

LEAVE NO TRACE AMAZING RACE

AN INSTANT MEETING FOR GUIDES FROM THE SOAR 2014 ENVIROSTEM TEAM

This session was developed for the Environment Program at SOAR 2014. It incorporates the 7 principles of Leave No Trace through experiential and engaging challenges.

For more information on these principles visit: <http://www.leavenotrace.ca>.

The Race takes approximately 2 hours to complete depending on the age of girls. It was designed for Guides, Pathfinders, and Rangers but could be adapted for a bridging event with Brownies.

Meeting Plan

Before the meeting: Set up the stations.

- 5 min: Guide Opening
- 5-10 min: Introductions
- 90-110 min: Leave No Trace Stations:
- Station 1: Disposal of Waste Properly: Cat Holes
 - Station 2: Plan Ahead and Prepare: Part 1
 - Station 3: Plan Ahead and Prepare: Part 2
 - Station 4: Leave What You Find
 - Station 5: Respect Wildlife
 - Station 6: Travel and Camp on Durable Surfaces
 - Station 7: Minimize Campfire Impacts
 - Station 8: Be Considerate of Others
- 5 min: Guide Closing

120 minute meeting. Approximate activity times shown.

Program Connections

You and Others: Learn About Leadership in a Group

2. Explore how groups work together.

Discovering You: Understand How to Be Responsible

6. Activity to demonstrate how to be responsible.

Beyond You: Explore the Outdoors and Nature

1. Outdoor activity – find five things in nature (photos).
2. Practice using a camp stove.
4. Practice outdoor skills (gadget/lashing).

Beyond You: Learn About Our Environment

2. Learn about an organization that promotes a healthy environment.
6. Environment activity of choice.

Related Interest Badges

Conservation, Hiking, Naturalist, Outdoor Adventures, Outdoor Cooking

Meeting Supplies

- envelopes to hold each challenge clue as well as route information
- popsicle sticks to collect to prove each team completed a particular challenge
- challenge clue cards
- route information cards – you will need to include your own site information in these cards
- penalty cards (speed bump)
- tags to identify station Guiders
- station markers
- tootsie rolls
- toilet paper
- trowels
- 2 sets of the following: day packs, raingear, socks, shoes, flip-flops, bug spray, food to go into 1-pot meals
- 2x: Styrofoam cooler, icepack
- 2x: pasta in a box or bag
- 2x: spaghetti sauce in a jar
- 2x: box of granola bars
- 2x: hummus
- 2x: heavy crackers
- 2x: tuna cans
- 2x: orange garbage bags
- 2x: black garbage bags
- 2x: space blankets
- 2x: first aid kits
- 2x: Band-Aid boxes
- 2x: Ziploc bags
- 2x: assortment of clothing (jeans, hoodies, fleece, etc.)
- bear bag instructions - find them online at: <http://theultimatehang.com/2013/03/hanging-a-bear-bag-the-pct-method/>
- bear bags/sacks
- ropes with carabiners
- cameras (could be smartphones)
- toy animals
- sturdy rope to create web
- bamboo poles – 1-2m long segments
- rope for lashing
- large tarps
- access to water
- small pots/tuna tins/camp pots
- variety of camp stoves: camp stove, one pot burner butane, campfire, emergency camp stove, charcoal briquettes in a turkey pan with baking rack, buddy burner.
- bundle of kindling
- matches/lighter
- fire bucket
- bells

Principles of Leave No Trace

The principles of Leave No Trace can be found online at <http://www.leavenotrace.ca/principles>.

1. Plan Ahead and Prepare
<http://www.leavenotrace.ca/principle-plan-ahead-prepare>
2. Travel and Camp on Durable Surfaces
<http://www.leavenotrace.ca/principle-travel-camp-durable-surfaces>
3. Dispose of Waste Properly
<http://www.leavenotrace.ca/principle-dispose-waste-properly>
4. Leave What You Find
<http://www.leavenotrace.ca/principle-leave-what-you-find>
5. Minimize Campfire Impacts
<http://www.leavenotrace.ca/principle-minimize-campfire-impacts>
6. Respect Wildlife
<http://www.leavenotrace.ca/principle-respect-wildlife>
7. Be Considerate of Other Visitors
<http://www.leavenotrace.ca/principle-be-considerate-other-visitors>

Set Up

There are 8 stations; it is recommended that there be one person at each of them in order to help facilitate the challenge as teams arrive. It is important that the station helper check the Route Info clues from arriving groups to make sure they are in fact at the right place. This helps the activities flow smoothly.

