



Saturday 23rd to Sunday 24th November 2024

Sheidow to Seaford Bike Ride



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Movie Night Sleepover

For this two-part overnight activity Cub Scouts will be testing their cycling skills on a 17km bike ride from Sheidow Park to Seaford Meadows. The Bike Ride will finish at Seaford Meadows Scout Hall where we'll celebrate a huge year of Cub Scouts with a movie night and sleepover in the hall.

There are two options for this activity:

- Option 1: Bike Ride + Movie Night Sleepover
- Option 2: Movie Night Sleepover only

OPTION 1 – BIKE RIDE AND SLEEPOVER

Option 1 1.30 pm Saturday 23rd November 2024

Drop Off: Cubs are asked to eat lunch prior to being dropped off with their bike and helmet. Cubs should have a healthy afternoon tea snack and water in a backpack.

Option 1 **Hugh Johnson Boulevard Reserve Playground**

Location: Patpa Drive, Sheidow Park



Google Maps indicates this location is 6 minutes from the Reynella Scout Hall. We will not be arranging transport to and from this activity. All attendees are asked to meet us there.

Bags for sleepover can be dropped at the start of the bike ride – the Scout Group will arrange transport of bags to Seaford Meadows Scout Hall. Cubs will carry their backpacks.

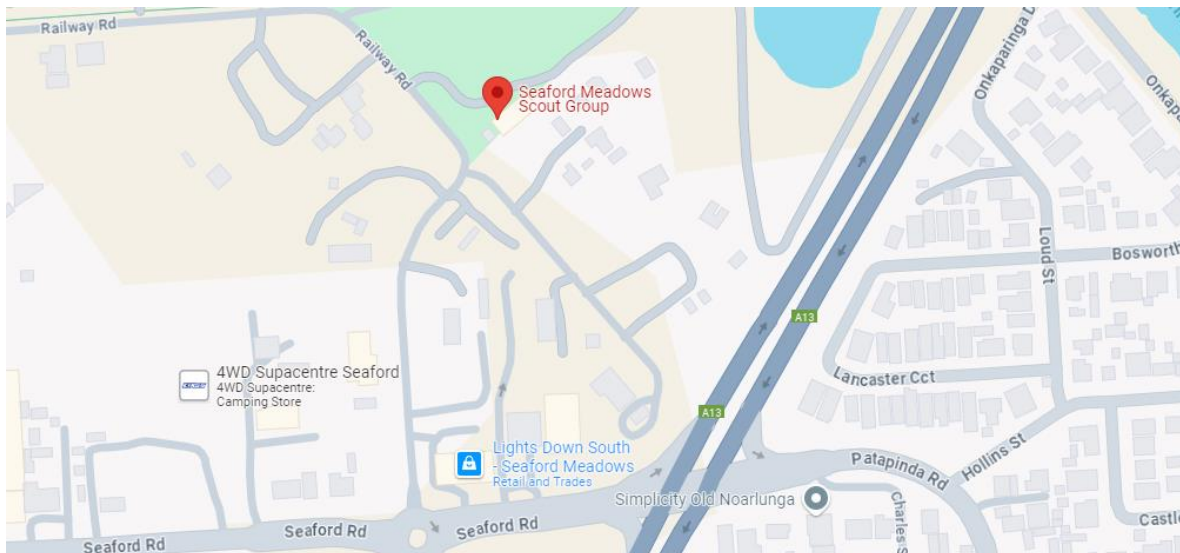
Bikes: **Cubs are required to supply their own bike and helmet**

- Bicycles and helmets must be roadworthy and in good working order.
- Bicycles must have two independent braking systems, i.e. front and back handbrake, or rear handbrake and footbrake
- Tyres should have sufficient tread and must be checked for leaks prior to activity
- Cubs should be familiar with their own bike and be able to ride, balance, stop and manoeuvre confidently without assistance.

OPTION 2 – SLEEPOVER ONLY

Option 2 **5.00 pm Saturday 23rd November 2024**
Drop Off:

Option 2: **Seaford Meadows Scout Hall**
Location: **Railway Road, Seaford Meadows**



We will not arranging transport to and from this activity. All attendees are asked to meet us there. Google Maps indicates this location is 16 minutes from the Reynella Scout Hall.

INFORMATION FOR BOTH OPTIONS

Pick Up: **1.30 pm Sunday 24th November 2024**
(both options) **Seaford Meadows Scout Hall, Railway Road, Seaford Meadows**

This pickup time allows enough time for families attending the nearby Family Skating Celebration which starts at 2pm (refer separate notice).

Partial attendance is possible. Please speak to a Leader if your child would like to arrive late / leave early.

Permission Form: Completed Permission Form required (through Operoo) by Friday 15th November 2024.

