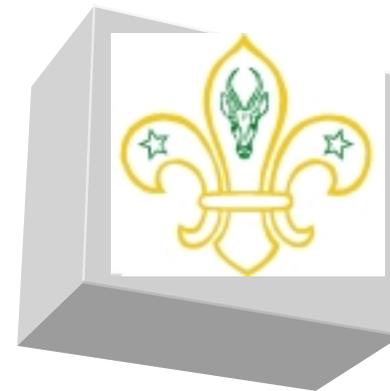


NOTES FOR SUCCESSFUL

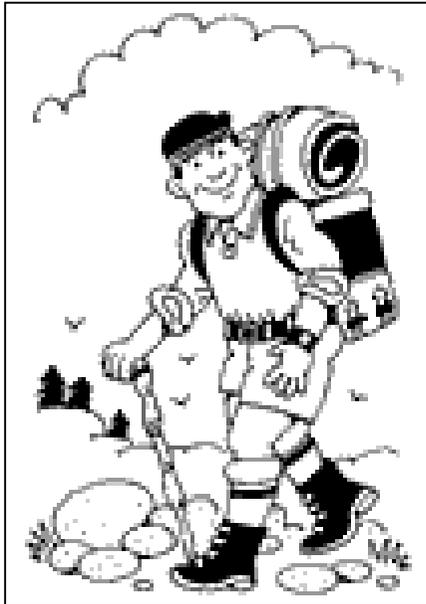
PATROL LEADERSHIP

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NOTES FOR SUCCESSFUL

PATROL LEADERSHIP



*"In life there will always be Leaders and Followers -
A Leader becomes a Leader when he / she takes
responsibility for his / her decisions."*

THIS COMPILATION WAS PRESENTED AS A HANDOUT TO ALL
PL"s&APL"s AT THE **"KANONKOP DISTRICT PATROL LEADERS
CONFERENCE"** HELD AT 2nd BELLVILLE SCOUT HALL ON SAT,
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*Booklet Format Compiled by
TS Jonathan Parenzee
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[In all instances in this handout where reference is made to male Leaders, this must be taken as meaning male or female as both sexes make excellent Leaders]

THE PATROL METHOD

Scouting started by Lord Baden-Powell writing a book "Scouting for Boys" in 1907 that encouraged boys to get together in "little gangs" and try out the ideas published in the book. That is what a Patrol is - a little gang of friends.

As Scouting grew, the gangs grouped together under an adult advisor - the Troop Scouter, and later Groups, Districts, Regions, etc. grew to cope with the vast organisation that sprang up. Armies, Universities, Businesses all started to copy BP's Patrol System. Why?

1. Members of the Patrol feel they belong - they have a place that is theirs and they feel welcome - there is a Patrol Spirit.
2. It is an ideal way of organising and controlling people as the small numbers with one person in charge makes sure things are done correctly.
3. It is an ideal way of educating people as the leader passes his knowledge on to those below him and later checks that they put it into practice.
4. It provides an opportunity to train for leadership - everyone gets a turn.
5. Everyone has a chance to have a say as it is a democracy setup.

The above 5 points are some of the reasons BP said we should work on the "Patrol System" in Scouts. **YOU AS A PATROL LEADER MUST MAKE THE SYSTEM WORK.**

Failure to make the Patrol System work is FAILURE! Unless you give each member responsibility, encouragement and your leadership, your Patrol will be a failure. SUCCESS will come GRADUALLY from your determination to make it work.

SUGGESTED ORGANISATION OF A PATROL:

The following is simply a suggested outline which may be altered and adapted to suit the circumstances and characters of the members of the Patrol, the only exception being the task of the PL or Captain: -

Patrol Leader: [Discussed in detail later in this handout]

Assistant PL: Assists the PL with training (so can others in the patrol if qualified in the skill), possibly responsible for smartness of the Patrol - uniform, First Aid, etc, etc. The APL must be able to fill the role of PL in the PL's absence.

No 3 - Scribe: Write up and maintain Patrol Books, Progress Chart, Patrol news for the Group Magazine, etc, i.e. he is the Patrol Secretary. May also be the Patrol Treasurer - caring for any Patrol funds.

[Patrol Books discussed in detail later in this handout]

No 4 - Hiker: Plans and organises Patrol Hikes, Camps or other similar activities (to be discussed at Patrol Meetings).