Teams move in a pre-determined order. There is a staggered start: they begin at the same time, but not at the same station. When they have completed the 8 challenges, they are finished. Numbered popsicle sticks were given out at each station to help teams keep track and redirect them to a missed station if needed.

There are 3 start points and 3 subsequent end points. The end points will have a special Route Info card directing them back to HQ. You will need additional route cards for these locations.

The Challenge Cards can be applied in any setting; Route Info Cards will need to be adapted to your meeting space. Templates have been provided.

Locations are marked with an Amazing Race red and yellow flag.

Introductions

Directions

1. Explain that the girls will explore the 7 Leave No Trace (LNT) principles. Briefly introduce/review the principles (see links above).
2. Divide girls in up to 6 teams of 5. Then divide into Groups A/B/C which will determine who they race with (2 teams per group). Send a group to one of the challenge stations designated as a starting point.
3. Talk about specifically that “Plan Ahead and Prepare” (aka “Be Prepared”) is the main/first principle of LNT. All else follows.
4. For this challenge, they will not complete them in a particular order.
5. Explain to the girls that if they do not successfully complete a challenge, they can still move on to the next station after they have completed an activity from a penalty card.

Station 1: Disposal of Waste Properly: Cat Holes

** start point for Group A

Directions

1. The clue for this station is a Road Block; 2 different people from team will complete this challenge.
2. The location needs sand/dirt.
3. The challenge has been successfully completed when the cat hole has been dug according to the clue details with regards to depth, distance from tents, running water, etc.
4. Check to make sure that the cat hole is 60 metres away from a landmark (pace it out ahead of time).
5. Give each team a route card and a popsicle stick when they have completed the challenge.

Supplies

- fake poop (Tootsie rolls)
- toilet paper
- trowels
- clue card (road block)
- route card (to station 2)
- popsicle sticks labeled “1”

Station 2: Plan Ahead and Prepare: Part 1 - Packing

Directions

1. The clue for this station is a Detour; the entire team will complete this challenge.
2. In a relay race, the two teams will select items and repack a backpack suitable for an outdoor trip. They need to include: 2 meals (lunch & dinner) and appropriate snacks for the day. Outdoor gear is needed for a 10 hour return hike up into the Rocky Mountains. Emergency supplies are also needed.
3. The challenge has been successfully completed when a team packs the bag with all the supplies, using LNT principles (i.e. rolling clothes into Ziploc bags, repacking foods into single-pot meals, carefully selecting clothing items – enough to last the duration of the trip.) They may need to explain the reasons for some of the items before they can move to part 2 of this challenge (station 3).
4. The teams are to take their backpack with them to station 3.
5. Give each team a route card and a popsicle stick when they have completed the challenge.

Supplies

You will need 2 sets of all.

- day packs, raingear, socks, shoes, flip-flops, bug spray, food to go into 1-pot meals
- Styrofoam cooler, icepack
- pasta in a box or bag
- spaghetti sauce in a jar
- box of granola bars
- hummus
- heavy crackers
- tuna cans
- orange garbage bags
- black garbage bags
- space blankets
- first aid kits
- Band-Aid boxes
- Ziploc bags
- assortment of clothing
- clue card (detour)
- route card (to station 3)
- popsicle sticks labeled "2"

Station 3: Plan Ahead and Prepare: Part 2 – Be Bear Aware

** end point for Group B

Directions

1. The clue for this station is a Road Block; 2 different people from team will complete this challenge.
2. When the bear bag has been successfully hung, tell the girls to return their bags to station 2, put all the gear back into a big pile and mix it up for the next group.
3. Give each team a route card and a popsicle stick when they have completed the challenge.

Supplies

- bear bag instructions - find them online at: <http://theultimatehang.com/2013/03/hanging-a-bear-bag-the-pct-method/>
- bear bags/sacks
- ropes with carabiners
- clue card (road block)
- route card (to station 4)
- route card for Group B back to headquarters
- popsicle sticks labeled "3"

Station 4: Leave What You Find

** start point for Group B

Directions

1. The clue for this station is a Detour; the entire team will complete this challenge.
2. Teams are to take photos of the following things, creativity is encouraged.
 - wild flower
 - wildlife (insect or critter)
 - life under a rock
 - dead tree/nurse log
 - a hiking stick
 - landscape or sky scene
 - 2 kinds of trees
3. The Guider must check all images before giving each team their next route card and popsicle stick.

