

Your Rights on Hikes and at Camps

Camps and hikes are among the highlights for scouts and guides. To ensure a positive and respectful experience for all, it is essential to remember that every participant has rights. It is equally important that you are aware of these rights and feel empowered to uphold them—both for yourself and for others.

1. Well-being: No one is allowed to threaten, frighten, or intimidate you during hikes or camps.
2. Equal treatment: Nobody may insult, belittle, or mock you because of your skin colour, origin, gender, or any other personal trait.
3. Rest and recovery: During hikes and camps, you have the right to rest and recharge. Especially at night, you may insist on quiet time. You don't have to tolerate being woken up against your will.
4. Your opinion and participation: Your opinion matters and must be listened to. You may share your ideas with your group and take part in shaping the hike or camp activities.
5. No violence: Hikes and camps are non-violent spaces. Nobody may hurt you physically or verbally, whether it's meant as a game or as punishment. Tying up or restraining someone against their will is strictly prohibited.
6. Health: You have the right to enough food and water. If you are injured or in pain, you have the right to receive medical care.
7. Your body is yours: Nobody may touch you in a way that feels uncomfortable. You alone decide who for example may take your photo, give you a hug or check you for ticks.
8. The decision is yours: No one may force you to share a tent with people you don't know or of the opposite gender. You decide how much of your body to show when showering or at the swimming pool.

If anyone violates your rights, say NO clearly and seek help immediately. Turn to your group leader or another trusted person. Don't give up until you receive the help you need. Asking for help is not tattling — it's your right.

Others have the same rights as you. Take care not to violate others' rights.

