

# Scout Section Gold Award



This booklet belongs to:

**ADVENTURE  
PLUS!**



**SCOUTS**  
New Zealand

“Getting outdoors and experiencing the scenery, sun and sea is a universal pleasure enjoyed by millions of people on the planet. But for it to be the pleasure we expect, we need to be trained so that it doesn’t become a battle for survival.

The Skill Sheets have been compiled as a training aid that will allow all Scouts in New Zealand to:

- safely experience adventure and enjoy fun in the outdoors,
- develop the skills needed to survive in life, particularly in emergencies,
- care for the environment in which we live and pass it on in good condition to the next generation.

These Scout Skill Sheets are a ‘one stop shop’ of basic information for the members of SCOUTS and their leaders.

If you follow the guidelines, you will safely visit and enjoy the magnificent scenery that most people see only on TV, the internet, calendars and in magazines. You will also enjoy the friendship of many others as you live your life”.

Enjoy your Scouting.

*Kelly Bleakley*

National Commissioner  
SCOUTS New Zealand

# Scout Award Scheme Skill Sheet Contents



## Outdoors Cornerstone—Gold Level

Sheet Title	Contents
1 Campcraft Equipment Sheet 133	<ul style="list-style-type: none"> <li>• Show an understanding of the food pyramid and the nutritional requirements</li> <li>• Using a small gas or solid fuel cooker, prepare a meal suitable for tramping</li> <li>• Demonstrate the care of a lantern including changing a mantle, or a bulb.</li> </ul>
2 Campcraft menu Sheet 134	<ul style="list-style-type: none"> <li>• Draw up a complete nutritious menu (including quantities) for a weekend camp</li> </ul>
3 Campsites / hygiene Sheet 135	<ul style="list-style-type: none"> <li>• Prepare a checklist to ensure that a high standard of camp hygiene is maintained.</li> <li>• On a selected site describe how to set up a campsite giving reasons for your choice</li> </ul>
4 Expeditions sheet 136	<ul style="list-style-type: none"> <li>• In a Patrol or with 3 or more friends, carry out a journey of at least four hours using map, compass and or GPS to assist you.</li> <li>• Using the map explain the route followed to the Leader or Patrol – e.g. terrain, track, features.</li> </ul>
5 Environment Sheet 137	<ul style="list-style-type: none"> <li>• Be able to recognize six different cloud types and describe the weather bring.</li> <li>• Using actual observations and an isobaric (weather) map, predict the weather.</li> </ul>
6 Outdoor Skills GPS and Risk sheet 138	<ul style="list-style-type: none"> <li>• Demonstrate how to use a GPS and a compass.</li> <li>• Use a GPS or compass to plan and follow a simple route.</li> <li>• Explain why we should not rely on a GPS alone.</li> <li>• Complete a Risk Assessment Management Sheet for a Patrol or Group activity.</li> </ul>
7 and 8 Outdoor Skills Pioneering and tools Sheet 139 and 140	<ul style="list-style-type: none"> <li>• Demonstrate three knots that could be used in rescue situations</li> <li>• Learn two more lashings different from those used in the Silver Award.</li> <li>• With a Patrol or Team construct two items on the following list. <ul style="list-style-type: none"> <li>- Raft, tower, bridge or similar item.</li> <li>- Camp equipment such as bench top or table</li> <li>- Catapult or any other construction approved by your Patrol Leaders Council or the Scout Leader.</li> </ul> </li> <li>• Demonstrate how to care for and safely use the tools and equipment commonly found around camp.</li> </ul>

# Scout Award Scheme Skill Sheet Contents



## Community Cornerstone - Gold Level

Sheet Title	Contents
1 Emergencies Sheet 141	<ul style="list-style-type: none"> <li>• Demonstrate the ability to assess and treat minor injuries.</li> <li>• Demonstrate how to summon help in an emergency and what to do whilst waiting.</li> <li>• Know how to recognise an asthma attack what to do to assist.</li> <li>• Describe the symptoms /treatment for: Hypothermia, Heat exhaustion, Heat Stroke</li> <li>• Explain what RICE stands for in the First Aid situation.</li> <li>• Demonstrate two types of sling.</li> <li>• Explain how to recognise the signs and symptoms of shock and how to treat them.</li> <li>• Explain the importance of immobilising an injury and demonstrate two bandaging techniques.</li> </ul>
2 My Community, My Country Sheet 142	<ul style="list-style-type: none"> <li>• Research and explain what the National Scout Schools offer.</li> <li>• Find out what region of World Scouting New Zealand belongs to.</li> <li>• Find out about Scouting in one of the countries in our region.</li> <li>• Play a game or activity from that country.</li> <li>• Select one International Organisation. Show how it assists the World Community.</li> <li>• Find out about, belong to, or participate in an activity with another youth organisation.</li> </ul>
3 My Community Helping and History Sheet 143	<ul style="list-style-type: none"> <li>• Assist at Keas or Cubs for eight hours (weekly or over a weekend camp).</li> <li>• Assist in a community project to protect or foster native fauna or flora.</li> <li>• Draw a time line showing some important dates in the development of Scouting.</li> </ul>

