

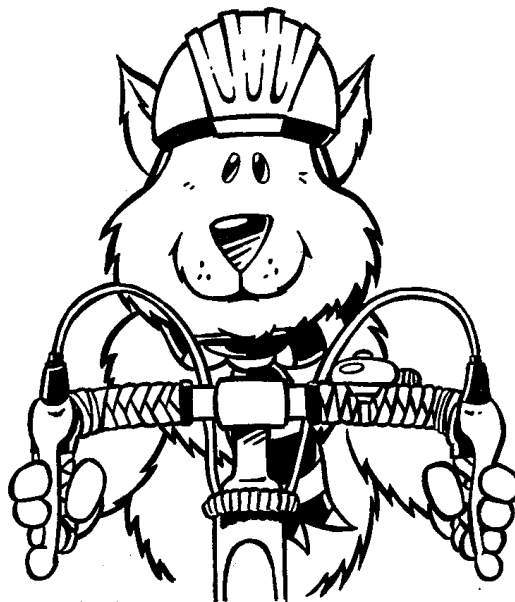


JUMP



S T A R T

for Cubs



Theme: BICYCLE SAFETY

A full month of FUN-filled theme based activities,
plus tips on working with Cub-age children
and program planning how-to's!!





READ ME FIRST !!

JUMPSTART Introduction

Welcome to the jungle world of Cubs! You have joined more than 46,000 other adults serving young people as leaders. This resource is designed to help you through the early stages of program planning for a Cub pack. As you read through the material, you will find answers to many of the program-related questions most Cub leaders ask.

Do you feel a bit unsure or overwhelmed with the task of thinking up interesting Cub programs?

This is normal. We all experience those same feelings.

The JUMPSTART program resource will give you enough background information, ideas and confidence to “jumpstart” your planning so you can begin having FUN with your Cubs.

How To Use JUMPSTART

Scouts Canada developed JUMPSTART to help get you off and running with a fun-filled program as quickly as possible. Remember these tips:

- Be flexible when planning and delivering your programs. While this package gives you a starting point, unforeseen events can alter the basic plan. Flexibility will make the meeting more enjoyable and easier for both you and the children. Times found in JUMPSTART’s weekly planning schedules are approximate only; change them to suit your needs.
- Shared leadership means sharing the workload. When every leader accepts a job, no one feels over-burdened with all the work. This makes running a pack more fun. JUMPSTART’s weekly planning schedules provide space to record which leaders have responsibility for various activities.
- Keep notes. Was the program a success? What worked? What didn’t work? At the bottom of every weekly meeting schedule, JUMPSTART provides space to record these details. Plan to stay after the meeting to discuss the program with your fellow leaders. Not only will this save time, but future programs will run smoother and you won’t have to schedule a separate leader meeting to discuss program planning.
- Be creative. JUMPSTART material sets out a basic plan; don’t feel tied to it. Your own creativity will add even more fun and excitement to your program. Use the extra planning sheets to put your own ideas into the theme.

What Is Cubs All About?

Before planning a program, you need to know something about this age group. Your program should be fun and within the average Cub’s abilities to participate. Cub-age children are at a special time in their lives. Full of curiosity and adventure, they love to be creative and explore nature; they are learning to work as a team and develop important social and leadership skills.

Scouts Canada sets out more formal guidelines for the Cub program. In Cubs, we emphasize activities which encourage the children to:

- express and respond to God’s love in their daily lives
- do their best
- keep fit
- satisfy their curiosity and need for adventure and new experiences
- be creative and develop a sense of accomplishment
- make choices
- develop a sense of fair play, trust and caring
- work together in small groups and experience being a leader
- participate in outdoor activities
- learn about the natural world and their part in it.

The essence: We want Cubs to have lots of fun, while feeling good about themselves, their friends and God, and the environment. At this stage in a child’s development, it is extremely important for each Cub to acquire personal feelings of self-worth through doing their best. For a Cub, a good program includes the fun of trying new experiences where every child is appreciated and considered a member of the team. As a leader, you will be helping Cubs to develop the social skills and self-confidence necessary for them to try even more exciting experiences later on in life.

The simplest way for you to develop a program that creates these opportunities is through the use of imaginative, theme-based activities.

Before we get into the actual workings of some popular program themes, let’s review how to plan a program. Once you know the process and how to involve Cubs, it won’t be long until you are putting your own great ideas into action!

Program Planning

Effective planning is the key to providing a program which meets the needs of Cub-age children. The time spent planning and preparing is reflected in the quality of the program and the experience that the youth receive.

Use the Cub program guidelines as an initial gauge for measuring whether a particular activity idea is appropriate for the program. The guidelines are also the tool for evaluating the design of the section program.

Planning makes all leaders fully aware of their commitments; it helps them equip themselves for the job ahead.

What else is important?

Plan more activities than you need. If one part of the program does not seem to be working, be flexible and switch to a backup activity. This will also help reduce discipline problems caused by boredom during lag times between activities.

