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(a)	<p style="text-align: center;"><b><u>LESSON PLAN</u></b></p> <p style="text-align: center;"><b><u>LESSON PLAN : ADV 4</u></b></p> <p style="text-align: center;"><b><u>CYCLING / TREKKING</u></b></p> <p>Period - Four Type - Lecture/Practice Code - ADV 4 Term - III (SD/SW)</p> <hr/> <p><b><u>Training Aids</u></b> 1. Computer Slides, Pointer, Black board &amp; Chalk.</p> <p><b><u>Time Plan</u></b> 2. (a) Introduction - 05 Min (b) Cycling - 15 Min (c) Trekking - 15 Min (d) Conclusion - 05 Min</p> <p><b><u>INTRODUCTION</u></b> 3. <b>Cycling</b> on refers to cycling over long distances – prioritizing pleasure and endurance over utility or speed. Cycling can range from single day rides to multi-day trips. Tours may be planned and organised by the Cadets for themselves and also for organizing rallies for various Social activities to spread awareness as well as to convey a message to people in remote and far flung areas.</p> <p>4. <b>Trekking</b> is a long, adventurous journey undertaken on foot, in areas where common means of transport are generally not available. Trekking is not necessarily mountaineering. It is walking for a number of days, usually on uncharted paths, in challenging environments which are likely to be hilly or mountainous. The Himalayan routes are famous for attracting a large number of trekkers.</p> <p><b><u>AIM</u></b> 5. To acquaint the cadets about Cycling and Trekking as a part of Adventure Activity.</p> <p><b><u>PREVIEW</u></b> 6. The lecture will be conducted in following parts :- (a) Part I - Cycling and Safety Measures.  (b) Part II - Trekking and safety Measures. 298</p> <p><b>PART I : CYCLING AND SAFETY MEASURES</b> <b>Types of Cycle Touring / Expeditions</b></p> <p>7. In cycling distances vary considerably. Depending on fitness, speed and the number of stops, the rider usually covers between 50–150 kilometres (30–90 miles) per day. A short tour over a few days may cover as little as 200 kilometres (120 miles) and a long tour may go right across a country or around the world. Various types of expeditions are as follows:-</p>

- (a) **Lightweight Touring.** Informally called *credit-card touring*, in this a rider carries a minimum of equipment and a lot of money. Overnight accommodation is in youth hostels hotels, or Bed & Breakfast houses. Food can be bought at cafes, restaurants or markets.
- (b) **Ultralight Touring.** This differs from credit card touring in that, the rider is self-sufficient but carries only the bare essentials and no frills.
- (c) **Fully Loaded Touring.** Also known as *self-supported touring*, cyclists carry everything they need, including food, cooking equipment, and a tent for camping. Some cyclists minimize their load, carrying only basic supplies, food, and a Bivouac sack or lightweight tent.
- (d) **Expedition Touring.** In this the cyclists travel extensively, often through developing nations or remote areas. The bicycle is loaded with food, spares, tools, and camping equipment so that the traveler is largely self-supporting.
- (e) **Mixed Terrain Cycle-Touring.** Also called rough riding, cyclists travel over a variety of surfaces and topography on a single route, with a single bicycle. Focusing on freedom of travel and efficiency over varied surfaces, cyclists often adopt an ultralight camping approach and carry their own minimal gear.
- (f) **Supported Touring.** Cyclists are supported by a motor vehicle, which carries most equipment. This can be organized independently by groups of cyclists or commercial holiday companies. These companies sell places on guided tours, including booked lodging, luggage transfers, route planning and often meals and rental bikes.
- (g) **Day Touring.** These rides vary highly in their size of the group (from solo cyclists, group rides, to large organized rides with hundreds to thousands of riders), in their length (from a few miles to Century rides of 100 miles — or longer), in their purpose (from riding for pleasure to raising money for a charitable organization) and in their methods of support (from self-supported day rides, to organized rides where cyclists pay for support or accommodations provided by event organizers — including rest and refreshment stops, marshalling to aid safety, and SAG service.