Supplies

- cameras (could be smartphones)
- clue card (detour)
- route card (to station 5)
- popsicle sticks labeled "4"

Station 5: Respect Wildlife

Directions

1. The clue for this station is a Detour; the entire team will complete this challenge.
2. The location needs to be in a small cluster of trees. Create a "spider web" of rope, with animals hanging in the spider web, prior to the activity.
3. Teams will climb across an obstacle course/through the web without disturbing the toy animals.
4. The challenge has been successfully completed when all team members have completed the obstacle course/are through the web and no more animals have fallen than the number of people on the team. For teams that are unsuccessful (too many animals fell), have them complete a penalty card.
5. Give the teams their next route card and popsicle stick.

Supplies

- toy animals
- sturdy rope to create web
- clue card (detour)
- route card (to station 6)
- popsicle sticks labeled "5"

Station 6: Travel and Camp on Durable Surfaces

Directions

1. The clue for this station is a Detour; the entire team will complete this challenge.
2. Use a tarp to represent mud or water on a trail. Teams need to lash bamboo poles together and use them to cross the distance of the tarp.
3. The challenge has been successfully completed when all team members have crossed without touching the tarp.
4. Give teams their next route card and popsicle stick.

Supplies

- bamboo poles – 1-2m long segments
- rope for lashing
- large tarps
- clue card (detour)
- route card (to station 7)
- popsicle sticks labeled "6"

Station 7: Minimize Campfire Impacts

** end point for Group C

Directions

1. The clue for this station is a Detour; the entire team will complete this challenge.
2. Each team needs to boil one cup of water using one of the cook stoves. The first team to arrive gets first choice of cooking method!
3. When the challenge has been successfully completed, give the team their next route card and popsicle stick.

Supplies

- access to water
- small pots/tuna tins/camp pots
- variety of camp stoves: camp stove, one pot burner butane, campfire, emergency camp stove, charcoal briquettes in a turkey pan with baking rack, buddy burner.
- bundle of kindling
- matches/lighter
- fire bucket
- clue card (detour)
- route card (to station 8)
- route card for Group C back to headquarters
- popsicle sticks labeled "7"

Station 8: Be Considerate of Others

** start point for Group C

** end point for Group A

Directions

1. The clue for this station is a Road Block; 2 different people from team will complete this challenge.
2. For this station, you will need an area busy with people (at SOAR the Food Distribution area was used). The challenge is for two members to sneak through that area without being seen or heard. One member must retrieve an object (a bell) then another member must return that object. A final member must check in with someone at the busy area to ensure that nobody was seen. If successful, the team is given their next route card. If not successful, they are given a penalty then their route card.
3. Give teams their popsicle stick before moving to the next station.

Supplies

- bells
- clue card (road block)
- route card (to station 1)
- route card for Group A back to headquarters
- popsicle sticks labeled "8"

Clue Cards

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| <p style="text-align: center;">LEAVE NO TRACE</p> <p style="text-align: center;">THE AMAZING RACE</p> <p style="text-align: center;">ROAD BLOCK</p> <p>A Road Block is a challenge that only two team members must complete.</p> <p>Dispose of Waste Properly</p> <p>Identify a landmark on the site that would be about 60m from where you are standing. This is how far away from your camping site you should go for that relief.</p> <p>Cat Holes Calling: Follow the instructions below to bury the poop out of the way so that no one and nothing knows you've been in the area.</p> <p>6 D's of Human Waste Disposal</p> <p>Distance: 60 metres from water, trail & campsite Dig: with shovel or trowel Depth: at least 15cm deep, 10cm diameter Dump: (do YOUR thing!) Disguise: mix, bury, cover Decompose: Let nature it do its thing.</p> | <p style="text-align: center;">LEAVE NO TRACE</p> <p style="text-align: center;">THE AMAZING RACE</p> <p style="text-align: center;">DETOUR</p> <p>A Detour is a challenge that all team members must complete.</p> <p>Plan Ahead and Prepare</p> <p>Your team is going on a hike up into the Rocky Mountains and you expect to be gone for approximately 10 hours.</p> <p>In a relay race style you will need to select items from a backpack and pack the backpack suitable for this outdoor trip. You will also need to include food for lunch and dinner, as well as appropriate snacks and other supplies that you may need.</p> <p>When you have successfully packed an LNT-minded bag, you will receive your next clue.</p> |
| <p style="text-align: center;">LEAVE NO TRACE</p> <p style="text-align: center;">THE AMAZING RACE</p> <p style="text-align: center;">ROAD BLOCK</p> <p>A Road Block is a challenge that only two team members must complete.</p> <p>Be Bear Aware</p> <p>Bears and other wildlife are a real part of outdoor experiences in Canada.</p> <p>Select 2 different team members to hang a bear bag, keeping your food out of reach from those hungry visitors.</p> <p>You may refer to "How to Hang a Bear Bag" before you attempt this challenge.</p> | <p style="text-align: center;">LEAVE NO TRACE</p> <p style="text-align: center;">THE AMAZING RACE</p> <p style="text-align: center;">DETOUR</p> <p>A Detour is a challenge that all team members must complete.</p> <p>Leave What You Find</p> <p>Take only pictures, don't even leave footprints! As a team, move around the site to capture the following things on your cameras. Be creative!</p> <p>When you have shown your photos to your Guider you will receive your next clue.</p> <ul style="list-style-type: none"> <input type="checkbox"/> wild flower <input type="checkbox"/> wildlife (insect or critter) <input type="checkbox"/> life under a rock <input type="checkbox"/> dead tree/nurse log <input type="checkbox"/> a hiking stick <input type="checkbox"/> landscape or sky scene <input type="checkbox"/> 2 kinds of trees |