Who Plans?

Although group decision-making may sometimes be slow, when the leadership team shares planning responsibility, individual burdens are greatly lessened.

Before getting too carried away with planning, don’t forget an excellent resource — the Cubs themselves! Ask them about their interests. Give the children an opportunity to brainstorm ideas and themes. Write these suggestions down for later use in picking programs.

Meet with your leadership team and develop common themes. They will more easily accept ideas that are generated by the children and packaged into themes. The team will see a purpose in their work; this will generate enthusiasm.

JUMPSTART plans break down into specific themes and meetings.

Long, Medium, Short Range Planning

Long Range

Choose about 10 themes offering a good variety of interests, when planning for the entire year. Estimate how many meetings each theme requires.

On a calendar (the Scouts Canada calendar works well), mark down the following:

- regular meeting dates
- school vacation periods
- special holidays
- district events (e.g. Apple Day)
- special community events
- special weeks (Scout/Guide Week)
- hiking/camping activities
- dates when the meeting hall is not available.

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Wolf Cub Meeting – Detail Planning

Theme: Bicycle Safety

Introduction

Learning to ride a bicycle safely is an important life skill for Cubs. Statistics show the importance of bike safety. Each year in Canada, 5,000 children are seriously injured and more than 60 die in bike accidents. In fact, cycling accidents are the second leading cause of death for children 10-14 years old. As children grow from the Beaver age group to Cubs, pedestrian safety skills are replaced by learning about bike safety. Children need to know that a bike is not a toy, but a vehicle that must comply with the same laws that a car does.

Four common crashes and their contributing factors are:

Ride-out

15.1% of fatal crashes involve ride-out, where the cyclist rides into the street off a driveway, sidewalk or curb without stopping and is hit by a passing car. The cyclist doesn't stop or look before riding out. Parked cars, bushes, fences, etc. often restrict the view of the motorist.

Left turn or swerve

Cyclist moves left without yielding to other traffic and is hit by overtaking car. 16.2% of fatal accidents occur this way. 94% of cyclists involved in this type of accident didn't look behind for traffic before moving left; cyclists assumed they could hear cars well enough without looking back.

Stop sign ride-out

Cyclist doesn't stop at a stop sign and is hit by a passing car. 7.8% of fatal accidents occur this way. Most cyclists entered a very familiar intersection without slowing or stopping. Several survivors admitted knowing the stop sign was there and knowing the law; in some cases bushes hid the motorist's view of the cyclist.

Wrong-way riding

Cyclists riding against the flow of traffic are hit in a wide variety of situations. One common type happens when a right turning car pulls around a corner and hits an oncoming wrong-way rider. 7.9% of fatal accidents occur this way. Most often happens when a cyclist surprises a motorist by "appearing out of nowhere." Cyclists foolishly believe riding against traffic is safer, ("I can see the cars coming.")

As well as learning the proper way to handle and ride a bike, a Cub's use of a bike helmet cannot be stressed enough. Over half of bicycle related injuries and over 75% of deaths are from head injuries. An estimated 85% of the reported head injuries could have been prevented by the cyclist wearing a bike helmet. When you do this program, remember to set an example and wear a helmet yourself.



Games

Hand Signals and Traffic Signs

As Cubs enter the meeting, provide them with a piece of paper, crayons and markers. Ask them to draw from memory the following traffic signs: Stop, Yield, Pedestrian Crosswalk, Railroad Crossing, One Way, and colours of a traffic light. Also, see how many Cubs know the proper bike hand signals for left turn (left arm extended out), right turn (left arm held at a right angle) and stop (left arm extended down, with palm showing to drivers).

Traffic Sign Identification

Make examples of the traffic signs mentioned in the above game. Explain the meaning of each sign to the Cubs. For the game, the Cubs must do the following actions when you hold up each sign:

- StopCubs freeze in place
- YieldCubs walk in slow motion
- Pedestrian Crosswalk.....walk in the opposite direction
- Railroad Crossingchug around the area like a train
- One Waygo in the direction of the arrow
- Traffic Lightgo for Green, slow motion for Yellow, stop for Red.

Hand Signals

Review the proper hand signals for right turn, left turn and stop. Start the pack in the middle of the meeting space. When you hold up the sign for right turn, Cubs run to their right. When you hold up the sign for left turn, Cubs run to the left. When you hold up stop, Cubs freeze in place.

Flip the Inner Tube

Divide the pack into sixes and use inflated inner tubes or tires as rings in a ring toss game. Set up small targets or poles to flip inner tubes on to.

Roll the Tire

This game is one our grandparents probably played. Divide the pack into sixes. Give each six a rubber bike tire and a short stick. Using the stick, roll the tire from one end of the meeting space and back again.

Build a Bike Relay

Divide the pack into sixes. With the bikes used in the bike repair activity stations, disassemble the bikes and put them at one end of the meeting space. Working in singles or pairs, have the Cubs run up to the bike, put a part back together on the bike and return to the six. Continue until the bike is reassembled. Look for not only speed, but also proper reassembly.



