Aquia District - Mattaponi District
National Capital Area Council
Boy Scouts of America

Ten Commandments Hike "Generation to Generation – Scout Traditions / Faith Traditions"

February 2, 2013

Leader & Parent Instructions

BE PREPARED (Before the Hike):

- **Unit Readiness:** Ensure your participants, both adult and youth, are prepared for a cold weather hike. Dress in layers; bring water, snacks, gloves, hats, and a day pack for shed layers, etc. Be sure to eat a good breakfast before starting the hike.
- **Service Project:** The recipient of our Service Project will be the Micah Ministries on Princess Anne Street in Fredericksburg. They have a continuing need for pairs of **New White Tube Socks**. Please encourage all your participants to bring the socks with them when they arrive for the hike. These will be collected at the registration tables.
- **Leave No Trace:** Pack it in; Pack it out. Please bring two grocery-type plastic bags for your trash, and for any trash which you find along the way. Leave downtown cleaner that you found it.
- **Emergency Numbers for the hike will be provided at registration.**

GETTING STARTED (At Your <u>Assigned</u> Registration Checkpoint):

- Check scouts' gear: Pencil/pen Suitable Shoes Canteen/Water Bottle Rain Gear Appropriately dressed for Cold Conditions
- Have One Adult and One Youth representative check-in your group at the registration station.
- We have a limited supply of tablets remaining from last year's hike. These will be available while supplies last. Pick up a paper "Tablet" for those who are interested. The youth may complete the tablet during the hike. An electronic version is attached to this document for those who wish to print their own, or fill out on their smart phones.
- Pick up map and directions. Review route and ask questions.
- Provide the Registration Station with a cell phone number for your group, in case we need to contact you during the hike.

SAFELY FOLLOWING the ROUTE:

- Follow map & directions between sites. (There are no signs along the way.)
- Follow the indicated route. It has been designed for the safety of everyone.
- Walk on sidewalks & cross only at crosswalks or at traffic lights where possible.
- Keep a close eye on younger Scouts and siblings.
- Keep your group together. Leaders must remain with the group at all times. Do not leave your group unattended.
- If you have problems during the hike, contact the adults stationed at the manned church or support sites for assistance.

AT CHURCHES/SYNAGOGUE Locations:

- Wait at entrance to sanctuary until told you may enter. Someone will be there to greet you and give you instructions.
- Make sure everyone's feet are as clean and dry as practical before entering.
- Remind Scouts to remain reverent but encourage them to ask questions about what they see and hear.
- Fill out the Commandment "Tablets" at each church along the hike. All 10 should be completed by the end of hike. (These can be completed outside or while walking, if necessary.)
- Thank the ministers and presenters for participating in the hike. Let them know their efforts are appreciated.

REFRESHMENTS will be at the Fredericksburg United Methodist Church.

- Hot chocolate, coffee and cookies
- Enjoy the refreshments!
- Put all trash in the trash containers.

FIRST AID

- The main First Aid Station will be designated on the route map provided, and will be staffed by medical personnel.
- Registration stations will have first aid kits and methods to contact the First Aid Station.

ENDING THE HIKE

- Patches will be available at Round Table / Service Unit Meetings in March. Out of town patches will be mailed.

HANDICAPPED ACCESS: Ask the OA staff at each site about special access needs.

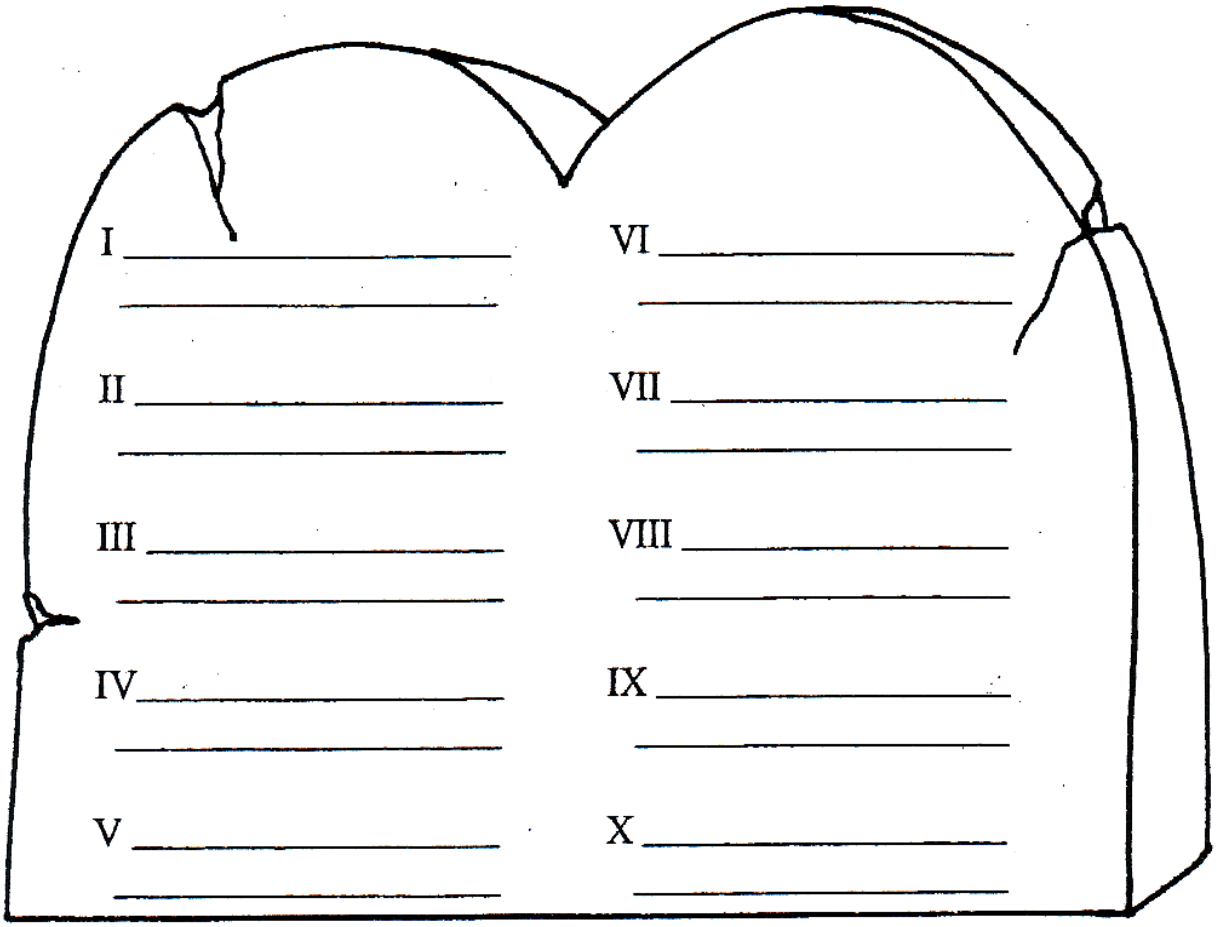
SNOW AND ICE

- Some snow and ice may be possible along the route. Use caution when crossing these areas. Most of the route should be clear.
- If needed, cancellation information will be announced on the local radio stations. Your round table representatives will be notified by telephone and email.

Have A GREAT Hike. Enjoy the many sights and sounds of Downtown Fredericksburg.

NAME: _____

PACK/TROOP NUMBER: _____



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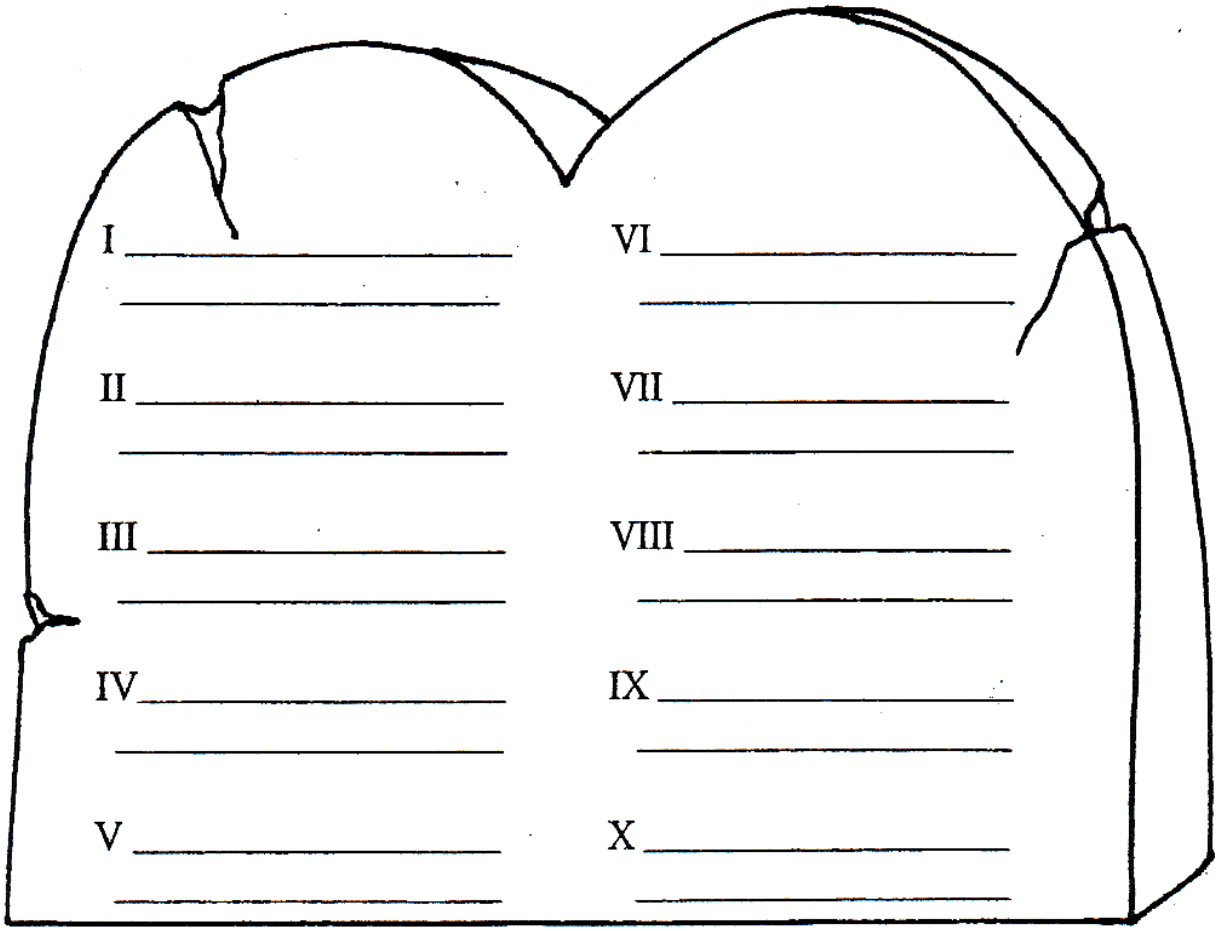
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