



INSTRUCTION PACK

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Updated 17th August 2019

THE BASICS

THE LEGENDARY GRIMSDYKE HIKES



GRÍMR

The Grimsdyke, or Grim's ditch, is an extensive series of Iron Age earthworks, still visible in the Chilterns. Possibly a combination of boundaries and causeways, the Anglo Saxons named them after Grimr, their nickname for Odin: the masked god of mystery. The Grimsdyke Hikes will certainly take you by one of these strange features.

The Grimsdyke Hikes

- Are competitive orienteering events open to Scouts, Guides and Explorers.
- Using a map and compass, teams plan a course and locate hidden controls.
- A one-day event is a race-against-the-clock to find the controls in the quickest time.
- A two-day event involves an overnight camp and is a challenging combination of speed, planning and stamina.



Orienteering Controls

- Are these are small orange and white flags identified by a numbered tag.
- Clippers are tied to each Control which punch a unique pattern onto team Control Cards.
- Make sure the number of the Control matches your Control Card!



19	20	21	22	Punched Control Card	
13	14	15	16	17	18
7	8	9	10	11	12
1	2	3	4	5	6

"10 metres and 245 degrees from the hawthorn bush"



Finding the Controls

- Teams are given a map, marked with the approximate location of each Control.
- But they are well hidden (under bushes, behind trees, under stiles...)
- Teams must use the clues provided when they are close to the Control to find its exact location.
- Hikers must therefore know how to take a bearing, estimate distance and sometime identify common trees.



COMPETITIONS

THE LEGENDARY
GRIMSDYKE
HIKES



JUNIORS

The Junior Event is aimed at Scouts and Guides

13 ½ years
and under

Shadowed
Teams

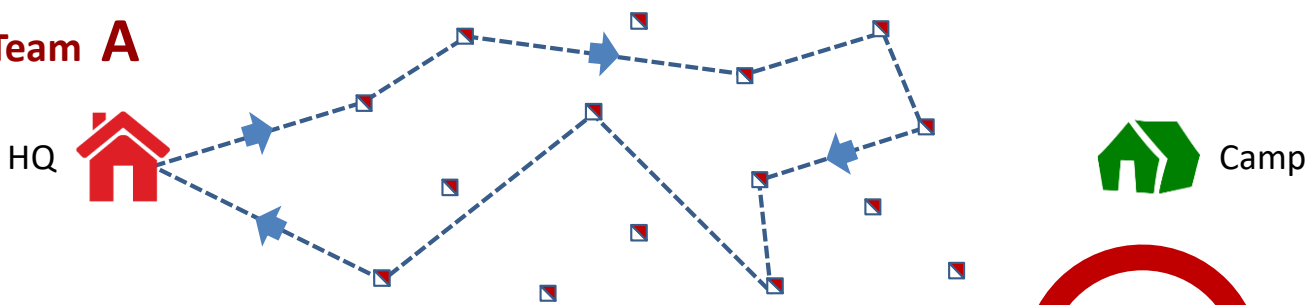
1 Day
Competition

15 Controls
To Find

16km
Routes

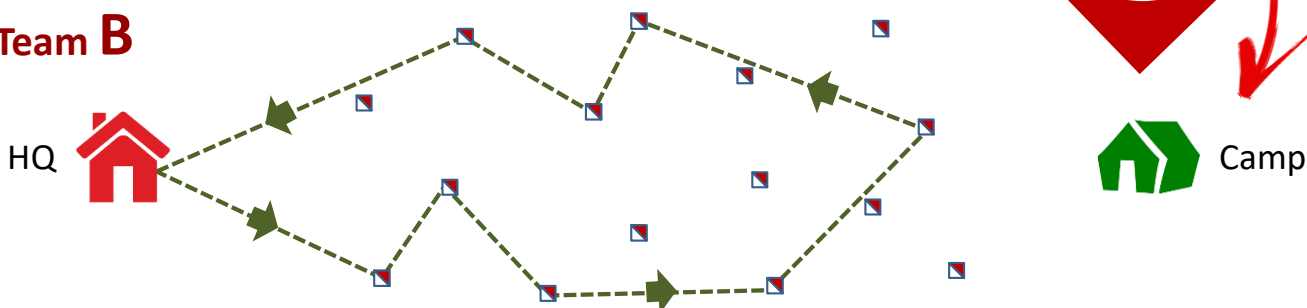
- All Junior teams complete a circular route, starting and finishing at the Start HQ
- All Junior teams are accompanied by an adult Shadow, provided by the entering Troops
- Each team must find 15 Controls around a course of about 16km