## Personal Development Cornerstone - Gold Level

Sheet Title	Contents
1 Physical and Social Skills Sheet 144	<ul style="list-style-type: none"> <li>• Be able to throw a life line to within one metre of a person eight metres away.</li> <li>• Explain to the Scout Leader how to deal with peer pressure</li> <li>• Compare two different religions and list what they have in common.</li> <li>• With a friend, compare and be prepared to discuss or demonstrate how the Scout Law fits into the beliefs and values of a religion chosen by you.</li> <li>• Complete <u>one</u> of the following:             <ol style="list-style-type: none"> <li>1. Help plan and run a Scouts Own OR</li> <li>2. Attend a Church Parade</li> </ol> </li> <li>• Attend a Sandford Leadership Course. After the course practise these skills by organising and leading an activity or camp with your Patrol or a group of friends.</li> </ul>

# Scout Award Scheme Skill Sheet Contents



## Personal Development Cornerstone - Gold Level

Sheet Title	Contents
2 Expression and Personal Challenge Sheet 145	<ul style="list-style-type: none"> <li>• Complete another Personal Challenge badge from Outdoors list.</li> <li>• Complete another Personal Challenge badge from Community list.</li> <li>• Complete one of the following: A Personal Challenge Badge from the Arts or Crafts section, Or an activity or project of your choice and design.</li> <li>• Discuss the Patrol Code of Conduct with the leader and explain the consequences of not following the "rules". If the Patrol doesn't have a Code of Conduct, create one and ask the Patrol to discuss and adopt it.</li> </ul>

## New Experiences Cornerstone - Gold Level

Sheet Title	Contents
1 New Experiences Sheet 146	<ul style="list-style-type: none"> <li>• Help plan and organise a National Programme activity.</li> <li>• Take part in and help plan a visit to JOTA, JOTI, a Zone Camp, Cub Day.</li> <li>• Work with another Scout and help organise a Troop visit to a place of interest where the Troop can learn or practice <b>one</b> of the following: <ul style="list-style-type: none"> <li>• develop a new skill, or</li> <li>• meet a person of interest, or</li> <li>• learn something about the community you live in or near.</li> </ul> </li> </ul>

## Chief Scout Award

Sheet Title	Contents
Outdoor Cornerstone Sheet 147	<ul style="list-style-type: none"> <li>• Plan and run an activity for a Patrol or Troop which will include two nights Camping.</li> </ul>
Community Cornerstone Sheet 147	<ul style="list-style-type: none"> <li>• Demonstrate a knowledge of the World family of Scouting.</li> <li>• Work as an activity leader with a Kea Club or Cub Pack for a period of 20 weeks.</li> </ul>
Personal Development Sheet 148	<ul style="list-style-type: none"> <li>• Complete the Explorers Challenge.</li> <li>• Gain a recognised First Aid Certificate.</li> <li>• Take part in an outdoor sport or activity. Participate in it regularly for at least 10 hours over a minimum of three months.</li> <li>• Choose a hobby, topic to study or a leisure pursuit. Acquire a reasonable skill in or knowledge of the activity and participate in it regularly for at least 10 hours over a minimum of three months.</li> </ul>
New Experiences Sheet 148	<ul style="list-style-type: none"> <li>• Research the Duke of Edinburgh's Hillary Award and explain the requirements for the Scout age group.</li> <li>• Attend an organised event of three days duration (away from home and need not be Scouting) e.g. Jamboree, National Scout Schools, School sports tournaments, cultural exchanges.</li> <li>• Attend a Venturing Explained.</li> <li>• Complete two new Personal Challenge Badges</li> <li>• When all the other requirements of the Chief Scout Award have been met, make an appointment with the Zone Scout Leader or their appointee to discuss your achievements. You will be asked to discuss the part the Scout Law and Promise plays in your life.</li> <li>• Prepare and take with you a written CV of your Scouting achievements including any relevant certificates and a logbook or presentation about your expeditions.</li> </ul>

## CAMPCRAFT SKILLS Part 1

Date Completed

- Show an understanding of the food pyramid and the nutritional requirements
- Using a small gas or solid fuel cooker, prepare a meal suitable for tramping
- Demonstrate the care of a lantern including changing a mantle, or a bulb.

**We Need Fuel For Our Body**

Food and drink for people is the equivalent of petrol, oil and water for a car.



If you don't keep topping up the various tanks you will run out of gas and end up sitting beside the road.

Our bodies are like many cars, very particular about what you 'top them up' with. Some bodies will only run on gluten, dairy or sugar free foods, others just need good quality fuel. Very few run for long on the wrong type of fuel.

If you are going to be fit for tramping, camping, and sport, you owe it to yourself and those you are with, to refuel regularly with a balanced range of good food and fresh water in the right quantities so that you don't 'break down' and end up on the side of the track where you become a burden to everyone else.

The chart opposite gives an indication of the foods we need to eat to keep our bodies running efficiently.

**Fats, oils, fast foods and sweets**

Once or twice a week at the most.

**Milk, cheese and yoghurt group**

3 servings per day, perhaps 1 serving for breakfast and 2 for lunch.

**Meat, Fish and Poultry group**

2 servings per day, perhaps 1 for lunch and 1 for dinner.

**Vegetable group**

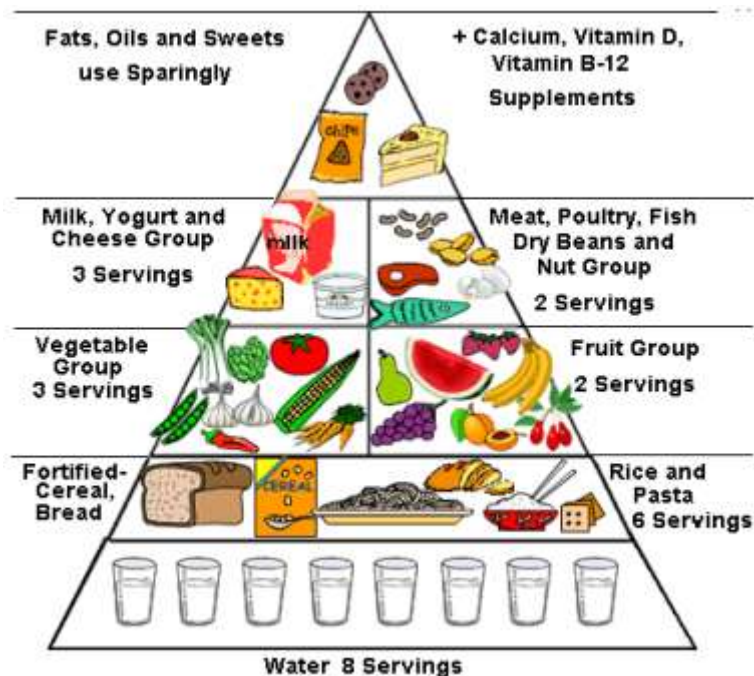
3 servings per day, perhaps one for lunch and 3 for dinner.

**Fruit group**

2 servings per day, perhaps 1 for breakfast with cereal and 1 after lunch.

**Bread, Potato, Rice or Pasta group**

6 servings per day, perhaps 2 slices of bread or a cup of cereal for breakfast, 2 slices for lunch, and 2 potato's or 1 to 2 cups of rice with dinner.

**Eat Servings Of These Each Day****Each of the following is approximately one serving:**

- 1 glass of milk or water
- 3 slices of cheese.
- Enough meat to fit in the palm of your hand and up to the thickness of your thumb.
- 1 medium potato,
- 2 tomatoes,
- 1 ear of sweet corn,
- 1 cup of peas,
- 1 cup of chopped beans
- 1 cup of diced carrots
- 1 piece of fruit such as an apple, pear or banana.
- 2 slices of bread, or 1 cup of cooked pasta or rice.
- 2 slices of Pizza,
- 1 burger,
- 1 small tub of fries, chips or noodles.

**Note:**

Potato, Kumara and Taro are starches and are part of the same food group as bread, rice and pasta.

## Prepare and Cook a Dinner Suitable for a Hike

Cook this meal on a small Gas Cooker or a small Solid Fuel Cooker of the type used when tramping.

The meal must be nutritious and sufficient to refuel you after a days tramping.

You may make your own meal based on noodles or rice or something similar, or use a freeze dried or other pre-packaged tramping meal.

Remember to ensure it is a balanced meal with fruit etc.



## Maintaining a Gas Lantern

These lanterns are rated about 150 candle power or less and like all gas lanterns, don't stand up to bumps and bangs.



### If a gas lantern is severely knocked:

- The glass shield surrounding the burner may crack and leave the flame exposed, creating a potential fire hazard.
- The mantle may break, effectively stopping the lantern from working at all.

### These lanterns must not be used in hike or Patrol tents

This is due to the poisonous fumes they emit (carbon monoxide).



There is a fire risk from the stove being knocked over in a confined space.

## About The Mantle

This is a small net-like bag, smaller than a golf ball, that gives off the light in a liquid fuel lantern.

It hangs down from the top of the fuel pipe on a gas or kerosene lantern. See the image opposite.

- The mantle is made of silk impregnated with a mixture of chemicals.
- It is pliable when first fitted to the fuel line, but once heated, burns off the silk and leaves behind a fragile ceramic shell that glows white hot when heated by the burning gas.
- The lantern is not safe to use if the mantle is knocked and a hole appears in it. The mantle must be replaced immediately.



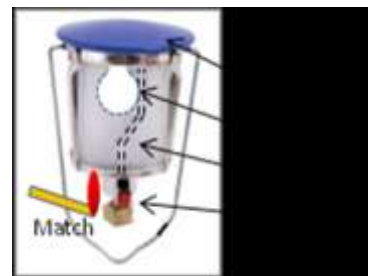
Before fitting



After fitting and burning

## Replacing a mantle

- Turn the gas off and if possible disconnect the lantern from the gas source.
- Unclip the top cover off the lantern and remove the glass wind shield.
- Clear the remains of the old mantle out and blow all the dust away.
- Take the new mantle and locate the ends of the string used to tie it to the fuel line. Note that the new mantle is twice the size of a mantle that has been used.
- Carefully place the opening in the mantle over the fuel line and tie the string tight so that it fits in the groove on the end of the fuel line.
- Light the mantle and watch as the silk initially turns black, shrinks to half its size and burns away.
- Clean and replace the glass wind shield and the top cover.
- Reconnect the gas lines or canister.
- At this point the lantern is ready for use and can be lit. The mantle should glow bright and white.



## Demonstrate The Care Of A Lantern

Once you have learned how to care for a lantern used by your Scout Troop, teach a younger Scout:

- The safety rules.
- How to insert a gas canister or batteries.
- How to change a mantle or the light bulb.

## CAMPCRAFT SKILLS - Camp Menus

Date Completed

- Draw up a complete nutritious menu (including quantities) for a weekend camp

**Draw Up A Menu For Camp**

Create and write down a menu for a weekend Patrol Camp for 6 persons.



**Remember that breakfast is the most important meal of the day.**

It sets your body up so you can think and work effectively for the rest of the day.

Discuss your menu with a Leader and explain why you chose each meal and how you worked out the quantities.

This sheet gives you some suggestions for your menu.

**Patrol Camp Breakfast Suggestions****Suggestion 1:**

- Cereal such as muesli, oats, rice or similar with slices of fruit such as apple, orange, or banana.
- 2 slices of toast with spread
- Spreads such as jam, marmite or vegemite
- Cocoa type hot drink

**Suggestion 2:**

- Boiled, poached or scrambled eggs
- 2 slices toast and spread
- Spreads such as honey or jam
- Cocoa type hot drink

**Suggestion 3:**

- Fried egg, sausage and bacon with tomato
- 2 slices of toast and spreads
- Cocoa type hot drink

**Suggestion 4:**

- Baked Beans or Spaghetti
- 2 slices of toast and spreads
- Cocoa type hot drink

**Patrol Camp Lunch Suggestions****Suggestion 1:**

- Sandwiches. Suggested fillings: cheese slices, lettuce, luncheon, bacon
- Apple or orange
- Water or powdered cordial

**Suggestion 2:**

- 2 minute noodles
- Banana or apple
- Water or powdered cordial

**Suggestion 3:**

- Filled rolls. Suggested fillings: luncheon, cheese, cucumber.
- Apple, pear, or orange etc.
- Water or powdered cordial.

**Suggestion 4:**

- Camp bread or scones made in a camp oven with spreads such as jam or honey.
- Apple, pear, or orange etc
- Water or powdered cordial

**Patrol Camp Dinner Suggestions****Suggestion 1:**

- Mince stew with diced potatoes, carrots, onion, and peas, flavoured with tomato sauce.
- Instant pudding with canned fruit.
- Hot cocoa type drink.

**Suggestion 2:**

- Curried sausages, with onion, peas and apple slices.
- Mashed potato or rice,
- Custard (in a carton) with canned fruit.
- Hot cocoa type drink.





**Patrol Camp Dinner, *continued***

**Suggestion 3:**

- Chilli con carne (mince)
- Nachos' with grated cheese topping
- Pancakes with lemon juice and sprinkled sugar
- Hot cocoa type drink



**Suggestion 4:**

- Hot soup (packets)
- Pasta and bacon carbonara.
- Hot cocoa type drink



**Checklist For The Kitchen Larder**

Here is a checklist to help you remember those items that don't usually appear on a menu but which are important. You won't need them all.

**Condiments & General**

- Salt and pepper
- Spices and herbs
- Seasonings
- Tomato sauce
- Soy sauce
- Mayonaise
- Vinegar
- Cooking oil
- Flour
- Sugar or sweetener
- Powdered milk
- Cling film
- Baking paper
- Foil



**Sandwich Foods**

- Bread
- Peanut Butter
- Jam
- Lettuce
- Cheese
- Tomatoes
- Luncheon or other cold meats
- Butter/ Margarine spread

**Drinks and Snacks**

- Tea
- Cocoa or Milo
- Cordial (sugar free powder)
- Biscuits / Energy Bars

**How To Calculate Quantities**

Use the quantities below and then ask your parents to have a look at the way the quantities have been calculated and give their thoughts.

**Guidelines per average Scout**

**Vegetables**

- 2 Potatoes medium
- 2 Tomatoes
- 1 Carrot medium
- 1/10th cabbage
- 1/10th Cucumber
- 3 Silverbeet leaves
- 1/2 cup peas
- 1/2 cup sliced beans

**Meats**

- 2 Sausages (16 per kg)
- 2 Luncheon or cold meat slices
- 1 steak or schnitzel
- 100 gms mince meat

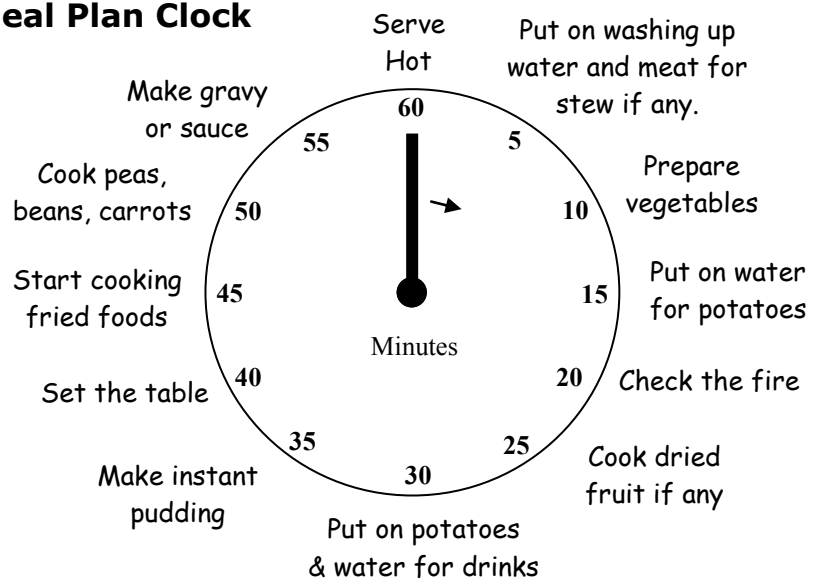
**Cereals and Breads**

- 2 Weetbix (45 per box)
- 30 gms Muesli and cereals
- 3 slices (21 per loaf)

**Canned and Packet foods**

- 250 gms Spaghetti (canned)
- 250 gms Baked Beans (canned)
- 1/3rd sachet soup powder
- 1/3rd sachet of gravy mix
- 100 gms spaghetti dry
- 10 gms spread (50 slices per 500gm tub)
- 10 gms of jam per meal (360gm Jar)

**A Meal Plan Clock**



## CAMPCRAFT SKILLS - Part 2

Date Completed

- Prepare a checklist to ensure that a high standard of camp hygiene is maintained.
- On a selected site describe how to set up a campsite giving reasons for your choice

**Camp Hygiene**

Getting sick at a Scout camp really is an unpleasant experience and one to be avoided at all costs.

Sometimes we bring a cold to camp and can't do much about it. But getting a sick stomach with vomiting and diarrhoea is generally avoidable if you follow some simple rules while in camp and elsewhere.

**Drink lots of water**

- You need to drink at least 2 drink bottles of water, as well as any chocolate drinks while in camp.
- If your fluid intake drops you will get sick. It's that simple.

**Wash your hands**

This is the second most important requirement to avoid getting sick. Wash them in clean water and soap in these circumstances:

- After going to the toilet
- Before handling or preparing any food for meals
- Before eating any food

**Wash these also**

- Tables and bench tops. Wash before preparing food
- Tables used for eating. Wash before and immediately after meals
- Any dishes and utensils used for cooking. Wash both before and immediately after meals. Beware of flies contaminating these between meals.
- Personal dishes and cutlery. Scrub thoroughly, rinse the soap off and leave to dry if possible.

**Rubbish Bags**

Put all food scraps and leftovers in a plastic rubbish bag and take it home.

Secure the bag so dogs, cats, birds, rats or possums cannot tear it open and flies infest it.

**Cutting Boards and Knives**

Always take two cutting boards to camp.

- *Mark one for vegetables and bread*
- *Mark the other for meat and fish*



The same applies to knives. Knives used for cutting meat must not be used for vegetables or bread unless thoroughly washed first.

**Create a Hygiene Checklist**

Consider all the points in the column opposite and above, then create a checklist you can use to teach another Scout the basic standards for camp hygiene.



- Discuss the list with your Leader.
- Use the checklist to teach a younger Scout or Scouts what to look for and how to try and eliminate sickness from occurring in camp.

**Here are a few suggested headings for the checklist:**

- Sleeping tents.
- Site.
- Food storage.
- Food or rubbish disposal.
- Toilets.
- Drinking water.
- Kitchen area.
- Utensils.

Now you need to add the standards to be achieved.

## Plan a Campsite

Ask a Leader to choose a piece of a park, reserve or a farmers field that you can use to plan a campsite.

Examine the field and then sketch it on a sheet of paper, marking in the:

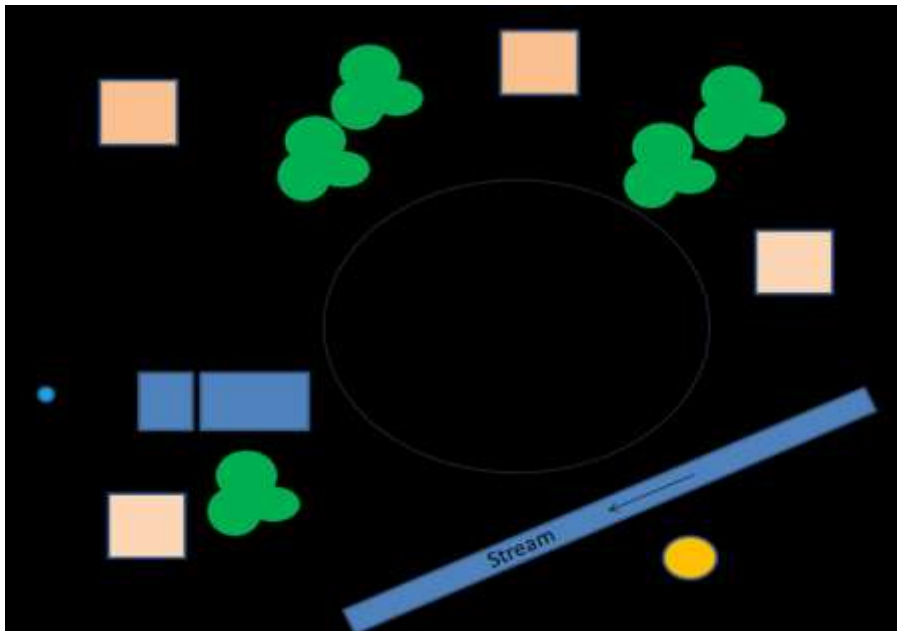
- Hills if any.
- Slopes.
- Trees.
- Stream and possible flood areas.
- Prevailing wind.
- Arrow for North.



Use this sketch to teach some new Scouts how to plan a campsite, keeping in mind the guidelines and suggestions in the Skill Sheet '*Silver Award Outdoors 2 Campcraft*'.

Your Leader may wish to observe this training session.

## Sketch Of A Possible Troop Camp Site



## EXPEDITION SKILLS

Date Completed

- In a Patrol or with 3 or more friends, carry out a journey of at least four hours using map, compass and or GPS to assist you.
- Using the map explain the route followed to the Leader or Patrol  
– e.g. terrain, track, features.

**Carry Out a Four Hour Journey**

This is to enable you to practise map reading and compass work as well as getting used to carrying a pack and tramping, canoeing, sailing or rowing.

Here are some things you need to be aware of when planning this journey.

1. **Get the correct map and a Silva Compass.** Thoroughly plan the route.
2. **Talk to someone who has done the trip.** See what you can learn about the route. Ask about forks in the track or road that could lead you astray.
3. **Work out the Map References.** You need these for the start and end points.
4. **Download a Scout Activity Intention Sheet.** Complete it correctly and give it to your leader at least a week before the planned trip. This is so your Leader knows who is going, where you are going and where to start looking if things go wrong.
5. **Carry the right gear.** A huge number of trampers on day trips get lost, hurt or experience bad weather and have to be rescued because they were not prepared for mishaps.
6. **Carry a day pack** with a warm jacket and trousers, extra energy snack food and drink, rain coat, survival blanket and your emergency kit. Remember, always "Be Prepared" to stay out overnight if you have to.
7. **If you can, carry a cell phone.** It may be useful and save a lot of time and stress. A four hour trip doesn't usually warrant hiring a mountain phone.



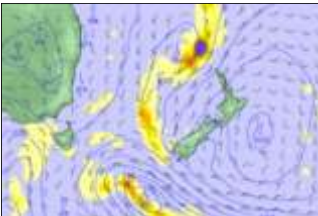


Start BR42 321567  
End BR42 323572

**Safety Check**

Use the map and explain to the Scout Leader the planned route for the journey. This is a check on your planning and also to minimize the risk of things going wrong during the trip.

**You must have the Scout Leader's approval before starting the activity**

- Take the 'Activity Intention Sheet' to a meeting and ask the Scout Leader to sign it and send it to the Group leader. 
- If you are planning a trip in a cutter, canoe or raft, you must discuss your plans with the Zone Water Activities Adviser and get approval from him or her as well. This is really important as these people are specialists in water based activities and will be able to advise you on safety matters. They will also double check the weather forecasts etc. 
- Lastly, 'CHECK THE WEATHER FORECAST' the night before the activity and again several hours before you leave. 
- If you or any one else is worried about the weather, particularly the Scout Leader, then postpone the trip until another time.
- Think about safety and risk. Don't put other people at risk because they had to rescue your party.

**ENVIRONMENT SKILLS**

- Identify 12 native plants/bird/animals. Explain their place in the ecosystem.
- Be able to recognize six different cloud types and describe the weather bring.
- Using actual observations and an isobaric (weather) map, predict weather.

Date Completed


**Native Plants, Birds Or Animals**

You have already done part of this in the Bronze and Silver Awards, so this time you need to be able to identify another 3, making a total of 12 altogether.

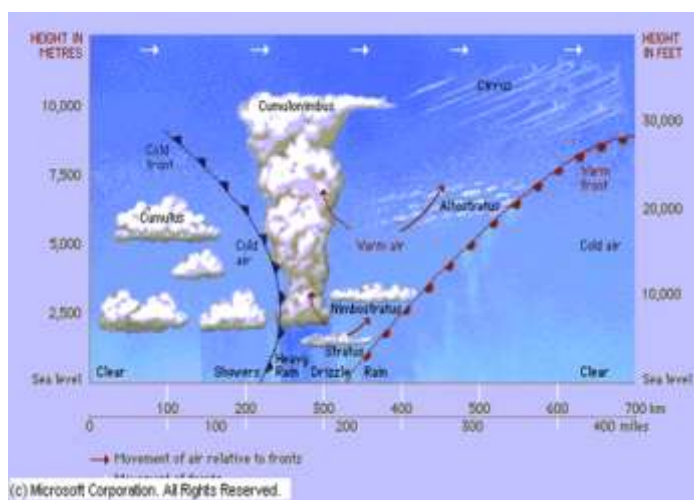
However, you must be able to identify 12 in total this time to pass the requirement. Use the internet, the local library or Zoo to learn where the plants, bird or animals live, what they feed on to survive. These images may help your memory.



**Common Cloud Types**

The following cloud types are common in New Zealand. To keep yourself and your friends safe when on activities in the outdoors you need to recognise the characteristics of each and what they can tell you about forecasting the weather.

There are up to ten fundamental cloud types, which can be divided in High, Mid and Low level types. Here are a few of the main cloud types.



**High Level Clouds**



**Cirrus (Ci),** Sometimes known as 'Mares Tails', these are mostly ice crystals. They tell us that a front is approaching and is between 24 and 36 hours away.



**Cirrostratus (Cs)** Still Cirrus clouds, but generally tells us that a weather change is between 8 and 12 hours away.

*Continued on the next page*

**Mid Level Clouds****Altostratus (As)**

Usually no significant weather change for 12 to 36 hours, and then the weather deteriorates.

**Nimbostratus (Ns)**

It's already raining or about to. This cloud brings several days of rain or snow. Not necessarily heavy, but persistent.

**Low level Clouds****Cumulus (Cu)**

Nice puffy innocent looking clouds, but bad weather is on the way tomorrow.

**Cumulonimbus (Cb)**

Gusty winds, thunderstorms, lightning and heavy rain are due in a few hours.

**Stratocumulus (Sc)**

Stable winter weather with maybe some light showers. Patches of blue sky means good weather coming.

**Stratus (St)**

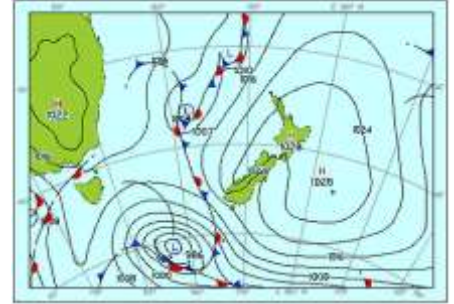
Rarely rains, and if it does its misty and light. Stable weather for a couple of days.

Pick six cloud types and learn the weather they are associated with.

Discuss these with a Leader and correctly identify each cloud type, or instruct your Patrol members in cloud identification.

**Predict the Weather for Tomorrow**

Cut an Isobaric (weather) map out of today's paper, or download and print a weather map for the next day from the internet.



Discuss the weather map with your Leader. Give your interpretation of the map and explain what you believe the weather will be like tomorrow.

Use any clouds visible, to check the forecast and see if your interpretation of the map and reading of the clouds agree.

In short:

- *The map tells you what is coming.*
- *The clouds tell you approx when it might arrive.*

**Things to remember:**

- When a Low pressure front catches up with a High pressure front, the point at which they meet and overlap will bring a change in the weather that usually means rain and wind.
- When the Isobars are close together it means the winds are very strong.
- A Low is a cyclone and the winds rotate clockwise
- A High is an anticyclone and the winds rotate anticlockwise.

**In the map above tells us:**

- The light winds from the High will blow onto the upper North Island from the North East.
- The same high will bring North Westerly winds onto the lower South Island.
- Fishermen in Invercargill would be wise to stay in port as high winds from the Low to the South will churn up the sea and bring huge waves.

## OUTDOOR SKILLS - Activities

- Demonstrate how to use a GPS and a compass.
- Use a GPS or compass to plan and follow a simple route.
- Explain why we should not rely on a GPS alone.
- Complete a Risk Assessment Management Sheet for a Patrol or Troop.

Date Completed


**About the GPS And Compass****A GPS**

GPS means a 'Ground Positioning System'. It's an electronic device.

Always read the instructions as each model and brand of GPS may have different methods of operation.

**A Silva Compass and Topographical Map**

The two go together. Nearly all compasses and maps are used in the same way.

Only the scale of the maps vary.

**About the GPS System**

GPS devices communicate with a series of satellites that work together to tell the device where it is on the earth's surface to within several metres.

The satellites circle the planet every two hours or so.

**Consider these issues:**

- GPS often don't work in heavy cloud cover or during a rain storm
- GPS needs batteries in order to operate.
- GPS being electronic, hate water and generally give up once wet.



**WARNING:** GPS devices are great, but always take a compass and map on a tramp, just in case.....

**Use A GPS Or Compass To Plan A Simple Route**

This is your chance to pass on your skills and knowledge.

- Go to a local reserve and using a compass or a GPS or both, plan a simple route and write down the co-ordinates or Map References and distances.
- Explain to any new Scouts in your Patrol how to use a compass or a GPS, and how to follow your instruction sheet. Then set them off to follow your directions.
- Explain to your Leader the advantages and disadvantages of using a GPS and what you should do to minimise the risk of a GPS failing.

If you need a refresher on how to use the Compass, refer to the "*Silver Award Outdoor Cornerstone 3 Expeditions*" skill sheet.

**What Is A RAMS Sheet**

A RAMS sheet is a "Risk Assessment Management System" form or sheet that Scouts use to try and **'Eliminate, Isolate or Minimize'** the risk of accident or injury on an activity.

When completing a RAMS sheet it's best to work on the principle that two or even three heads are better than one, so work together and make sure you cover all the possible risks involved on site and relating to the activity.



Overleaf is a partial sample RAMS sheet for a summer activity camp. The form shown is a simplified format that you should be able to copy and complete quite easily.

The official Scout RAMS form is generally used by the Leaders and the organisers of big camps and activities.

It can be downloaded from the Scout Website.

Pick your favourite Troop Camp site, complete the RAMS sheet overleaf for a weekend camp and discuss it with your leader.