Signs You Should Know



Railway Crossing



Stop Sign



One Way



Bicycle Path



Bicycle Crossing Ahead



Traffic Lights Ahead



No vehicle of any kind allowed



Pedestrian Crossing



Pass to right of obstacle



Bump



No left turn



No pedestrians allowed



No bicycles allowed



School Crossing Zone



Yield



Railway Crossing Ahead



No U-turn



Two lanes of traffic are about to join into one

It's everyone's responsibility to work on their road skills, so that they know what to do in any traffic situation.

Legislation may differ from province to province, so to be totally safe, check with the law enforcement agency in your community.



Activities

Safety Talk

Start your talk by reminding Cubs that a bike is not a toy, but is considered a vehicle by law. Cyclists must obey traffic signs just like motorists. Discuss other rules of the road and safety tips. These tips can be found in *The Cub Book*. You may wish to invite your local Police safety officer or other knowledgeable cyclist to give this talk. The local library may also carry videos on bike safety.

Safety Hike

With your Cubs, tour the neighbourhood looking for roadway hazards. As the Cubs find them, ask for solutions or recommendations to avoid these hazards. Inform the Cubs of the four common crash scenarios (discussed in Introduction) as you come across them. Some items to watch for are:



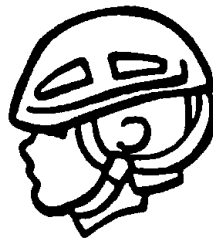
- curbs, or gravel sides to the road
- parked cars (both for doors opening into your path or cars suddenly pulling out without looking)
- other bicyclists
- intersections
- leaves or rubbish on the road
- crosswalks
- pedestrians
- cracks and/or potholes
- grates or sewers
- unleashed dogs
- driveways
- railway tracks
- moving traffic

Tips for Choosing and Fitting a Bike Helmet

- Bike helmets are safety-tested for the types of falls that cyclists experience. Look for the approval stickers from CSA (Canadian Standards Association), ANSI (American National Standards Institute) or the Snell Memorial Foundation when you buy a helmet.
- Don't use football, hockey or other sport helmets. They are not designed to protect your head in a bike accident. Contrary to popular belief, most bicycle injuries are caused by falls, not collisions. Bike helmets are made with styrofoam, which crushes and absorbs the shock of hits and falls.

• Buy your helmet at a store where the staff know about fitting bike helmets. When you shop for a helmet, remember: try it before you buy it. Be sure that it fits properly. Follow these rules to find a safe helmet:

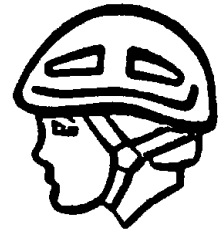
- Look for the safety approval stickers inside the helmet.
- Try the helmet on for fit and comfort.
- Adjust the straps. Don't forget to make them snug.
- Try to slide the helmet off. If it doesn't come off with a good tug, then it shouldn't come off in an accident.
- The helmet should cover the top of your forehead. If it's tipped too far forward or back, it won't protect you properly. The straps should be snug without pinching. They should be easy to fasten and release. Helmets with four fully adjustable straps are best.
- Velcro-attached foam pads help give you a custom-fit. They also absorb perspiration and can be washed.
- Bright colours are best, especially yellow or white, so that drivers can see you clearly from a distance.



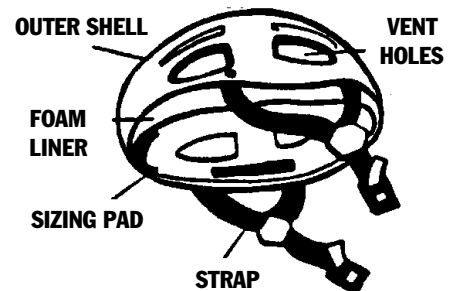
WRONG



WRONG



RIGHT





Bike Repair Activity Stations

Bring in some old bikes that no one would mind having Cubs work on. Also bring in the proper tools, such as crescent wrenches, screw drivers, tire pump, tire pressure gauge and pliers. Set up activity stations for disassembling, adjusting and reassembling parts of the bike. Explain the importance for ensuring bike parts are adjusted properly.

Inner Tube Repair activity

Working in sixes, give each Cub a section of inner tube. Show them how to apply a patch with an inner tube repair kit. As well, let them try finding a pre-made hole in an old inner tube. You can do this by putting a pinhole in the tube, ensuring the tube is inflated, and then immersing sections of the tube into a shallow tub of water. When held underwater, the hole will make a stream of bubbles from the air leaking out.

Bicycle Rodeo

The following detailed sheets are included for setting up a bike rodeo. Your local cycling club or police safety officer may also have ideas and suggestions for your bike rodeo. You will require a safe area large enough to accommodate the many stations, safety cones, chalk or tape, and sufficient support to provide directions at each station.