## **SAFETY MEASURES DURING CYCLING**

8. The following guidelines and procedures are required to be followed for the safe conduct of the cycling or cycling expedition / tours:-

- (a) **Qualified Supervision.** All unit, district, council, and national event activities must be supervised by a mature and conscientious adult at least age 21 who understands and knowingly accepts responsibility for the safety of children in his or her care, who is experienced with the skills and equipment involved in the activity, and who is committed to compliance with these BSA safety guidelines.
- (b) **Physical Fitness.** Biking is strenuous. Long treks and hill climbing should not be attempted without training and preparation. For scouting activities, all participants must present evidence of fitness with a complete health history from a physician, parent, or legal guardian. The adult supervisor should adjust all supervision, discipline, and protection to anticipate any potential risks

associated with individual health conditions. In the event of any significant health conditions, proof of an examination by a physician should be required by the adult leader.

(c) **Helmets and Clothing.** All cyclists must wear a properly sized and fitted helmet approved by either the Snell Memorial Foundation, CPSC, or ASTM standard. Layer your clothing for warmth on cool days so you can avoid chilling or overheating. Cover up for sun protection on clear days.

(d) **Buddy System.** When the program activity is a bicycle expedition or trek, the buddy system must be used. When a program element emphasizes individual performance skills, one buddy observes while the other takes his turn. In competitive activity where the buddy concept cannot be applied practically, all activity must be directly observed by the adult supervisor. (Youth members should be taught that biking with a buddy is best. When biking alone, apart from scouting activities, youth members should be encouraged to tell someone their route, schedule, and destination before departing.)

(e) **Position in Traffic.** Ride with the traffic flow, as far to the right as is safe. Avoid curbs, storm drains, soft or loose gravel on shoulders, and other hazards.

(f) **Safety Rules.** Obey all traffic laws, signs, signals, and street markings. Watch for changes in road conditions. Ride only one to a bike. Do not ride after dark. No stunts -- trick riding is only for professionals who use special equipment. Yield to motor vehicles even if you think you have the right-of-way. Never hitch a ride on another vehicle. Keep your head and ears open and do not wear headphones while riding.

(g) **Turns and Intersections.** Look left, right, back, and ahead before turning. Stop and search all directions when entering a street from a driveway, parking area, sidewalk, or alley. Signal all turns using universal hand signals. Walk your bike through or across busy intersections.

(h) **Equipment.** Ride only a bike that fits you. Select a bike that permits you to put both feet on the ground while standing over the top tube. The handgrips should be no higher than your shoulders or lower than your seat.

(j) **Bicycle Accessories.** Every bike needs a horn or bell and reflectors (front, back, and sides). Items should be carried only in baskets, in saddlebags, or on a rear carrier rack. If you must ride in traffic, a bike- or helmet-mounted mirror is recommended. For long trips, a bike-mounted container for drinking water is recommended.

(k) **Maintenance.** Keep your bike clean and well maintained, especially the brakes and drive chain.

(l) **Racing.** Open street racing is dangerous. Race only with supervision on marked courses that have been set up to exclude other vehicle or pedestrian traffic, to eliminate fall hazards and minimize collision risks. Clearly define "start" and "finish" points.

(m) **Planning.** Plan both the route and timing of bike trips to avoid heavy traffic and hazardous conditions. Biking is unsafe on wet pavement and on windy days. Plan for at least hourly rest stops and a maximum of approximately six hours on the bike per day.

(n) **Discipline.** All participants should know, understand, and follow the rules and procedures for safe biking, and all participants should conscientiously and carefully follow all directions from the

adult supervisor. 300

(b)

## **PART II : TREKKING AND SAFETY MEASURES**

### **Trekking Gear / Material**

9. Each trek teaches oneself how to appreciate the beauty of nature, how to get adjusted with the situation and the importance of planning. A well planned trek will allow you to enjoy it and avoid any inconvenience. A list of items which are essential for such an activity are listed below:-

- (a) A good rucksack in proper condition.
- (b) Clothing incl wind cheater, woolens as per your requirements of the stay and season in which trek is going to be done.
- (c) Water, food and cooking utensils (if you are going to cook your own food).
- (d) Camera and its accessories (if interested in photography, always carry an extra pair of batteries and camera roll).
- (e) First Aid box.
- (f) Sleeping Matt or Sleeping Bag.
- (g) Oral rehydration solution (ORS).
- (h) Rope.
- (j) A good pair of shoes.
- (k) Cap (preferably of cotton)
- (l) Toiletry items.
- (m) Torch and batteries.
- (n) Marker and chalk.

