



# RECREATION

W134A

## SKILLS

- Learn personal safety skills
- Increase technology skills
- Complete a recreation service project
- Discover careers in recreation
- Learn which items must be packed for any hike
- Figure out how to plan and appropriate menu
- Gain skills in organizing a first aid kit

Camping and hiking in the great outdoors is fun! In the Beginning 4-H Activity Page for the Recreation Project, you learned how to plan your adventure, pack a backpack and protect the environment. Learning how to be responsible for yourself and your fellow campers and hikers is also important. Some of the new skills you can learn in this part of the 4-H Recreation Project are listed to the left. Check your favorites. Then work with your 4-H leaders and parents to make a 4-H project plan of what you want to learn and do this year.



**LIFE SKILL:** Responsibility

## GOTTA-HAVE GEAR SCRAMBLE

The following is a list of items that you should always pack for a hiking trip. Unscramble the words and write the word in the blanks provided. Then draw a line matching each word to its definition.

HGCOLITN

Clothing

You will need this, just in case, to take care of any injuries or illnesses.

TWREA

Water

Extras of these are important in case you get cold or wet.

SIRFT DAI TH

First Aid Kit

These are helpful to build a campfire.

UNS NPOORITTCLE

Sun Protection

A sunburn can ruin your trip! A hat, sunscreen and sunglasses will protect you.

SHGHATLFT

Flashlight

No matter the weather forecast, you want to pack this just in case!

NAIR EAGR

Rain Gear

You will burn lots of energy and need this to 'refuel' often during your hiking trip.

MSSLOPA

Compass

This device will help you keep track of where you are and where you are headed.

ODOF

Food

Just in case you don't get back before nightfall, you will need this to 'see.'

TTBAEIERS

Batteries

Don't drink this from a stream - you never know if it's safe. Pack your own.

KCPTEO IENFK

Pocket Knife

This sharp object is used for a number of tasks - cutting, scraping, carving, etc .

EATHCSM

Matches

You need these to operate your flashlight. Pkck extras of theses just in case..



## CAREER SEARCH

1. Using the Internet, research the following careers that involve recreation.

- Parks/Recreation Director
- Outdoor Adventure Store Manager
- Camp Director
- Nutritionist
- Fitness Instructor

2. Write a short essay (or 4-H speech) about these careers. Answer the following questions based on the information you find:

- What do you do in this job?
- How are recreation skills used?
- What kind of education do you need?
- Is this a career you might be interested in pursuing? Why or why not?

## DEFINITION DISCOVERY



In the "Take a Hike!" section, the word *pronate* was used several times. What does *pronate* mean? Look it up in the dictionary. Write the definition on the line below.

**Pronate is defined as the rotation of the bones in the mid-region of the foot inward and downward so that in walking the foot tends to come down on its inner margin.** [Source: Webster's Ninth New Collegiate Dictionary]

## TAKE A HIKE!

Selecting the right hiking boot is important. Like your body, your feet need to stay warm and dry. Improperly fitting shoes can make your feet sore, blistered and tired. When shopping for hiking boots, remember a few of these tips:

1. Kick your boot toe against a firm object. Does your toe touch the end of the boot? If so, try a larger size. Your toes should not touch the end of your boot.
2. There should be one-finger width between the back of your boot and your heel with the boot untied.
3. You should be able to wiggle your toes comfortably.
4. The shape of your foot also will determine which boot works best for you. The examples below are diagrams of the three types of foot shapes. Which shape is your foot? Remove your shoes and socks. Get your feet wet and stand on a large sheet of newspaper so that you leave wet imprints of your footprint behind. Circle the diagram that comes closest to your own feet.



### FLAT FOOT

- people with flat feet tend to overpronate; need extra support on inside of foot to 'create' an arch



### HIGH ARCH

- people with high arches tend to underpronate; need extra support on inside of foot to cushion and protect the arch



### NORMAL

- people in this category have proper pronation

## SERVICE IDEAS

Share your knowledge with others! Create a scrapbook, DVD or Power Point™ presentation about your outdoor adventure.