Bicycle Safety Checklist 1 - 20

1. **Handlebars tight**
Twist handlebars up and down. They should not move.
2. **Stem tight**
Grip front wheel between legs and twist handlebars from side to side. They should not move.
3. **Hand grips/tape good**
Twist hand grips and do visual inspection for loose tape, worn grips or tape.
4. **Steering assembly tight**
Check headset by lifting and dropping bike on front wheel or by holding front brake tight and pushing bike back and forth. Rattles or looseness in headset must be fixed.
5. **Brakes good**
Check that when brakes are applied, wheels stop turning. Check for brake pad wear (must have 3mm or more of pad) and alignment, brake lever return speed, cable wear.



6. **Brake levers tight**
Check that brake levers do not rotate on handlebars, that their position is appropriate, and there is no slack in cables and levers.
7. **Wheels tight at hubs**
Shake wheels to see if axle bearings are loose. Also check that axle bolts or quick releases are tight.
8. **Wheels true**
Spin wheels and watch for up-down or side-to-side wobble. More than 3mm wobble is a problem.
9. **Spokes all there, all tight**
If wheel wobbles, check for missing spokes or very loose spokes.
10. **Tires in good condition**
Check for flat tires, bald tires, tire carcass threads, and for severe cuts or bulges.
11. **Seat tight**
Twist seat up and down. Try to spin it sideways. It should not move.
12. **Seat height appropriate**
Check that seat is not too high or too low for rider. Too high has legs completely straight at bottom of pedal stroke; too low has knee badly bent throughout stroke.
13. **Pedals in good condition**
Check for pedal wear; shake pedals to check for loose bearings. All parts of pedal must be in place; pedal should be tight on axle.
14. **Cranks tight**
Grab and shake crank arm. Crank arms should be tight on crank axle; bearing play should be minimal.
15. **Chain tension, lubrication correct**
Chain should be oiled, not squealing or rusty. There should be about 3mm to 5mm play in one-speed chains and no sag in derailleur-gear chains.
16. **Shifting system good**
Ask if the shift system works well. If participant cannot get all gears, then check for frozen levers, cable slack or fraying, defective derailleur or defective derailleur adjustment. As long as participants can use a medium or low gear, shift problems do not disqualify a bicycle.



17. **Lights and reflectors in place**
Check for white front light, white front reflector, red rear reflector and red rear light. Bicycle can be used without them.
18. **Sounding device in place**
Check for working bell or horn. Bicycle can be used without them.
19. **Fenders, carriers, attachments tight**
Shake all bicycle attachments to be sure their bolts are not coming loose. No loose attachments are allowed in the Rodeo.
20. **Frame, attachments not bent/broken**
Check for serious bends and for cracks in frame and attachments.



Bicycle Rodeo

Station 1: Straight Line Riding

Purpose:

To test the Cub's ability to ride straight and maintain balance on their bicycle.

Layout:

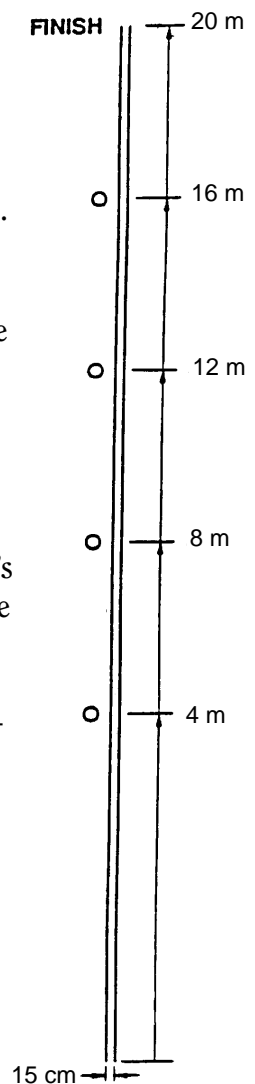
Lay down two straight chalk lines 20 metres in length and 15 cm apart. One of the lines should be marked with a 3 cm strip of tape at the following measuring points: 4 metres; 8 metres; 12 metres and 16 metres. Place traffic cones at these four points.

Instructions:

Leaders line the Cubs up for the event. Cubs should start with their bicycle's front wheel at the beginning of the straight line and with the bike lined up with the line.

Ask them to ride slowly between the lines without going outside of them.

After each Cub finishes the event, the leader directs the Cub to the next station #2 - the Rock Dodge.





Station 2: Rock Dodge

Purpose:

To see how well Cubs can control a bicycle during emergency dodging manoeuvres. These occur every time a cyclist must suddenly dodge a pothole, etc. Excessive swerving during this manoeuvre indicates poor bicycle handling skills and balance.

