Assembled Den Meeting Plan – WEBELOS (4th Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Webelos Adventures Den Meeting Resources found at Scouting.Org (or from the requirements), into the parts of a quality Den Meeting, which are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, followed by a series of activities, ideally alternating quiet and energetic fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) …

Webelos – 4th Grade

Webelos Walkabout

An "Outdoors" Adventure

REQUIRED (An Adventure "Required" to earn Webelos Rank)

Snapshot of Adventure: Some places you can only get to if you walk. Walking is great exercise and fun to do with your den or family. In this Adventure, you'll learn how to prepare for a 2-mile walk, what you should bring, and what you should do in an emergency. And when you are ready, take your walk!

The QR Code above takes you to scouting.org/cub-scout-adventures/webelos-walkabout/ ↑

This Den Meeting Plan adapts Activity content from that Scouting link with other fun, simple, easy ideas. For more, see the Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

Requirements from the Webelos Handbook

1. **Prepare for a 2-mile walk outside. Gather your Cub Scout Six Essentials and weather appropriate clothing and shoes.**
2. **Plan a 2-mile route for your walk.**
3. **Check the weather forecast for the time of your planned 2-mile walk.**
4. **Review the four points of Scouting's SAFE Checklist and how you will apply them on your 2-mile walk.**
5. **Demonstrate first aid for each of the following events that could occur on your 2-mile walk: blister, sprained ankle, sunburn, dehydration and heat related illness.**
6. **With your den, pack, or family, go on your 2-mile walk while practicing the Leave No Trace Principles for Kids and Outdoor Code.**
7. **After your 2-mile walk, discuss with your den what went well and what you would do differently next time.**

Meeting Plan

Does this take one Meeting to complete – or more? It's up to the Parents / Leaders! As written, you can do this in a single session, but likely a longer session, so a weekend might be the best time to do it all at once. Or break it up into a prep meeting (with a short walk) and the 2 mile walk.

PREPARATION (and materials needed): Read the Webelos Walkabout adventure in the Handbook.

- Determine where the outdoor walk will take place. This can be in an urban, suburban, or rural setting. This can be where your den typically meets. A walk around the neighborhood is great.
  - Share plans for the walk with families — location, gear list, food arrangements, etc.
  - You'll need to share a map of where you'll walk. Paper or (powered) smart device – either is fine.
- Cub Scout Six Essentials (first-aid kit, filled water bottle, flashlight, trail food, sun protection, and whistle)
  - Families can minimize cost by gathering items from home rather than purchasing everything new.
- Suggest that families bring their own trail food items: could include raisins, chocolate-coated candies, nuts (check for allergies among Scouts), dried fruit, marshmallows, etc.

- You might bring plastic sandwich bags to let the Scouts make their own trail mix.
- Bring a small trash bag, a smartphone or other device for weather forecast and (maybe) mapping and tracking how far you've walked.
- To do the First Aid instruction for Requirement/Activity 5, bring or build a First Aid Kit with at least Moleskin, Band-Aids, Ace bandage, Aloe vera, and Sunscreen.

GATHERING: A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources*.

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

OPENING: (Parent leader: _____) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe have the Scouts recite the Outdoor Code: *"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."*

ACTIVITIES (See also other Activities linked at Adventure Resources – use those if you like them):

◆Activity Intro: (Parent leader: _____) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

- The 2 mile walk doesn't appear until Activity 6, but Activities 4 and 5 (SAFE Checklist and First Aid) could easily be done on break during your walk.

