



Sporting Activity Program

1. Action Title	
Sporting Action name:	HIKING AND OUTDOOR GAMES
Date:	[Date of the Event]
Duration:	7 hours
Location:	[Insert location]
Organizer	[Insert organisation]

2. Event Objectives
<ol style="list-style-type: none">1. Promote social inclusion through a recreational and educational activity in contact with nature.2. Develop physical, personal, and emotional skills such as resilience, teamwork, trust, and communication while enjoying the natural beauty around them. For example: Through the exploration of natural environments, the goal is for participants to develop emotional resilience by facing challenges such as uneven terrain and overcoming obstacles. Hiking also provides an opportunity to improve teamwork skills and strengthen the sense of belonging to the community, as the youth will need to collaborate and support each other during the walk. It is expected that the youth reflect on their experiences, strengthening their confidence and self-esteem.3. Promote physical and emotional well-being in natural environments in a safe manner.4. Encourage a connection with nature and raise awareness among participants about the importance of protecting the environment and fostering healthy habits.



3. Participants	
Target Group:	<p>Direct group: Young people aged 16 to 25, especially those with fewer opportunities</p> <p>Indirect groups: partner's staff, external youth workers, volunteers.</p>
Number of Participants:	20 young people from the target group.
Staff trainers:	2 (at least 1 for every 10 young people).
External youth workers	2 (at least 1 from each collaborating entity).
Volunteers	Several volunteers will be invited

4. Event Program	
Start Time and Registration	<ul style="list-style-type: none"> 09:00-10:00: Participant Arrival, Registration. <ul style="list-style-type: none"> Description: Check-in. Rules: Be punctual, follow the instructors' directions.
Opening Briefing	<ul style="list-style-type: none"> 10:00-10:30: Welcome Briefing <ul style="list-style-type: none"> Welcome speech by the organizer Participants will be welcomed and organized into smaller teams for supervision. "Introduction of instructors, youth workers, and volunteers." Overview of the sport/leisure activity and objectives Rules: Be punctual, follow the instructors' directions.
Activity 1:	<ul style="list-style-type: none"> 10:00 – 13:30: Hiking <ul style="list-style-type: none"> Description: <p>The activity consists of a 7 km hike along a natural trail, where young people from different backgrounds, leaders, external youth workers, and volunteers will walk together.</p> Biodiversity: During the hike, explanations will be provided about the biodiversity of the area, particularly regarding endemic plant



	<p>species.</p> <ul style="list-style-type: none"> • Heritage: Information will be shared about the architectural, ethnographic, and archaeological elements that may be found in the chosen environment. • Integration Dynamics: Throughout the hike, activities or games will be proposed to enhance knowledge of the surroundings, as well as to foster trust and teamwork, such as forming words in different languages or solving riddles as a group. However, participants, educators, or volunteers can propose other dynamics. Example to propose: "Chain Stories" Description: The game begins when the leader narrates the start of a story, integrating elements of a specific culture. Each young person, in turn, adds a part to the story, incorporating elements from their own culture or personal experience. The story continues until everyone has participated. Basic Rules: Respect the turn to speak, incorporate a cultural or personal element, do not interrupt or criticize. Objective: Foster intercultural dialogue and teamwork, while the young people share their roots and experiences. Create an atmosphere of trust and camaraderie where the youth get to know each other better. • Volunteers will facilitate the dynamics, ensuring equal participation. At the end, a picnic will take place where experiences and reflections on the day will be shared, reinforcing unity and mutual understanding. • Trainers: [trainer's Name] .
Lunch Break	<ul style="list-style-type: none"> • 13:30 – 15:00: Lunch, Rest, and Clean-Up <ul style="list-style-type: none"> • Description: Picnic in the designated resting area. • Opportunity for the participating youth to socialize and enjoy the surroundings. A time to rest in the shade and share experiences. • An activity will be organized to clean the resting area, teaching



	<p>the importance of caring for ecosystems.</p> <ul style="list-style-type: none"> • Volunteers will assist with the clean-up.
Closing Session	<ul style="list-style-type: none"> • 15:00 – 16:00: <u>Event Closing. Wrap-Up and Feedback.</u> <ul style="list-style-type: none"> • Description: Group Reflection and Sharing Experiences • Group reflection on the activity: What did we learn? How did we feel? Participants will share their learning and feelings about the activity . • Participant feedback through the evaluation questionnaire. • Group photo. • Thank you and closing remarks by the organizer.

