

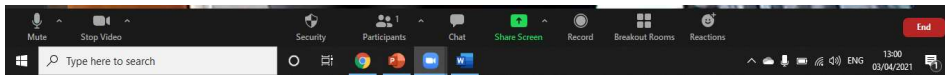


Hiking

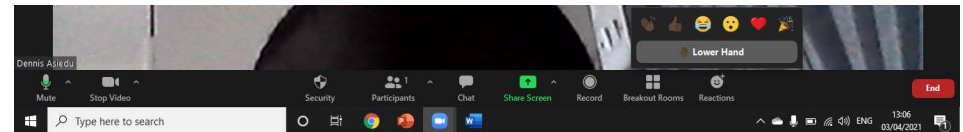
By Dennis Asiedu - Marfo

How to interact with the session

- Click on the reaction icon



- Select the appropriate reaction from the list



Learning Outcome

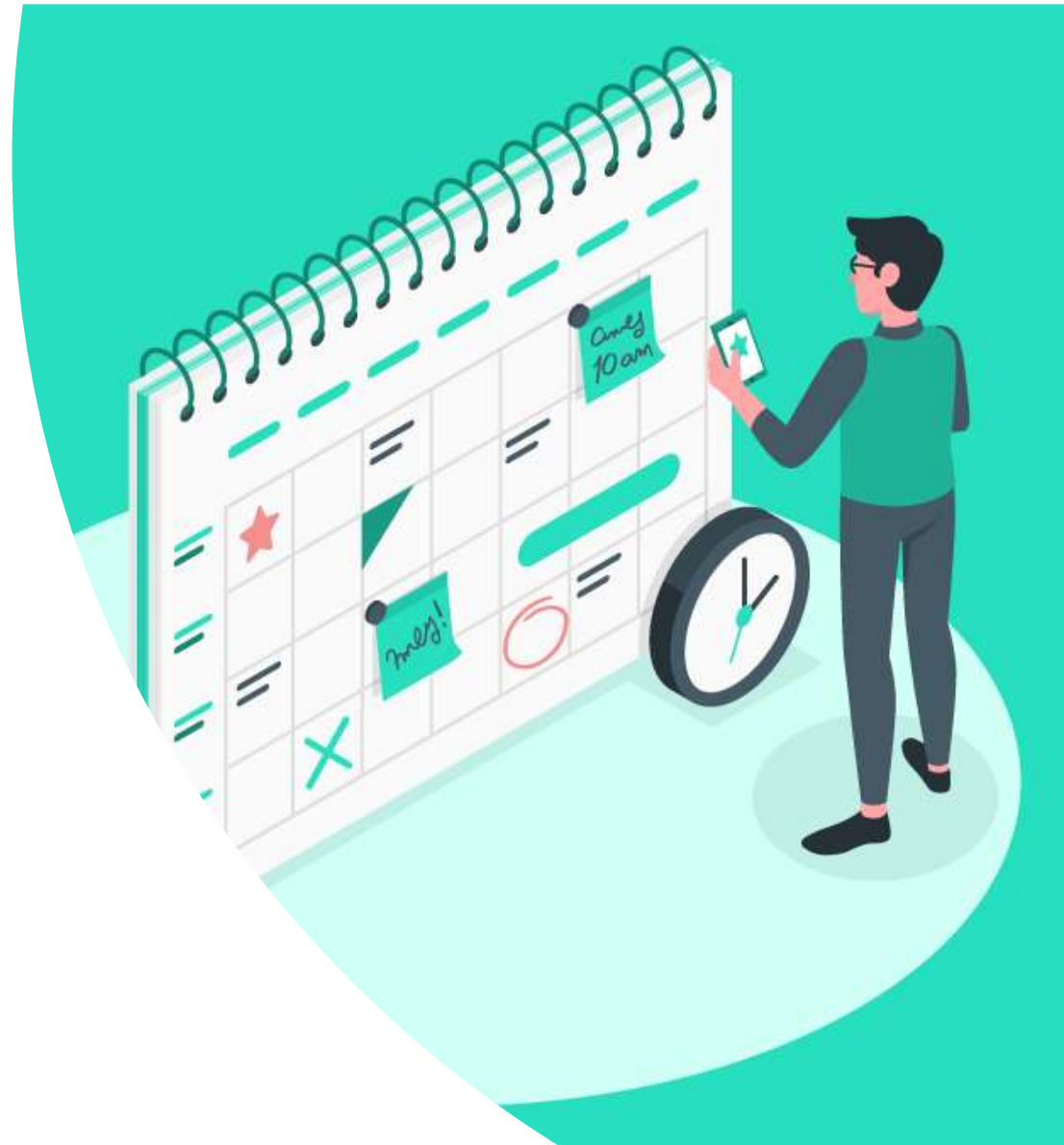
- Know the 10 hiking rules
- Be familiar with the track & trail signs and how to use it
- What to do when lost



