

PROGRAM PLANNER



Sionnach Adventure - Program Cycle for your Troop.

On the following 3 pages we have provided 3 weeks worth of program to be added into your troop meetings or extra meetings you may run concurrently to your regular troop meetings. Start preparing 1 month before your Sionnach.

This program cycle is only a guide for how your Sionnach Adventure may be a substantial part of your yearly program. But this should be the type of method you use with your Scouts before every hillwalking event. Don't be afraid to add in your own syllabus into ours or maybe cover more navigation skills with your scouts if they are already at the level of this guide.

“ Don't Fail to Plan,
Plan to Fail ”

TAKE NOTHING BUT MEMORIES, LEAVE NOTHING BUT FOOTPRINTS,

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WEEK: 1

PRE-MEETING SETUP:	<ul style="list-style-type: none">- Mark out 100m to allow scouts to find their pacing.- Setup a short compass course around a field or grass patch with about 5 bearings and distances between them recorded.
EQUIPMENT NEEDED:	<ul style="list-style-type: none">- Compass for each member of the patrol going.- A copy of the bearings and distances of your course for each Scout.

INSTRUCTION/THEORY/TRAINING	<ul style="list-style-type: none">-Brief each member how to walk on a bearing Explain this is the method they will use to find the next checkpoint while walking (Pg 23). Keep it simple until they understand it and are used to the compass before introducing the magnetic variation, and it's relation to the map grid.-Explain the importance of Pacing, why it's used, and the practical uses they will have on the Sionnach (Pg 31). They should understand double paces and running/waking variations. Talk about the speed you walk at with a heavy pack and how distance can be estimated by timing.-Go through the Causes, Symptoms & Treatment of Hypothermia. Get a scout to be a dummy while you go through the motions slowly of treating a hypothermic scout. (Pg 36) Some may find it embarrassing to have to act like this but with your instruction each member should have a job in the treatment procedure to keep them playing along.
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PRACTICAL/CHALLENGE/ACTIVE	<ul style="list-style-type: none">-Allow each scout to work out their pacing on your 100m markings. Ask them then how to work out their paces for a number of different distances.-Get each scout at 3 minute intervals to walk the compass course you had set-out. You may leave something at the end of it for them, maybe some chocolate each. This is very efficient with- Hypothermia Practical. Ask a senior scout or leader to go outside and act hypothermic. Let the scouts find them and treat them. As a leader just stand back and take notes. Afterwards go through what they did wrong and more importantly, what they did right. Never let an exercise like this get to a boring point, as soon as you feel they have the situation under control, stop them.
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WEEK: 2

PRE-MEETING SETUP:	- Get fuel for the stoves and remember matches.
EQUIPMENT NEEDED:	- 1:50,000 map of the area you are walking in. - A few Stoves that you will be using on the Sionnach. - Tea / Frankfurters or something to cook on a Trangia. - Route Description copies and plenty of blank Route Cards.
INSTRUCTION/THEORY/TRAINING	<p>- Talk about Contours, show scouts photos, and elevation diagrams of hills and then ask them to point that slope out on a map. They should be able to tell a convex and concave slope apart and distinguish cliffs. Point out that contours are marked at every 10m in height.</p> <p>- Go through the symbols on a map and how to reference them to the key. Explain about scale. If you have a 1:25,000 and a 1:50,000 of the same area, show them the difference. They should be aware that on a 1:50,000 map, 2cm = 1km in reality.</p> <p>- Get scouts to pair up to cook their dinner. Refer to the 'Backpackers Kitchen' (Pg 15). By the end of the night ensure you have seen everyone's menu that they will eat on the weekend. Some scouts can estimate wrongly quantities, time to cook, transport and nourishment of their chosen foods. They will more than likely need your guidance on creating a menu.</p> <p>- Talk people through the gear list (Pg 10) and how to pack a bag. You may go through the suitable boots, rucksack and waterproofs they need and where to buy/borrow them. A scout will not be allowed walk on a Sionnach Adventure without the proper equipment. Ask them to bring down their packed bag the following week for you to check. It is also advised to begin looking into transport methods at this early stage.</p>
PRACTICAL/CHALLENGE/ACTIVE	<p>- Get each scout to be able to give 6fig grid references and be able to find a feature from being told a grid ref.</p> <p>- You should have received your route description from the Sionnach Team. Photocopy the blank route card (Pg 28) and have each scout fill it out. Ensure you get at least half the card done with the scouts, allow them to finish their card at home and bring it back the following week. Encourage them to laminate it back to back with a copy of the map.</p> <p>- Have each scout put together their stove, light it and boil some water. Maybe they could cook frankfurters or make a cup of tea. Stress the importance of fuel safety (Pg 14).</p>

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WEEK: 3

PRE-MEETING SETUP:	- Pack your own 'text-book' packed rucksack for demonstration purposes.
EQUIPMENT NEEDED:	- Blank route cards that you have done yourself for them to see any errors they've made. - Each scout should have their own rucksack, route card and map with them. - All group equipment necessary, stoves, tents, fuel bottles.

INSTRUCTION/THEORY/TRAINING

-Get them to present you their route cards, compare them all, and ensure they are correct. Maybe have a couple of route cards you have done to hand out to them as well. This is extremely important as an incorrect route card greatly increases the chance of you getting lost.

-Make sure you know how people are getting to and home from the check-in. If parents are giving lifts, then sort out who is in which car and ensure that parents have seen a map and understand where the check-in is. If you have more than one team travelling and have more than one car it can be advised to meet in a local village and then travel in convoy through the mountains to the check-in. This means all your team arrives at once. Collect up P.C. forms for each scout and bring them with you on the event.

-Split up gear. People should have their menu's in pairs or triplets. Split up Stoves, Fuel and Tentage between these pairs. If you have more than one team going and the equipment is being shared across the teams, ensure that each team has all the parts to that equipment. There is no point in carrying half a tent or a stove without fuel because another team has it. They should also buy fuel for their stoves during the week.

PRACTICAL/CHALLENGE/ACTIVE

-Go outside and pitch the hike tents (Pg 12). There is nothing worse than arriving at base camp in the dark and your scouts not knowing how to pitch their tents. Maybe play a quick game in 'speed-pitching', time them and set a record which they will try and break a second time around.

-As this is your last time to see your scouts before you leave, do a complete gear check. A suggested method is to get them to line up, as you call each item out, make them put it on. End up with each Scout fully clothed in their sleeping bag, in a bivvi bag on their foam mat. You may also vary this by calling out RAINING or SUNNY, make them find the gear in their bags to dress for the weather as quick as possible. Bring a rucksack of your own which is 'text-book' packed so they can see how you've done it.

-You should leave this meeting feeling that everything is ready to go.