Layout:

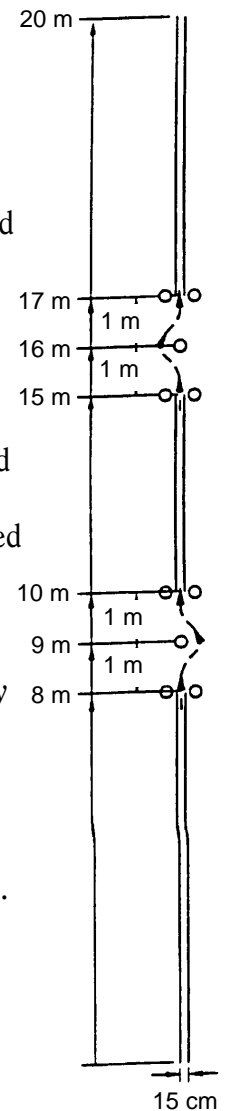
Lay down two straight white lines 20 metres in length and 15 cm apart. At the 8 metre mark, place taped "X"s on either side of the white lines. At the 9 metre mark, place a taped "X" in the middle of the lines. At the 10 metre mark, place taped "X"s on either side of the lines. Repeat this procedure at 15 metre ("X" on either side), 16 metre ("X" in middle), and 17 metre ("X" on either side). Chalk may be used as an alternative. Then make a dotted path line in chalk or tape around the centre "X"s to indicate the direction the Cubs must take around the obstacles. Place a cone on each of the "X" marks - 10 cones will be needed. The outside cones should be placed just touching the outside of the white lines, and the centre cones squarely in the middle of the two lines.

Instructions:

Leaders line up the Cubs for the test. Cubs start with their bicycle's front wheel at the beginning of the straight line and with the bike lined up along the line.

Tell them, "This is a rock dodging event. Ride down this line and follow the dotted line through those obstacles ahead. Make sure you dodge around the centre obstacle. Try to stay between the white lines after dodging each obstacle."

After each Cub finishes the event, direct them to the next station #3 - Braking.



Station 3: Braking

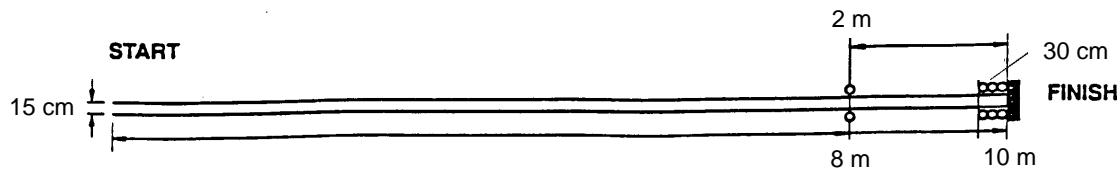
Purpose:

To test the Cub's ability to brake accurately both laterally and lengthwise.

Layout:

Lay down two straight white lines 10 metres in length and 15 cm apart. At the end of the lines, place two 15 cm pieces of white tape side by side to close off the lines (i.e. at a perpendicular angle - shown as a black rectangle on the diagram).

At the 8 metre mark, place a strip of tape to indicate where braking must start. Chalk a line 30 cm from the double white line (or black rectangle). From there to the double white line at the end is the perfect stopping area. Put three cones touching the side of each white line beginning from the double white line as illustrated.



Instructions:

Leaders line the Cubs up for the test. The Cubs start with their bicycle's front wheel at the beginning of the straight line and with the bike lined up along the line.

Tell them to ride between the lines and stop with the front wheel of their bicycle between the three cones at the end without touching the white bar on the ground. They should try not to skid.

After each Cub finishes the event, direct them to station #4 - Serpentine.

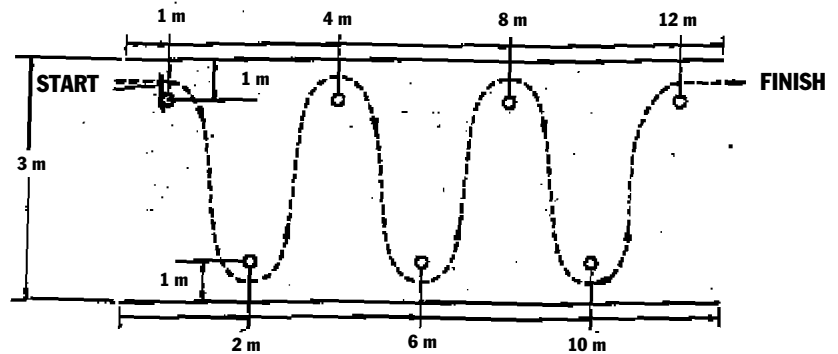
Station 4: Serpentine

Purpose:

To test the Cub's ability to ride slowly through very tight turns. It tests turning and balance ability.

Layout:

Establish a corridor 3 metres wide and 12 metres long with white lines. Inside this corridor, establish two lines of traffic cones. Each cone should be 1 metre from the white line. Mark an "X" where the cones are to be placed. Stagger the cones in the opposing line so they start 2 metres after the cones in the first line (refer to diagram). One line will have three cones and one line will have four cones. It is necessary to chalk or tape a dotted line with arrows on the ground to show the route around the cones.



Instructions:

Leaders line the Cubs up for the event. They start in front of the first cone on the 4 cone side with their front wheel even with the beginning of the side line. The bike should be in line parallel to the side line and between the side line and the first cone.

