

# PACING

Scouts determine their pace using a pre-measured course and then practice pacing.

## Determine Your Pace

### *Materials:*

- Measuring tape
- Flags or stakes to mark distance
- Paper and writing utensil
- Clipboard to hold writing materials (optional)

### *Directions:*

Mark off a pace course by putting a marker at either end of a set distance (e.g., 30 meters/100 feet). Determine the number of paces (distance covered in two steps) it takes to cover the distance by counting how many times you put down your left OR right foot (whichever you put down second). Have Scouts walk the course from one end to the other three times and average the number of paces it takes to cover the distance. Determine the length of the pace by dividing the distance of the course (e.g., 100 feet) by the number of paces needed to cover it.

	<i>Number of paces to walk 100 feet</i>	<i>Total paces / 3 = ave. number paces to walk 100 feet</i>
<i>1<sup>st</sup> time</i>	<input type="text"/>	<i>100 feet / ave. number paces = length of average pace</i>
<i>2<sup>nd</sup> time</i>	<input type="text"/>	
<i>3<sup>rd</sup> time</i>	<input type="text"/>	
<i>Total paces</i>	<input type="text"/>	<i>(Note: round length of average pace to nearest ½ foot.)</i>

Scouts can estimate how far they travel by multiplying the number of paces they take by the average length of their pace.

For example: 34 paces x 5 feet/pace = 170 feet traveled

## Pace a Square

### *Materials:*

Flags to mark corners

Compass

Worksheet

Writing utensil

Clipboard to hold worksheet (optional)

### *Directions:*

1. Find an area where there are no obstacles at least 50 feet in either direction. Place a flag in the ground to mark your starting point.
2. Determine the number of paces you must take to travel 50 feet. (See “Determine Your Pace.”)  
Number of paces to travel 50 feet: \_\_\_\_\_
3. Stand next to the flag marking your starting point. Set any bearing you wish on your compass and travel 50 feet.
4. When you have traveled 50 feet, STOP. Place a flag to mark your new location.
5. Add  $90^\circ$  to the bearing on your compass. Travel 50 feet in the new direction, STOP and mark the new location. Repeat this procedure twice. You should end up at your original location. If not, how far are you from your starting point? \_\_\_\_\_

## Straight Ahead, or Not?

### *Materials:*

Blindfold

Partner

### *Directions:*

Most people travel in a circle with a radius under one-half mile when they are lost. The direction of the circle depends on the terrain and the length of each leg. (Most people have one leg slightly longer than the other.) You usually veer the direction of the shorter leg on level ground. This exercise helps demonstrate why you need a compass to travel in a straight line.

Have Scouts work in pairs. One stands next to a tree or other large object facing another object that is at least 100 yards away. (You can use flags to mark starting and ending points if there are no large objects in the area.) Have the other Scout place the blindfold on the first Scout. The first Scout then walks toward the distant object. The partner should walk alongside the first Scout and alert them only if they are about to run into something. He should not influence the blindfolded Scout's direction.

After Scouts have traveled about 100 yards (See “Determine Your Pace.”) remove the blindfold. The blindfolded Scout should sight back to the starting point. Did he travel in a straight line? If not, in which direction did he veer?