

The ASSES – Adventurous

By its very nature your Rover Crews needs a fluid programme. Your fellow Rovers will probably have a lot else going on (work, college, sport, socialising) and so a highly structured programme won't suit many of them. What is needed is a little more flexibility that will allow your Crew to find its own way of operating. And this is where the ASSES come in.

The Rover programme is based around the five key areas of Adventure, Social, Skill Building, Environment and Service. The idea is to take on a number of activities and projects (as many or as little as you like) which are based around these areas. The key here is that you design your programme to suit your own circumstances. You decide what it is you are going to do. You decide when and where it will happen. You decide how active or how involved the programme is.

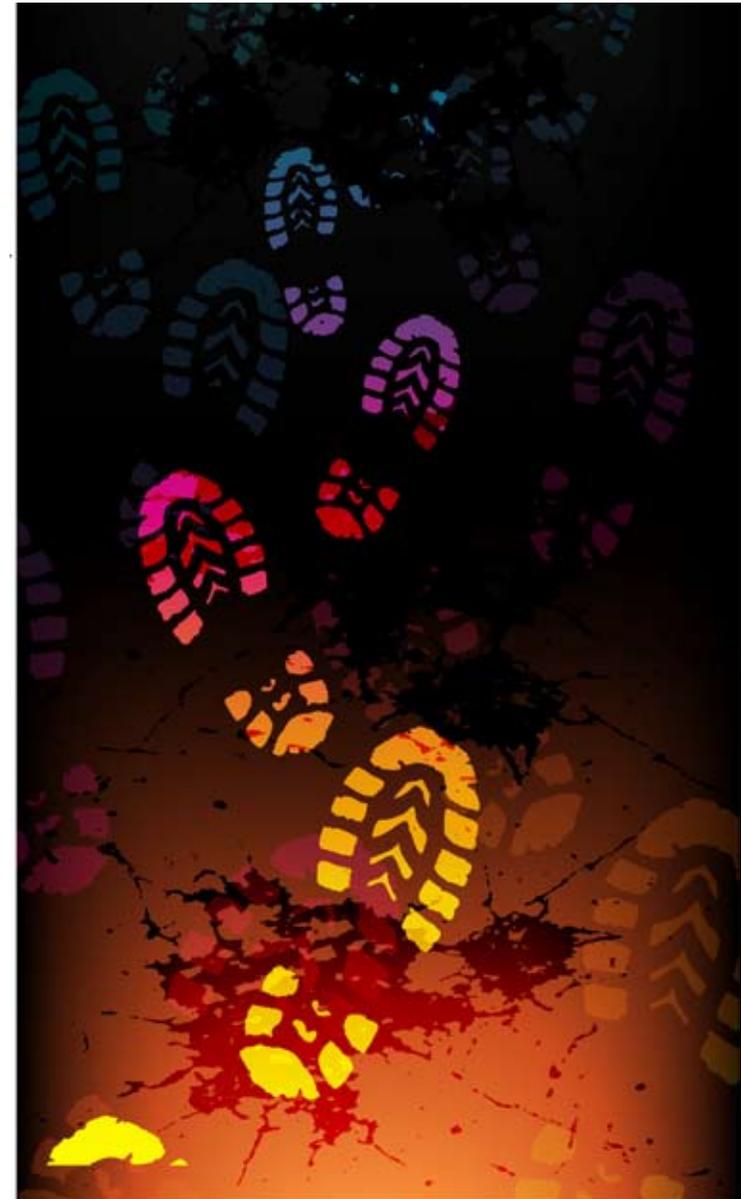
Adventurous covers all manner of adventure based activities. As long as it gives you that 'out there' feeling anything goes, whether it's downhill mountain biking, white-water rafting or horse riding ... and if you've never sat on a horse don't laugh!

Activities

If this is new to you, start off by planning some activities. An activity is generally a once off, and will not be too complex in nature. The following might give you an idea of the kind of thing we are on about:

- Visit a local climbing wall to try a bit of rock climbing.
- Try a bit of mountain biking along some forest trails.
- Visit an outdoor centre to try some kayaking.
- Check out your local orienteering clubs event schedule and take part in an event.
- Contact a Sea Scout Crew and have them give you an introduction to sailing.
- Try an overnight wild camp.
- Hike a section of a way-marked trail.

It doesn't really matter how you choose your activities. Individual Rovers may already be into certain outdoor pursuits. You may have seen something on television that grabbed your attention. You may have come across a club at college. The key is to try different things. Once you have done this you will begin to get an idea of what you are really into, and things can develop from there.



Projects

A project differs to an activity in that it will require a more organised approach over a period of time. By its very nature a project will involve setting a goal and then completing a number of preparatory steps to reach that goal. This makes a project more complex than an activity. Let's look at two of the activities mentioned above and see how they could be developed into projects.

Rock Climbing

- Goal: - To climb a graded route in a local climbing area.
- Preparation: - Gain confidence in climbing techniques. This can be done in your local climbing wall.
- Learn rope techniques. This will require you to undertake a course or enlist the help of a competent climber.
- Undertake a number of similar rock climbs with the aid of a competent climber to lead for you.

Way-Marked Trail

- Goal: To complete one of the way-marked trails, such as the Wicklow Way.
- Preparation: - Complete a number of day hikes to build up the fitness required.
- Try a few overnight hikes to get used to the camping side of things and how much you will have to carry.
- Plan out how far you will walk each day, where you will get supplies and where you will camp each night.