Tell them to ride around the cones, by following the dotted line. Try not to touch any cones, put their feet down or go over the side lines.

After each Cub finishes the event, direct them to station #5 - Turning.



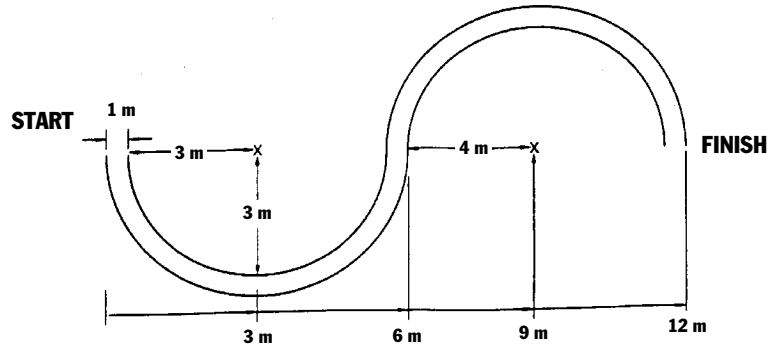
Station 5: Turning

Purpose:

To test the ability of the Cub to make a smooth, accurate turn and to make a smooth transition from a turn one way to a turn the other way.

Layout:

Chalk a straight line 12 metres long and mark two points with an “X” in chalk 3 metres from either end. From one point, draw a semicircle with a radius of 3 metres, and another with a radius of 4 metres around it so that they begin and end on the line. A trick to simplify this layout is to tightly wrap the chalk around the beginning of the tape measure and have an assistant (standing on the marked “X” extend the tape measure to 3 metres and then 4 metres. Instruct your assistant to hold the tape measure tightly (for accuracy) at each measurement, while you draw the semicircles. Now do the same from the other point, but on the opposite side of the line, so you get an “S” curve 1 metre wide. Outline this curve in white tape or cones. See diagram.



Instructions:

The leader lines up the Cubs at the entrance to the “S” curve.

Tell them to ride through this “S” curve without stopping, touching the lines, or going completely outside of them.

Direct each Cub to station #6 - Pole Speed Race.

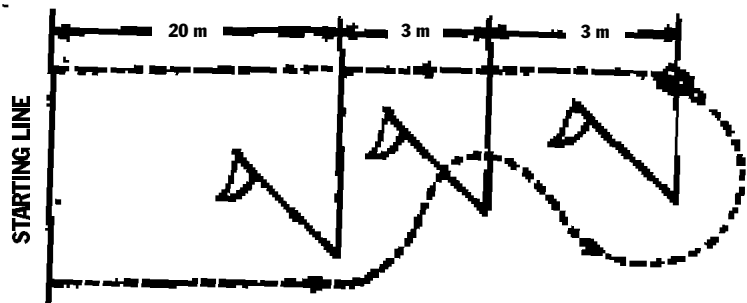
Station 6: Pole Speed Race

Purpose:

To test the ability of the Cub to smoothly turn from corner to corner, yet maintain speed.

Layout:

Set up poles slalom style, with the first pole 20 metres from the starting line, and two subsequent poles about 3 metres apart.





Instructions:

Line the Cubs up at the starting line. Each Cub must follow a course that zig-zags from the right of one pole to the left of the next, etc. After passing the last pole, race back to the starting line again. Cubs can be timed, and repeat the course to beat their own record.

After finishing the course, direct each Cub to station #7 - Hit the Target.

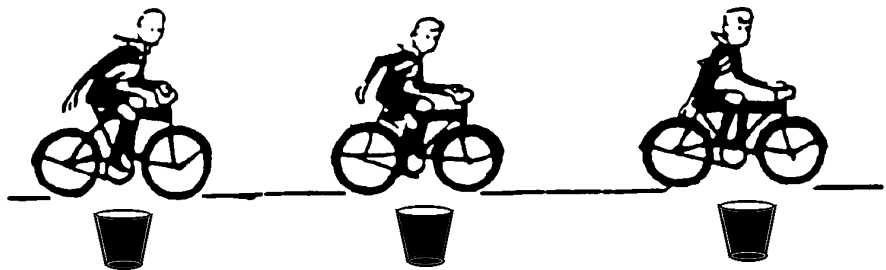
Station 7: Hit The Target

Purpose:

This event tests the ability of Cubs to ride in a controlled manner, getting close enough to hit the target, yet not falling or stopping.

Layout:

Set up four to six receptacles such as bowls, large cans or other containers in a row about 5 metres apart along a 30 metre course. Provide each Cub with small objects such as bottle caps, marbles, stones or other items.



Instructions:

Line the Cubs up at the starting line. After giving the Cubs their supply of objects, ask them to ride along the course, as close as possible to the receptacles, and drop an object in each one.