10 Rules of Hiking

1. Plan Ahead

- Consider your hiking area carefully whether it will be helpful to achieve the required aim
- Study the latest guidebook and map to ensure you have the appropriate guide which help in avoiding getting lost
- Check whether route is appropriate and can be done in the available time

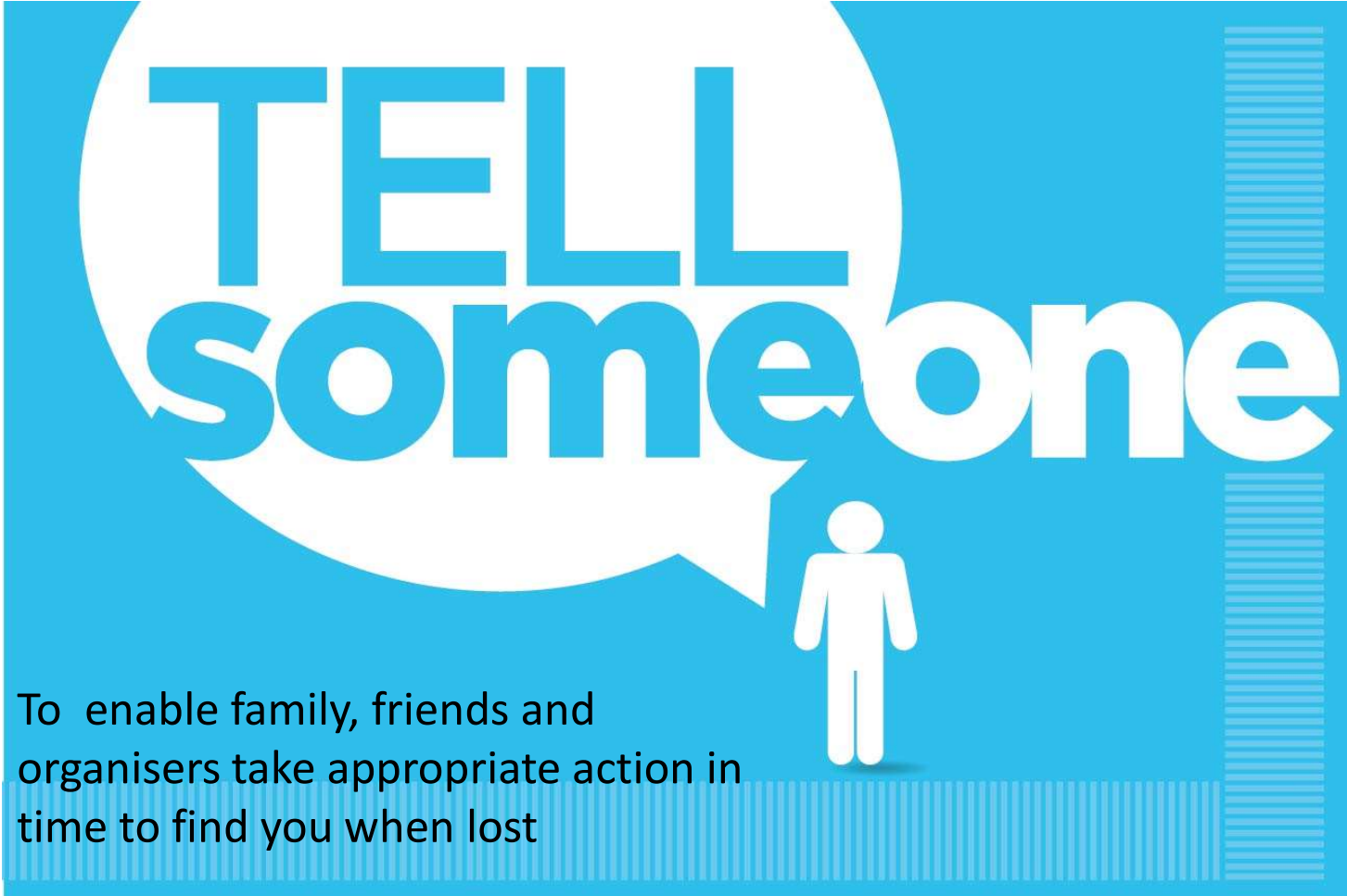




2. Prepare physically

- Ensure you can complete the route and reduce the risk of dying on a hike

TELL someone



To enable family, friends and
organisers take appropriate action in
time to find you when lost