No 5 - QM: Responsible and in charge of all Patrol Equipment and catering for Patrol Camps, Hikes, etc.

No 6 - Corner: Responsible for the cleanliness, tidiness, repairs, decorating, notice board updating, etc, of the Patrol Corner.

No 7 and 8: If you have them, make them assistants to one of the others. As PL you must make sure they get the opportunity to assist others.

It is a good idea to change the duties of No's 3 to 8 every six months or so, so that each member of the Patrol has an opportunity of doing various tasks. Think of your own Troop and Patrol and ask yourself the following questions: -

- Are you given the chance to be the REAL LEADER of your Patrol?
- Do your Scouters refuse to try out the Patrol System fully?
- Does your Court of Honour function properly?
- Do you hold regular Patrol Council meetings?
- How can you strengthen your Patrol and use the Patrol Method better?

PATROL SPIRIT

Patrol Spirit isn't something you buy and save for use when you need it, like a tent or rucksack. It is something special that some Patrols just seem to have.

- It's something special inside each Scout that comes out when you play a game, set up camp or just sit around a campfire - it's a good feeling. The fun of working and doing things together.
- It's that "I'm-glad-to-be-one-of-the-team" feeling.
- It's called "esprit de corps" - once you've got it, you know it.

A Patrol with good Patrol Spirit is a group who enjoy - being together, doing Scouting together, learning from each other and helping each other.

WAYS OF FOSTERING PATROL SPIRIT IN YOUR PATROL:

A good PL with plenty of ideas for activities and proper organisation of his gang is the most important factor in developing Patrol Spirit.

1. The Patrol must DO THINGS TOGETHER, winning or losing a game, Patrol hikes and camps, doing good turns, Troop meetings - in all these the Patrol must feel like a small rugby or soccer team. Every Scout should have that hidden voice inside him saying: "I must not let my Patrol down!" - and you as PL must tell a Scout if he is "letting his Patrol down."
2. Patrol members must KNOW each other - in other words you must have a stable Patrol and not one where members from other Patrols are moved in and out every so often.

3. There must be PRIDE IN PATROL TRADITIONS - the Patrol must have and use must be frequently made of the Patrol: - Name, Call, Yell or Song, Signature, Skill (good at pioneering, cooking, etc), Flag or Badge, Corner or Den, Logbooks, equipment, Jobs delegated, Uniform.

Scout Spirit is not something that just happens - it is built up gradually by doing Scouting activities together AS OFTEN AS POSSIBLE - You Sir PL, must make the Patrol Spirit work in your Patrol. Patrol Spirit will come ... from your good leadership, enthusiasm, interest and example!

LEADERSHIP - THE PATROL LEADER'S JOB

The Patrol Leader is the most important member in the success of the Patrol method. He must know how to - get and give information, represent the Patrol, teach, plan, control in a friendly manner and always praise where due.

LEADERSHIP:

Some are born to lead; however the best Leaders are made through training. Anyone who has not learnt to serve - cannot learn to lead.

The PL has a double responsibility by leading the team and helping Scouts in the Patrol to progress - but at the same time not overlooking his own progress. He must improve himself, work hard at school to gain higher standards and positions, work to improve his own Scouting standards and work to serve his Patrol - yes, this is quite a responsibility! Your younger Scouts look upon you as a HERO!

DOES LEADERSHIP COME FROM EXPERIENCE?

Is the oldest and most experienced naturally the best leader? - It depends on whether oldest can LEAD and whether experience is of any real value. Knowledge is power - if you are capable of using that knowledge and if that knowledge is actually needed. The younger may be more alert and adaptable, an older can in many instances adept ideas and progress, we hope, from past mistakes.

MUST THE LEADER HAVE PHYSICAL CHARACTERISTICS?

Height, strength, appearance, etc admittedly help, but without ability to lead, or knowledge of the subject, these soon fall away. One of the best PL's I have known was the smallest in the Patrol.

IMPLICATIONS OF LEADERSHIP:

There MUST be leaders and followers, we can state that the Leader is one who has followers and unites them in the purpose undertaken. The Leader is one whose abilities are higher than others engaged in the same activity, so one may be a Leader in one sphere, but a follower in another.

NOW - WHAT KIND OF LEADER ARE YOU TO BE?

AUTOCRATIC: You plan everything and tell the patrol what to do!

LAISSEZ-FAIRE: You lean back and leave it up to your Patrol!

