



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



**Ten Commandments Hike
"Generation to Generation –
Scout Traditions / Faith
Traditions"
February 5, 2011**

Leader & Parent Instructions

BE PREPARED (Before the Hike):

- Ensure your participants, both adult and youth, are prepared for a cold weather hike. Dress in layers; bring water, snacks, gloves, hats, day pack to put shed layers in, 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. They have requested cold-weather under garments be donated to the hike. Please encourage all participating units to bring items to support this clothing drive. Items may include long johns, under garments, girls tights, warm socks, long sleeve t-shirts, etc. The undergarments should be new, other items can be gently used. 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.

GETTING STARTED (At Your Assigned Registration Checkpoint):

- Check boys gear: Pencil/pen Suitable Shoes Canteen/Water Bottle
Rain Gear Dressed for Cold Conditions
- Have One Adult and One Youth representative check-in your group at the checkpoint.
- Pick up a paper "Tablet" for each youth on the hike. The youth should complete the tablet during the hike.
- 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 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 River Front Park on Sophia Street.

Hot chocolate, coffee and cookies

- Enjoy the refreshments!
- Put all trash in the trash containers.

FIRST AID

- The main First Aid Station is located at the ***River Front Park*** (Sophia Street) and staffed by medical personnel.
- Registration stations will have first aid kits and radios to the First Aid Station.

ENDING THE HIKE

- When you complete the hike, complete the survey form and give it to the OA staff at your final stop.
- 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.