



Programme Planning for Macaoimh

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The Programme that we deliver to macaoimh is the most important thing we do. The lack of proper planning and delivery of programme has been identified as one of the main reasons why macaoimh and scouts leave our association.

Facts

Young people join scouting to go on hikes and weekends away and to have an adventure. The view of scouting is one of action, adventure, camping and cooking outside, hillwalking etc.

The reality unfortunately in many cub/macaoimh cathas around the country is one of promised adventures in the open later. The weather is too cold now for hiking - we will do it in the summer. Summer comes, we can't go hiking as it clashes with holidays or some other excuse. Most of the Cathas in our association take part in approx. 2 hikes a year, one weekend activity and if they are lucky an annual pack holiday.

Macaoimh do not join for the following reasons:

<i>To play games</i>	<i>To play football</i>
<i>To attend meetings</i>	<i>To learn drill</i>
<i>To wear the uniform</i>	

Pack Meetings

The Cath meeting is the place where we train our Macaoimh so that they can take a more useful part in activities out of doors. Therefore they are a means to an end - the end being exploring, hiking and camping. It should not surprise you if it is suggested that in order to have a successful programme it is recommended that you hold an activity out of doors each month and that you exploit every opportunity in your weekly meeting programmes to get out and about.

Activities

Activities can take many forms and some are suggested on later on in this factsheet. However, there should be a clear distinction between activities such as visits and service type projects and those activities which are based around exploring and hiking. I would suggest that an average Cath should provide the Macaoimh in their sections with the opportunity to take part in at least:

<i>Hikes (Outdoor)</i>	<i>6</i>
<i>Weekends Away</i>	<i>1</i>
<i>Holiday / Camping</i>	<i>1</i>

Does your cath fulfill these minimum requirements ?

In our region, most cathas do not participate in a pack holiday which is in excess of 3 nights away. A camping weekend is a good suggestion as a replacement as it has an additional element from other weekends. In reality any weekend away to a different place offers an alternative to a "Pack Holiday"

The activities on offer can be planned in such a way so that if it is possible to take part in an activity every month, an activity that is based in wild or open countryside and can provide the ingredients of an adventure.

Outdoor Activities

As a rule of thumb a Pack should spend at least 60% of the time spent Scouting in the year in activity in the out of doors. This includes meeting nights, hikes, weekends away and other activities.



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Adventure

What is adventure? Adventure can mean different things to different people therefore it is hard to tie down. However, taking part in a hike does not ensure that 'adventure' will take place. Macaoimh of different ages and levels of experience can experience adventure in many ways.

For a young Macaoimh the notion of lighting a fire and cooking a sausage on it is one big adventure, whereas to an older and more experienced Cubs the notion of sleeping out in a backwoods shelter is what appeals to their notions of adventure.

In order for a Macaoimh activity to become an adventure it must provide an opportunity for some of the following to happen :-

Have within it an element of risk, a risk can take many forms however the risk should never be really threatening. Being lost in fog on a mountainside can be a danger if you do not possess the skills of map and compass. Therefore, we should never put the Macaoimh Cath and yourself in danger just for the sake of an adventurous activity. However, sometimes we can add in that little something in our activities which make them different or appear to add risk to the activity it could be as simple as hiking cross country rather than along the road. Crossing a river by rope bridge or cooking our lunch backwoods style.

We must feed the imagination. Small things added to the activity help to feed the imagination of the Macaoimh and help to create an adventure in their minds. Meeting at a grid reference instead of at the church gates. A coded message rather than a written note. A storyline built around the activity into which short Clann challenges can be built. There are many small ways this can be done.

What to do and Where to go

A list of some type of hike is included here and the next page has been left blank to fill in locations for weekends, hikes and other activities.

Types of Hikes

The following list provides some suggestions of ways to make our hikes more adventurous.

Hike	Example
Compass Hike	Map & Compass or a short Compass Trail
Training Hike	Pioneering, Tent Pitching, Map Reading & Compass
Historical Hike	Castle (Ruins) with theme eg. Camelot / Fianna
Orienteering Hike	Orienteering Course (Maps are Available)
Photography Hike	Photographer Badge
Nature Hike	Identify Leaves / Flowers Plants, Birds, Crops etc.
River Hike	River Ramble or Welly Walk in stream
Bases / Project	Incorporate bases or a project into a walk / hike
Treasure Hunt	Must follow clues to next destination
Cycle Hike	Cyclist Badge
Night Hike	To a woods or along a set walking route.
Father & Son Hike	Macaoimh show parents what they've learned
Swimming Hike	Splash World in Tramore or AquaDome in Tralee
Bring a Pal Hike	Good for a recruitment drive – active hike
Mystery Hike	Destination & Activities
Survival Hike	Include shelters and backwoods cooking.
Map Making Hike	Map Reader Badge
Beach Hike	In Winter or Night Hike
Breakfast Hike	Early morning hike including lighting a fire

Hikes need not necessarily be full day activities; they may take just a morning or afternoon.



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Additional Notes