DEMOCRATIC: The leader and followers work together, work out the plan and then get on with the job, each knowing where he / she fits in the plan.

A good leader recognises the abilities of others and appoints them to lead while on a particular task. Leadership is not what one particular individual does, but how the group is motivated to work together. A leader's ability to lead improves continuously. When a leader shares responsibilities the Patrol works more efficiently than when it is left to one individual to do the thinking and instructing. A good leader helps the Patrol do well in an activity and makes it possible for others to do their part. Leadership does not end in Scouting, if practiced continuously it can become a great asset in life overall.

QUALITIES OF A GOOD LEADER:

Courage - reliability - loyalty - humor - confidence - energy - stickability - friendliness - knowledge - determination – enthusiasm.

He is NOT A BOSS! - He has the ability to get others to WANT TO DO the things he WANTS THEM TO DO - they do them because they want to NOT because they HAVE to.

He is OBEDIENT to his superiors. He is CORRECT in uniform, neatness, etc.

He is ENTHUSIASTIC about the things he has to do and sets a good EXAMPLE.

WHEN GIVING ORDERS:

- Avoid giving orders you are unable to enforce in some way.
- Avoid unnecessary orders.
- Be polite when giving orders, don't shout them, be calm.
- Avoid vague orders or too many i.e. do this and that and this and that and on and on.... Order, Counter-order and DIS-order is the result.
 - EXAMPLE is a good order. If you want the pots cleaned, start cleaning one yourself, then ask so and so to help you, then take other pots, clean the table and so on, eventually you'll have everyone working with and for you.

SOME D O N T ' S ... AS A PATROL LEADER NEVER...

- Mock someone in front of others!
- Punish, if there is any other way - and NEVER collectively!
- Expect the worst from someone - show that you trust them!

- Appear to notice a fault at the time, especially with others around
- wait and then at a favorable time, mention it. The offender will be surprised.

WHAT A PATROL LEADER SHOULD DO:

- Live the Scout Law and Promise and get patrol members to do the same.
- Learn all you can about your job in order to be a good Leader.
- Provide challenging, worthwhile and fun activities for your Patrol Meets,
- Delegate every member a definite job for a part in the Patrol's activities.
- Keep ahead on advancement so as to be prepared to teach patrol members.
- Qualify to be able to take your Patrol camping and hiking.
- Get to know the parents and everything about each member (your friends).
- Get a Patrol Spirit going in your Patrol, members should want to belong.
- Wear your uniform correctly and neatly so your patrol will too.
- Attend Court of Honour Meets and raise matters affecting your Patrol.
- Work with the Troop Scouter and other Leaders to make the Troop run well.

THE PL IS EXPECTED TO UNDERTAKE THE FOLLOWING:

- Hold a Patrol day hike at least once a term.
- Hold a Patrol overnight hike or camp at least twice a year.
- Hold at least two Patrol Meetings per term.
- Make sure everyone in the Patrol passes one or more tests per term.

- Organise and attend a senior Scout outing with your TS or ATS once a term.
- Visit your patrol members at their homes at least once a term.
- Attend and organise at least two Court of Honour Meetings per term.
- If your Patrol has less than eight members, plan and recruit new members.

PROJECT LEADERSHIP

A leadership situation arises when the task or objective is beyond the capacity of one person. The Leader has 3 main NEEDS that must continually be satisfied if the leadership is to enable the team to work at optimum effectiveness in achieving its objective. They are TASK needs, GROUP needs and INDIVIDUAL needs.

BEFORE YOU START any task...

- Study the objective you wish to achieve and exactly what equipment you have available to do the job.
- Make use of experts in your Patrol.
- Don't give up before you start.
- Don't start the project until you know what you are going to do.
- Show the Patrol you are prepared to do your bit while controlling as well.

TASK NEEDS:

- + Establish a purpose by CLEARLY EXPLAINING THE TASK to your Patrol.
- + DISCUSS AND PLAN how you are going to tackle the task with your Patrol.
- + ORGANISE your Patrol by allocating SPECIFIC JOBS to each Patrol member.
- + CONTROL progress, EVALUATE and CO-ORDINATE efforts while doing the task.

GROUP NEEDS:

- + Work towards getting the COMMITMENT of the whole Patrol to the task at hand.

