beach & Killcare	4.0	6.0	Y	NPA Book Vol. 1 Map 16
13	Blue Mountains NP – Lawson ~tracks north & south of Great Western Highway, Lawson/Hazelbrook	3.0	7.0	Y	NPA Book Vol. 2 Map 41
14	Brisbane Water NP – Point Clare or Kariong via Bambara Road to Koolewong or Woy Woy	6.0	10.0	N	NPA Book Vol. 1 Map 23
15	Manly Dam, War Memorial Park	3.0	7.3	N	Wildwalks track notes and map
16	Great North Walk – Berowra Valley Regional Park & Benowie Track	2.0	50.0	Y	Dept. Environment & Climate Change
17	Great North Walk – Lane Cove to Thornleigh	4.0	14.0	N	Dept. Lands
18	Blue Mountains NP – Red Hands Cave, Glenbrook	6.0	6.0	Y	NPWS NPA Vol. 1
19	Ku-ring-gai Chase NP – tracks to Bobbin Head ~ Kalkari, Birrawana, Gibberagong & Sphinx	5.0	20.0	Y	Dept. Environment & Climate Change
20	Ku-ring-gai Chase NP – Lambert Peninsula (West Head) numerous tracks and trails to east and west	4.0	8.0	Y	Dept. Environment & Climate Change

15/5/09

Created by BCR@Hills:GWSR

Walk options 0509

Wandarrah/Seeonee daywalk - Training

GWSR Joey Scouts

Joey Scouts Trek About – Program Ideas

NATURE WALKS/HIKES

ABC Hike

Mob divides into groups which attempt to find natural objects beginning with each letter of the alphabet. The group finding the most wins.

Variation – as well as finding objects, you can also find a sound or smell in nature for each letter.

Animal Stories

The Joey Scouts (with adult help) follow a map to meet up with different animals that are indigenous to the area. When they reach the location of a particular animal (preferably in its natural habitat) they spend some time listening to the animal's story and asking questions before moving on to the next animal. The 'animals' can be adult volunteers or older Cubs/Scouts/Venturers, dressed up in costumes. Each volunteer is given information on their particular animal to relate to the Joey Scouts.

Refer to <http://www.gwsjoey.org.au/resources.html> for animal tracks activity.

Blind Hike

Blindfold the Joey Scouts or have them close their eyes. Have them form a line, holding hands. Lead them on a hike. They cannot talk while hiking, but they can find other ways to communicate if they need to step over something or around something. Have them listen to things they would not hear if they were talking.

Caterpillar Walk

Take the Joey Scouts to a secluded spot. Blindfold them and arrange them in a line, caterpillar fashion, with each Joey Scout placing their hands on the shoulders of the Joey Scout ahead of them. (More than six segments to a caterpillar is hard to manage). With an adult leading each group, ask them to identify sounds, smells, and touches they experience. The sound of ducks might indicate a pond or marsh; fragrance could mean flowers, etc.

Colour Swatches

Cut small squares of construction paper and hook them together. Give each Joey Scout a set of colour swatches to use during a walk. They should try to find something in nature to match the colours. After the walk, have the Joey Scouts talk about what they found that matched the colour swatch.

Variation - use paint chip samples from the paint store. They come in more interesting and unusual colours. It's surprising how many shades of green there are in nature!

Crayon Hike

Have each Joey Scout select 3 or more crayons from a box. Take a hike and try to find as many things that match the colour of the crayons as possible.

Drippy Walk

Take a walk during a time of rain and explore different smells, colours, and tastes. Look for animals that like the rain and places where soil is eroding. Discuss with the Joey Scouts ideas on how to prevent soil from eroding.

Egg Carton Walk

Give each Joey Scout an egg carton to carry during the walk. In the bottom of each egg cup, have a description (i.e. hard, smooth, rough, etc.). The Joey Scouts collect items along the way, then compare at the end. They can take their souvenirs home as a reminder of their outdoor experiences.

Gathering Hike

Take the Joey Scouts on a hike, have them gather items that they find on the ground. When they get back to the hall/campsite, have them glue the items to paper to make a collage.

