

## Ashdown Hike 14<sup>th</sup> October 2007

### What is it?

A one-day 'incident' hike of about 16km (10 miles), somewhere within Ashdown District (location to be announced nearer the time). The event is open to all Scout Troops within the District. It is competitive, and will provide extremely useful practice for those thinking about taking part in the more challenging Overland Hike, next March, **but** it is also designed to encourage younger Scouts to have a go, in order to gain experience and to develop their teamwork skills.

**For this reason, all teams will need to consist of a combination of both older and younger Scouts.**

Each team must consist of four members (boys and/or girls) with a minimum combined age of 46, a maximum combined age of 50, and none of the team members must be 15 years of age or older.

All those taking part will need to be reasonably fit and will need to have a knowledge of basic Scouting skills, as these (as well as teamwork and courtesy) will be tested at 'incidents', staged at various checkpoints along the route. For all of these reasons, the event is **NOT** generally suitable for Scouts who have only recently joined the Troop or have never hiked before.

### Where & When?

This year's event will start and finish at .....(a location to be announced!). Teams should arrive there for registration at **8:30 am on Sunday 14<sup>th</sup> October**. The competition aims to finish at 5:00pm the same day (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.

### What do they need?

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 specified 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.***



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

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

Individual Troop leaders are responsible for ensuring that their teams are correctly equipped. Please note that, 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.

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 team entry form).

### 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 **Sunday 30<sup>th</sup> September 2007.**

**NO LATE ENTRIES WILL BE ACCEPTED and NO TEAMS WILL BE ALLOWED TO TAKE PART UNLESS A FULLY COMPLETED AND SIGNED ENTRY FORM HAS BEEN RECEIVED.**

### Risk Assessment

In accordance with Scout Association guidelines, a detailed Risk Assessment has been prepared for this event and copies will be issued to each Troop Leader following receipt of 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 address shown below.

**Parents reply slip** (Please return this portion TO YOUR OWN SCOUT LEADER before **30<sup>th</sup> September**)

I hereby give permission for my son(s) / daughter(s) \_\_\_\_\_  
to take part in the Ashdown Hike competition on 14<sup>th</sup> October 2007.

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

14<sup>th</sup> October 2007



RETURN BY  
30<sup>th</sup> Sept.

**Troop Name:** \_\_\_\_\_

	<b>Participant's Names:</b> (continue on a second copy of this form if you have more than 16 participants - <u>each form must be signed</u> )	<b>Age on day of event *</b> (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			} <b>A Team</b>
2			
3			
4			
5			} <b>B Team</b>
6			
7			
8			
9			} <b>C Team</b>
10			
11			
12			
13			} <b>D Team</b>
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) **DO  
NOT SEND CASH**

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