Cub Meeting Schedule: One Month

Theme: Bicycle Safety



Activity	Date: _____ Week 1: Safety First	Date: _____ Week 2: Bike Repairs	Date: _____ Week 3: Trip to Bike Shop	Date: _____ Week 4: Bike Rodeo
Gathering Activity 10 mins.	Hand Signals & Traffic Sign Identification	Flip the inner tube	Meet at Bike Shop or Bike Club	Meet at school or park with bikes & helmets
Opening Ceremony 5 mins.				
Game 10 mins.	Traffic sign game	Roll the tire race		
Theme Activity 20 mins.	Safety talk or video: rules of the road, hazards	Workshop stations: - Bike repairs	Topics to explore: - Safety features & equipment - Bike repairs - How to choose a bike - Kinds of bikes & accessories - Bike activities	Activity Stations: - Bike Safety check - Straight line riding - Rock Dodge - Braking - Serpentine - Turning or figure 8 - Pole race - Hit the target
Game 10 mins.	Hand Signal game	Build a Bike game		
Theme Activity 20 mins.	Safety hike – how to handle bike situations in your area	Inner tube repair		
More theme activity 10 mins.	Choosing & fitting a bike helmet	Review of bike safety tips	Leave for home	
Six Meeting 10 mins.				
Spiritual Fellowship 5 mins.	– Recite law – Prayer	– Recite promise – Prayer	– Recite law – Prayer	– Recite promise – Prayer
Closing Ceremony 5 mins.				
Leader Discussion Time 15 mins.				

Cub Meeting Schedule: One Week

Theme: Bicycle Safety – Safety First

Date: _____



Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Hand signals & traffic signs identification	
5 mins.	Opening Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i>)	
10 mins.	Game	Traffic Sign I.D.	
20 mins.	Theme Activity	Safety Talk or Video: Rules of the Road & Hazards	
10 mins.	Game	Hand signal game	
20 mins.	Theme Activity	Safety Hike: Spot potential hazardous situations and discuss how to deal with them	
10 mins.	Additional Theme Activity	Choosing & fitting a bike helmet	
10 mins.	Six Meeting		
5 mins.	Spiritual Fellowship	– Recite law/promise – Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i>)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Badge Links:	Blue Star, Cyclist Badge, Law Awareness Badge		
Meeting Notes:			

Cub Meeting Schedule: One Week

Theme: Bicycle Safety – Bike Repairs



Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Flip the inner tube	
5 mins.	Opening Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i>)	
10 mins.	Game	Roll the Tire	
20 mins.	Theme Activity	Activity stations: Bike repair & adjustments	
10 mins.	Game	Build a Bike relay game	
20 mins.	Theme Activity	Inner tube repair	
10 mins.	Additional Theme Activity	Review of bike safety tips	
10 mins.	Six Meeting		
5 mins.	Spiritual Fellowship	- Recite law/promise - Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i>)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Badge Links:	Tawny Star, Cyclist Badge		
Meeting Notes:			

Cub Meeting Schedule: One Week

Theme: Bicycle Safety – Bike Shop Visit



Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Meet at Bike Shop or Bike Club	
5 mins.	Opening Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i>)	
70 mins.	Theme Activity	Topics to explore: - Safety features & equipment - Bike repairs - How to choose a bike - Kinds of bikes & accessories - Bike activities Leave for home	
10 mins.	Six Meeting	Remind Cubs to bring helmets and bike next week	
5 mins.	Spiritual Fellowship	- Recite law/promise - Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i>)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Badge Links:	Blue Star		
Meeting Notes:			

Cub Meeting Schedule: One Week

Theme: Bicycle Safety – Bike Rodeo



Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Meet outside with bikes & helmets	
5 mins.	Opening Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i>)	
70 mins.	Theme Activity	Activity Stations: <ul style="list-style-type: none"> - Bike Safety check - Straight line riding - Rock Dodge - Braking - Serpentine - Turning or figure 8 - Pole race - Hit the target 	
10 mins.	Six Meeting	Rules of the road quiz	
5 mins.	Spiritual Fellowship	- Recite law/promise - Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i>)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Badge Links:	Cyclist Badge, Law Awareness Badge		
Meeting Notes:			

Now add other special dates, e.g. religious celebrations that might provide themes for your planning. (See your leader's handbook for further details.)

Write in the themes you want to do with your section, keeping in mind the need for flexibility. You may need to change some things to suit others.

Be realistic when you estimate budget costs. The group will have to raise whatever funds your section needs. Prioritize your list in case you cannot do some things. Keep in mind, the budget is subject to the group committee's approval.

Now that you have a long term plan, use it as the basis for a medium and short term plan.

Medium Range

A medium range plan covers a period of two or three months. Its purpose is to:

- decide on community resources you need, and make necessary contacts
- gather necessary equipment
- set goals related to themes
- determine needs/interests of youth members
- designate specific program responsibilities to all leaders
- communicate with parents
- evaluate past programs and make necessary changes
- brainstorm so as many activities as possible occur outside.