Heads-Tails (Suburban) Hike

Toss a coin each time you reach a crossroad. Turn left if the coin turns up heads, right if the coin is tails.

How Litter Spoils Nature

Have for each Joey Scout a photocopied sheet showing pictures and listings of litter commonly found on nature walks, e.g., cigarette packets, matches, sweet wrappers, plastic bags, plastic spoons, odd socks, shoes, cans, bottle tops, buttons, paper bags, polystyrene boxes etc. Give each Joey Scout a crayon and a sheet of items. Take a walk through a nature reserve or park. Have the Joey Scouts tick off the litter items on their sheet as they find them. Talk about the problems of littering.

Jigsaw trails

Cut a fairly large picture (calendars are a good source) into 9 or 10 large jigsaw pieces and use them to lay a trail. Joey Scouts have to pick up the pieces of the jigsaw as they go and at the end complete the puzzle. Could have several trails leading in different directions.

Monogram Walk

On a hike have each Joey Scout see, hear, touch or smell objects that begin with the initials of their name. After the walk, have Joey Scouts share what they found.

Onion Trail

You will need an onion for this trail. Cut up an onion. Have an adult rub the onion on trees to indicate a trail to be followed. Divide up into small groups and follow the trail by sniffing around!

Scent Trail

Buy inexpensive sponges (all the same colour) and cut them into small squares. Soak equal numbers of squares in different scents (e.g. 6 vanilla, 6 mint, 6 soy sauce, etc). Lay a trail for each scent. Divide the Mob up into groups – same number of groups as you have different scent trails. Have each group follow a specific scent. You could also use some trail signs to make it easier to follow a particular scent. Swap around – so that each group gets to follow all the scent trails.

Sharing Walk

You will need a number of blindfolds. Divide Joey Scouts into pairs. One Joey Scout will wear the blindfold; the other will be the guide. Discuss any safety rules. In silence, the guides take their partner on a short walk, hearing, smelling, and feeling nature. After 5 minutes, switch. Once all have had a turn discuss the activity with the Joey Scouts.

Sketching Walk

You will need crayons and paper for each Joey Scout. Decide on a destination and upon arrival pass out paper and crayons and let the Joey Scouts draw what they see. When you get back, have an art exhibit.

Sock Stroll

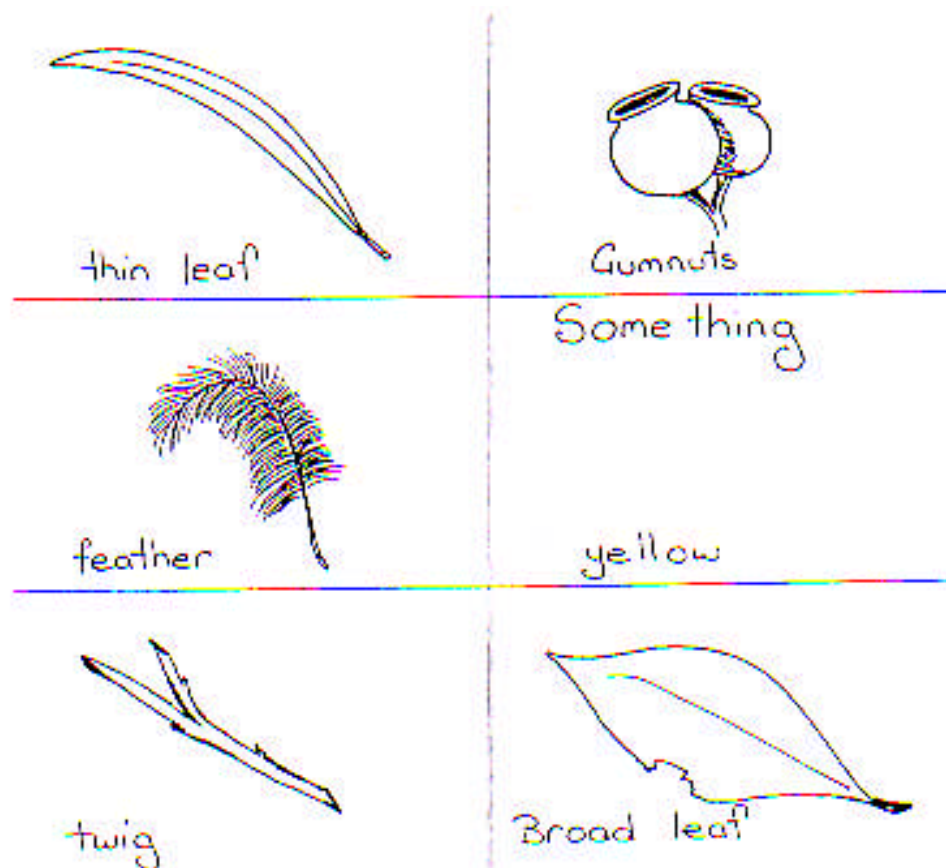
Next time you are going for a walk in the bush, park or suitable place, take a pair of old socks. Put the socks on over your shoes and go for a walk. When you've finished your walk, take off the socks and pick the seeds off them. Sort out how many different types of seeds you have picked up.

String Along Hike

Take a metre long piece of string on your hike. Every now and then, place the string circle on the ground. See how many different things you can find enclosed in the circle. Then stretch string in a line and see how many different things touch it.

Scavenger Hint

Find these items:



Tiny Hike

Find as many objects that are 2.5cm high, long, wide etc. Take small rulers along. This helps the Joey Scouts to discover the small things that might otherwise be overlooked.

Touch and Feel Hike

This hike will illustrate how nature is made up of many textures. Joey Scouts are instructed to touch and feel, not take, any of the objects found. They are to look for:

- the hairiest leaf
- the softest leaf
- the smoothest rock
- the roughest rock
- the roughest twig
- something cool
- something warm
- something dry
- something bumpy

Ask questions like: 'What did you find that was dry? Why was it dry?' 'How might it be different tonight?' Next Summer/Winter?' 'How did it get there?' 'Does it belong there?' 'Did people have anything to do with it being there?' 'Has it always been the way it is?'

Twenty Cent Hike

Give each Joey Scout a twenty cent piece. Go on a hike and find items that will fit on the twenty cent piece. Remind Joey Scouts not to pick anything that is alive.

Un-Nature Trail

Plant 15-20 man-made items along the trail (they could all be items relating to a theme). Have the Joey

Scouts work in small groups – with a leader/parent, leaving a few minutes between groups. The Joey Scouts are not to disturb the items, just write down what they see.

Unusual Object Walk

Give each Joey Scout a bag to place an unusual object in during the walk. At the end, compare objects - anything that is the same as what someone else has is disqualified. The most unusual objects win!

HIKING ACTIVITIES/GAMES

See below some ideas for activities/games you can include when stopping for a rest on a hike.

Back to Back

Gather items found on the ground, such as rocks, sticks, or leaves. Pair the Joey Scouts up and have them stand back to back. Give one Joey Scout an item and have them describe it to their partner. The partner guesses what the item is.

Catch a Raindrop

As you hike along in the rain, catch a "drop" of rain water in your hands and taste it. Walk along with your tongue stuck out to get a taste of rain water.

Grab Bag

Collect about 15 nature items such as pine cones, nuts, shells, etc. And place each in a small paper bag. Pass the bag around the circle of Joey Scouts and let them try to identify the object by feeling the bag.

Kim's Game

An adult collects 10 nature items from the area and covers them with a towel/blanket etc. Joey Scouts are given 3-5 minutes to study the items. Cover the items again. Small groups of Joey Scouts (with an adult) search a given area for about 10 minutes to find and collect the items that were on the towel/blanket.

Magic Leaf

Each Joey Scout gets to know a leaf by its shape, size, veins, etc. Then put all leaves in a pile and let one Joey Scout at a time try to find their leaf.

Meet a Tree

Pair the Joey Scouts off by two. One Joey Scout is blindfolded and their partner leads them to a tree. The partner helps the "blind" Joey Scout to explore their tree and to feel its uniqueness. Specific suggestions are best. For example, can you put your arms around the tree? Is the tree still living? Animal signs where branches have been? When the blindfolded Joey Scout is finished exploring, their partner leads them back to the starting point by an indirect route. Remove the blindfold and let the Joey Scout try to find their tree.

