

Step On It – The Feud!



“Trek”

Group Size: 4 or more

Age Group: 6 to 12 years

Time: 45 minutes

Objective: Participants will be introduced to the Leave No Trace Seven Principles.

Materials: Flip chart/markers
Podium card deck (included)
Control card deck (included)
Laminated boot sign (included)

Preparation: Make two flip chart pages: one with the Seven Principles one with “Choose the Right Path” text found below.

Leave No Trace

Know Before You Go
Choose the Right Path
Trash Your Trash
Leave What You Find
Be Careful With Fire
Respect Wildlife
Be Kind to Other Visitors

Choose the Right Path

- Stay on the main trail to protect nature and don't wander off by yourself
- Steer clear of flowers or small trees
- Use existing camp areas
- Camp at least 100 big steps from roads, trails and water

How the Game Works

For those of you who are familiar, this activity is similar to the Family Feud game show. However, this focuses on one of the Leave No Trace Seven Principles, “**Choose the Right Path.**” Questions are related to durable surfaces found where people hike, camp, canoe, etc.

- Participants are divided into two teams.
- One member from each team will come to the podium to play against each other. You (the host) will ask a question from the podium deck and the **first** participant who answers correctly wins control for his or her team.
- The team that has control has the opportunity to answer one “control deck” question for one point. These questions are multiple choice or true/false.
- The other team will have the opportunity to earn points, or, steal control if the control team has answered incorrectly.
- One round consists of one podium question (answered by a team representative) and one control question (answered by the whole team).
- The team with the most points after three to five rounds wins.
- This game requires your best game show host voice and demeanor!

Introduction

Introduce self and welcome participants to the PEAK program. **Ask** how many have been hiking, camping, fishing, boating or on a picnic? **Ask** participants if they have a favorite place they visit and why. **Ask** who knows how to Leave No Trace while outdoors? **Explain** that Leave No Trace is information and skills that help people protect themselves and also the areas that they visit (e.g. state parks, campgrounds, etc.). Leave No Trace is about making good decisions to protect the world around you—the world we all enjoy. **Read** each Principle.

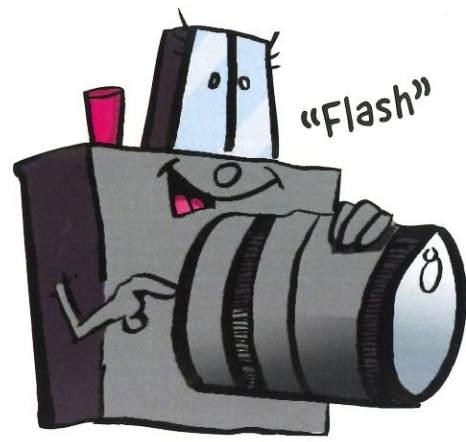


“Track”

Explain that you'll focus on one point from "Choose the Right Path", read from pre-made flip chart.

Divide the group into two teams and **explain** how the game will work.

Now, let's play the Step On It Feud!



At the "Podium"

- Use "Podium" cards and large laminated card with boots provided in PEAK pack.
- Have one person from each team come to the "podium" face each other. Place the large "step on it" card between them face up.
- Tell participants that you will read a question (use PODIUM cards), which is to be answered by the contestant who puts their hand on the large "step on it" card first. The question will ask which of two surfaces is more durable.
- After questions are answered (correctly or not) discuss why one surface is preferred over the other before moving on to control questions.
- If the podium question is answered incorrectly, have new members from each team come to the podium. Choose a new podium card and team member until a correct response is given before moving on to team questions. Only correct responses may give a team control.
- Have podium participants rejoin their teams. The team who now has "control" gets to answer a control question for one point.

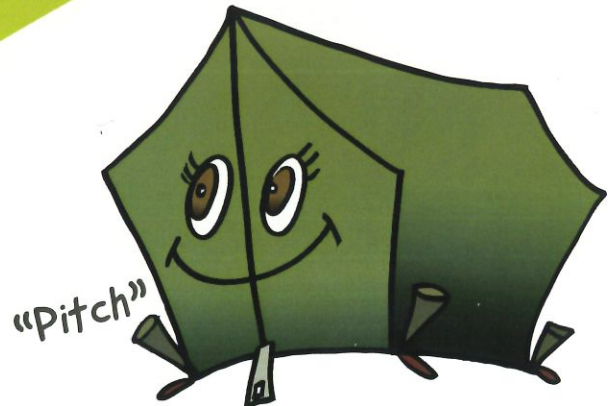
At the "Control" Team

- Use the "Control" cards.
- These questions are multiple choice or true/false questions. Teams may briefly discuss together before answering. A correct answer gets one point; an incorrect answer gives the opposing team an opportunity to "steal" the point and transfer control if they answer correctly.
- Repeat steps with new team members, new podium questions and new control questions. Play for a pre-established number of rounds to determine the "winners."

Congratulate all! They all won because they learned about one of the Leave No Trace Principles.

