



WE DISCOVER, WE GROW

**Girlguiding**

*Shropshire*



# The Shropshire Boots, Bikes and Boats Challenge Badge

This challenge is open to all members of Girlguiding from Rainbows to Trefoil Guild and we hope you enjoy the challenges on your Guiding journey.

There is a lovely badge to gain if you complete the required challenge for each section.

As you move to another level of Guiding you can be challenged again to extend the fun and experiences available to you.

To gain a badge you must complete the following challenges.

Rainbows = 2 challenges from each section.

Brownies = 3 challenges from each section.

Guides = 4 challenges from each section.

Senior Section & Adults = 4 challenges from each section.

Badges can be obtained from the County Badge Secretary at a cost of £1..... a portion of which will go towards supporting the County Outdoor Centre at Lyneal

In the following sections you will find suggestions for challenges together with suggestions about which sections might find them suitable. You are free to adapt this for your own girls and to use your own challenge ideas.

Key :

R – Rainbows

B – Brownies

G – Guides

S - Senior Section

A - Adults (leaders and members of the Trefoil Guild)

## **Contacts to help and advise you -**

To find the contact detail of an Outdoor Activity Adviser details run the area contact details report on GO!

## Boots Challenges

CHALLENGE	SUITABLE FOR	HELP
Go on an I-spy walk	All sections	Check the Guiding Manual for walking rules Sample I-spy is attached – Appendix 1
Make a boot print poster for your patrol or six	R B G	Either <ul style="list-style-type: none"> <li>- Each girl walks in a tray of poster paint and makes a boot mark in a poster</li> </ul> Or <ul style="list-style-type: none"> <li>- The six/patrol draws a boot and decorates it to illustrate their team</li> </ul>
Go on a night hike	G S A	Check the Guiding Manual for walking rules
Wellie/boot 'wang'	All sections	A large area and an old boot is needed. Each girl stands at the same point in turn and 'wangs' (throws using any technique they like) the boot as far as possible. Safety – ensure all other player stand clear – the boot might go in any direction!
Make a herbery in an old boot / plant up an old boot	All sections	It will be good to have some drainage holes, and it works best if the plants are grown elsewhere before planting in the boot
Walk a section of the Shropshire way	All sections	Check the Guiding Manual for walking rules. <a href="http://www.shropshirewalking.co.uk">www.shropshirewalking.co.uk</a>
Learn 10 map symbols	G S A	<a href="http://www.ordnancesurvey.co.uk">www.ordnancesurvey.co.uk</a> will help you
Learn how to set a map	B G S A	
Show how to use a compass	G S A	
Use a map to identify 5 places from their grid references	G S A	
Go tracking	B G S A	Tracking signs are given in Appendix 2
Explore a wood	All sections	Nature detectives will help with this, which is part of the Woodland Trust.
Try a ghost walk	G S A	Both Shrewsbury and Ludlow offer these. <a href="http://www.shropshireghostwalks.co.uk">www.shropshireghostwalks.co.uk</a>
Take a walk with a Town Crier	G S A	Many Shropshire towns have Town Crier, including Shrewsbury, Newport, Ludlow, Bishop's Castle, Cleobury Mortimer, Wellington, Whitchurch, Bridgnorth and Market Drayton.

Decorate your own wellie boots	All sections	Use permanent paint or pens
Make a lantern and take a candle walk outside your meeting place or turn off the light inside	All Sections	You might prefer to take a battery candle on a walk!
Beat the Bounds of your Parish	G S A	This means find out where the edges of the parish are and plan a walk using footpaths as close as possible to the edges
Take a seasonal walk with challenges and compare the seasons	All sections	Look for what changes. This can be in a park or a local area. Perhaps photograph the same place each season.
Follow a photographic trail	All sections	Someone will need to walk the route first and take photos, so that the girls can try to spot the sites. For older girls, take the pictures from strange angles.
Play a game to help learn the Countryside code	All sections	Google "The Countryside code" and set challenges.
Work out how many of your paces you will need to walk 100m	All sections	This is a skill useful for judging distances. If you are still growing, check it again next year.
Use a treadmill	G S A	Visit your local fitness centre and see if you can try one. There may be a minimum age limit.



## Bikes Challenges

CHALLENGE	SUITABLE FOR	HELP
Go on a bike ride with an adult	R B G	For younger girls, this may just be a very local area
Follow a national bike trail	B G S A	This link will take you to the national cycle network <a href="http://www.sustrans.org.uk">www.sustrans.org.uk</a>
Show how to mend a puncture	B G S A	There is a video on the <a href="http://www.halfords.com">www.halfords.com</a> website under cycles > service or you might like to ask someone from a cycle shop to visit.
Know 10 parts of a bike	G S A	There is a picture to help you in Appendix 3
Find out the route of the next Tour de France	G S A	
Visit a velodrome	G S A	The closest to us is Manchester <a href="http://www.nationalcyclingcentre.com">www.nationalcyclingcentre.com</a> and they have tours and visits
Make a poster to show the cycling achievements of Team GB at London 2012	B G S A	
Try using a uni-cycle	B G S A	Remember circus skills badges
Find out the history of the penny-farthing	All sections	This could be a poster, a talk, or a visit to a museum
Try a tag-along or a tandem	All sections	A tag-along attaches to an adult bike and will be suitable for Rainbow/younger Brownies.
Go mountain biking	B G S A	Many activity centres offer this.
Find out about Sustrans	G S A	This is the group who run the national cycle routes: <a href="http://www.sustrans.org.uk">www.sustrans.org.uk</a>
Find out about cycling trails in your area and print a map of them	B G S A	There may be local one on the local council websites as well as Sustrans
Cycle a tow path	B G S A	Make sure your girls meet the swimming requirements!
Know how to look after your bike and do a safety check	B G S A	You may want to invite a visitor from a local cycling group.
Find out about a local cycling club or group	All sections	
Take part in the Bikeability scheme	Level 1 R B Level 2 G S A Level 3 S A	This is cycling proficiency for 21 <sup>st</sup> Century. <a href="http://www.bikeability.org.uk">www.bikeability.org.uk</a>
Use an exercise bike to improve your fitness	All sections	You may be able to borrow a domestic one, or visit a fitness centre