Team A



Each team follows a different course

Team B



Team 2

Top Tips

- The most efficient route is to follow the order of the Controls given on the Control Card
- Don't follow the team in front! They won't be doing the same route – but they are the same length – about 16km
- A winning team would normally find all the Controls
- In which case, the winning team is normally the fastest team to have found all their controls.
- The time taken is usually between 6 and 10 hours

top tips...

Useful to Know

- Don't forget, you can use the Grimsdyke Hikes as part of your troop's programme.
- Or even use it as a fund-raising opportunity (at your arrangement)

Chief Scout
Award Hike



Activity Badge
Opportunity

Troop Sponsorship
Opportunity



COMPETITIONS

THE LEGENDARY
GRIMSDYKE
HIKES



SENIORS OPEN

Senior & Open Event for Explorers and older Scouts and Guides

Between
13 & 15
years
Senior

Under
18 years
Open

Un-
Shadowed
Teams

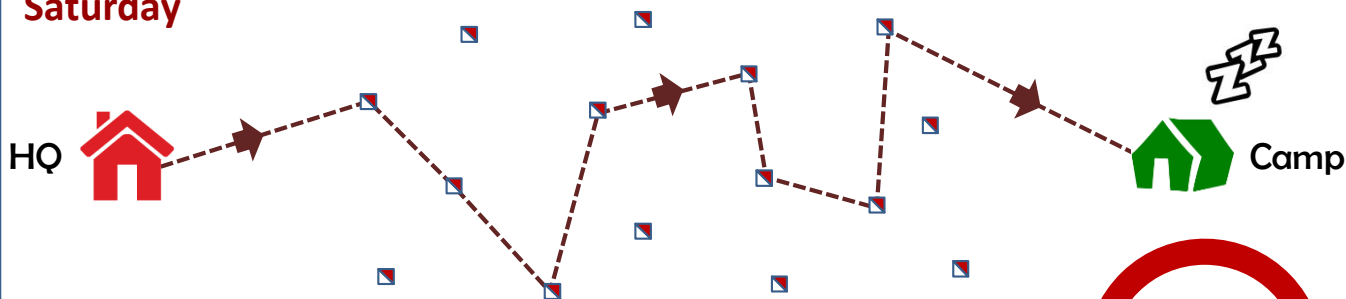
2 Day
Competition

15 + 18
Controls
To Find

20km +
15km
Routes

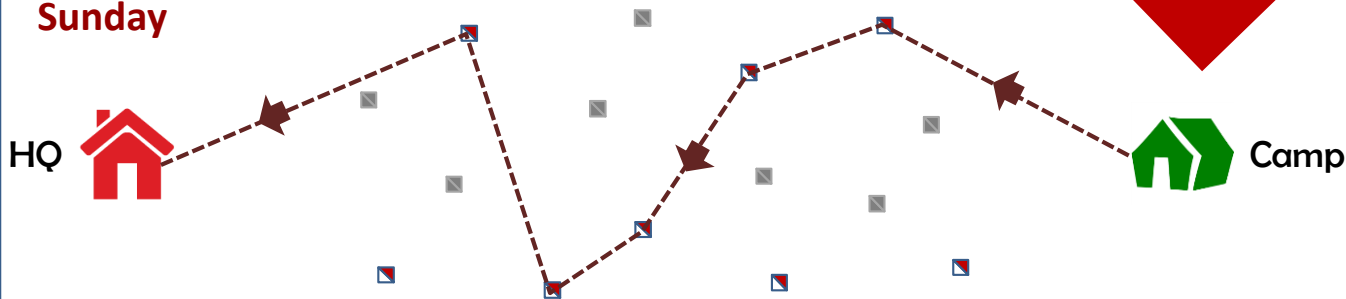
- Senior and Open teams are un-shadowed
- Teams begin at the Start HQ but carry their equipment and food for an overnight camp at a remote site
- Day 1, teams follow set courses, untimed. Day 2, teams collect point from Controls within a maximum time

Saturday



Each team follows a different course on the first day

Sunday



Top Tips – Day 1

- The most efficient route is to follow the order of the Controls given on the Control Card
- Don't follow the team in front! They won't be doing the same route – but they are the same length – about 20km
- There is no time deadline on the first day but Controls are difficult to find in the dark
- A winning team would normally – but necessarily - find all the Controls on the first day

top tips...