Go with younger 4-H members on a hiking or camping venture.

Volunteer to clean up a hiking trail, community park or natural area.

Create a camp game or song book for other Recreation Project groups to use.

## RESOURCES

- School and public libraries
- Outdoor adventure stores
- Park and recreation leaders
- 4-H project leader/groups

The Web sites listed below were used to create this activity sheet. To learn more about recreation visit:

- [www.utextension.utk.edu/4h/projects/perf-arts-rec.htm](http://www.utextension.utk.edu/4h/projects/perf-arts-rec.htm)
- [www.n4hccs.org](http://www.n4hccs.org)

Don't forget! For more ideas and info, contact your local 4-H office.

## ACTIVITIES

- 4-H Demonstrations
- 4-H Skill-a-thon

• Conduct a fitness workshop for others who are interested in hiking and camping.

• Continue your learning! Visit [www.n4hccs.org](http://www.n4hccs.org) and go to 'tying knots' to learn how to tie overhand, figure-eight, square, sheetbend, clove hitches, half hitches and bowline hitches.

## TRAIL MIX

You are going on a day hike with three other friends - Robert, Lauren and Morgan. You are in charge of planning the lunch menu and mid-afternoon snacks. It's important that you have purchased enough food for everyone. On the left is the list of food you have purchased. The amount of each food you will need is listed under each person's name. Total up the amount of food you will need and write it in the "Totals" column. Then answer the questions below.

	YOU	ROBERT	LAUREN	MORGAN	TOTAL
Peanut Butter (24-ounce jar)	2 ounces	2 ounces	2 ounces	2 ounces	<u>8 ounces</u>
Pita Bread (Six per package)	1 pita	1 pita	1 pita	1 pita	<u>4 pitas</u>
Apple (Four total)	1 apple	1 apple	1 apple	1 apple	<u>4 apples</u>
Energy Bar (Six per package)	2 bars	2 bars	2 bars	2 bars	<u>8 bars</u>
Trail Mix (48 ounces)	16 ounces	16 ounces	16 ounces	16 ounces	<u>64 ounces</u>
Bottles of Water (Six per package)	3 bottles	3 bottles	3 bottles	3 bottles	<u>12 bottles</u>
Gatorade™ (Six per package)	3 bottles	3 bottles	3 bottles	3 bottles	<u>12 bottles</u>

Do you have enough groceries for the meals planned? No

If not, which items do you need to buy more of? Energy Bars, Trail Mix, Water and Gatorade™

How many more of these items do you need to purchase? Energy Bars - 2 Bars or 1 Package;

Trail Mix - 16 ounces; Water - 6 bottles or 1 package; Gatorade™ - 6 bottles or 1 package

## FIRST AID KIT CREATION

The items listed in the three columns below are essential first aid supplies as suggested in the "Hiking Trails" Activity Guide from the National 4-H Cooperative Curriculum Systems, Inc. The web site is [www.n4hccs.org](http://www.n4hccs.org). Read the "Supplies I Have ... Supplies I Need" listed below. Then, search through your medicine cabinet or first aid kit at home. Circle the supplies you have at home. Then answer the questions at the bottom.

### SUPPLIES I HAVE ... SUPPLIES I NEED

- |                                  |                            |                 |
|----------------------------------|----------------------------|-----------------|
| • Gloves                         | • Tweezers                 | • Antihistamine |
| • CPR Mask                       | • Moleskin                 | • Bandages      |
| • Iodine /Antibacterial Ointment | • Mole Foam™ (second skin) | • Gauze Rolls   |
| • Scissors                       | • Gauze Pads (4 X 4)       | • Athletic Tape |
| • SAM Splint (optional)          | • Antacid                  | • Band-Aid™     |
| • ACE™ Bandage                   | • Anti-Diarrheal           | • Safety Pins   |

What percent of the first aid supplies needed did you find at home? \_\_\_\_\_

What percent of the first aid supplies needed do you have to purchase? \_\_\_\_\_

What first aid skills would you like to learn? \_\_\_\_\_