### **USEFUL HINTS / TIPS FOR TREKKING**

10. Before setting out for a trek, following hints and tips are required to be considered during the planning phase carefully:-

- (a) Keep toilet items handy. This will ensure that no germs/infection enters the body through consumption of water or food.
- (b) Carry all possible essentials in the ruck sack with the expedition. Heavy items could be ferried by road.
- (c) Carry sleeping mattress or durrie for night halts. (d) Carry adequate woolens for the period of the trek.
- (e) Take off your shoes at drink and lunch halts. This will give relaxation to your feet. (f) Take small steps when ascending up slope.
- (g) Ensure good consumption of water at regular intervals.
- (h) Carry essential medicines to cater for minor injuries or disorders. (j) Acclimatisation is a must for high altitude marches.
- (k) Wear appropriate clothing to prevent dehydration, sunburn and fatigue.

## **SAFETY MEASURES FOR TREKKING**

11. To make your trip more adventurous and safe, do follow certain safety guidelines and tips mentioned below:-

- (a) Before heading for your adventure trekking trip, do study weather forecast of that area. Avoid trekking during bad weather or adverse climatic situations.
- (b) Newbie's should always carry a raincoat or windsheeter with them. Climate can change frequently in several trekking points.
- (c) Do carry multi-pocket carry bag engrafted with zipper closure and cushioned shoulder straps, especially for trekking trips. The bag should be spacious enough to carry all the important trekking essentials while trekking.
- (d) Must keep a lighter, Swiss army knife, space blanket, water bottle and winter attire in your carry bag or pocket before heading for trekking.
- (e) To prevent insect bite, do wear full sleeves shirts and full pants. Do carry sleeping bag and trekking rope of about 50 meters of length with you.
- (f) A direction compass and topographical map is must while trekking in mountains.
- (g) An ice cutting axe should always be carried if heading into snowy terrain.

## **HEALTH GUIDE FOR TREKKING**

12. Following precautions should be taken for having a trouble free trek:-

- (a) Accessories add grace to your personality. During travel keep such accessories which are easy to carry and may add grace to your overall look.
- (b) While planning your trekking trip, it is preferable to have a medical fitness check up done. It is most essential to be fit and fine before heading for trekking. You may also prefer to have medical precautions against diseases like malaria, cholera, tetanus, typhoid and hepatitis. Do arrange and carry medicines related to ailments from which you are previously suffering.
- (c) If suffering from any kind of ailment, do carry proper prescribed medicines to prevent serious health problem including heatstroke, sever headache, cough, dehydration and hypothermia.
- (d) Always wear proper trekking shoes while trekking. Uncomfortable pair of shoes can harshly hurt your feet and can lead to serious foot injuries while trekking. Therefore do spend some time to arrange proper and comfortable trekking shoes before heading for trekking tour.
- (e) Choose those trekking shoes that are a half-size bigger than your regular shoes to allow space for some swelling caused while trekking and to hold heavier trekking socks.
- (f) Do carry food items which carry larger amount of carbohydrates.
- (g) Always take important medicine and first aid box with you.
- (h) Do always cover your neck area, particularly in frequently changing weather .It can lead to serious neck problems and pains if left uncovered.

(j) Do wear thick woolen socks or stockings while trekking. Synthetic blended socks can be used for trekking purpose, as these socks are specially designed to preclude feet moisture.

### **CONCLUSION**

13. Cycling and Trekking are a very enjoyable and satisfying adventurous activity, in which proper health and fitness is must for every trekker. It instills confidence, sense of achievement and team spirit amongst the trekkers. It also adds to your knowledge and awareness about the nature and environment. This activity can be undertaken by people of all ages, provided you are physically fit.