



Star Hike Program

Camp Counsellor Instructions

Camper Instructions:

1. Get campers to get into groups of 2
2. Ask them to line up in single file, one partner gets the lantern, one partner gets the booklet
3. Gather campers in a circle and explain the hike, which includes:
 - Walking behind the leader
 - Walking double-file with partner
 - Watching your step in the darkness
 - Be courteous of others (Silentish...)
4. Get campers in line and allow the leader to guide them to McEwan's Landing
5. Allow groups to choose their own location around McEwan's Landing to gaze at the stars

The Hike (In Depth):

Distance: Less than 1.5KM

Terrain: Gravel Roads, Underbrush, Grassy Areas

Activity Clothing: Sturdy Footwear, Warm Socks, Warm Jacket, Hat, Extra Warm Stuff

Activity Equipment: Flashlight, Camera (Optional)

General Notes/Rules:

1. All participants are to stay behind the leader at all times – No Exceptions
2. It is dark, make sure you are being aware of your surroundings/the terrain
3. Participants are allowed to talk among each other, but must do so quietly (Respecting camp quiet time)
4. Never leave a lantern unattended
5. Never attempt to reach into the lantern. You will be putting yourself at risk for being burnt
6. No stragglers can fall behind the sweeper, everyone must remain within eyesight of the leader unless told

Be Safe, Have Fun!

Summary:

The Program: Star Gazing/Identifying
Section Specific?: N/A (All Section Activity)

Program Time: 0.5 - 1.5 Hours

Location: McEwan's Landing – Boat House

Equipment:

1. Star Hike Identification Booklet
2. Lanterns (Candle Lit) + Lighter
3. Instruction Sheet
4. Table

Set Up Instructions:

1. Get all equipment (Lanterns, Lighter, Star Hike Booklets, Table)
2. Light lanterns on table
3. Get everyone into groups of 2
4. Get every group to get a Lantern and Booklet
5. Ask everyone to go into a semicircle while the leader explains the hike (Walking double-file behind the leader)
6. Begin from the boat house, walk up to McEwan's and get everyone to lie down and look up at the stars

Safety Notes:

- All participants must be wearing appropriate clothing to mitigate the risk of cold-related issues
- Instruct participants to be aware of their surrounding (Mitigating tripping/falling incidents)
- Lanterns are **HOT** – be aware of participants not touching them
- Ensure no lantern is left unattended