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!

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?

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?

Online Resources:
• How to Tie Your Skates
• How to Fit Your Hockey Helmet
• Ice Safety

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