- + Foster Patrol Spirit by referring to "US" / "WE" / "OUR TEAM" while working.
- + Keep the moral high with ENCOURAGEMENT, PRAISE and ENTHUSIASM.

INDIVIDUAL NEEDS:

- + See that each member is given the opportunity to CONTRIBUTE AND TAKE PART.
- + Give RECOGNITION AND PRAISE to individuals for good work and effort.
- + Give ADVICE AND HELP to individuals when they need it and SHOW the member who just does not know how or tends to be struggling along.

On any Scout task or project where points are allocated, half the points almost always go to the project, while the other half go to each of the "+" above. Remember also to fall-in your team, report and salute smartly before AND after the task, as well as to THANK your team / Patrol after the task!

ADVANCEMENT AND INSTRUCTION

WHY ADVANCE? - Why are boys encouraged to pass tests? ...

- Doing tests develops general knowledge.
- Scouts get confidence in themselves by passing tests.
- Scouts like the feeling of being rewarded for their effort with badges.
- Doing badges encourages hobbies and introduces new hobbies.
- Tests and badges help to bring out different abilities in Scouts.
- It is natural for any person to want to improve.

HOW DO YOU GET YOUR PATROL TO ADVANCE?

You set the example and your Scouts will follow. It is important that the PL keeps ahead of the Patrol members. Badge progress should form part of every Patrol Meeting. Progress must be by MERIT, in other words if a Scout is not competent to pass he does NOT pass. The PL must be satisfied that the Scout has the knowledge - theory and practical - to pass a badge otherwise restrains him from going to the examiner.

- How do you find out what your Scouts need to enable them to progress? By keeping an Advancement Progress Chart up to date in your Patrol Corner and by encouraging and asking them at your regular Patrol Meetings what tests / badges they intend to pass.
- How does a Scout prepare for badge tests? He receives instruction from the TS and PL as part of the planned Troop programmes or Patrol Meetings or experts in the field.

- Where are arrangements made about test / badge passing? Either at the Patrol Meeting or in the Court of Honour.
- Do you know all about the requirements for the Star Patrol award? [See separate mark sheet insert later in this hand-out]

METHOD OF INSTRUCTION:

1. **PREPARATION:** of SELF - make sure of the subject you are to demonstrate.
of EQUIPMENT - have everything ready.
of PERSON - make sure he/she can hear / see you, no distractions.
2. **DEMONSTRATION:** of what you are teaching, slowly, step by step.
3. **EXPLANATION:** of its use and a quick demonstration again.
4. **IMITATION:** let person practice and assist in correcting any mistakes.
5. **INTERROGATION:** never ask "Do you understand?" rather provide projects and revision to test the skill put over by you. **IF A PERSON HASN'T LEARNED, THE TEACHER HASN'T TAUGHT!** You must be clear, simple and maybe slow in training your Scouts the skills of Scouting, but if you use the above 5 steps you'll find your instruction successful in just about everything. **MAKE ALL TRAINING exciting** - encourage the Scout to learn, to want to learn!

PATROL BOOKS AND EQUIPMENT

PATROL BOOKS:

- **LOGBOOK:** Contains all history in diary form of what the PATROL does as a Patrol or individually. It can contain photos, press cuttings, maps, decorations, drawings, comments, etc. This is the **MOST IMPORTANT** book of any Patrol and **MUST BE** kept **UP TO DATE AND** as neat as possible.
- **PATROL COUNCIL MINUTE BOOK:** Contains all minutes of Patrol Councils or councils at meetings [more of this later in this handout].
- **PATROL ATTENDANCE BOOK:** This records member attendance to Troop and Patrol meetings, hikes, camps, councils, etc. The above 3 books listed are the basics for recording smooth running of a Patrol. Others can also be a **PATROL EQUIPMENT BOOK, LIBRARY RECORD BOOK, CASHBOOK**, etc.