Top Tips – Day 2

- On the second day, there is no set route and Controls are worth different points.
- Plan your route back to the Start HQ to collect as many points as possible
- But remember there is a time limit of 5 hours
- You don't have to carry your kit on the second day!

Useful to Know

- Consider using as DoFE practise hike



THE RULES

THE LEGENDARY GRIMSDYKE HIKES



The Formal Rules of the Grimsdyke Hikes

- The Grimsdyke Hikes are all about fun, team-working and experience-building.
- But there is also a strong competitive element to the event, to add to the challenge and drive teams on.
- So, there are rules! Not especially complicated, but necessary and worth understanding before getting to the event.
- We've tried to cover most things, but if any rulings are required, these remain at the discretion of the Event Controller

QUALIFICATION & COMPETITIONS	JUNIORS	SENIORS OPEN
Event	○ One Day - Competitive	○ Two Day – Competitive
Team Ages	JUNIORS ○ All team members must be 13 years 6 months or younger on the first day of the competition	SENIORS ○ All team members must be between 13 and 15 years old on the first day of the competition OPEN ○ All team members must be younger than 18 years old on the first day of the competition
Team Composition	○ Any combination of Scouts and Guides ○ A minimum of 3 and a maximum of 5 walkers	○ Any combination of Scouts, Guides and Explorers ○ A minimum of 3 and a maximum of 5 walkers
Team Size Notes	○ Alternative team sizes may be allowed to START only after consultation with the Event Controller ○ JUNIOR teams with only two members remaining due to retiring walker(s) may continue only at the discretion of the Shadow and Event Controller ○ Single walkers must join another team if acceptable to both parties	○ Alternative team size may be allowed to START only after consultation with the Event Organiser ○ SENIOR and OPEN teams with only two members remaining due to retiring walker(s) may continue ○ Single walkers must join another team if acceptable to both parties
Shadows	○ Teams MUST be Shadowed	○ Teams MUST NOT be Shadowed
Non-Competing Teams	○ Anyone associated with the Scouting or Guiding Associations may take part in The Grimsdyke as as non-competing teams ○ There are no age or team size restrictions but Junior age category walkers should still be shadowed and senior age Category walkers must remain in pairs as a minimum ○ We are happy to still score non-competing teams though they will be ineligible for any trophies	
Trophies	JUNIOR CHALLENGE SHIELD ○ The winners will be the Junior team with the highest no. of points. ○ If scores are equal, then the fastest team wins JUNIOR CHALLENGE TROPHY (MISBOURNE VALLEY) ○ The winners will the Junior team from the Misbourne Valley with highest no. of points / fastest time (other than as overall winners) ○ For clarity, if the winner of the Junior Challenge Shield is from the Misbourne Valley, then the Trophy goes to the second Misbourne Valley team ○ Any navigational assistance given by Shadows will be taken into accounts	SENIOR CHALLENGE SHIELD ○ The winners will be the Senior team with the highest no. of points accumulated over the two days SENIOR CHALLENGE TROPHY (MISBOURNE VALLEY) ○ The winner will be the highest scoring Senior team from the Misbourne Valley (other than as overall winners) OPEN CHALLENGE TROPHY ○ The winners will be the Open team with the highest no. of points accumulated over the two days ○ Note: as Senior teams are also classified as Open teams, then if a Senior team should win the Open Challenge Trophy, then the Senior Challenge Shield shall go to the second team in the Senior Category MISBOURNE VALLEY ESU TROPHY ○ The winners will be an ESU-only team from the Misbourne Valley with the highest no. of points accumulated over the two days
○ Certificates	○ Certificates will be available to all competing team members who satisfactorily complete their hikes ○ Exclusive commemorative badges will be available to all participants and collectible at check in	

