

Ashdown Hike 2nd November 2008

What is it?

A one-day 'incident' hike of about 14km (approx. 9 miles), within Ashdown District. The route is almost entirely on public footpaths and bridleways and, working in teams of four, the Scouts have to navigate between checkpoints using grid references and map reading skills. The checkpoints will all be staffed by warranted leaders but in between the checkpoints, the teams will be on their own.

The event is open to all Scouts within the District. It is competitive, but it is also designed to allow younger as well as more experienced Scouts to have a go. The combined age limits (see rules, below) are deliberately set so that there can be no more than two 14-year-olds and no more than two 10 year-olds in any one team. This is intended to ensure that the competition is not dominated by older Scouts but also to minimise the likelihood of inexperienced teams getting lost. As in the Patrol System, the challenge for the more experienced Scouts is to encourage the younger ones in their team to complete the hike and to learn how to tackle the 'incidents' (tests of Scouting skills), which are staged at checkpoints along the route. In so doing, they will develop their own leadership and teamwork skills.

The event is generally NOT suitable for Scouts who have only recently joined the Troop or who have never hiked before, but this is a matter of discretion for individual leaders. Leaders should ensure that at least one member of each team has confident map reading skills and that all team members are capable of walking 9 miles.

Where & When?

This year's event will start and finish at (location to be announced by mid October). Teams should arrive there for registration at **8:30 am** on **Sunday 2nd November**. The competition aims to finish at the same location at 5:00pm (though this will depend on the speed of the hikers and how good they are at not getting lost!) Parents and supporters are welcome at the finish from 4:00pm.

The Rules

- Each team must consist of four members (boys and/or girls) with a minimum combined age of 45, a maximum combined age of 50, and none of the members must be 15 years of age or older.**
- EACH TEAM MEMBER must wear, or have with them, the following minimum equipment:**
 - Their Group Scarf
 - Long trousers made from quick drying fabric – NOT JEANS
 - Long sleeved shirt
 - Waterproofed hiking boots giving ankle support
 - Gloves (preferably both warm and waterproof)
 - Suitable warm headwear (wool or fleece) over which a hood can be worn
 - Warm sweater or fleece
 - Spare clothes and socks
 - Personal I.D. card giving relevant medical details plus parent's telephone & address
 - Waterproof cagoule
 - Waterproof overtrousers
 - Packed lunch and plenty to drink (*at least 1 litre: a 5% drop in body fluid = 20 % drop in performance*)
 - High Visibility reflective item (preferably waistcoat or tabard type) which must be worn visibly at all times (usually provided by your Troop)
 - A suitable rucksack, at least 35 litres capacity (*there is no weight limit, but all competitors must carry (or wear) everything on the above list together with their share of the team equipment listed on the next page*)
- Not acceptable are: denim jeans, shorts, trainers, wellies, shoes, Scout uniform (except scarves), sheath knives, CB radios or GPS navigation aids.**



4. EACH TEAM must also have, between them, the following minimum equipment:

- TWO compasses,
- TWO whistles
- TWO torches, each with spare batteries
- TWO first aid kits (preferably to Overland specification)
- TWO survival bags
- TWO mobile phones, fully charged and in credit, FOR EMERGENCY USE ONLY

maps and map cases are NOT required for this event:- the District will provide laminated extracts of the relevant 1:25,000 scale maps for each team.

5. Individual Troop leaders are responsible for ensuring that their teams are correctly equipped. In the interests of safety, teams that do not have suitable equipment will not be allowed to start. *Troops without access to suitable equipment or in need of advice should contact Stewart Lomax immediately.*
6. Leaders are also responsible for obtaining parental consent for all those taking part and for arranging an emergency home contact for their members (both of these have to be confirmed on the entry form).
7. Entries must be received by 27th October 2008. NO LATE ENTRIES WILL BE ACCEPTED
8. TEAMS WILL ONLY BE ALLOWED TO TAKE PART IF A FULLY COMPLETED AND SIGNED ENTRY FORM HAS BEEN RECEIVED.

Entries and Cost

The entry fee for the event is £5 per team.

Leaders are asked to complete the attached entry form, which must be signed and returned with full payment to Stewart Lomax at the address shown below by no later than **Monday 27th October 2008**.

Risk Assessment

In accordance with Scout Association guidelines, a detailed Risk Assessment is being prepared for this event and copies will be issued to each Troop Leader following receipt of their team entries.

Further Information

This note should contain all the information you need, but if you have any further queries, please contact your own Leader in the first instance, or the organiser, Stewart Lomax, at the (temporary) address shown below.

Parents reply slip (Please return this portion TO YOUR OWN SCOUT LEADER before **27th October**)

I hereby give permission for my son(s) / daughter(s) _____
to take part in the Ashdown Hike competition on 2nd November 2008.

Details of any medical conditions relevant to this activity: _____

Signed _____ (Parent/Guardian of the young person(s) named above)

TEAM ENTRY
FORM (for use by
Leaders only)

Ashdown Hike

2nd November 2008



RETURN BY
27th October.

Troop Name: _____

	Participant's Names: (continue on a second copy of this form if you have more than 16 participants - <u>each form must be signed</u>)	Age on day of event * (in whole years)	Please enter only full teams of four members. Contact Stewart Lomax if you need to join up with others to form a combined team.
1			} A Team
2			
3			
4			
5			} B Team
6			
7			
8			
9			} C Team
10			
11			
12			
13			} D Team
14			
15			
16			

Name of Home Contact: _____

Telephone no. of Home Contact: _____

NOTE: This person must be available at the given number for the full duration of the event and must have details of all of your participants

I confirm that I and all the Scouts named above have received and read the information provided and I have gained permission from their parents for them to take part in this adventurous activity

Signature of Warranted Leader

Contact details of above Leader

(to whom copies of the risk assessment and results will be sent)

Full Name

Address

E-mail: **Telephone**

CHEQUE ENCLOSED FOR £..... (£5 per team)

CHEQUES ONLY (PAYABLE TO ASHDOWN DISTRICT SCOUTS) PLEASE DO NOT SEND CASH

Return this form to: Stewart Lomax. 5, Rock Cottages, Down Lane, Frant. TN3 9HP

stewart@lomaxfamily.co.uk