4. Know the rules

- Know all the outdoor guidelines and rules in the area you would be hiking to avoid getting into trouble and be nature friendly





5. Wear appropriate cloth and footwear

- To keep yourself dry, warm and comfortable
- Ensure your footwear is appropriate for long walk

7. Follow the route

- To avoid getting lost and getting into trouble

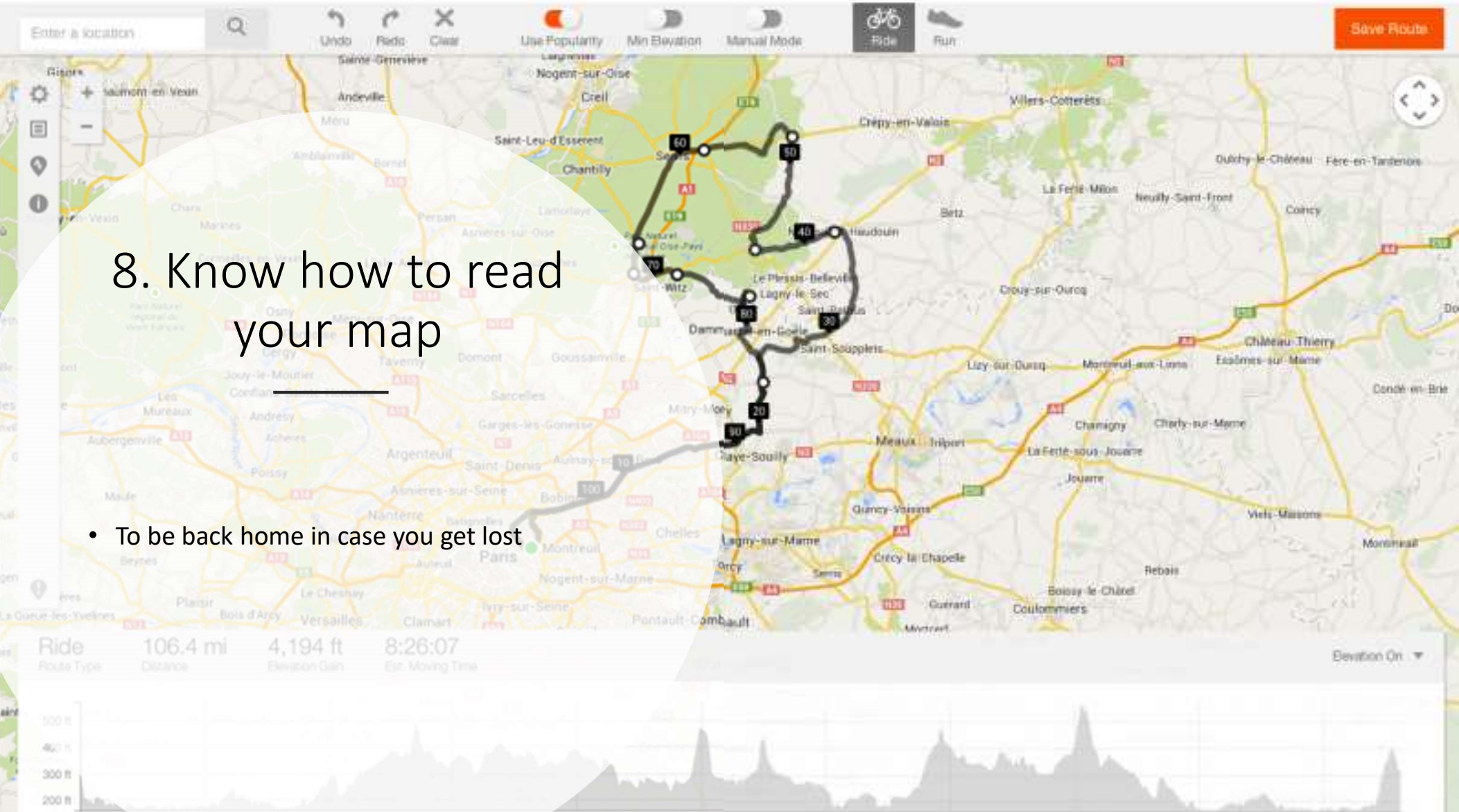



stime.