THE RULES

THE LEGENDARY GRIMSDYKE HIKES



The Formal Rules of the Grimsdyke Hikes

COURSE AND SCORING	JUNIORS	SENIORS OPEN
Course Day 1	<ul style="list-style-type: none"> ○ 8 separate routes, randomly-allocated ○ Each approximately 16km ○ Teams must locate the 15 flags as indicated on their control cards ○ The order of flags on the control card is generally the shortest route ○ The route returns to Start HQ 	<ul style="list-style-type: none"> ○ 4 separate routes, randomly-allocated ○ Each approximately 20km ○ Teams must locate the 15 flags as indicated on their control cards ○ The order of flags on the control card is generally the shortest route ○ The route finishes at the overnight campsite
Scoring Day 1	<ul style="list-style-type: none"> ○ Each control correctly clipped scores 10 points 	<ul style="list-style-type: none"> ○ Each control correctly clipped scores 10 points
Time Restrictions Day 1	<ul style="list-style-type: none"> ○ There is no time restriction but teams expecting to arrive after 6pm will be contacted and offered transport 	<ul style="list-style-type: none"> ○ There is no time restriction but generally teams expecting to arrive after 6pm should advise Start HQ with estimated arrival times and update accordingly
Course Day 2	<ul style="list-style-type: none"> ○ N/A 	<ul style="list-style-type: none"> ○ There is no set route: control flags may be visited in any order and teams may plan this at the overnight camp ○ Teams must locate as many of the 18 flags as indicated on their control cards in the time available ○ Competitors should finish back at the Day 1 Start HQ
Scoring Day 2	<ul style="list-style-type: none"> ○ N/A 	<ul style="list-style-type: none"> ○ Each control correctly clipped adds to the first day's total ○ Control flags have differing values. The further or more difficult controls score more points ○ The flag values are indicated on the control sheet
Time Restrictions Day 2	<ul style="list-style-type: none"> ○ N/A 	<ul style="list-style-type: none"> ○ Teams have 5 HOURS MAXIMUM to locate flags on Day 2 ○ The course opens at 8.00am and closes at 2.00pm ○ Teams leaving after 9.00am will therefore have less than 5 hours ○ Teams leaving before 9.00am must check in at the finish no later than 5 hours after they start ○ Teams arriving after their 5 hour and /or 2.00pm deadline will be penalised 10 points for every full five minutes late ○ Teams out after 2.00pm should return directly to HQ without seeking any further flags
Non-Competing Teams	<ul style="list-style-type: none"> ○ As per chosen event category ○ Non-competing teams may of course take short cuts and/or finish the course as necessary 	
Safety	<p>The following instructions regarding Safety and Behaviour and are also rules of the competition</p> <ul style="list-style-type: none"> ○ High-visibility vests must be worn by all walkers at all times ○ Teams must stick to the 'permissive' footpaths as marked on the event maps even if hikers are occasionally lost ○ Except in emergency, any team splitting up without notification of the Event Controller will be disqualified. ○ No-one is to be left unattended under any circumstances ○ All teams must have a mobile phone contact which must be left at HQ on registration ○ Troop leaders are responsible for ensuring their teams are properly equipped - no formal kit-check will be undertaken but spot checks are possible. 	
Behaviour	<ul style="list-style-type: none"> ○ Interference with flags and clippers in order to handicap other teams will mean disqualification ○ Observe The Country Code: close gates and especially don't drop litter ○ Be respectful of property: any vandalism, intentional damage of equipment or sabotage will mean disqualification ○ Be courteous to those around you and people you meet during the event ○ Smoking and Drinking is prohibited at all times during the event 	

EQUIPMENT

THE LEGENDARY GRIMSDYKE HIKES



Making Sure Everyone Has the Correct Equipment

- Note that this event can take place in extremely bad weather - it has never been cancelled in its history
- It is important that equipment is of good enough quality and a rule of the event that teams are properly kitted out
- There is no formal kit check - so it is the responsibility of the Troop leaders to ensure that walkers are properly prepared - but be prepared for spot checks.
- Light refreshments and hot drinks are available at the end of the hike