When developing your monthly programs, use a combination of program elements (the kind of combinations you will discover in JUMP-START) to ensure variety in how activities are presented. These elements include: games, crafts, music, storytelling, playacting, outdoors, and spiritual fellowship. Use these elements to avoid a boring program and to hold your children's interest.

Short Range

You are now ready to prepare detailed plans for a specific time period — a month or a weekend event. Sit down with the entire team to prepare the meeting plan. During this meeting the team may want to "preview" the theme by doing such things as:

- making the crafts
- practising ceremonies
- learning new songs.

This "practice" prepares the whole team to help implement the activity and ensures any of them are ready to fill in if needed. After the meeting, check back to see if your program activities met the guidelines for the Cub program. These guidelines help you evaluate whether your program fulfils the needs of Cub-age children. If your Cubs are having fun, you can bet it meets their needs.

Remember . . . plan your work, then work your plan, and HAVE FUN!!!!

Discipline In The Pack: Helpful Tips

Discipline is a topic Cub leaders are always considering. Here are some tips to help you establish and maintain the necessary degree of control while encouraging acceptable behaviour.

1. Recognize that establishing discipline is different from being a disciplinarian. Try to help Cubs develop self-control, not blind obedience to authority.
2. Set and explain to your Cubs pack rules and routines; then follow them consistently. Help Cubs draw up a list of behaviour rules that they think are necessary to make the pack more fair for everyone; create a Pack Code of Conduct. Apply this Code to everyone.
3. Set a personal example for Cubs to see and learn from. Your attitude sets the tone and limits for acceptable pack behaviour.

4. Give ample warning when routines and activities are about to change. This will prevent Cubs from feeling rushed and allow time to make the activity switch mentally.
5. Watch for warning signals that Cubs are losing interest; at this point, change activities.
6. Use praise to reinforce positive behaviour. Let Cubs know you notice and appreciate their efforts to be good or improve.
7. Deal with problems calmly, quietly, and without causing embarrassment to the Cub. Never use humiliation or name-calling.
8. If things seem to be getting out of hand, call a "time out", stop the activity and sit everyone down until order is restored. Explain to the Cubs what is going wrong and what is needed to correct their behaviour. Give the Cubs a chance to air their feelings. They may tell you something that was overlooked in the planning. Too often we assume children are aware or capable of knowing what we want, when in reality no one has ever told them.
9. Prepare you meetings in advance so you can show confidence in what you are doing. Have backup activities ready when Cubs get restless. Lag time between activities invites boredom and mischief.
10. Talk with other leaders and parents about discipline concerns that need special attention.
11. Have a Kim. A Kim is an older Scout who becomes part of your leadership team. Kim's role is to help find out what Cubs like to do, assist in planning and leading activities, and serve as a role model.

Further Program Help

Theme Program Resources

If you would like more ideas and information on theme activities and program planning, look for these resources.

- **The Wolf Cub Leader's Handbook** — tells you everything you need to know about Cubs and the Cub section, ceremonies, working with children, nature, planning, etc.
- **The Leader magazine** — published 10 times a year, features program-related stories, tips and resource information.
- **Games from A to Z** — jam-packed full of games.
- **Best of the Leader Cut Out Pages** — more tips and program ideas from the Leader magazine.
- **The Campfire Book** — to help spark the fun in your campfire programs.
- **Scouts Canada's Song Book** — full of both traditional and fun songs for all occasions and theme programs.
- **The Pack Resource Book** — more program ideas.
- **The Kim Book** — written for Kim, it will give you ideas on how a Kim can help out in your Pack. If you have a Kim make sure she or he has a copy of this book.
- **Campfire Program CD/Cassette** — two actual campfire programs to use as is, or to help learn some great campfire songs.
- **Fieldbook for Canadian Scouting** - looking for adventure? This is where it begins. Lots of great tips and information on how to safely enjoy the outdoors.
- **Camping/Outdoor Activity Guide** — helpful information, outdoor policies, Scouts Canada's "Accepted Practices", forms and applications required to plan outdoor activities.
- **www.scouts.ca** — visit our website to keep current with program changes, tips and new information.

Scout Councils offer many training courses. Find out when they plan to run the next course. Call your local Service Scouter or Field Executive for assistance and information.

JUMPSTART Video Now Available



Video for use with JUMPSTART theme packages.

This video provides:

- ☛ Self-help, how-to information on program planning and using the packages.
- ☛ A program planning resource for Cub Woodbadge Training and JUMPSTART sharing sessions.
- ☛ Resources that help include the outdoors in the Cub program through theme programming.
- ☛ Other Beaver information such as basic ceremonies.

This video highlights the planning process and uses an “Emergency Preparedness” theme to cover a month’s program in detail: gathering activities, opening ceremony, games, theme activity explanations, and the closing ceremony.

The video also highlights a variety of other themes.



“A Howling Success!” — *Akela*



“The Jungle Law is JUMPSTART!” — *Baloo*

Running Time: 30 minutes. Video Cat. # 20-215

Videos Available at Your Local Scout Shop!