



## The Chiltern 20 & The Fitness Challenge

The Fitness Challenge is one of the eight Challenges for Scouts to complete. These awards are part of the Chief Scouts Gold award, the highest award that can be gained within the scout section.

The following is a direct quote from the Scout programme "Troop Essentials".

*To complete the Fitness Challenge the scout needs to choose a physical challenge, which they have not attempted before, or which builds on an earlier achievement. The challenge should be agreed with a leader.*

*The challenge can be anything from an athletic event, a charity swim, a long distance ride, a pool life-saving test or a long distance challenge hike. The Scout should be encouraged to consider a variety of activities/interests in their choice for this challenge.*

To complete the challenge the scout will need to:

- spend between four and six weeks preparing for the event, thorough an agreed exercise programme;
- show during this period an understanding of a sensible and appropriate diet, and the need for sufficient;
- keep a record of their progress during this time;
- be able to explain the dangers and harmful effects of smoking, alcohol and drugs.

You can see that the Chiltern 20 Challenge is an ideal vehicle for this award. Scout Leaders should, on the day of the event, tell staff on the 'check in' desk at the start which team members are attempting the Fitness Challenge, i.e. **that they have completed the preparation as indicated above**. After the walk sessions will be held with entrants to ensure that they have the records and an understanding of diet, drugs etc. as indicated above. Those that qualify will be awarded the fitness challenge badge at the end of the event.

If you have any queries concerning this aspect of the event contact:-

Chris Foster 020 8 886 5992.