◆Activity 1: Gear Up (Requirement 1: "*Prepare for a 2-mile walk outside. Gather your Cub Scout Six Essentials and weather appropriate clothing and shoes.***")** (Parent leader: _____)

- Show and Tell (about the) Cub Scout Six Essentials (for more, see: https://vimeo.com/498051015):
  - **First-aid kit**: adhesive bandages, moleskin, gauze, antibiotic ointment, etc.
  - **Water bottle**: filled and large enough to last until it can be filled again.
  - **Trail food**: can be made as a den activity prior to a walk or hike or campout.
  - **Sun protection**: sunscreen of SPF 30 or greater and a hat
  - **Flashlight**: small, for emergency use only
  - **Whistle**: also for emergency use only



- Have the Scouts identify (and show) what type of clothing they should wear.
  - **Shoes.** Footwear must always be closed-toed for Scouting activities. The right shoes depend on where you will be walking.
    - For a paved path walking shoes or sneakers work fine.
    - For more rugged paths shoes that have a harder sole and provide greater ankle support are best.
    - Shoes should fit snug and if the shoe has laces, they should be tied appropriately.
  - **Socks.** Socks are a must for walks. The best socks will keep your feet dry and pull moisture away from your feet. This helps to avoid blisters and to prevent fungus that may cause bad smells and itchy feet.
    - If your feet get wet during the walk just make sure that when you are finished, you take them off along with your socks and allow your feet to dry.
  - **Hats.** Hats that cover their heads and ears protect from the sun.
  - **Other Clothing.** Pick clothes appropriate for the weather. Be prepared for rain with a rain jacket.
    - If it's cold, be sure to have a warm jacket, hat, gloves, scarf.

- Layers are good, because you can add or remove as needed as you heat up and cool down during the day and during your walk.

◆Activity 2: Where 2 Walk (Requirement 2: *"Plan a 2-mile route for your walk."*) (Parent leader: _____)

Review the **5 Ws** of planning a walk.



- **Where are you going?**
  - Decide on the route to your destination and back.
  - Give the Scouts a copy of the map that includes the area for the walk. Or more than one if they get to choose.
  - Explain that this is a map of the area where they will walk. Show them the scale of the map. (A scale tells you how far distances are in real life compared to how they are seen on the map.)
  - Let the Scouts identify a two mile route on the map.
  - Discuss how to find the starting point.
  - Ask the following: Where will they start and end their walk? What can they use during their walk to track how far they've gone? How much time should they allow for the 2-mile walk?
- **When will you return?** If you are not back reasonably close to the time on your trip plan, Scout leaders and family members can take steps to locate you and, if necessary, provide assistance.
  - Discuss the date and time of the walk and have Scouts help set the time of when you will start and end.
- **Who is hiking with you?** List the names of your partners.
- **Why are you going?** To fish in a lake? Climb a peak? Explore a new area?
  - Have the Scouts share a thought or two about the purpose of your journey.
  - Show the map again and ask if there is anything that may be of interest along the way.
  - Avoid Scouts saying they are doing it because it is a requirement.
- **What are you taking?** Always carry the Scout Basic Essentials. What else may you need to bring?

◆Activity 3: How's the Weather? (Requirement 3: *"Check the weather forecast for the time of your planned 2-mile walk."*) (Parent leader: _____)

- Using a smart device, Scouts open a weather forecasting app.
- Have Scouts look at the forecast for the date of their walk and ask the following questions:
  - What kind of weather will be happening? What will the temperature be?
  - Do we need any special clothing or gear for the walk?
  - Why is it important to know the weather before venturing out onto a 2-mile walk?
- If you do the weather check in advance of the walk, repeat again as you set out. Any changes?

◆Activity 4: S.A.F.E. Walk (Requirement 4: *"Review the four points of Scouting's SAFE Checklist and how you will apply them on your 2-mile walk."*) (Parent leader: _____)

Review Scouting's "SAFE Checklist" – here's the summary:

- **S** is for **S**UPERVISION: *Youth are supervised by qualified and trustworthy adults who set the example for safety.*
- **A** is for **A**SSESSMENT: *Activities are assessed for risks during planning. Leaders have reviewed applicable program guidance or standards and have verified the activity is not prohibited. Risk avoidance or mitigation is incorporated into the activity.*



- **F** is for **F**ITNESS AND SKILL: *Participants' Annual Health and Medical Records are reviewed, and leaders have confirmed that prerequisite fitness and skill levels exist for participants to take part safely.*

