



Area 8 Curriculum

2021

SCRIPTURE FOCUS

Proverbs 1:32-33

For the waywardness of the simple will kill them, and the complacency of fools will destroy them; but whoever listens to me will live in safety and be at ease, without fear of harm.

SESSION PLAN

10 Hiking Rules,
Track & Trail and
What to do when lost

Dennis Asiedu-
Marfo
Counsellor

Name:

Date:

Class: Friends

10 Rules of Hiking

1. Plan ahead

2. Prepare yourself physically.

3. Let someone else know where you are going and when will return.

4. Know the rules and guidelines in the area you would be hiking.

5. Wear and take appropriate clothes.

6. Take with you all necessary emergency equipment.

7. Follow the marked route and do not wonder into unknown an area.

8. Know how to use map and compass, carry them with you.

9. Carry your water and drink only treated water.

10. Sign in at any trail register to aid locating you when the need be.

Name:

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Track and Trail

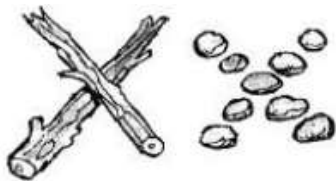
1. Material that can be used

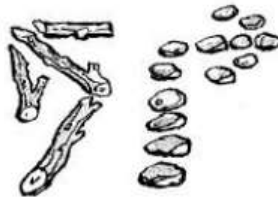


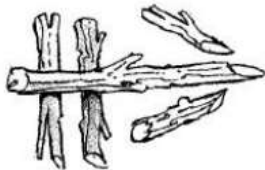
2. Why Track and trail

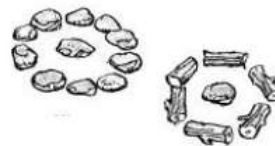
3. When to use track and trail

4. Signs identification

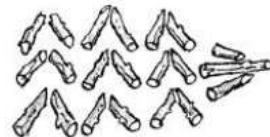












Task to complete (Due in – 24/07/2021)

Assuming you are going through the woods without your phone. You will be following the direction as specified in the scenario below since you have walked the route before. Direct a friend to meet you at a particular point in the woods.

Scenario

- Walk for about 100m and turn right at the first junction.
- After 50m, turn left on the junction and right at the next junction which is also 100m away
- Walk a further 100m where you will find a river and then turn right.
- The next junction is 150m away which you need to continue straight as the left turn leads to a private land.
- After walking a further 200m, turn right
- Turn left at the next junction which is 400m away.
- With care, cross the obstacle about 300m further ahead and walk further 50m.
- Turn right and walk 550m to the destination.
- Indicate at the destination the "going home" sign and where the pathfinder group can find your message to them.

Name:

Date:

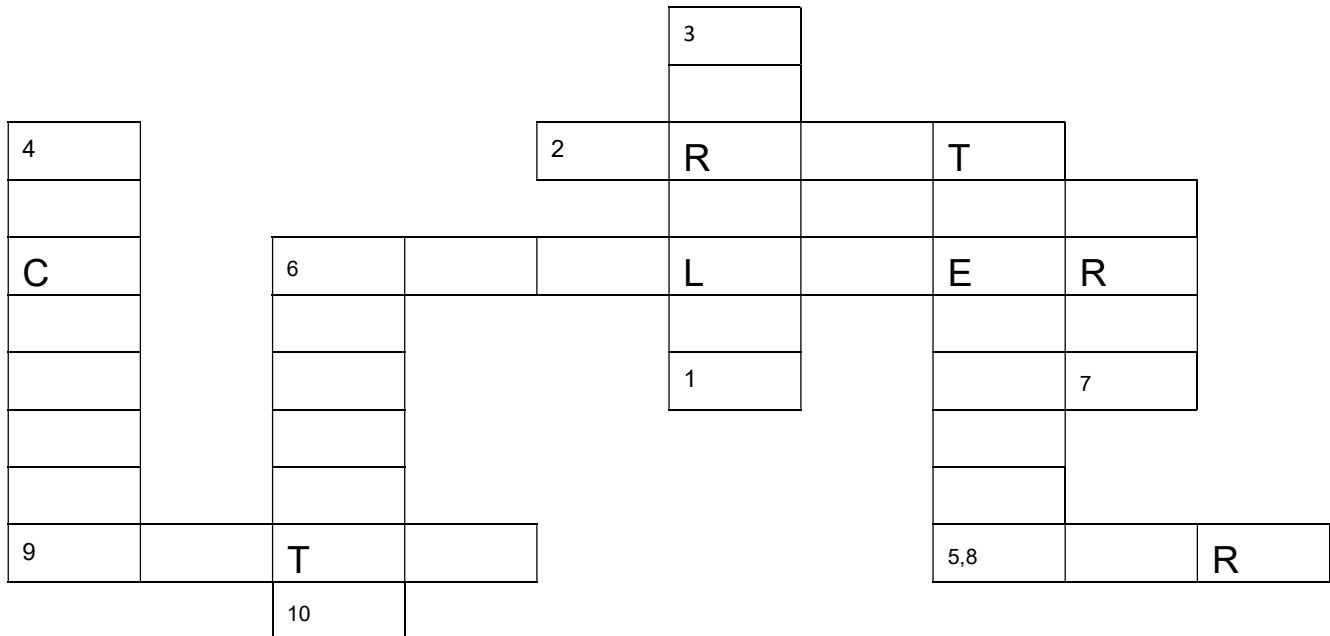
Class: Friends

Draw how you will direct your pathfinder group to your current position in the woods using track and trace signs.

A large, empty rectangular box with a black border, intended for the student to draw their pathfinding route and signs.

What to do when lost puzzle

Try and identify key relevant words



- When lost you need to keep ...¹..., stay ..²..., ...³.. and stay at a particular ..⁴....
- Make yourselves noticeable in ...⁵..
- Build a⁶... and ...⁷... for the camp if going to stay overnight.
- Let at least one person stay with the victim in case of an⁸.... with the necessary treatment ...⁹....
- Downhill ...¹⁰... are likely lead to habitations and can be helpful when confused.

Calm	Air	Shelter	Streams	Accident
Warm	Note	Location	Fire	Dry

Date complete:

Date checked: