

**The Full  
Length**



# Information and Activity Pack

Fun activities for Rainbows, Brownies, Guides, Rangers and Adult Members to complete in support of Jasmine Harrison, one of our County Ambassadors, who is swimming 900 miles to set a new world record.

A blue-bordered graphic with a white background. At the top, it says 'Girlguiding North Yorkshire North East'. Below this is a dark blue horizontal bar. The main text 'The Full Length' is written vertically in large, bold, blue letters, with a blue arrow pointing upwards through the word 'Length'. To the right of the arrow is a dark blue silhouette of the United Kingdom with a Union Jack flag overlaid. Above the map is the Girlguiding emblem and the year '2022'. To the right of the map, the text '900 mile swim' and 'Land's End to John O'Groats' is written vertically. At the bottom, a dark blue horizontal bar contains the text 'County Ambassador' and 'World Record Breaker'.

# Welcome to The Full Length Activity pack

## The Full Length - A World record breaking attempt, Jasmine needs your support!

One of our county ambassadors, Jasmine Harrison is attempting to set a second world record. She is swimming the full length of the UK from Land's End to John O'Groats (900 miles) starting on 30 June 2022. She will be the first female and only the third person to do this.

Girlguiding North Yorkshire North East county want to support Jasmine as much as we can by raising awareness of her swim and hoping that members all around the country can follow her challenge, support her and be inspired by what she achieves.

Jasmine was a Rainbow and a Brownie and she really proves that our young members can do anything they put their minds to.

Jasmine will be fundraising during her swim. Details will be on her Facebook and Instagram pages.

Our badge is to raise some funds and also to raise awareness of her amazing achievement.

*"I hope that by taking on my challenge, I inspire Rainbows, Brownies, Guides and Rangers to consider what they can do that might be outside their comfort zone but achievable with support and planning."*

Jasmine will be putting updates on her progress on her Facebook page - [www.facebook.com/thefulllength](http://www.facebook.com/thefulllength) and she is also on Instagram - [jasminerharrison](https://www.instagram.com/jasminerharrison) and Twitter - [@rudderlymad](https://twitter.com/rudderlymad)

You can follow Jasmine's progress via - <https://track.rs/thefulllength>

The link will also appear on her Facebook and Instagram pages and will go live when she starts swimming. Young members will need parental support to access her pages.

# Get the badge!

We have suggested some activities that girls can complete in order to gain the badge but these are very flexible, amend them as you wish and tweak them to fit in with your programme.

Jasmine broke her first world record in 2021 when she became the youngest ever solo female to row 3,000 miles across the Atlantic.

We really want as many Girlguiding members as possible to show their support for Jasmine by getting the badge, sending her messages perhaps and following her adventure on social media and via her tracker. She thinks her swim is going to take at least 3 months - why not get the girls and their families involved in following her progress over the summer holidays, perhaps with a couple of activities to complete. She will still be swimming when schools go back for the autumn term so you could perhaps include some of the activities in your programme then.

If you just want to buy a badge to show your support for Jasmine that is fine too!



# The Activities

## 900 Seconds of Exercise (15 minutes)

We all know we need to exercise regularly to keep fit and healthy. Complete one of the following:

- Try an exercise that is new to you for 900 seconds.
- Exercise for at least 900 seconds (15 minutes) every day Jasmine is swimming. You could swim, run, walk, skip, cycle or any other exercise you enjoy.
- Why not take 900 steps and see how far you get?
- Swim/paddle/body board/kayak in the sea if possible or a local lake.

## Water Safety

- Find out about the water safety code - <https://www.rlss.org.uk/the-water-safety-code>.
- Understand what the different flags on a beach mean and when it is safe to swim.
- Learn some basic water survival techniques.
- Perhaps you could complete a Swim England Water Safety Award <https://www.swimming.org/learntoswim/swim-england-water-skills-awards/>

## Follow Jasmine's progress

Jasmine has a tracker which will update regularly while she is swimming. This can be found here - <https://track.rs/thefulllength>

- Regularly check how far she has got, perhaps you can plot this on a map. She will also update on her Facebook and Instagram pages.
- If you live near the west coast, keep a close eye on where she is, perhaps you can spot her swimming, although she will be about a mile out. She will not be coming ashore but her support boat will for supplies, look out for it and perhaps you can go and see it and send something out for her.

## World Record Holder

- Jasmine already holds one world record as the youngest female to row across the Atlantic in the Talisker Whisky Atlantic Challenge. See what you can find out about this event and how she got on.
- What world record would you like to attempt? Come up with a plan on how you could complete it. Perhaps you will be inspired to attempt your own record!
- Why not organise a record breaking evening in your meeting.

## Other activity ideas

- Find out about the charities Jasmine is fundraising for. Perhaps you can raise some more money for one of these charities.
- Jasmine is swimming for 6 hours at a time in order to swim with the tides. Find out about the tides and why they occur - <https://www.bbc.co.uk/bitesize/topics/z8c9q6f/articles/zdqr97h>
- One of Jasmine's challenges might be jelly fish stings and sharks. Find out all you can about jelly fish and sharks. How can you treat a jelly fish sting?
- Keep a diary of what you get up to every day Jasmine is swimming.
- Take some photos of the sea to make a collage - try and get photos of calm seas and also really rough seas. If you don't have a camera you could always draw the sea.
- Find out something interesting about all the counties that touch the coast where Jasmine will be swimming or choose one county, which is very different to your own and see what you can find out about it.
- Find out if there are Girlguiding units in Land's End or John O'Groats - perhaps you can organise to be penpals or organise a zoom meeting with them.
- Organise a beach litter pick.

## Other activity ideas

- Make a trefoil out of beach materials - sand/shells/driftwood etc.
- Ambassadors are people who are really interested in Girlguiding and know what a great movement we are. They use their voices as much as they can to promote what we do in Rainbows, Brownies, Guides and Rangers so that more people hear all about us. We have 2 ambassadors in North Yorkshire North East county. Our other ambassador is the Lord Lieutenant for North Yorkshire, Johanna Ropner.
- Find out what the role of the Lord Lieutenant is. Who is the Lord Lieutenant for your county? Does your county have any ambassadors.

## BADGE ORDERS

Badges cost £1.00 each. Profits from the badge sales will be split between Jasmine's chosen charities and Girlguiding North Yorkshire North East county where the money will be used to help girls take part in adventurous activities.

We will be keeping Jasmine regularly updated with badge sales and it would be great to be able to tell her where in the country badge orders have come in from. We are sure it will be a huge boost to her, when the going gets tough, to know she has support from Girlguiding all around the UK.

It would be useful if badge orders can be put in as soon as possible so we can get an idea of the level of interest but badges may not be available until September at the earliest. Cheques will not be cashed until the badges are ready for despatch. All details are on the badge order form below.

Jasmine has kindly offered to run a zoom call when she is home and recovered from her adventure, to tell our members all about her experiences and to answer any questions. If you are interested in hearing about this opportunity, please circle yes on the badge order form and ensure you include your email address so we can contact you.

**Any questions, please email [rachel.ccnyne@gmail.com](mailto:rachel.ccnyne@gmail.com)**

# Badge Order Form

Leaders Name:	
Unit name:	
District/Division:	
County:	
Total number of Badges at £1 each:	
Total cost of Badges:	
Delivery cost (please tick the correct number of badges:	<input type="checkbox"/> 1-25 badges - £1.00 <input type="checkbox"/> 26-50 badges - £1.25 <input type="checkbox"/> 51-100 badges - £1.50
Total cost of badges and postage:	
We would like to be informed about the zoom call with Jasmine - Yes / No	
I am paying the amount above (please tick the correct box):  <input type="checkbox"/> Via bank transfer to Guide Association NYNE Sort Code: 20-56-74 Account Number: 20390712 Reference: The Full Length  Please email a copy of the order form to <a href="mailto:rachel.ccnyne@gmail.com">rachel.ccnyne@gmail.com</a> before transferring the money.  <input type="checkbox"/> Via a cheque payable to Girlguiding NYNE. Please send the order form and cheque to: Rachel Lamond, Rigg House, Sutton, Thirsk YO7 2QE	
Contact Email Address:	
Delivery Address:	
Leader Signature:	