| | |
|--|---|
| <p style="text-align: center;">LEAVE NO TRACE</p> <p style="text-align: center;">THE AMAZING RACE</p> <p style="text-align: center;">DETOUR</p> | <p style="text-align: center;">LEAVE NO TRACE</p> <p style="text-align: center;">THE AMAZING RACE</p> <p style="text-align: center;">DETOUR</p> |
| <p>A Detour is a challenge that all team members must complete.</p> <p>Respect Wildlife</p> <p>Do not disturb...you are in someone else's territory now.</p> <p>All team members must pass through the animal web.</p> <p>When you have managed to get everyone across, while knocking down a fewer number of animals than the members on your team, you will receive your next clue.</p> | <p>A Detour is a challenge that all team members must complete.</p> <p>Travel and Camp on Durable Surfaces</p> <p>You have come across a very muddy section of trail.</p> <p>Using the sticks given to you, lash them together in some way so that everyone on your team can travel the distance without getting wet or damaging the surrounding environment. We shouldn't see a footprint or a ripple!</p> |
| <p style="text-align: center;">LEAVE NO TRACE</p> <p style="text-align: center;">THE AMAZING RACE</p> <p style="text-align: center;">DETOUR</p> | <p style="text-align: center;">LEAVE NO TRACE</p> <p style="text-align: center;">THE AMAZING RACE</p> <p style="text-align: center;">ROAD BLOCK</p> |
| <p>A Detour is a challenge that all team members must complete.</p> <p>Minimize Campfire Impacts</p> <p>Where there's smoke, there's fire!</p> <p>Using one of the cooking methods available, bring a pot of water (about a cup) to a boil.</p> <p>Note: The first teams to arrive get the first choices of stoves.</p> | <p>A Road Block is a challenge that only two team members must complete.</p> <p>Be Considerate of Others</p> <p>Your objective is to sneak through a busy area without being detected.</p> <p>Choose 2 different team members.</p> <p>Number 1 will go and retrieve a set of bells from the marked bin and bring it back to Number 2.</p> <p>Number 2 will then cross the floor and return the bells to the marked bin and get back to the start point.</p> <p>Check in with to see if you have earned your next clue.</p> |

Route Info Cards Fill these in as necessary for your site.

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|---|---|
| <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>ROUTE INFO</p> | <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>ROUTE INFO</p> |
| <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>ROUTE INFO</p> | <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>ROUTE INFO</p> |

Penalty Cards

| | |
|---|---|
| <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>SPEED BUMP</p> <p>Name the World Centres and what country each is in.</p> | <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>SPEED BUMP</p> <p>Sing Taps.</p> |
| <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>SPEED BUMP</p> <p>Recite the Girl Guide Promise – each member of the team taking turns to say a word at a time.</p> | <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>SPEED BUMP</p> <p>Sing the Brownie opening song (“We’re the Brownies...”) while skipping in a circle.</p> |
| <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>SPEED BUMP</p> <p>Sing your favourite campfire song.</p> | <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>SPEED BUMP</p> <p>Name the three elements of fire.</p> |
| <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>SPEED BUMP</p> <p>Name the five branches of Girl Guides.</p> | <p>LEAVE NO TRACE</p> <p>THE AMAZING RACE</p> <p>SPEED BUMP</p> <p>What date is Thinking Day, and why was that day chosen?</p> |

Leave No Trace Tags

To identify station Guiders.



Station Marker