Payment: **\$27.50 (same price for both options)**
 Payable to the Cub Scout Section Account by Friday 22nd November 2024
 BSB: 065-000, Account Number: 12738468
 Account Name: Cub Scout Unit - Reynella Scout Group
 Reference: Sleepover <Surname>

Parent Assistance: Parent Assistance will be required for this activity. A roster will be available by the sign in sheets.

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MENU



The Menu will be adjusted to meet all dietary requirements. Please ensure youth members dietary requirements are up to date in Operoo. Menu subject to change at discretion of Leaders.

Saturday 23rd November 2024

Afternoon tea (bike ride participants only)	Cubs to bring a healthy snack and drink bottle in backpack
Dinner	Loaded hot dogs with salad Hot dogs with onion, bacon, cheese, sauce, mustard Lettuce, cucumber, corn, tomato
Dessert	Pick n mix movie treat bag Selection of berries, chocolate, lollies, pretzels Bag of popcorn
Supper	Biscuits with Milo / Nesquik

Sunday 24th November 2024

Breakfast	Pancakes with jam, maple syrup, lemon and sugar Cereal with milk Juice
Morning Tea	Piece of fruit (apple, pear, banana) Freshly baked cookies
Lunch	Sandwiches with meat and salad Ham, chicken loaf, cheese Lettuce, cucumber, tomato, carrot, sauce

Available All Weekend	Cordial Water
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PROGRAM



Saturday 23rd November – Option 1 Bike Ride

1:30 pm	Drop Off – Cubs joining us for the Bike Ride <i>and</i> Sleepover
1:45 pm	Safety briefing and bike skills
2:00 pm	Depart for Wilfred Taylor Reserve
3:10 pm	Afternoon tea at Wilfred Taylor Reserve
3:45 pm	Depart for Seaford Meadows Scout Hall
4:45 pm	Arrive at Seaford Meadows Scout Hall – end Bike Ride

Saturday 23rd November – Option 2 Movie Night Sleepover

5:00 pm	Drop off – welcome to Cubs joining us for the sleepover
5:20 pm	Outdoor games
6:30 pm	Dinner
7:30 pm	Movie Time
9:00 pm	Supper
9:30 pm	Bed Time

Sunday 24th November – Option 2 Movie Night Sleepover

7:00 am	Rise and shine!
8:00 am	Breakfast
9:00 am	Activity rotations – fishing at Onkaparinga River and baking cookies
10:15 am	Morning tea
10:45 am	Activity rotations – fishing at Onkaparinga River and baking cookies
12:00 pm	Lunch
1:15 pm	Review and Closing Ceremony
1:30 pm	Pick up time

Program is subject to change at the discretion of Leaders.

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BAGGAGE LIST



It is important that Cubs take the lead in packing their own bag as this contributes to their Outdoor Adventure Skills (OAS) badgework and makes it easier to find their belongings when they need them.

Please ensure all medication is handed to a Leader in a labelled plastic bag at the start of the event. Clear written instructions should be given on its use. Please ensure youth members' medical details are up to date in Operoo.

Showers will not be available for use over the course of the weekend. Youth members will be sleeping in a Scout Hall, and the room will be split by gender.

In An Overnight Bag: <ul style="list-style-type: none"><input type="checkbox"/> Torch<input type="checkbox"/> 1x pairs of pants/shorts<input type="checkbox"/> 2x shirts<input type="checkbox"/> 1x jumper<input type="checkbox"/> 2x pairs of underwear<input type="checkbox"/> 2x pairs of socks<input type="checkbox"/> Thongs/Sandals (for night time toilet trips only)<input type="checkbox"/> 2 plastic bags<input type="checkbox"/> Toiletries Bag with;<ul style="list-style-type: none"><input type="checkbox"/> Toothbrush<input type="checkbox"/> Toothpaste<input type="checkbox"/> Hairbrush/Comb<input type="checkbox"/> Flannel<input type="checkbox"/> Dilly Bag with;<ul style="list-style-type: none"><input type="checkbox"/> Plate<input type="checkbox"/> Bowl<input type="checkbox"/> Cup<input type="checkbox"/> Tea Towel<input type="checkbox"/> Cutlery; Knife, Fork and Spoon	In a Backpack: <ul style="list-style-type: none"><input type="checkbox"/> Healthy afternoon tea snack (bike ride participants only)<input type="checkbox"/> Drink bottle<input type="checkbox"/> Broad brim hat (caps are not acceptable)<input type="checkbox"/> Raincoat<input type="checkbox"/> Sunscreen<input type="checkbox"/> Insect repellent
	Bedding: <ul style="list-style-type: none"><input type="checkbox"/> Pyjamas<input type="checkbox"/> Mattress<input type="checkbox"/> Pillow<input type="checkbox"/> Soft Toy<input type="checkbox"/> Sleeping Bag and Blanket
	Do Not Bring: <ul style="list-style-type: none"><input type="checkbox"/> Electronic devices, including gaming devices and phones<input type="checkbox"/> Sharp Objects