- **E** is for **E**QUIPMENT AND **E**NVIRONMENT: *Safe and appropriately sized equipment, courses, camps, campsites, trails, or playing fields are used properly. Leaders periodically check gear use and the environment for changing conditions that could affect safety.*

Ask Scouts the following:

  - What does it mean to have proper supervision?
  - Why do we need to assess for risks?
  - Do you know what is on the Health and Medical Form? Why is it important for leaders to know that?
  - Why is it important people have equipment that is properly sized for the activity?
  - How can we apply these four points to our two-mile walk?
  - What are some steps we can take to make sure we have a SAFE walk?

◆Activity 5: First Aid on the Walk (Requirement 5: *"Demonstrate first aid for each of the following events that could occur on your 2-mile walk: blister, sprained ankle, sunburn, dehydration and heat related illness."*) (Parent leader: _____)

Using the Webelos Handbook and a First Aid Kit, give Scouts the opportunity to demonstrate first aid for Blister, Sprained ankle, Sunburn, and Dehydration and heat related illness.

Blisters are pockets of fluid that form as the skin's way of protecting itself from friction.



- Blisters on the feet are common injuries among hikers. You can avoid getting blisters:
  - by wearing shoes or boots that fit well,
  - by changing your socks if they become sweaty or wet, and
  - by paying attention to how your feet feel.
- A hot spot is a warning that a blister might be forming. As soon as you notice it, cover the hot spot with moleskin.
- If a blister forms, you can protect it with a doughnut bandage. To make one:
  - Cut moleskin in the shape of a doughnut and fit it around the blister.
  - Shape several more doughnuts, and stack them on top of the first.
  - Cover with an adhesive bandage.

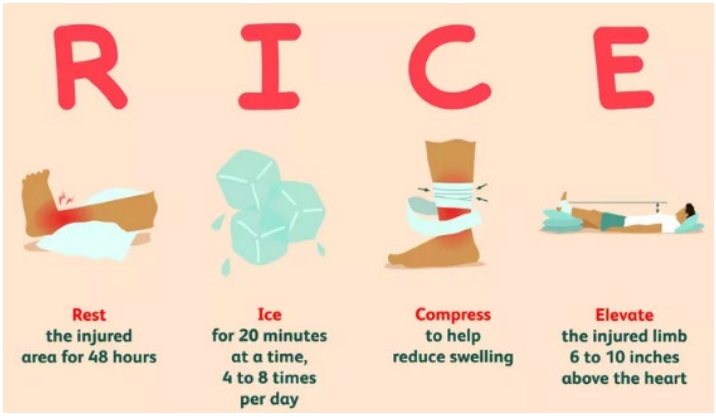
Sunburn is a common injury among people who enjoy being outdoors.



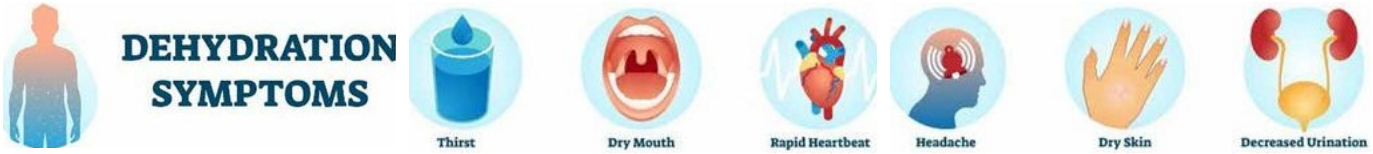
- Most sunburns are first-degree burns, although severe sunburn is a second-degree burn and should receive prompt medical attention.
  - All sunburns are dangerous because they can lead to long-term skin damage and even skin cancer when you get older.
  - People with lighter skin are most at risk of getting sunburned, but no one is immune.
- See steps you can take when sunburn strikes.
  - Get out of the sun – cover up and cool down with a bath or shower and cool damp towel. Drink water!
  - Pain relief with parental approval.
- You can prevent sunburn by using plenty of broad- spectrum sunscreen with a sun protection factor (SPF) of at least 30. Put it on 20 minutes before you go outside and every two hours while you're outside.