One Hundred Inch Activity

Assign an adult to each group of two or three Joey Scouts, and assign each group a plot of land about 100 inches square (10" x 10" – 25 x 25cm). Have them spend at least 10 minutes doing an intensive exploration. Have the adult for each group write down what they found in their 100" area. Try to pick an area that will have a variety of conditions (ant hill, plant variety, a tree, etc.). Come back together and discuss what each group found.

Pass It Back

On a hike, the leader picks up several objects. Objects are then passed back down the line of hikers for all to see. The last person then places the object on the ground.

Rain Scents

On a rainy hike take a deep breath and smell the rain; get very nosy. Breathe in as deeply as you can, then let your breath out slowly. What kinds of smells can you find on the breezes?

Symphony

Make a fist with each hand. Right hand will count sounds of nature; left hand will count sounds made by mankind. Talk about the sounds you might hear, and then with silence have Joey Scouts listen and count. After a minute have Joey Scouts share what they heard.

Sense of Touch

Each Joey Scout finds a fist sized rock, remembering where it was found so that it can be returned after the game. All sit in a circle with eyes shut, holding the rock. They are to get to know their rocks by the feel, texture, smell etc. After a few minutes the rocks are collected, mixed, and redistributed in a different order. Now the rocks are passed around the circle and Joey Scouts try to identify their own rocks with eyes still shut. To help prevent any disagreements, affix a small piece of tape to each rock with the owner's initials. Remove the tape before you leave!

Treasure Hunt

You will need paper and pencils. Make a list of things to see. Divide the Mob into two. Send the two groups with parent helpers in opposite directions to find the listed items.

Walking in the Woods Game

Teach the Joey Scouts how to walk quietly in the bush by taking steps going from the outside of the foot to the inside, slowly. Have them practice while they are on the hike. When you reach an area that has a lot of forest floor litter (twigs and old leaves are great), but is open enough to move around in, you can play a game using the technique to move quietly.

One Joey Scout is chosen to be a sleeping animal, and a leader/parent is a referee. Everyone else spreads out in a circle then tries to sneak up on the animal. As the animal hears a noise they can point towards it (without opening their eyes) and the referee determines whether the animal has heard someone sneaking up on them. The caught 'sneaker' sits down in place and is out of the game. The game continues until either the animal has caught all its predators or until a predator has caught the animal by getting close enough to tag it. At first the Joey Scouts will give themselves away by moving noisily. But as you repeat it, they will improve and the animal will get caught.

Sources:

Nature – Joey Scout Resource Books – The Scout Association of Australia

Nature and Outdoors for Cub Scouts – Cub Scout Resource Books – The Scout Association of Australia

http://dragon.sleepdeprived.ca/camping/camping_11.htm

**GWSR Joey Scouts
Joey Scouts Trek About 2010**



All Mobs are invited to participate in Joey Scouts Trek About 2010.

All Joey Scouts and Leaders that participate in a nature walk/hike/bushwalk during term 3/4 of 2010 are eligible to receive the Joey Scouts Trek About 2010 blanket badge.

Nature walk/hike/bushwalk must be for a minimum duration of 1 hour to qualify. All bushwalks must adhere to the Bushwalking Policy – see www.gwsjoeys.org.au for more information.

Mobs must submit a copy of this application form and payment – make cheques payable to The Scout Association of Australia – NSW. Submit form at At Wandarrah or post to:

Kathy Cuneo RCJS
Joey Scouts Trek About 2010
8 Wells Court
Baulkham Hills NSW 2153

Name of Mob	
Details of Nature Walk/Hike/Bushwalk	
Date of Nature Walk/Hike/Bushwalk	
# of Participants	
# of Badges Required @ \$2.00 each	
Postal Address for Badges	
Badge Distribution	I am able to collect the badges from Wandarrah.
Photos	Please email at least one photo of your Mob on your nature walk/hike/bushwalk to Kathy Cuneo rcjs@gwsjoeys.org.au