

Plan:

- What sport would your Crew like to play?
- What league would you like to join?
- What equipment is required?
- What is your budget for this Adventure?
- Who will be your team's captain?
- What is the league's season and schedule?
Can everyone commit to regularly playing?

Do:

- Have fun!

Review:

- What do you know now that you did not know before?
- What skills did you develop by participating?
- Who emerged as good leaders for the team?
How so?
- What made playing fun?
- How can you build on this experience?

Safety note:

Your Crew's participation is considered a Scouts Canada activity. Follow Scouts Canada's policies and procedures to ensure the activity is safe. Do not sign any waivers without Scouts Canada's expressed permission.

Online Resources:

Ensure your team does not sign any waivers without Scouts Canada's expressed permission.

- [Urban Rec](#)
- [Vancouver Ultimate League](#)
- [Ottawa Sport & Social Club](#)
- [Ottawa Carleton Ultimate Association](#)



It starts with Scouts.

Join a League

Active & Healthy Living



The Adventure:

We all know that Scouting is lots of fun, but it's up to the members to determine just what kind of program they want to have. This means that it's up to your Crew to decide how it wants to include Active & Healthy Living in its overall program.

One way to do this is to organize a members of the Crew as a team and join another organization's league. If there aren't quite enough Rover Scouts to make a team, invite some friends from outside of Scouting. They may discover they want to join your Crew for its other activities.

There are plenty of sports to consider playing, but some are especially popular as co-ed, recreational activities. Softball, basketball, soccer, dodgeball, floor hockey and ultimate are all great sports for players of all abilities.



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