

Sussex Scouts



28/29 MARCH 2009

for Scout Troops and Explorer Scout Units

www.overlandhike.com

INFORMATION AND RULE BOOK

***TO BE READ THOROUGHLY BY
LEADERS AND ALL TEAM MEMBERS***

East Sussex Scout Council - Charity Registration No 291136

OVERLAND HIKE

There are always Scout Troops and Explorer Units who ask "what is the Overland Hike?". Below we have tried to answer as many points as possible.

WHAT The Hike is open to Scouts and Explorer Scouts with a maximum of 70 teams, always producing an exhilarating competition.

For all four members of the team, the Hike is a high standard initiative test in Scouting and General Knowledge, together with a testing of hiking ability.

During the two day expedition over a route of about 25 miles there are approximately 14 checkpoints designed to find out just what the teams know and whether they can put it into practice.

WHERE The Hike is negotiated over the Sussex Downs and the route used is always kept a secret until the day of the event.

HOW A very wide knowledge of map and compass is required to negotiate the route with particular emphasis on National Grid References (NGR) and compass bearings.

Naturally, being a two-day Hike, everything required for the weekend has to be carried by rucksack with a maximum team kit weight limit of 44 kgs for Explorer teams and 40 kgs for Scout teams, including rucksacks. Nothing at all will be supplied except for the equipment necessary for checkpoint incidents. Should any one member of the team have to withdraw for any reason, unfortunately the whole team will be withdrawn.

WHEN We always try to keep the event to around Easter so as to take advantage of the many variations of weather, e.g. from rain to very hot sunshine.

NB Encouragement is given to Troops and Units to enter for the experience, so that they can return the following year with a better expectation of completing the Hike.

INFORMATION SHEET AND RULES

ENTRY

The **Overland Scout Competition** is open to teams of FOUR Scouts, born between 1 April 1994 and 1 April 1997 (**12 - 14 year olds**) with a minimum total age of 48 years. (*Leaders must ensure that all Scouts are physically capable of undertaking this competition.*)

The **Overland Explorer Competition** is open to teams of FOUR Scouts, born between 1 April 1991 and 1 April 1995 (**14 - 17 year olds**).

A 14 YEAR OLD IS ELIGIBLE FOR EITHER COMPETITION

Troops and Units are encouraged to join with other Troops/Units to make a team for entry to the Hike.

The inclusion of Scouts with special needs is welcome but we ask leaders to discuss the situation with the organisers before applying.

All accepted teams for the hike will enter a draw to determine their team number and reporting time. The receipt for the application fee and the reporting time will then be forwarded. There is no need to arrive at the Start before that given time.

NB: Notice will be given two weeks before the Hike of the start and finishing points and the 1:25,000 maps required.

FEE

The entry fee is £20.00 per team, and is payable on application.

EQUIPMENT

EACH TEAM *whether in the Scout or Explorer Competition* will be responsible for providing their own equipment, which must be carried in waterproof lined rucksacks, to a maximum weight of 44 kg per Explorer team and 40kg per Scout team.

The minimum requirement is expedition tents (mixed gender teams must have separate tents)

(Scout teams need only carry one tent suitable for use by the whole team in an emergency. The other tent will be transported to the campsite);

Food for the weekend and stoves (liquid fuel, if used, should be carried in a metal container); 2 survival bags; 2 x 0.25 litre of water; plus ingredients for a hot drink and 250g of boiled sweets or chocolate for the whole team to only be used in an emergency; cooking container and utensils; two sets of appropriate 1:25,000 maps in two waterproof map cases; two compasses; two whistles; two torches; paper and pen/pencil. Two mobile phones, fully charged, for emergency use only.

Two first aid kits to be contained in waterproof, airtight containers and consisting of: 2 **sterile** dressings (**290x180mm**), 6 assorted plasters, 1 pack of blister plasters, 1 roll of micro pore adhesive tape, 2 triangular bandages, 1 roller bandage, 4 antiseptic wipes, 1 pair surgical gloves, **5 x 20p** coins, 2 polythene bags for soiled dressings, 1 vent aid.

EACH TEAM MEMBER must wear uniform neckerchief, long trousers, waterproofed hiking boots with ankle support, gloves, suitable warm headwear, long sleeved top, fleece and high visibility reflective items which must be clearly visible at all times. Sun cream should be used to prevent sun or wind burn. Not acceptable are denim jeans, shorts, formal Scout uniform, sheath knives or waterproofs without taped seams.

EACH TEAM MEMBER must carry in their rucksack with waterproof liner (which must have a reflective patch clearly visible at all times), a sleeping bag, substantial waterproof tops and bottoms, spare fleece or sweater, spare socks, and packed lunches for both days. An ID card (in a sealed plastic wallet) detailing any specific medical condition relative to themselves must be carried on their person. Not acceptable are CB radios or GPS navigation aid

HIKE

Teams will hike approximately 15 miles on the first day and 10 miles on the second day, maximum points being awarded to Teams averaging 3 mph. **Running is not permitted.**

To qualify for the second stage of the Hike, **Explorer** teams must complete the first day's Hike within **9 hours** and **Scout** teams must complete within **10 hours** from the starting time. The second day's Hike must be completed within **6 and 7** hours respectively of starting times on Sunday. *Those teams that complete the first day's Hike (but are out of time) may, at the Organisers' discretion, be able to walk the second day - but are withdrawn from the competition.*

The route is unknown to all competitors and will be negotiated by NGR and compass bearings. **All teams are expected to know and use the Country and Highway Codes.**

PREPARATION

Teams must prepare carefully for the Hike, paying special attention to their choice of footwear and waterproof clothing and the team's weight limit. Remember - rucksacks are not waterproof and will need a liner.

