



# Cub Scouts 6-Week Programme

## Adventure Skills

### Introduction

This programme is designed to be completed over a six-week period, but you may choose to extend the time frame to suit the location, circumstances and abilities of your pack.

### Week 1

#### **Main Topic: Hillwalking**

A key part of hillwalking is to comprehend and understand maps; how to read them and how to create a route from them.

#### **Base 1: Introduction to Maps and Routes**

##### Requirements:

OS Maps (or any equivalent), Compasses, pens, papers

- Start by showing your cubs some of the common symbols found on an OS map.
  - Colour - water, land, height
  - Lines - roads, railways, coast, contours, powerlines, boundaries
  - Numbers - heights, roads
  - Writing - placenames, antiquities, services
  - Symbols - youth hostel, camping site etc
- In sixes (or small groups), ask your cubs to mime key symbols (each cub can take a turn, choosing a different symbol each time) based on what they think it means.
- When each cub has had a turn, call them back into a large group and then go through the official meanings of each symbol. Choose as many as suits the abilities of your pack.
- Next, using a local map from your area, ask the cubs to plan a route for a hike for next week's meeting. Ask them to explain why they should choose one route over another e.g. think about your location and where you can easily get to from your den. Suggestion from cubs to travel further afield for hillwalking could be noted with an agreement to plan a hike to a particular location when transport can be arranged.

#### **Base 2: Hiking Gear**

##### Requirements:

Rucksack, Hiking Gear (boots, wet gear, first aid kit, bivy bag, lunch, jumper, hat, gloves)

- In sixes (or small groups) ask the cubs to talk about what should be packed in a rucksack for a hike to get them thinking about what they might need and why they might need it.

- Once done, play a round of Kim's game in the large group using the gear found in a rucksack for a hike. Layout all the items that would be in a rucksack and give your cubs time to memorize them.
- After a minute (or longer depending on your group), ask your cubs to turn around. Take away a few objects and ask them to turn around again. Ask them to name what's missing.
- Once completed, ask your cubs to explain how a bag should be packed and why.
- Once the answers have been given, repack the bag using the answers given by the cubs and compare it to how it should be packed. Explain why it should be packed that way.
- Prepare the cubs for next week's hike e.g. tell them what they need to bring

## Week 2

### **Main Topic: Hike**

#### Requirements:

High vis jackets, hiking gear, map printouts, first aid kit

- Run through key points identified last week and give the cubs an opportunity to check/pack their bags.
- Use the route discussed in last week's meeting. The hike can be a walk in the local park, a walk around your local neighborhood or a short hike on a nearby trail/hill.
- This hike should reinforce the skills learnt at last week's meeting and should

## Week 3

### **Main Topic: Emergencies**

#### **Warm-up game** - Random Relay Race

Set up a relay race where participants perform different tasks at various stages. Include fun, silly actions and phrases to say or do at each checkpoint. The winning team is the one that accurately follows all the instructions and completes each task. This activity demonstrates the importance of following directions, as it ensures tasks are done properly and helps keep everyone safe.

#### **Base 1: Fire Safety – Escape Plans**

#### Requirements:

Pens, Papers, Colours

Cubs will create an escape plan of the scout hall and then their own homes\*.

- Ask the pack to list ways of preventing fires e.g. be careful with open flames indoors (matches, lighters, open fires and candles), don't overload sockets, unplug electrical equipment after use (chargers, fairy lights, hair dryers/straighteners etc). If they don't mention fire alarms, talk about them too.
- In each six, ask the cubs to work in pairs or groups of three to create/draw a layout of their den. This layout should include rooms, doorways, all fire-safety equipment (extinguishers, escape signs etc.), emergency exits and the assembly point.
- Once these maps are drawn call the cubs back in together and ask them to name the types of emergencies that can occur in their den and how these situations would be handled.
- In the rare event that their clothes catch fire, emphasise the importance of 'Stop, Drop and Roll'

Stop...



Drop...



And Roll...



