

## Trail to First Class Instructor Guide

### Rules of Safe Hiking

**Requirements: Tenderfoot:**

- 5a. Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Use the buddy system while on a troop or patrol outing. (pg 29, 252)
- 5b. Describe what to do if you become lost on a hike or campout. (pg 254-255)
- 5c. Explain the rules of safe hiking, both on the highway and cross-country during the day and at night. (pg 252-253)

#### Rules of Safe Hiking

1. Always hike with a buddy – This way you help each other out and have more fun.
2. If hiking along a roadway, stay in a single file line and hike on the left side of the roadway, facing traffic.
3. During daylight, wear light color clothes.
4. At night, wear light colored, reflective clothing and use a flashlight; this will make you more visible to drivers.
5. **DO NOT HITCHHIKE.** This is dangerous and illegal.
6. **Stay on trails**, makes hiking easier and harder to get lost.
7. Watch your step if you do hike cross-country where no trails are available, watch your step, this will help prevent sprained ankles and “Leave no trace”.
8. Do not wear new hiking boots on long trips. They should be broken in on short hikes.
9. Use bridges when crossing rivers and streams. If a bridge is not an option, cross only shallow, slow moving water. Always unhook the waist belt on your backpack, so if you fall in the water, the backpack will not be an anchor.
10. If an area looks dangerous, do not go there. Go around it or go back the way you came.
11. Note land marks along the way for reference. In addition, occasionally look back over your shoulder to see how the trail will look on the way back.

#### What to do when LOST

If you do get lost, remember one thing; 4 steps that spell **STOPS** –

**Stay** calm. Relax, sit down, and take a sip of water, Breathe Slowly.

**Think.** Get out your map and see what you can learn.

**Observe.** Look for landmarks, look for footprints.

**Plan.** If you know the route, go carefully and mark your trail along the way.

If all else fails,

**STAY IN ONE PLACE.** People will start looking for you once they realize you are gone. Blow your whistle three times. If a searcher hears it, they will respond with two blows. Keep blowing; this will help searchers find you.

#### How to Stay FOUND

- Make a plan and communicate it
- Mark your route on a map
- Study the map, trails and landmarks
- Pay attention on the trails
- Use a compass
- Stay on trails
- Stay out of dangerous areas
- Note landmarks along the way

Remember

Practice **“Leave No Trace”** Principles when hiking



*Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, Reverent*

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## **Rules of Safe Hiking (Instructor Outline)**

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- 5b. Describe what to do if you become lost on a hike or campout. (pg 254-255)
- 5c. Explain the rules of safe hiking, both on the highway and cross-country during the day and at night. (pg 252-253)

### **Learning Objective:**

1. At the end of this period of instruction, the scout will be able to explain the rules of safe hiking, what to do if lost, and how to avoid being lost.

### **Enabling Learning Objectives:**

1. Discuss importance safe hiking.
  - a. Avoid serious injuries, and getting lost.
2. Using the EDGE method teach the principles of safe hiking.
3. Using the EDGE method teach what to do when you are lost.

### **Equipment Needed to Teach:**

**E**xplain how it is done  
**D**emonstrate the steps  
**G**uide the learners as they practice  
**E**nable learners to succeed on their own