



Memory game to discover outdoor sport principles and ethics.



Learning experience



Topic

Principles, ethics and regulations



25-30 min



Participants

- Know about the impacts of irresponsible behaviour
- Understand the 10 principles of responsible outdoor sports



Suitable for outdoor sport instructors and course participants



Practical sessions
Theoretical lessons



Outdoor F2F
Indoor F2F
Digital



Materials needed

Memory cards
(see printable resources provided in appendix)



Memory game to discover outdoor sport principles and ethics.



Preparation

Lay out the covered and mixed memory cards with pairs of responsible and respective irresponsible behaviour and build two groups.

Activity instruction

Each group has two minutes to move around and find and remember as many pairs as possible. When uncovering a card, it has to be returned to its original place immediately. After that, the groups take turns to uncover pairs of responsible and respective irresponsible behaviour. The group with the most correct pairs wins.

Pairs:

- 1 Stay on the trails and respect regulations!
- 1 Trails are for people with bad orientation (not for me)!
- 2 If you come with a dog, take extra care!
- 2 My dog is a free animal too!
- 3 Plan your activity carefully (inform about regulations/restrictions in the protected area)
- 3 Be spontaneous! Plans are for Losers
- 4 Take care of yourself and others and be prepared to help!
- 4 No risk no fun! Pain is now but the glory is forever.
- 5 Everyone wants to enjoy the place. Give way to other users.
- 5 Give way for people with speed!
- 6 Help us to keep this place clean. Leave no trace and take with you the waste
- 6 Someone will take my waste. The park rangers also need some work.
- 7 Night is for species to be alone!
- 7 Day is for people without work and without strong headlamps!



OUTDOOR PRINCIPLES MEMORY



Memory game to discover outdoor sport principles and ethics.

- 8 Keep secret places secret! Use social media and GPS tracks with responsibility.
- 8 Use #secretplace to push your Instagram account.
- 9 Avoid excessive noise!
- 9 Play your favourite song out loud to push your limits!
- 10 See it, say, it sort it!
- 10 Don't be a tell-tale. If someone is not behaving correctly just pretend to not seeing it.

Reflection and discussion

In a discussion or reflection phase, the principles can be explained and discussed by the participants. It might be helpful that the instructor can give additional background information.

Potential variations

- When people are discovering the cards, they can get a special task for moving around which can be linked to warm up or teamwork.
- For more movement or additional techniques training, the cards can be laid out in distance where participants need to get to by running, crawling, MTBing, paddling (whatever the activity of your training might be) and can only explore one card each way. The time of the discovering phase needs to be adjusted accordingly.
- If people are struggling when revealing the pairs, you can start again with a shorter discovering phase, or alternate discovering and turning phase more often.
- For a more competitive format you can lay out a set of cards in a distance (approx. 15 m but depending on activity and space) and build two groups. From every group only one person can run at a time and discover the cards (relay). If they find a pair they can take it to their base, if not they need to lay back the cards and return to their group. Within the groups, participants are allowed to give tips and share info, so you will set another focus on tactic and teamwork. If you have a bigger group, you can lay out sets for every sub-group.
- For an online / digital course you can e.g. use the learningapps platform that provides a memory template.



OUTDOOR PRINCIPLES MEMORY



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Background knowledge

10 Principles in outdoor sports:

<https://www.outdoor-sports-network.eu/actions/10-good-principles-for-outdoor-sports-in-protected-areas/>



Key words

#Outdoorethics
#Principles



Source

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Materials

Flyer with Principles for Outdoor Sports (developed by ENOS and EUROPARC)



10 Good Principles for Outdoor Sports in Protected Areas

Plan your visit sustainably

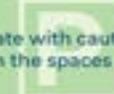
When we enter a Protected Area, we all make an impact on the natural environment no matter how small this might be. It is important not just to care for ourselves but the nature around us. Nature is inviting you into her home, be a good guest!



Come on foot, bike or public transport as a priority.



When using private vehicles, try to share the ride.



Circulate with caution and park in the spaces reserved.

How to make the most out of your visit and to take care of the Protected Area?

- 1 You are a privileged guest.**
Stay in the trails, respect the natural environment and regulations to guarantee the beauty of the place.

2 Plan your activity carefully.
Gather the information you need to enjoy your activity and the place; you will appreciate it better.
- 3 If you come with a dog,** take extra care of it. Follow the regulations. Dogs can disturb other species.

4 Take care of yourself and others, and be prepared to help others, regardless their sport.
- 5 Everyone wants to enjoy the place.** Give way to other users; anticipate that they often do not feel or see you coming, respect speed limits.

6 Help us to keep this place clean. Leave no trace and take with you the waste you make.
- 7 Night is for species to be alone.** Avoid going in the night for your safety and let the animals live in peace.

8 Keep "secret places" secret! Use social media and GPS tracks with responsibility and according to official regulations.
- 9 Avoid excessive noise.** Enjoy the quietness and calm, animals need quietness as we do.

10 See it, Say it, Sort it! If you see something wrong, tell the park. Open your eyes, appreciate nature and enjoy!

Get Out & Get Into Nature

www.outdoor-sports-network.eu
www.europarc.org






Memory cards



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Be spontaneous!
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secret! Use social
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with responsibility.



Use #secretplace to
push your instagram
account.



Avoid excessive noise!



Play your favorite song
loud to push your
limits!



See it,
say it,
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