## Boats Challenges

CHALLENGE	SUITABLE FOR	HELP
Try canal art and decorate a coaster or trinket box	B G S A	
Make a model propeller boat	R B G S A	There are instructions in GFI With a Splash – currently out of print, so borrow from your local Guide Unit
Make a miniature raft and sail with a lighted tea light	R B G S A	You can use lolly sticks and rubber bands and sail it in a paddling pool, or go out and collect twigs, use lashings and sail in a stream
Go on one of these boats <ul style="list-style-type: none"> <li>- Narrow boat</li> <li>- Sailing dinghy</li> <li>- Kayak</li> <li>- Canoe</li> </ul>	R B G S A	An activity centre is the best options for all of these clauses. Try: <a href="http://www.pgl.co.uk">www.pgl.co.uk</a> <a href="http://www.ovac.co.uk/activities">www.ovac.co.uk/activities</a> <a href="http://www.acuk.net/pioneer-centre">www.acuk.net/pioneer-centre</a>
Make a raft for your patrol or six and sail on it	B G S A	
Take a canoe taster session	B G S A	
Try a scavenger hunt from a canoe or boat	B G S A	
Play pooh sticks	All sections	You may need to read Winnie the Pooh to younger girls, so they know all about Pooh sticks
Visit a maritime museum and/or a historic ship and/or a marina	All sections	For museums and ships you may need to plan a trip to London, Bristol or Plymouth. Locally, however, there are narrow boat marinas, particularly to the north of the County on the Shropshire Union Canal
Have a duck race and do some fundraising fun	All sections	You could just borrow or buy ducks (Toys r us) or you could use a company e.g. <a href="http://www.pdkfundraising.co.uk">www.pdkfundraising.co.uk</a>
Try a rowing boat	B G S A	There are boats to hire on Ellesmere, and in Ludlow (The Linney). You may know of others local to you
Go paddling in your wellies	All sections	You may want to sail a toy boat as well
Walk across an aqueduct	B G S A	There are famous ones - Pontcysyllte and Chirk Aqueducts (just out of Shropshire) and others on the Shropshire Union Canal
Do the Rospa water wise quiz	R B G	You can find it at <a href="http://www.rospa.com">www.rospa.com</a> under water safety for children and young people
In your Patrols, invent and play a game to teach the meaning of water safety signs	G S A	You can download a .pdf file to help you with the signs from <a href="http://www.rospa.com">www.rospa.com</a> search for water safety signs
Use an exercise rowing machine to improve your fitness	B G S A	You may be able to borrow a domestic one, or visit a fitness centre





## I Spy Chart

Score 5 points for each 'I –Spy'

Total...../150

Cross out the items when you see them...

### Things

Shropshire Way sign

Bench

Bridge

Pond

Stile

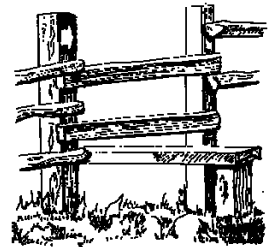
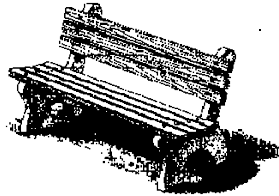
Kissing gate

Electric fence

Footpath signpost

Church

Cumulus clouds



### Creatures

Buzzard

Labrador

Dragonfly

Magpie

Spider

Horse

Butterfly/caterpillar

Rabbit

Pheasant

Ant

### Plants

Oak tree

Thistle

Hawthorn

Dandelion

Cow parsley

Stinging nettles

Bramble

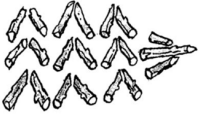

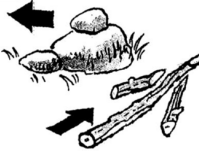

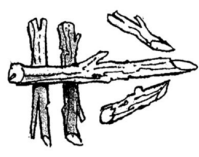



Holly

Horse chestnut tree / conkers

Buttercup



## Appendix 2 – TRACKING SIGNS

COMMON TRACKING SIGNS			
			
Water in this Direction	Turn (Left or Right)	This Way	Not this Way
			
This way over Obstacle	Party Split Up	Message this Way	Gone Home

## Appendix 3 - PARTS OF A BIKE

