



Story Page Rubbing Sheet



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How to Use your Story Page Rubbing Sheet

Note: Please put your name on your rubbing sheet before you start in case it gets lost or misplaced.

Follow the clues listed in your *Storybook* for each hike that you choose. Each hike has a post hidden along the route. When you find the post, you'll see a plate with embossed artwork on it, along with a 4-digit code. Place the area of the sheet that has the name of the Story Page on it (like "Unicorn" or "Dragon" or any of the other terms) and rub gently over the surface of the paper with a crayon or pencil to make the art appear. Your Storybook shows what the word art should look like for that hike.

This is important: **Make sure you remember the 4-digit code** (take a picture, write it down, etc.) so you can enter it into the Beanstack app to earn credit for your hike.

Rubbing sheets will not be collected this year, so they are yours to keep. If you choose to use your rubbing sheet, please be sure to follow social distancing practices and sanitize your hands afterward. But remember — to receive credit for your hikes, **you must enter the codes online in the Beanstack app.** See the **Rewards and Prizes** page in your Storybook (p. 24) for details.

Have fun finding all of the *Story Pages* on your adventures!

Liability Release

I understand that, by participating in the *GO Lebanon Get Outdoors and Find Your Story!* program, I will be engaging in physical activities that involve risks of being outdoors, from the activity itself, from the acts of others, or from the unavailability of emergency services or emergency medical care on site. Such risks may include: property damage; bodily injury, and; possible death. By participating in the **GO Lebanon!** program, I understand that I assume these risks and hereby release **WellSpan Health, GO Lebanon!** Task Force member organizations, and participating parks from any claims, losses, liabilities, expenses or judgments, including legal fees and court costs arising out of my participation in the **GO Lebanon!** program.



Things to Remember

Every outdoor activity, including letterboxing, has some risks and dangers. You could get hurt, meet up with wild animals and bugs, and touch poisonous plants. Here are a few reminders as you hunt for story pages with other **GO Lebanon!** kids this summer:

- ❖ Be familiar with the area where you are headed before getting there!
- ❖ Make sure to follow all of the posted park rules.
- ❖ Be respectful of the environment and of others around you!
- ❖ Never hike alone! If you are heading out with a friend, always make sure a responsible adult knows where you will be.
- ❖ Always lock your vehicle and secure any valuables.
- ❖ Wear clothing that is loose-fitting, lightweight, and light-colored to protect your skin from the sun and to keep you cool.
- ❖ Lather up with sunscreen – keep your skin healthy for years to come!
- ❖ Bring plenty of water with you and make sure you drink it even if you don't feel thirsty.
- ❖ If it is really hot outside, bring extra water along, walk slower, and take more breaks.
- ❖ Seek safe shelter if the weather gets dangerous, or if you hear or see any storms nearby.
- ❖ Step carefully over and around fallen logs and branches, rocks, roots, and other things lying on the ground.
- ❖ Poisonous plants – poison ivy, poison oak, or poison sumac – may grow near a story page or along a trail. Know what each looks like and watch out for them!
- ❖ Spiders, insects, snakes, or other critters may visit the same places where story pages are hidden. Be careful where you step and where you reach!
- ❖ Mosquitoes, black flies, or other annoying bugs may bother you. Make sure to wear bug repellent spray or other products to keep them away.
- ❖ Always check to make sure that you are not taking any bug friends home with you.
- ❖ Be careful around ponds, lakes, rivers and streams. Don't swim alone!

Bean Stalk

Castle

Cat

Dragon

Knight

Leprechaun

Magic Lamp

Magic Wand

Mermaid

Princess

Snowy Owl

Troll

Unicorn

Witch

Wolf