PATROL BASIC EQUIPMENT:

Kept in a box or lock-up cupboard with the Patrol Emblem painted on. The PL AND PATROL QUARTERMASTER must both have keys. The PL's keys only get used if the Patrol Quartermaster is not available AND then informing the Quartermaster. The contents suggested would be:

Knotting ropes, tennis balls, spare woggles, pencils, cheap notebooks or scrap paper, triangle bandages, pieces of ropes for practicing splicing / whipping, chalk, ruler, string, drawing pins, pins, sewing kit, safety pins, matches, candles, shoe polish and brush, etc, etc - remember always **BE PREPARED!**

PATROL CORNERS:

- Decorative, painted patrol emblem, painted patrol box / cupboard.
- Historic, exhibits of achievements, souvenirs - all documented.
- Informative, up to date charts, emergency tel. no's, members names.
- Practical, place for box, staves, notice board, bench, etc

PATROL MEETINGS / COUNCILS

A Patrol meeting is a get together for discussion or activity, either during a Troop meeting or away from it, a council is more a formal meeting with a set agenda and minutes being kept. Here are some ideas to possibly inspire you:

- Each Scout builds up a basic survival kit.
- Compass hikes, mini-orienteering, sketch maps or Plain-table mapping.
- Have an instruction meeting on a scout test / badge.
- Make pancakes, chips, popcorn, bake a cake, etc.
- Make plaster casts or models using plaster-of-paris.
- Make a model for display - knotting chart, pioneering model, etc.
- Practice for swimmers or life-saver's badge.
- Observation hike, Kim's games, tasting various eats.
- Service projects - cleaning lake, area around hall / cafe, nature reserve. - Stage a first aid accident, practice making artificial wounds, etc.
- Prepare camp equipment, make repairs, re-do / re-pack corner.
- Hold a bring-and-braai or video evening / party.
- Go on a social outing - movies, ice-skating, putt-putt, etc.
- Hold a Patrol Council to plan and organise the Patrol / activities.

3 C's and 3 P's OF SUCCESSFUL MEETINGS

- Ceremony - short and impressive
- Checking - on attendance, subs and advancements
- Coaching - in scoutcraft / badge requirements
- Planning - future activities
- Projects - service, money earning or handcraft
- Playing - games, songs and stunts

THE COURT OF HONOUR

WHAT IS THE COURT OF HONOUR?

It is a meeting of the TS with the PL's and / or APL's. It is the brain that guides the whole Troop. The COH teaches responsibilities, leadership and how a Troop is run. The COH members are pledged to secrecy where Troop members are discussed as to discipline or ill conduct. The COH GUARDS THE HONOUR OF THE TROOP (the good name and standards set).

WHO ARE THE MEMBERS?

The Troop Leader, all PL's, APL's by invitation, TS, ATS's by invitation. The TS is there to advise, make suggestions and guide. The TL or oldest PL is normally the COH Chairman. There must be a scribe to record minutes and decisions. The GS and any DC never attends unless by special invitation. Only the TL and PL's have voting rights, however the TS may veto an unwise decision.

WHAT DOES THE COURT OF HONOUR DO?

Quite simply it plans the activities of the Troop - meetings, camps, hikes, service projects, entertainment, parents evenings, special projects, discipline, points system, Troop funds, Scout advancement, Troop uniform, etc. Jobs are delegated out with report-backs on progress. The TS can also use the COH to train his PL's in a training session.

HOW DO YOU PARTICIPATE?

By bringing up points for discussion raised by your patrol, expressing your opinion fully on matters raised, full participation in any job of work to be done, making suggestions for the good of the Troop.

WHEN DOES IT MEET?

Once a month at Scout HQ or TS house or PL's house or any suitable venue. A short COH should be held after every Troop Meeting to discuss the meeting - what was good ... bad ... or improvements - and to arrange duties for the next Troop meeting.

SUGGESTED AGENDA FOR YOUR COH:

1. Welcome and opening prayer
2. Minutes of previous meeting read and confirmed as being true
3. Matters arising from minutes (report backs, further attention)
4. Patrol reports by each PL
5. Appointment of new PL's / APL's
6. Complaints, improvements, general discussion
7. Programme planning [Year/quarter/month/week - using charts]

Year - Planned start of year with themes, projects to do, dates.

Quarterly - At start of each term for the term ahead.

Monthly - Finer detail plans of the month ahead.

Weekly - After Troop meet to organise duties.

8. Closing off (tea? cake? and thanks for venue)

PATROL CAMPS

A Patrol Leader really becomes a leader once the patrol goes camping. Your very first camp should be at a standard recognised Scout campsite, before you venture out to other more daring sites. Try and hold 2 to 3 patrol camps a year at least. Camping must be fun and this is what the members of your Patrol joined Scouts for.

CAMP PLANNING: Check through the 6 PR's WITH YOUR PATROL beforehand;

- PRactice - Train the Patrol and yourself in camping skills before you go.