Juniors

INDIVIDUAL EQUIPMENT

- Group / Unit scarf must be worn at all time
- High visibility sash or vest: must be worn at all times
- Inner-layer cotton shirt
- Mid-layer fleece or woolly sweater.
- Waterproof jacket - good quality
- Trousers - cotton or quick-dry synthetic (not jeans)
- Waterproof trousers - good quality
- Footwear (Hiking boots preferred)
- Hiking socks (consider cotton inner and wool outer)
- Headwear
- Gloves
- Day bag / small rucksack
- Personal first aid kit
- Pencil / paper
- Compass
- Whistles
- Torch and spare batteries
- Watch
- Lunch
- Emergency rations
- Water bottle with 1L minimum water



TEAM EQUIPMENT

- Maps and route cards are provided on the day for all teams and Shadows
- Plastic map cases - two each per team
- Survival bag – one per team

SENIORS & OPEN

IN ADDITION TO INDIVIDUAL EQUIPMENT

- Rucksack - lined with waterproof plastic bag.
- Sleeping bag in plastic bag – INSIDE rucksack
- Karrimat or similar
- Spare clothes - socks, warm top, track suit etc.
- Toothbrush / toiletries
- Toilet paper
- Small towel
- Team tent(s) split between team
- Cooker(s)
- Fuel
- Matches
- Cooking pan(s) / mess tins
- Cutlery / Mug
- Lightweight food for evening meal, breakfast
- Lunch for second day.
- Mobile phone



NOTE

- **On the first day, Senior and Open Teams must carry their equipment for the overnight camp**
- On the second day's hike, competitors do not need to carry all the equipment: hikers may consider wearing orienteering-style kit (in which case it must be carried on the first day)
- Overnight equipment and kit may be left at the site and collected later (at the team's own arrangement)



ROLE

- The Junior teams must be shadowed by a competent adult, provided by the entering troops, who is DBS cleared
- The shadow's role is to be on hand when needed but not otherwise.
- The independence of the team is important and it neither helps their self-esteem nor their learning experience if you interfere when not required.
- There is only a very brief "briefing" at the start, as we do not wish to delay the start of the hike, so please read the rules, etc, and the following before you come.

RESPONSIBILITY

- Be sure your team identifies their correct control flags for their specific course by looking at the flag numbers shown on their control card boxes. The team needs to select the description specific to their flag numbers. The flags will be well-hidden.
- The type of problems that might require your help are as follows:
 - ***The team has got sufficiently lost for it to be seriously delayed unless advised where they are.***
 - In which case show them where they are and guide them back on to their route - then let them continue again on their own, if you think they are competent enough.
 - ***Someone ill, injured or tired.***
 - Phone the Controller as soon as possible using the emergency number on your map.
 - Arrange transport for the ill/injured/tired member, and agree the pick-up point.
 - Don't leave the patient unattended and keep the team with you at all times.
 - ***Team's navigation is far too bad for them to manage***
 - Try to continue and use the opportunity to teach navigation, giving them bits to do
 - If all else fails, take over the navigation completely

SAFETY

- Ensure you learn of any member's disabilities, medical condition, etc.
- Insist on donning waterproofs when needed
- Keep to footpaths at all times unless essential to use a road, then be very careful!

EQUIPMENT

- Shadows will need a Silva type compass – and be familiar with how to use if needed!
- You must collect a laminated duplicate of the team's map and the flag detailed location sheet at Registration. The maps show ALL the controls for the entire set of 12 courses.
- You **MUST** carry a mobile phone, but we do not expect to hear from you **UNLESS** you have an emergency. Leave your name and its number with Registration at the start.
- You will need to carry a first aid kit and be competent in treating minor injuries.

REPORTING

- At the end of the hike please complete the report form on how you think your team performed – and hand it in at the Finish. Hopefully they will have done all the navigation themselves and you will have just been a passenger (but hopefully enjoyed the hike anyway).
- It is important that we know the degree to which teams have been helped, as it would be unfair otherwise on teams that had not been helped; so please be honest with your comments.
- Only the Junior teams are to be shadowed on the Saturday. No Senior or Open team should be shadowed on either day, unless they are not contesting the Trophies.

Finally, thank you for volunteering - it makes our organisation a lot easier