- Reapply it after swimming or if you are sweating a lot.
  - A broad-brimmed hat, long-sleeved shirt, and long pants will give you even more protection.
- You should wear sunscreen even on cloudy days.
  - The ultraviolet radiation from the sun that causes sunburn can pass through clouds.
  - It can also bounce off water and snow and cause damage.

Sprained Ankle. The **RICE** method (**R**est, **I**ce, **C**ompression, **E**levation) is the appropriate treatment for most minor soft-tissue injuries.



- **R**est—Stop using the injured area. This might include the use of a splint.
- **I**ce—Apply cold therapy for 15 to 20 minutes every four hours. Never apply ice directly to the skin; instead, place a thin cloth between the ice and the skin to prevent skin damage.
- **C**ompression—An elastic bandage can help prevent swelling and provide support.
  - Remember: Do not wrap it so tightly that it cuts off circulation.
  - Be sure to check for circulation, sensation, and motion after applying the wrap and periodically thereafter.
  - Signs to check for include decreased sensations; throbbing pain that is different from the injury; tingling, bluish or mottled skin; or a decreased pulse.
  - If any of these signs are present, the wrap should be released and reapplied.
- **E**levation—Raise the injured extremity above the level of the heart when possible. This helps reduce swelling.



Dehydration. When you walk for a long time or do other exercise activities, you risk losing more water than you're taking in. When you sweat or breathe out more fluid than you take in, that's dehydration.

- Treating dehydration is easy: drink water. Many small sips are better than big gulps.
- The best thing to do is prevent it. Drink water before you go on your walk or exercise. Then drink small amounts as you walk.

◆**Activity 6: Walk On! (Requirement 6: "***With your den, pack, or family, go on your 2-mile walk while practicing the Leave No Trace Principles for Kids and Outdoor Code.***")** (Parent leader: _____)

- Enjoy the Walk!

◆**Activity 7: Plan For Next Time (Requirement 7: "***After your 2-mile walk, discuss with your den what went well and what you would do differently next time.***")** (Parent leader: _____)

- At your end point, gather the Scouts and ask what was fun and interesting, what was hard, what went well, what didn't go so well, and what they would do differently next time.

CLOSING: A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Pins to all who completed the requirements. Maybe end with a "Living Circle".

AFTER THE MEETING: Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Webelos will have earned the Adventure Pin for it. Make sure they are recognized for their completion by presenting the Adventure Pins as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/webelos-walkabout/. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

1. **Prepare for a 2-mile walk outside. Gather your Cub Scout Six Essentials and weather appropriate clothing and shoes.**
   - Cub Scout Essential Six Review (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)
2. **Plan a 2-mile route for your walk.**
   - Digital Map (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Plan A Route (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
3. **Check the weather forecast for the time of your planned 2-mile walk.**
   - What's The Forecast? (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
4. **Review the four points of Scouting's SAFE Checklist and how you will apply them on your 2-mile walk.**
   - Safety First (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
5. **Demonstrate first aid for each of the following events that could occur on your 2-mile walk: blister, sprained ankle, sunburn, dehydration and heat related illness.**
   - First Aid Demonstration (Indoor; **3** of 5 Energy; **4** of 5 Supplies; **4** of 5 Prep Time)
   - First Responder Visit (Travel; **3** of 5 Energy; **4** of 5 Supplies; **4** of 5 Prep Time)
   - Trail First Aid (Indoor; **4** of 5 Energy; **4** of 5 Supplies; **3** of 5 Prep Time)
6. **With your den, pack, or family, go on your 2-mile walk while practicing the Leave No Trace Principles for Kids and Outdoor Code.**
   - The Two-Mile Walk (Travel; **5** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
7. **After your 2-mile walk, discuss with your den what went well and what you would do differently next time.**
   - Stop-Start-Continue (Travel; **5** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)