

# LEADER CUB SCOUT MEETING GUIDE

## HIKING



# PRE-MEETING EMAIL

## **SEND 1 WEEK PRIOR + A REMINDER DAY OF:**

Pack (enter #) Families,

Our next meeting is (enter date) at (enter time). Please log-in using this Zoom Code (enter zoom code). I, (enter name), will be the meeting host. Our meeting theme is Hiking! We will cover activities from the following adventures:

- Lion: Fun on the Run
- Tiger: Tigers in the Wild
- Wolf: Finding your Way
- Bear: Bear Necessities
- Webelos: Webelos Walkabout

Please have the following prepped for the meeting:

- LIONS, with your adult partner share an exercise that everyone can do during our meeting
- EVERYONE, have your DIY map ready to share

Please look at the meeting information (enter hyperlink), to make sure you prep your pre-meeting activities and complete any activities you wish to from home. Remember, DO YOUR BEST and have fun with it!

See you at our meeting,

(Your Name)

# ZOOM MEETING TIPS

## WHEN SETTING UP YOUR MEETING:

- Prior to meeting:
  - Set up your meeting and email meeting code, only email to those in your Cub Scout Pack, set up a new meeting in Zoom for each meeting, so there is a new secure code
  - Pre-assign other adults to help as co-hosts, ask them to do specific tasks (monitor chat room, help present w/assigned slides)
  - Take a look at the slide deck, you could pre-assign older Scouts to present some slides
- In settings turn off:
  - Annotation (prevents Scouts from writing on screen)
- At beginning of meeting
  - Mute everyone and select "do not let participants unmute themselves"
  - Make additional adults co-hosts
  - You can keep the chat open, but likely you will want to close the chat to "host only", the Scouts tend to spam the chat

## TO MAKE THIS MEETING MORE FUN!

- Assign Scouts to the following Slides:
  - Slide 4: Map Art Show (show maps as Scouts are holding them up to the screen, say something that is cool about each map)
  - Slide 6: Ask the Bear or Webelos Den to share what they would bring on a hike that is sunny and a hike that is rainy
  - Slide 7: Call on each Lion to share their exercise, have their adult partners use the "raise hand" feature

# SLIDE DECK SCRIPT

## SLIDE 1

Welcome to our Cub Scout Meeting! We will start at (enter time)

## SLIDE 2

In today's meeting we will learn about compass and maps, thermometers and barometers, take an exercise break first aid, check out some poisonous plants and finish up with the outdoor code and leave no trace.

## SLIDE 3

A compass is a tool that you can use for navigation and finding directions. On a compass to find North you will need to hold the compass flat and turn it until the red arrow points to the capital N as in North. Every map has a "Compass Rose" which on this map of Oregon is in the bottom left of the map. This is how you can tell which way the map points.

## SLIDE 4

One of your activities was to draw a map, if you designed a map please hold it up to the screen now, we will check them all out! *(turn off screen share and click on the three dots next to each of their webcams and click "spotlight video" this will make their video full-screen)* Great job on your maps! It was so fun to see all the different ideas you had.

## SLIDE 5

Moving on to thermometers and Barometers. A thermometer is a tool that is used to tell the temperature of whatever area that it is placed in. For a non-digital thermometer you will see a red line that rises and lowers the temperature changes. Where the top of the red line is the temperature in the room or outside. Next to this you will find a Barometer. Which is an instrument measuring atmospheric pressure, used especially in forecasting the weather and determining altitude. A higher reading means a higher pressure in its current setting. Most of us can easily see what the weather will be by asking our parents or looking at an app...but how should we prepare for different weather?

# SLIDE DECK SCRIPT

## SLIDE 6

In Oregon and Washington there are often two types of weather, rainy or sunny! Thank you to our Bears and Webelos Dens who will share with us how to prep for a sunny day hike and a rainy day hike. (*Pre-assign this so you know which Scouts to unmute, if you haven't pre-assigned then simply give them 30 seconds to think about it and then ask the Scouts to raise their hand and unmute them*). Great job Scouts! We are getting a little more prepared to head outside for an adventure, but first let's learn some exercises from the Lion Den to get our bodies prepared!

## SLIDE 7

I will call on each Lion, Scouts, please follow their exercises at home! (*turn off screen share and click on the three dots next to each of their webcams and click "spotlight video" this will make their video full-screen*)

## SLIDE 8

Great job Lions! Let's test all of our knowledge with a hiking quiz! Type your answers to the quiz into the chat. (*make chat private so only you can read the answers, read them as they come in*)

## Slide 9

When should you start to drink water on your hike?

## SLIDE 10

If you said C. your are correct. It is important to drink water just before your start hiking as your body does not tell you that you are thirsty until your fluid levels are low. Make sure to keep hydrating during your outing.

## SLIDE 11

Next question. Between these two first aid kits which one would you take on a short hike?

# SLIDE DECK SCRIPT

## SLIDE 12

If you said A you are correct. A small well packed first aid kit is suitable for a short hike while a larger, at home kit is great for big emergencies

## SLIDE 13

Great, next question. How can you prevent foot blisters while hiking? A. Do not wear socks B. Wear shoes that you've worn several times. or C. Wear brand new shoes.

## SLIDE 14

If you guessed B. you are correct. it is important to wear shoes that fit well and have been broken in on your hike. New shoes take time to break in and can cause lots of blisters.

## SLIDE 15

Now lets take a look at some common poisonous plants. Poison Ivy, Oak and Sumac. Here is a great simple saying to remember when distinguishing between this plants;

Leaves of three, let it be.

Berries white, run in fright.

Hairy vine, no friend of mine.

Repeat those sayings with me...

## Slide 16

Alright now let's wrap up our meeting by going over the Outdoor Code.

Can a Webelos Scout who wishes to read the Outdoor Code please raise their hand?

-As an american I will do my best to

-Be clean in my outdoor manners

-Be careful with fire

-Be considerate in the outdoors

-Be conservation minded

# SLIDE DECK SCRIPT

## SLIDE 17

Thank you! Now, can a second Webelos raise their hand to recite the Leave No Trace Pledge?

1. Know before you go
2. Choose the right path
3. Trash your trash
4. Be careful with fire
5. Respect wildlife
6. Be kind to other visitors

## SLIDE 18

Thank you to all our Scouts for participating and having fun together. Make sure to look at your Hiking Cub Scout meeting guide to see the Adventure requirements you finished during the meeting, and the requirements you can finish at home.

## SLIDE 19

See you next time! (any final announcements)



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