- PRoperty - All your equipment must be in order and checked. Check you First Aid kit and cooking equipment especially.

- PRemises - Your campsite must be carefully chosen, checked and booked. Visit the site with your APL and camp organiser.

Imagine the site in the worst weather conditions, heat or rain. Check the closest source of clean running water. Note all findings.

- PRovision - Your menus must be planned and the food bought. Delegate this job, or perhaps someone wants to pass their cooking?

- PRogramme - A full detail programme must be planned before you go. This must be displayed on your camp notice board in camp and stick to the planning as far as possible.

- PRice - The cost to go, keep this as low as possible, otherwise you may find your camps limited to the "rich Scouts" only.

IMPORTANT POINTS TO REMEMBER:

- Discuss the holding of a camp and plan the camp with your Patrol.

- Obtain the necessary permission / permits to camp if on private land.
 - Give your TS at least 2 weeks warning that you wish to go camping for him to obtain the necessary forms / issue them to you / check your arrangements.
 - See the parents of your patrol members personally or become known to them, get them to sign the Parents Consent Form.
 - Notify the DC telephonically as to where, who and when the camp is.
 - Ensure that the camp, even a training camp, IS FUN!
 - Hold a Scouts Own Service on your camp, it does not have to be long.
 - Set a high personal example to your Patrol in cleanliness and tidiness.
 - When you leave any campsite, leave nothing but footprints, your thanks and a good turn to the site.

PATROL CAMPS OFTEN FAIL BECAUSE OF:

- Rushed haphazard planning with no programme or thought as to fun and safety.
- Bad Patrol attendance due to insufficient notice or extravagant costs.
 - Parents have no confidence in the PL!
 - Scouts get to bed too late and are too tired to enjoy the camp.
 - The breaking of the 10th Scout Law, smoking and drinking on camp.
 - "Picking" on the younger / smaller Scouts, giving them all the lousy jobs to do or bullying / frightening the younger Scouts.

SOME POPULAR CAMPSITES:

- Glen Garry Kanonkop District Site in Brackenfell, F47 + permission from DC.

- Gilray Scout Camp, Klipfontein Road in Grassy Park, F47 + F47A from Area HQ.
- Hawequas Scout Ranch in Wellington, F47 + F47A from Area HQ.
- Appleton Scout Holiday Camp on Signal Hill, F47 from Area HQ.
- Sandvlei Sea Scout Base at Sandvlei, F47 from Area HQ.

CAMPSITE RATING SCALE:

The following chart can be used to rate your selection of a campsite, 70 is good.

FEATURE	POOR 2	FAIR 4	GOOD 6	EXCELLENT 8	IDEAL 10
WATER	Long carry Open source	Short steep carry Open source	Medium carry Well	Short carry Well	On site Clear cold spring
SWIMMING	Deep strong river No swimming	Safe depth river	Safe clear lake	Safe clear lake with beach	Swimming pool. Safe clear river
SOIL	Clay	Rocky or loose gravel	Gravelly	Packed sand gravel under	Firm sandy loam gravel under
GROUND COVER	Weeds	Grain stubble's	Hay crop	Leaf mold	Well grassed
DRAINAGE	Low and may flood	Drains slowly	Drains 2 ways	Drains 3 ways	Drains all ways
TREE GROWTH	Shrubs	Saplings	20-30year growth	30-60year growth	Forestry area
FUEL	Downed soft wood	Downed soft wood	Standing dead soft wood	Standing dead pine branches	Good wood supply
TOPOGRA- PHICAL	Steep	Flat	12% slope	5-8% slope	Gentle slope
PESTS	Mosquito's muggies	Mosquito's insects	Controllable flies	Few of anything	None
PUBLIC	Curious	Picnickers	Tolerant Neighbours	Friendly	None
ACTIVITY AREA	Open area dotted with trees, ground cover and gravel	Large open area, slopes sandy with ground cover and grass	Large area gentle slope sandy with grass covering	Large gentle slope, grass cover and small campfire area	Large level grass covered some trees campfire area

PATROL HIKES

Always hike with a purpose i.e. Historical hike / Nature hike / Exploration hike / Survival hike / Conservation hike / Beeline hike / Mapping hike / Sealed orders hike / Advancement hike / Father & son's hike / Fitness hike / Star hike / etc. This creates an atmosphere for the hike and gives your hike a specific purpose.