8. Know how to read your map

- To be back home in case you get lost



A close-up photograph of water being poured into a clear glass. The water is captured in mid-pour, creating a dynamic splash and numerous bubbles. The background is a soft, light blue gradient. A black, torn-edge rectangular box is overlaid on the left side of the image, containing white text.

9. Use treated water only

- To avoid getting sick as streams or rivers are likely to contain bacteria

10. Sign in at any trail register

- This will assist in finding you by identifying where you have been







Track and Tail

Track and trail materials



1. Wood or sticks		2. Pebbles or Stones		3. Grass		4. Leaves	
5. Plants or Trees							

Why?

- For direction
- Ensure safety of trailers
- Helps to point our landmarks and significant features

When?

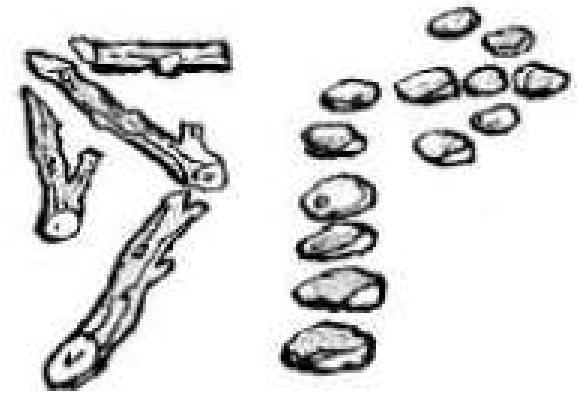
- Hiking
- Outdoor games
- Nature and landmark sight seeing



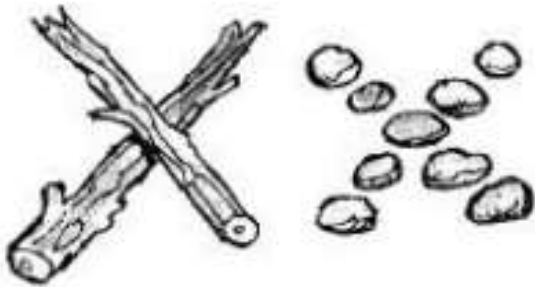
Split group



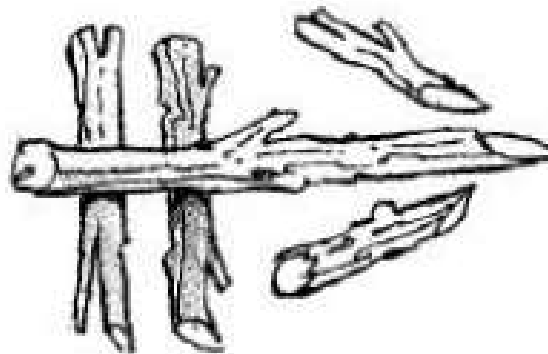
Gone Home



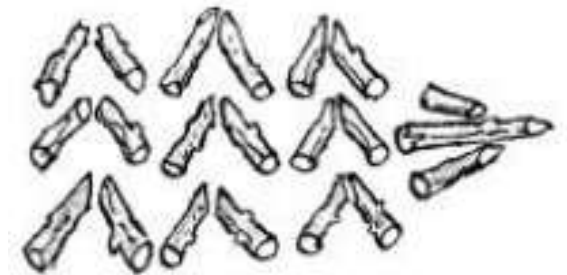
Turn as directed



No Entry



Cross the obstacle



Turn as directed at the
River ahead



Task to complete

Due in: 24/07/2021



A young boy with dark hair and a backpack is shown in profile, looking upwards with a curious expression. He is wearing a dark jacket with a grey hood and red straps. The background is a blurred green forest. The entire scene is framed within a circular border.

LOSING A
CHILD ON

TRAIL

what to do
when lost



Keep calm, stay dry, warm and at a particular location.

Build a campfire and shelter will stay overnight. Make yourself noticeable in the air using mirror, shiny object or hanging coloured cloth high up on a tree

At least one person should stay with the victim with the necessary treatment notes in case of an accident.

Follow streams downhill in case you are confuse as this like to lead to a habitation.