5. Required Resources	
Required materials	<ul style="list-style-type: none"> • Appropriate clothing and footwear. • Backpacks with water and snacks. • Map and compass. • Materials for collaborative games (cards, paper, pens).
Personnel and Volunteers' Responsibilities	<ul style="list-style-type: none"> • 2 instructors (at least 1 for every 10 young participants minimum). They have several key responsibilities: <ul style="list-style-type: none"> - Planning and leadership: Responsible for designing and knowing the hiking route, including the level of difficulty and possible stops. They explain safety rules to the group and provide an overview of the activity before starting. - Supervision and safety: During the hike, they ensure the group follows the planned route, monitoring the pace and terrain conditions. They remain alert to any risks or incidents and are responsible for making quick decisions in case of emergencies or weather changes. - Coordination with external youth workers: They collaborate directly with the youth educator, ensuring that the group's educational or developmental objectives are integrated into the



	<p>activity. They also act as a liaison for any necessary communication or adjustments in the group's dynamics.</p> <ul style="list-style-type: none">- Instruction and guidance: Provide information about the route, the natural environment, and the local fauna or flora, promoting environmental education among the young participants.• 2 External Youth Workers (at least one from each collaborating entity). Although the educator does not lead the activity, they play an important role in supporting the young people:<ul style="list-style-type: none">- Emotional support: The educator is a trusted figure for the young people and provides emotional support during the activity, helping to resolve any conflicts or personal issues that may arise.- Communication: They will inform the leaders of any specific needs of the young people, if necessary.- Reinforcement of objectives: They ensure that the hiking experience aligns with the group's educational or personal development goals, reinforcing values of teamwork, responsibility, and respect for nature.• Several volunteers. The volunteers complement the leader's work by assisting in various areas, such as logistical support: They help ensure that the young people have everything they need before starting the hike, such as proper footwear, water, etc. They also handle tasks like distributing food or coordinating transportation, if necessary. In conjunction, the leader, volunteers, and educator work together to ensure that the hiking activity is safe, educational, and a positive experience for the young people.
Safety and First Aid	<p><u>Safety Measures:</u></p> <ol style="list-style-type: none">1. Route Planning:<ul style="list-style-type: none">• The leader must have studied the route in advance, evaluating the level of difficulty, terrain, access and exit points, and potential risks (such as landslides, unstable terrain, etc.).• The route must be suitable for the age and physical condition of



the group.

- Identify rest stops and safe stopping points.

2. Weather Assessment:

- Before the activity, the weather forecast must be reviewed. If there is a forecast for storms, extreme heat, or unsafe conditions, the activity should be relocated, postponed, or adapted.
- Participants should be warned, through their educators, that they need to bring appropriate gear for weather changes (warm clothing, sunscreen, rain gear).

3. Proper Equipment:

- Participants should be informed, through their educators, about the appropriate clothing and gear: hiking shoes, comfortable clothing, a cap to protect from the sun, sunscreen, and sufficient liquids to stay hydrated.
- Bring backpacks with water bottles, energy food (nuts, cereal bars), and sunscreen.

4. Constant Supervision:

- The leader, educator, and volunteers must ensure that the young people stay in the group and do not disperse.
- There should be order within the group, with one leader at the front, the educator or a volunteer in the middle, and another volunteer or assistant at the back to prevent anyone from falling behind.
- Use a regular counting system to make sure no one has strayed from the group.

5. Rest Areas:

- Regular stops should be established to rest, hydrate, and check the participants' condition.

6. Emergency Phones and Communication:

- The leader and educator must carry fully charged mobile phones to communicate in case of emergency. It is recommended to



carry a radio or GPS device if the route is remote.

- Have local emergency numbers handy, as well as contact details for the young people's parents or guardians.

7. First Aid Kit:

- The leader or educator must carry a well-equipped first aid kit that includes bandages, band-aids, gauze, antiseptics, scissors, dressings, painkillers, and materials to immobilize in case of sprains.
- The first aid kit should also include a thermal blanket in case of hypothermia or other emergencies.

8. First Aid Training:

- The leader, educator, and at least one volunteer must be trained in first aid, including how to treat cuts, scrapes, sprains, heatstroke, hypothermia, and dehydration.
- All adults should know how to respond in a medical emergency, including the procedure for calling for help if needed (emergency calls, meeting points, etc.).

9. Evacuation Protocols:

- A clear evacuation plan must be in place in case of a major emergency, such as a serious injury or sudden weather change. The leader should be familiar with nearby access points or the quickest route to a hospital or medical center.

First Aid Requirements:

1. First Aid Kit:

- A first aid kit must be available at all times, containing bandages, antiseptics, adhesive tape, scissors, basic medications for allergic reactions, and materials to treat minor cuts or wounds.

2. Trained Personnel:

- At least one monitor must be trained in first aid and cardiopulmonary resuscitation (CPR).



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| | <ul style="list-style-type: none">• All volunteers should be informed about how to act in case of an emergency and how to contact emergency services if necessary. |
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6. Collaborators

[List of Collaborators]

7. Contact Information

Contact Person:	[Name of Contact Person]
Phone Number:	<ul style="list-style-type: none">• [Contact Phone Number]
Email Address:	<ul style="list-style-type: none">• [Contact Email Address]

Additional Notes

- Ensure that all participants are aware of the location and schedule of the event.
- Make sure that all participants are informed about the weather forecast and are prepared accordingly.
- Participants should wear appropriate clothing: t-shirt, comfortable long pants, a warm layer (hoodie, windbreaker, etc.), comfortable hiking footwear, cap, etc.
- Volunteers should receive an informational session about their roles and responsibilities prior to the event.
- A photographer will document the event, and permission will be requested to use the images for project promotional purposes.