

**2<sup>ND</sup> MORNINGTON SEA SCOUTS  
GREEN CORD HIKE BRISBANE RANGES 3-5 OCT 12  
COORDINATION INSTRUCTION**

**Introduction**

1. A scout Green Cord Hike will be conducted in the Brisbane Ranges by members of 2<sup>nd</sup> Mornington Scout Group from 3-5 Oct 12. The hike should provide good experience for all involved, but particularly those scouts who will be leading and organising the hike in order to meet one of the requirements of their Green Cord qualification. Leaders and parents will be present and in close proximity, but to qualify for the Green Cord scouts must be responsible for leading all aspects of the hike.

**Aim**

2. The aim of the Green Cord Hike is to qualify ... and ... for their green cords.

**Leadership**

3. ... and ... will be organising and leading the hike. ..., Scout Leader 2<sup>nd</sup> Mornington Sea Scouts, will be shadowing the hikers and on call if required.... and ... will be assisting.

**Program**

4. Hikers are to meet at 0750 on 3 Oct at ..., Mornington, dressed for hiking and with all gear packed into their packs. See the Sequence of Events at Annex A for other timings.

**Participants**

5. See Annex B for a list of participants and their contact information.

**Safety**

6. A Safety Brief is at Annex C. A Risk Management Plan is at Annex D.

**Transport**

7. See ...'s email of 26 September.

**Equipment**

8. Hikers are to carry as a minimum the equipment listed at Annex E for both the training walk and the Green Cord Hike. Rucksacks should not weigh more than 25% of a hiker's body weight.

## Food

9. Each scout is to bring his own food. Contact one of your hike leaders if you need advice or assistance.

## Medical

10. PIRs are to be given to the leaders at the training walk. The Scout Leader and each hiking group will carry a first aid kit, but each scout should also carry a personal first aid kit and required personal medications. In case of emergency hikers should first inform hike leaders, who should then inform the Scout Leader or a Parent Helper.

## Communications

11. Each scout should, if possible, carry a waterproofed mobile phone and a waterproofed version of Annex B. The phone is to be fully charged and kept switched off for the duration of the hike to save the batteries for emergencies.

## Activity Fee

12. The activity fee is not yet known but should not exceed \$40. En route to the Brisbane Ranges each scout should carry a small amount of money for food and snacks at roadside stops in a zip lock bag.

.....  
Senior Scout  
Green Cord Hike Leader  
03 5973....  
04.....  
.....@hotmail.com

.....  
Senior Scout  
Green Cord Hike Leader  
03 5975 .....  
04.....  
.....@hotmail.com

Distribution:

Hikers (5)  
Leaders and Parent Helpers (2)  
Drivers (2)

Annexes:

- A. Sequence of Events
- B. List of Participants
- C. Safety Brief
- D. Risk Management Plan
- E. Equipment List

**SEQUENCE OF EVENTS  
GREEN CORD HIKE 3-5 OCT 12**

<b>Day</b>	<b>Time</b>	<b>Event</b>	<b>Action/Remarks</b>
by 26 Sep		Issue instructions Distribute food & equip to walkers Check mobile phone reception in park Prepare maps	
28 Sep	1000	Practice walk	<ul style="list-style-type: none"> <li>• Meet at cnr Helena St &amp; Esplanade, Walk to Main St</li> <li>• Lunch Go Fish &amp; Chips, Main St Mornington (bring money)</li> <li>• Pick Up Boat Park 1300</li> </ul>
3 Oct	0750	Meet ..... St Mornington	<ul style="list-style-type: none"> <li>• for 0800 departure</li> <li>• see separate transport plan</li> <li>• bring \$40 each in cash for food &amp; camping fees</li> </ul>
	1030	All hikers meet for final check	<ul style="list-style-type: none"> <li>• Boar Gully Camping Ground GR589166</li> </ul>
	1100	Groups depart for walk start	
	1200	Arrive walk start	<ul style="list-style-type: none"> <li>• Fridays Picnic &amp; Camping Ground GR527061<sup>1</sup></li> <li>• Vehicle access off Durdidwarrah Rd via Steiglitz Rd from Steiglitz</li> <li>• lunch at start point</li> </ul>
	1300	start walking!	
	1700	arrive campsite	<ul style="list-style-type: none"> <li>• Old Mill Campground (walk in)</li> <li>• GR534068</li> </ul>
4 Oct	0900	start engines!	
	1700	arrive campsite	<ul style="list-style-type: none"> <li>• Little River Bushwalkers Camp</li> <li>• GR595110</li> </ul>
5 Oct	0900	blast off!	
	1300	complete walk	<ul style="list-style-type: none"> <li>• Boar Gully Camping Ground GR589166</li> <li>• Vehicle access via Camp Track off Brisbane Ranges Rd/Reids Rd</li> </ul>
	1330	Depart for Mornington	
	1700	Arrive Mornington	<ul style="list-style-type: none"> <li>• drivers drop hikers at home</li> </ul>
	1800	Trailer returned to .....	

