

# 1<sup>st</sup> Merrickville Cub Hike

## Event

This is a day hike for Cubs. The objective is to get the Cub used to hiking and show them the fun things that can be done on a hike. The destination of the hike is the summit (153m ASL) of Blue Mountain at Charleston Lake.

## Logistics

Saturday December 1<sup>st</sup>, 2005 (Rain date: Sunday December 2<sup>nd</sup>, 2005)

8:00am to 5:30pm

Charleston Lake

Cost: \$0

## Directions to Trail Head

The trail head is at the intersection of Mountain Street and Warburton Road at the south end of Charleston Lake. A map will be produced for the drivers.

Distance to trail head from Merrickville is approximately 90km.

Everybody will meet at the community centre and car pool to the trail head. This is designed to increase participation in the activity. Each Cub will contribute \$4 to their driver to offset fuel costs.

## Schedule

- 8:00am Depart community centre.
  - Check equipment: water, lunch, shoes, whistle.
- 9:00am Arrive trail head.
  - Review buddy system and head/tail leader.
  - Importance of drinking not wasting water.
- 9:30am Commence hike.
- 12:00pm Arrive at summit of Blue Mountain, lunch, rock scrambling, games.
- 1:30pm Depart summit.
- 4:00pm Arrive trail head, depart for community centre
- 5:30pm Arrive community centre

## Activities During Hike

- “Jail Break” wide game (optional if time filler needed).
- Rock scrambling.

## Expected Leaders Attending

Allan Yates, Kevin Bacon, Peter Cornelisse, Mike Jackman, Amy McKay.

## Qualifications

- All leaders have current standard first aid and CPR certifications.
- Allan and Kevin have extensive back woods hiking experience.

## Trail

The trail has been reconnoitered by Robert many times. Allan has hiked to the top of Blue Mountain with kids. From start point to the top of the mountain is approximately 2.5 hours travel time. Exact outgoing travel time will be noted to ensure summit is left early enough to arrive back at the trail head before sunset (4:45pm).

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## Risks

- *Cubs becoming lost*: Each Cub must wear a whistle on a lanyard so they can call for help if they become lost. The buddy system will also be enforced. Head and tail leaders will be appointed. The Cubs will be instructed not to go ahead of the head leader, nor go behind the tail leader.
- *Minor injuries*: Treated with first aid kit.
- *Major injuries*: Evacuation to parking area at trail head and transport to hospital; alternatively a leader will be sent to fetch medical personal by returning to the trail head and driving to a telephone to summon paramedics.

## Attendance

Approximately 24 Cubs are expected to attend.

## In Case of Emergency

- Where possible, any injured person will be evacuated back to the parking lot at the trail head where the leader's automobiles will be present.
- Nearest hospitals are:
  - Lansdowne Medical Centre, (613) 659-2525
  - Brockville General Hospital, (613) 345-5645
  - Kingston General Hospital, (613) 548-3232
- Two first aid kits will be carried by different leaders.

## Cub Equipment List

- Full uniform (no sash)
- Knapsack
- Lunch
- Water bottle, full
- Rain coat
- Survival kit (optional)
- Whistle on a lanyard
- Sturdy shoes or sneakers - no rubber boots
- Change of shoes.

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## “Jail Break” Wide Game

- There are two “cops” and one “jailor”. The rest of the people are “robbers”. The number of “cops” and “jailors” can vary depending on the number of players.
- A fairly central location is designated as the “jail”. The jail should be fairly out in the open and the boundaries definite. A picnic table can work great as a jail (those in the jail would sit on top of the table).
- All robbers are given some designated time to go hide (like hide-and-go-seek maybe 30-60 seconds).
- After the appropriate hiding time, the cops go looking for the robbers. The robbers are usually not in the same spot all the time. The cops catch a robber by one of many methods. The robber may be tagged, hit with a light beam, person identified correctly, or a combination of these. When a robber is caught, they are taken to jail by the cop.
- If someone is quick and sly (that someone being a robber), they can cause a “Jail Break” and let all that are in jail get out of jail. This is done by sneaking up into jail (not being caught by the jailor), stepping in the jail (or touching the table with both hands), and yelling “Jail Break!”. At this point, all that are in jail are free. The jailer must give everyone that was in jail and the breaker some time to get away (maybe 15 seconds).

## Pack Equipment List

- First aid kit (2).
- Trail mix (for extra energy).
- Physical fitness forms for all Cubs and leaders.
- Garbage bag.
- Rope.
- Torch (one per leader).
- Paper towel.
- Alcohol hand wash.
- Matches.
- Water.
- Toilet paper.