IMPORTANT POINTS TO REMEMBER:

Important points pertaining to hiking have already been covered under Patrol Camps i.e. discuss with your Patrol, permission, notifying the TS and the DC, etc.

The following are in addition to these basic steps and points;

- Hikes build Patrol Spirit and bond the Patrol differently to camping.
- Start with easy day or overnight hikes before venturing into the unknown.
- Learn about Hypothermia and Heat Exhaustion before setting out hiking.
- Check kits, etc of your younger members before setting off, make sure they are not carrying too much or too little.
- Carry all tins / bottles / garbage back home with you from the hike.
- Collect firewood as soon as you arrive at your overnight site and cook and wash up before it gets dark. NEVER HITCHHIKE!

ALWAYS:

- Leave information with someone who knows the route and who is not going on the hike as to your route and estimated time of return,

BEFORE you depart.

- Inform parents of this person's name and phone number as the Contact Person.
- Phone this person from the nearest phone immediately on your return if you are late, so that you prevent an unnecessary search or worried parents. If your party is moving too slow and time is getting late, send two of the fittest in the party, who know the route, ahead of you to place this call.

THE CORRECT RESCUE PROCEDURE:

All Scout Groups must have a copy of the Area Hiking Regulations. In the event of Scouts being overdue or injured, the hike party must make contact with the Contact Person as mentioned above and they OR the Contact Person must make contact with the Area Hiking Adviser or his Deputies. UNDER NO CIRCUMSTANCES MAY SCOUTERS OR PARENTS START SENDING OUT SEARCH AND RESCUE PARTIES! The Hike Adviser will decide at what stage to call in the Mountain Club and ONLY HE will co-ordinate any search and rescue operation.

MOUNTAIN SAFETY GUIDELINES:

1. Never hike / climb alone. Four is an ideal size for a party.
2. Choose route according to ability, fitness, experience, etc. of the party. Go with someone who genuinely knows the way or carry a guidebook, map or description of the route from a person who has done the route already. Until you know your way around keep to the straightforward routes on well used paths. Follow the same route down or one you know well. Heed signs advising you of danger and do not take short cuts or go down unknown ravines.

3. Tell someone who is not going exactly where you are going (up and down routes and expected time of arrival back) and stick to this route and plan.
4. Every party should have a leader. The larger the group the greater the Need for one. Keep together and travel AT THE PACE OF THE SLOWEST! Do not split up and go in different directions. Always go prepared for bad weather, take proper weatherproof clothing (wind and rain proof); torches - with spare batteries and globes; good non-slip soled footwear; food; water; rucksack - to leave your arms and hands free. Never throw stones on mountains, there may be climbers below you.
5. Watch the weather and time - turn back in time particularly in the case of threatening bad weather, route taking longer or route not easy to follow. Stay put in case of trouble. Do not try to force your way down in darkness, mist, rain, etc. Find shelter - especially from the wind. If you get lost or find yourself in an area that looks unsafe retrace your steps - do not push on into the unknown. If you cannot find the path you left look for a safe route - preferably down broad open slopes - making sure that at all times you can retrace your steps again.
6. SHOULD THERE BE AN ACCIDENT, keep calm and stay together until things are sorted out. Ascertain to the best of your ability what the injuries are and attend to them where possible. Do not move the person unless necessary for safety reasons. Do not rush off and report an accident, spend 15 minutes or so observing reactions and making the person comfortable. It happens quite often that even if someone is temporarily knocked out they are not seriously injured and after a rest are able to walk again.

It is imperative that someone stays with an injured person until the rescue arrives.

For safety it is preferable to send 2 persons for help- on their way they should identify landmarks so as to be able to describe the exact accident location or to guide a rescue party to the scene.

SOME POPULAR PLACES TO HIKE:

- Tygerberg Nature Reserve on Tygerberg Hill, F47 (Entrance is free).
- Hawequas Scout Ranch in Wellington, F47 + F47A from Area HQ if overnight.
- Signal Hill all the way to the top, base at Appleton, F47 + F47A from HQ.
- Table Mountain has many hikes, use SMC hut, F47 + book hut through Area HQ.
- Boland Trail has 2 huts, F47 + permit from Cape Nature Conservation.
- Limietberg Trail, 1 hut, F47 + permit from Cape Nature Conservation.

[Rest of space on this page for hike picture/s]