<sup>1</sup> Map Meridian Brisbane Ranges National Park 2009 1:30000

**LIST OF PARTICIPANTS  
GREEN CORD HIKE 3-5 OCT 12**

<b>Name</b>	<b>Job</b>	<b>Telephone</b>	<b>Email/Address/Remarks</b>
	hike leader		
	hike leader		
	hiker		
	hiker		
	hiker		
	scout leader		
	scout leader		
	scout leader		
	parent helper		
	home base		
emergency		000	only if leaders not contactable
Bacchus Marsh hospital		0353672000	35 Grant Street, Bacchus Marsh
Geelong hospital		0352267111	Ryrie Street, Geelong

**SAFETY BRIEF  
GREEN CORD HIKE 3-5 OCT 12**

1. Keep your leader informed of how you feel – speak up!
2. Wear long pants or gaiters and boots if possible for snake protection
3. Don't cook in or near tents
4. Apply sun cream in morning and renew regularly
5. Be able to carry 2 litres of water
6. Carry a personal first aid kit including a 10 cm crepe bandage
7. If possible carry a waterproofed mobile phone and copy of Annex B
8. Don't drink untreated water
9. Wash hands after toilet & before meals
10. Always stay with the group
11. Use the 'buddy system'
12. Don't leave your rucksack
13. If lost:
  - stay where you are
  - try calling on your mobile if you have one
  - display something brightly coloured nearby
  - blow 3 sharp blasts on your whistle every 5 minutes or so
  - if cold put on warm, waterproof clothes & shelter from the wind
  - don't panic!
  - stay where you are!!

**RISK ASSESSMENT**  
**GREEN CORD HIKE 3-5 OCT 12**

<b>Risk</b>	<b>Probability</b>	<b>Risk Minimisation</b>
snake bite	low	<ul style="list-style-type: none"> <li>• wear long pants or gaiters and boots</li> <li>• each scout to carry 10 cm crepe bandage</li> </ul>
burns	low	<ul style="list-style-type: none"> <li>• don't use stoves in tent or near flammable materials</li> </ul>
hypothermia	low	<ul style="list-style-type: none"> <li>• carry warm and waterproof clothes</li> </ul>
heat injury/illness	low	<ul style="list-style-type: none"> <li>• carry salty snacks and water</li> <li>• wear long sleeved light clothes and a sun hat</li> </ul>
exhaustion	medium	<ul style="list-style-type: none"> <li>• keep rucksack weight under 25% of body weight</li> <li>• take regular breaks</li> <li>• weakest member sets the pace</li> </ul>
sunburn	high	<ul style="list-style-type: none"> <li>• wear broad brimmed hat</li> <li>• apply sun cream</li> </ul>
getting lost	low	<ul style="list-style-type: none"> <li>• stay in a group</li> <li>• carry a GPS as backup to map and compass</li> <li>• use the 'buddy system'</li> </ul>
gastro-intestinal bugs	low	<ul style="list-style-type: none"> <li>• treat water</li> <li>• wash hands after toilet and before eating</li> <li>• eat or dispose of packaged food once package is opened</li> </ul>
mosquito bites	high	<ul style="list-style-type: none"> <li>• apply repellent</li> <li>• wear long pants and sleeves</li> </ul>
lost equipment	medium	<ul style="list-style-type: none"> <li>• keep everything inside rucksack if possible or tied securely to it</li> </ul>
blisters	high	<ul style="list-style-type: none"> <li>• wear correctly fitting and broken in footwear</li> <li>• take spare sox in a variety of thicknesses</li> <li>• treat 'hotspots' before they become blisters</li> </ul>

**EQUIPMENT LIST**  
**GREEN CORD HIKE 3-5 OCT 12**

Activity	Equipment/Clothing Required		Remarks
	Hike Leader	Other Hikers	
Snacks en route	Cash in zip lock bag		
Driving	Games/puzzles/books		optional
Hike	Maps, compass, GPS		
	Rucksack		
	Hike socks (2-3 pr)		
	Notebook and pen/pencil		Small in plastic bag
Protect from snakes	Stout shoes/boots		
	Shorts with gaiters or long loose pants		
Hike in hot weather	Sun cream & bug juice		
	Sun hat		
	Light shirt with collar		
	Sunglasses		
Hike in cold weather	Thermal top & bottom		optional
	Tracksuit/long pants		1 pr only needed
	Tracksuit top/light fleece/l.s. shirt		
	Parka with hood		Light weight
Clothes for camp	Vest/hoodie		
	Beanie		
	Crocs/backup light shoes		
Camp/shelter	Tent		part if shared
	Sleeping mat		
	Sleeping bag		
	Wettex		to mop tent floor
Cook & eat	Stove		
	Food (separate list)		
	Salt, pepper, tea, coffee, chocolate, milk, sugar, spices		
	Gas bottle		
	Matches/lighter		
	Cooking pot		
	KFS		
	Plastic cup		
	Scourer		
	Two (2) Drink bottles 1l		
Snacks	Water bag/bladder		
	Puritabs		
Snacks	Separate list		
Fill in the night time hours	Torch		Preferably LED with fresh batteries
	Thin book/cards		optional
Wash	Handtowel or pack towel		
	Soap		
	Toothbrush		
Apply First Aid	Personal first aid kit and medications		bring instructions for medications, blister kit, band aids etc
	10 cm crepe bandage (everyone)		leaders take 2
Communicate	Mobile phone & waterproofed contact list		
	Whistle		
Waterproof pack	Large heavy duty plastic bag for pack liner		
Take photos	Camera		
Repairs/laundry	Length of cord		