IT IS STRONGLY RECOMMENDED THAT PRACTICE HIKES ARE UNDERTAKEN

In addition, all team members **MUST** read "SAFETY ON THE MOUNTAINS" available from the Resource Centre, Gilwell and be aware of the correct use of the Scout Emergency Card and the Overland Hints and Tips sheet.

THE START

Teams will start between 07.45 and 1200 hours on 28 March 2009. Each Team will hand to the starter a menu for the weekend with ingredients and costs which will be judged for suitability for a weekend hike. Marks will NOT be awarded for the presentation of the menu.

INCIDENTS

These will be staged at check-points en route and are designed to test practical Scouting skills, teamwork and initiative. Points will also be awarded for the manner in which the incidents are carried out. Saluting is not required at checkpoints.

REFRESHMENTS

Hot drinks and a Tuck Shop selling confectionery will be available for all Teams at the half-way point of each day's hike and a light meal will be provided on completion of the Hike. Limited water will be available at each checkpoint.

OVERNIGHT

Over Saturday night, all Teams will camp at a given site, where water and latrines will be provided. The evening meal on Saturday and breakfast on Sunday will be carried by the Team. Points will be awarded for choice of menu and cooking. Hot meals and drinks will be expected. Points will also be awarded for Team Campcraft.

AWARDS

SCOUT COMPETITION - First Team - The Overland Trophy, to be held for 1 year.

EXPLORER COMPETITION - First Team - The Overland Explorer Trophy, to be held for 1 year.

Special pennants will be awarded to the members of the first three Teams in each Competition. All Scouts who complete the Hike will receive Hike Certificates and will be able to receive a Hike Neckerchief Slide.

Note: At your Leader's discretion, the completion of the Hike may qualify you for certain parts of the Scout Training and Duke of Edinburgh's Award.

The Awards will be presented to the winning Teams at approximately 1700 hours on 29 March 2009. **Supporters will be welcome from 1630 hours at the Finish, where refreshments will be available.**

EMERGENCY CONTACTS

This person must be at home at all times AND AWARE OF THEIR RESPONSIBILITIES and should not be a parent/guardian of any scout taking part nor a leader involved in the event. Please see Scout HQ fact sheet FS120078 on the responsibilities of Home Contacts.

APPLICATION

Entries, together with fee and three 1st class stamped addressed A5 (210mm x 150mm) envelopes only to **be received no later than 28 February 2009** by:

D R Payne, 5 Cuckmere Way, Brighton, BN1 8GA. CHEQUES payable to "Overland Hike".

ELECTRONIC ENTRIES WILL NOT BE ACCEPTED. Any entries received without either fees, 3 stamped addressed envelopes or application form, will not be accepted.

All enquiries to Derrick Payne, **01273 506930** between **1800** and **1900** hours or e-mail **info@overlandhike.com**

The organisers are not prepared to allow ill equipped Teams to take part on the Overland Hike and therefore failure to comply with the rules will lead to automatic disqualification.

THE ORGANISERS DECISION IS FINAL.

HINTS TO AID YOUR TEAM

A good knowledge of map references and bearings is an absolute necessity.

Do not carry tinned or bulky foods as these are rather heavy. Spend a lot of time on your menu and ingredients.

Use lightweight kit, but do not leave out the necessities.

Make sure your kit is kept waterproof; place your kit in a large polythene bag inside your rucksack.

Keep yourself dry and warm, EXPOSURE can set in very easily, as many teams have found out.

A good, tough, waterproof pair of boots will keep your feet in good condition. Wet feet blister very easily.

You cannot possibly walk 25 miles without practice hikes, so get plenty of training in your boots.

For further sound advice consult your training award booklets.

Make sure your food is high in protein and carbohydrates - and that your team members like the food that you are cooking!

Why not put a second team in the competition as practice for next year's hike.

Why not gain further knowledge by talking to other Troops that have entered before.

To help each other, why not train as a District.

Also look at www.overlandhike.com

PREVIOUS WINNERS

1968	20th Brighton	1986	4th Uckfield
1969	2nd Brighton	1987	4th Uckfield
1970	44th Brighton	1988	1st Walberton & Slindon
1971	31st Brighton	1989	29th Brighton
1972	15th Brighton	1990	4th Uckfield
1973	15th Brighton	1991	1st Walberton & Slindon
1974	31st Brighton	1992	1st Walberton & Slindon
1975	4th/8th Hove	1993	1st Jarvis Brook
1976	1st Cophorne	1994	6th Seaford
1977	1st Southwick	1995	6th Seaford
1978	30th Brighton	1996	7th Burgess Hill
1979	1st Blackboys & Framfield	1997	6th Seaford
1980	1st Crowborough	1998	9th Seaford
1981	1st Lewes	1999	9th Seaford
1982	1st Ditchling	2000	31st Brighton
1983	29th Brighton	2001	No Event - Foot & Mouth
1984	4th Uckfield	2002	4th Uckfield
1985	4th Uckfield		

SCOUT COMPETITION

2003	31st Brighton
2004	1st St Leonards Forest
	4th Uckfield (Phoenix)
	1st Crowborough (Southon)
	14th Brighton
	4th Uckfield (Alpha) A

EXPLORER COMPETITION

2003	Patchdene Brighton
2004	Vanguard Seahaven
2005	Mallory Ashdown
2006	Mallory A
2007	Mallory
2008	Hove & Portslade Unit B

PEGLERS



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