

# Skate Away

## THE SWINGING BRIDGE Active & Healthy Living



### The Adventure:

One way to make the most of winter is to share an awesome night of skating with your Lair. Visit your local arena, or—even better—go skating outdoors at a local rink or your favourite pond!

### Online Resources:

- How to Tie Your Skates
- How to Fit Your Hockey Helmet
- Ice Safety

### Safety note:

- Wear helmets. Even strong skaters fall down from time to time.
- How can you make sure that pond ice is thick enough and approved by local authorities?
- What do you need to remember about dressing for the weather and preventing frostbite and hypothermia?



### Plan:

- What will you need to do to prepare for this Adventure?
- What will you do if not all Cubs have their own skates and helmets? What rules will keep everyone safe during this Adventure?
- Will you include a snack or games in your Adventure?

### Do:

- Have a great time skating!

### Review:

- What do you know now that you did not know before?
- How did your team handle this activity?
- Did everybody get along? Why or why not?
- Did you have fun? Why or why not?
- What would you do differently in the future?