Wrap Up (3-5 minutes)

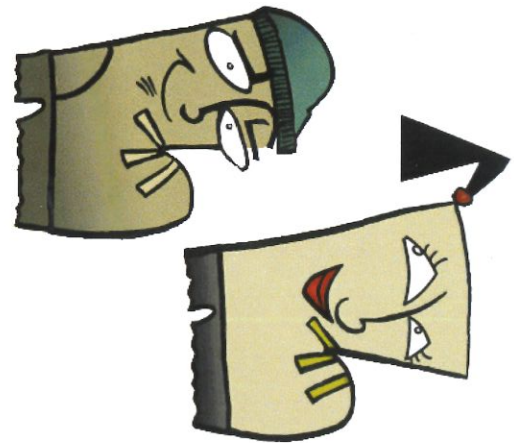
Explain how these Leave No Trace Seven Principles teach people to care for the environment while enjoying outdoor activities. Recreation can sometimes cause impacts (damage) to the land, but by following these Principles, we can enjoy our favorite places every time we visit. **Point** to the flip chart and **read** the Principles again. **Hand** out a small reference card to each participant. **Tell** them to keep these cards, and use them as a reminder of how they can enjoy outdoor activities more wisely. **Ask** for any last questions. Thank them for their time and attention, and tell them you hope to see them again!



How far should you camp away from trails & water: 20 feet or 200 feet.

200 feet, or 100 big steps

Step on It!



Step on It!

When canoeing, which of the following is the best surface to land your boat on when taking a break from paddling: fragile vegetation, marshy areas, moss-covered rocks, sand or gravel beaches?

Sand or Gravel beaches

True or False?

The best place to take a rest is in the middle of the trail.

False - moving off the trail to a durable surface will allow others to remain on trail while passing.

True or False?

When meeting horses on the trail, hikers should step off the trail to the downhill side and let them pass.

True - your impact from stepping off trail would be less than that of the horses, stepping to the uphill side can spook the horse.

True or False?

While on a trail, walking through mud or puddles is better than walking around.

True - by going around a puddle, you may widen the path and trample vegetation.

Which of the following is NOT a good surface to walk on: dry grass, tree roots, sand, or snow?

Tree roots - a tree can be harmed by having its roots trampled

What is the best choice for a campsite in popular, well-used areas: an established site or a never-used site?

An established site.

True or False?

When picnicking it is best to use a designated picnic area instead of clearing your own spot.

True

When hiking off-trail (i.e. no established trail) is it better to travel single file or spread out side-by-side?

Generally, side-by-side is better to disperse impact.

Which of the following is a good surface to walk on: Wet meadows, dry grasses, leafy plants, or a patch of wildflowers?

Dry Grasses. All of the other surfaces are not durable.

True or False?

It is better to have one well-designed and well-used trail than many paths.

True - concentrating use reduces the likelihood that multiple routes will develop and damage the landscape.

True or False?

It's important to check with the park ranger to know where it is okay to camp or bring your pet.

True

In what conditions are plants most fragile: wet or dry?

Wet - these plants show the effects of trampling much more quickly.

True or False?

Durable surfaces are those with the hardest surface.

False - a durable surface is one that is least affected by camping or hiking. They include rocks, sand, gravel, trails, dry grasses, snow or water.

Which area of your camp set up receives the most use: sleeping area or kitchen?

The kitchen area gets the most use, the sleeping area receives the least amount of use.

True or False?

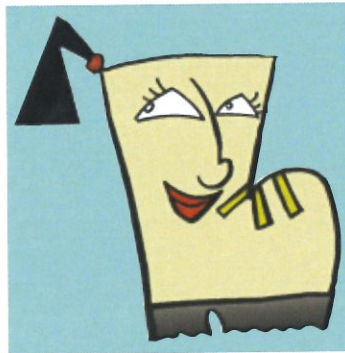
The same activity can have different impacts if done in different places.

True! A durable or safe surface can change depending on your activity (camping, hiking) and/or the environment (coastal, desert, etc.)

True or False?

Taking short cuts on trails can: encourage others to follow, disturb wildlife, damage plants, cause erosion.

True - staying on trail is important for all these reasons.



Control Deck

Which surface is more durable?

**Rocky Shore or Beach
Grass**

Rocky Shore.

Which surface is more durable?

**Mud or Vegetation [i.e.
plant, flowers, grasses]**

Mud. Going through mud is preferred to avoid widening the trail.

Which surface is more durable?

Forest Floor or Rock

Rock. Rock is better because it can tolerate repeated trampling and use; the forest floor has a decaying layer of leaves and branches which provides nutrients for living things.

Which surface is more durable?

**Sandstone or a Wet
Meadow**

Sandstone.

Which surface is more durable?

**Very Little Vegetation
or Granite**

Granite. Areas with very little vegetation are fragile.

Which surface is more durable?

**Dry Grass or Lichen-
covered rock**

Dry grass. Lichen, which is fungus and algae growing together, is vulnerable to scuffing.

Which surface is more durable?

**Deep Snow or Wet
Meadow**

Snow, if deep enough can protect vegetation underneath.

Which surface is more durable?

**Moss-covered Rotten
Log or Volcanic Rock**

Volcanic Rock.

Which surface is more durable?

Marsh or Wet Sand

Wet Sand.

Which surface is more durable?
**Puddle in the middle
of a trail or Dry Grass**

Puddle. Going through
puddles is preferred to
avoid widening the trail.

Which surface is more durable?
Gravel or Grass

Gravel.

Which surface is more durable?
Poison Ivy or Moss

Moss.



Podium Deck

Which surface is more durable?
**Forest herbs and ferns
or Grasses**

Grasses. Ferns and herbs
can quickly show effects
of trampling.

Which surface is more durable?
**Plants or Deep layer of
Snow**

Snow, if it's deep and
firm enough it will help
to protect underlying
plants.