[Fire Ireland](#)

\*While most cubs will have a 'matter of fact' response to this activity, some may become overly focused and worried. It may help to inform parents in advance that this week will focus on fire safety. Reassure parents and cubs that fires are rare when people take basic precautions and follow health and safety guidelines.

### **Base 2: First Aid**

Explain the **DR.ABC** method as the approach to dealing with situation that requires first aid:

**D**anger -> is the area safe?

**R**esponse -> Is the patient able to respond?

**A**irways -> Can the patient breath? If not open the airway by tilting the head and opening the mouth

**B**reathing -> Is the patient breathing normally?

**C**irculation -> Does the patient have a pulse?

In each six, ask the cubs to work in pairs and act out scenarios where they find someone conscious or unconscious and practice the correct response. They should take turns of being the 'patient'.

### **Week 4**

#### **Main Topic: Pioneering**

##### **Base 1: Clove Hitch on a Spar**

###### Requirements:

Small spars, sisal

- Begin by showing cubs how to do a clove hitch on a spar.
- Once some of them have mastered this knot, ask them to assist other cubs who are still learning how to do it.
- Once completed, you can start showing the square lashing to the cubs. These do not have to be perfect, but it is a starting point for cubs to learn about pioneering.

## **Base 2: Tripod Catapult**

### Requirements:

Bamboo, rubber bands, bean bags

- Using bamboo and elastic bands, show the cubs a basic design of a tripod catapult using rubber bands and bamboo poles.
- These tripods are simple to build; three poles of equal length, tied together with an elastic band on the top. This creates a tripod shape.
- Next, the rubber bands should link together to create a holder to launch the bean bags.
- These tripods can be as big or as small as you like. Then, ask each six to divide into pairs to replicate the design shown or to create their own.

## **Week 5**

### **Main Topic: Backwoods**

#### **Base 1: Lighting a Fire**

##### Requirements:

Flint/Steel, tin, Vaseline, cotton wool, kindling

This base demonstrates the basics of fire lighting.

- Begin by reminding everyone about fire safety and listening to the scouters.
- Demonstrate how to light a fire.
- Ideally you should have metal tins or a fire pit for cubs to work in groups to light fires.
- Once the demonstration is completed, ask each six to divide into pairs/groups of three and try to light fires **UNDER CONSTANT ADULT SUPERVISION.**
- To start, cubs should only use cotton wool, Vaseline and small wood shavings and keep the fire sustained with just this. Make sure every cub gets a turn to light a fire.
- If the cubs have lit fires before or complete this task quickly, you can advance onto fire lighting without cotton wool, Vaseline etc.

#### **Base 2: Building a Shelter**

##### Requirements:

Chairs, table, bench, tarp, rope

This base will be used to show the cubs how to build shelters, even in an indoor setting.

- To start, use two chairs, a bench, a table etc. as the base of the shelter, acting as a tree.
- Give the cubs a tarp and a bit of sisal (only if your feeling nice) and give them free reign to create a shelter.
- This can take 5-30 minutes. Once completed, go through the key points of the shelter and identify the strong and weak points. Create a story around surviving in this shelter for added fun.

## **Week 6**

### **Main Topic: Camping**

#### **Base 1: Pitching a Tent**

##### Requirements:

Tent, pegs, mallet (if outside)

This is a core scouting skill and one that is an essential element of programme.

- Give each six a tent and let them experiment (with supervision) in putting it up.
- Support them to identify areas that need practice
- When the tent is up, discuss the different parts of the tent, where your gear is kept, how to keep it neat etc.
- If your tents have an inner and an outer, the inner is enough for this base.
- If the weather permits and you have the space, pitch the tents outside.

## **Base 2: Planning a Menu**

### Requirements:

Pens, paper

This base will be used for planning a menu for the camp.

- Discuss key aspects of a camp menu with the pack i.e. what nutrients are needed, when to eat, how much to eat etc.
- If confident and with older cubs, discuss budgeting and costs of the menu.
- In their sixes, ask them to plan a menu for camp based on the discussions they just had.