

Narragansett Council, BSA
January 2021 Cub Scout Breakout Talking Points

Hiking and Other Outdoor Activities

[This month should be a guided discussion with participation from the attendees.]

- Selected activities should be age-appropriate activities.
 - What are some criteria for assessing whether an activity is age-appropriate?
 - The activity complies with the policies and procedures in the *Guide to Safe Scouting*.
 - The activity supports or is in harmony with Scouting's values.
 - Any group-based activity matches the training and experience of participants.
 - The group has the ability to successfully complete the activity.
 - The activity adds to the life experience, knowledge, or ability of each participant.
 - The activity is parent/youth- or family-oriented.
 - The activity is conducted with adult supervision.
 - [Guide to Safe Scouting Age-Appropriate Guidelines for Scouting Activities](#)
- Hiking
 - *[Poll participants to see what experience their packs have with hiking.]*
 - *[Let participants share their favorite Cub Scout hike.]*
 - What are the outdoor essentials?
 - First-aid kit; flashlight or headlamp; rain gear; sun protection; extra clothes; trail food; water; whistle
 - For Wolf rank and above they can also carry a map and compass of the hike (at the very least an adult should have one if on a trail system)
 - Provided a Bear or Webelos has earned their Whittling Chit, they can also carry a pocketknife
 - Webelos or adults can also include matches and fire starters as part of the essentials.
 - Themed hikes:
 - For Lions and Tigers a one-foot backyard hike-what type of bugs or plant can be found within that foot.
 - Select a topic —trees for example. Encourage the Scouts to find five different types of trees and help educate them on the types of trees found.
 - Letter of the alphabet. Choose a letter and have the Scouts look for things that start with that letter.
 - Color. Choose a color and have the Scouts look for things that are or have that color.

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- [*Poll participants as to what they feel is a suitable distance for a hike with their Cub Scouts.*]
 - Webelos require a 3-mile hike for the Walkabout adventure.
- Aside from hiking and camping what are other outdoor activities that those in the Cub Scout program can participate? [*Let participants chime in with answers.*]
 - Answers may include: fishing; conservation projects; bike rides; bouldering; swimming; snorkeling in confined water; a passenger in paddle sports (canoe, kayak, pedal boat, raft, rowboat) on calm or gently flowing water; water park, slide or floating attractions; picnic; outdoor game carnival; Cub-mobile derby (found in the *Cub Scout Leader How-To Book*); sports; sledding; Cub Scout Chuckwagon
 - For Wolf and above may also include: horseback riding, map & compass, mountain biking, BMX biking, tubing in gently flowing water, paddle sports on calm or gently flowing water
 - For Bear and above may also include: outdoor cooking
 - For Webelos may also include: pioneering projects, fire building, wilderness survival training, rappelling
 - [*Let participants share details of what their packs have done in the past.*]
- Conducting outdoor activities during the COVID-19 pandemic
 - A [Covid-19 risk waiver](#) should be completed for each participant, youth and adult. This can be found at www.narragansettbsa.org/covid. This is good for one year from the date signed.
 - Prior to the start of each activity, each participant should go through a daily [COVID-19 Screening Tool](#), also available at www.narragansettbsa.org/covid.
 - The [General Program Resource Guide](#) found on the council website has screening checklists for both MA & RI.
 - A participation log should be kept for each outdoor activity. The log should include the name of every participant, youth and adult, and the best email and phone number to get in touch with the family. This will assist in contact tracing should an issue arise.
 - Units should remain in their home state for Scouting activities.
 - Groups should be stable. That is, the same grouping is together for each activity and there is no mingling between groups.
 - State health department guidelines for preventative measure which typically include: safe distancing—6 ft or 14 ft for those not part of a stable group; wearing of face masks/coverings; and limitations on group sizes.
 - For unit activities with larger numbers, incorporate several smaller stable groups and stagger start times and/or spread out activity areas from each other.