SCOUTS SUMMER CAMP – Risk Assessment Management Plan for: All morning bases

What could go wrong	What could occur if things do go wrong	Actions to eliminate, isolate or minimise the hazards	How likely? 1= Low 9= High	Who is responsible for the action	What are the planned emergency actions if things go wrong?
Scouts injured while running inside buildings	Bruising and possible broken limbs	Minimise by insisting on no running inside buildings. Consequences in place if running occurs.	3	The base instructor assisted by the Scout Leaders.	First aid assessment and treatment.
Scouts burned while using a fire or gas stove	Serious burns and shock requiring medical treatment	Minimise by constant supervision and practical instruction at the beginning of the camp. Have a fire extinguisher readily available and visible.	2	The Scout Leader.	Bucket of water available beside the fire for immediate treatment of the burned skin. Call the first aider immediately.
Scouts hit by a vehicle while walking along the road.	Broken limbs or death	Minimise by walking in patrols 25 metres apart. Walk on the right hand side of the road and cross over to walk on the outside of corners.	5	The Patrol Leader supported by the Scout Leaders. Every Patrol monitored by an adult.	Scout Leaders calls the first aider who arranges a call to 111 for the police and an ambulance.
Dehydration	Fainting, illness and possible hospitalisation.	Eliminate by ensuring all Scouts have filled water bottles and are drinking regularly.	7	Patrol Leaders and Scout Leaders	Call the first aider
Sunburn and sunstroke	Possible hospitalisation	Eliminate by compulsory wearing of hats and applying sunscreen at least twice a day. A shelter to be erected if needed.	7	Base Leader supported by the Scout Leaders	Call the first aider

SCOUT CAMP – Risk Assessment Management Plan for: General Camp Site

What could go wrong	What could occur if things do go wrong	Actions to eliminate, isolate or minimise the hazards	How likely? 1= low 9= high	Who is responsible for the action	What are the planned emergency actions if things go wrong?

**Things to consider**

Would any of the following be a risk at your campsite?

- Is there a stream, river, pond or lake on site?
- Is there a road or track through the site?
- Is there rubbish onsite that could be a risk?
- Is there an electric fence on site?
- Is there a tree looming over the tent site?
- Is it likely animals will wander onto the site?
- Is the site sheltered or are storm lashings needed?
- What else could be a risk?

**What do we do next ?**

It's one thing to create a marvellous RAMS Sheet, but quite another to put the actions into effect.

**Here is a suggestion**

1. Give each Patrol Leader and Scout Leader a copy of the RAMS sheet.
2. The Patrol Leader sits the patrol members down and goes through the form line by line so they all understand it.
3. The Scout Leader does the same with the Adults.



**OUTDOOR SKILLS - Pioneering**

Date Completed

- Demonstrate three knots that could be used in rescue situations
- Learn two more lashings different from those used in the Silver Award.
- With a Patrol or Team construct two items on the following list.
  - Raft, tower, bridge or similar item.
  - Camp equipment such as bench top or table
  - Catapult or any other construction approved by your Patrol Leaders Council or the Scout Leader.

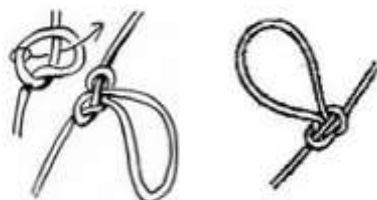
  
  


**Demonstrate 3 Rescue Knots**

Rescue knots are those used for rescuing people from trees, cliffs, mountains and similar unfortunate locations. If you can already tie a Bowline, you have learned one already. Here are some more you can learn.

**Manharness Knot**

This knot is for slipping over the head and under the arms of a person who is conscious and needs lifting or lowering to safety.



The great thing about this knot is that it can be tied anywhere along the rope so it's useful when dropping a rope over a cliff and

down to the ground. The person needing to be rescued can grab the rope at any point and tie the knot.



**Bowline Knot**

Just in case you need to refresh your memory, here is the Bowline Knot. It is used as a rescue knot as it holds firm.

**Figure of Eight**

The figure of 8 knot is used for joining two ropes together to make one long rope for use in a rescue.



Tie a figure of 8 knot in one rope. Then thread the end of the second rope around the same path and pull tight.



These images courtesy of Grog's Animated Knots

**Fireman's Chairlift Knot**



This knot can be tied in the middle of a long rope if needed and is actually two loops.



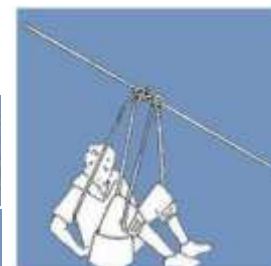
One loop goes under the arms and the other under the knees.



It is ideal for a person who is injured or frightened and is not likely to help the rescuers.



Once you have formed the loops, gently pull them out to make them longer as shown in the illustration below



Do this before you tie the half hitches on each loop to stop the knot slipping.

Have two or three people

at the top of the cliff lowering the person down, and one at the bottom pulling the rope away from the cliff.



Illustrations courtesy of Survivalworld.com

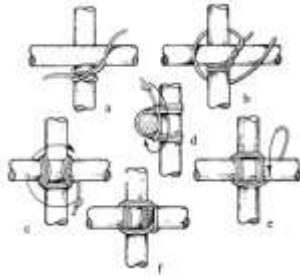
**Demonstrate Two More Lashings**

You were shown three lashings in the Silver Award Skill Sheets. Here they are again plus one new one.

**This is the Square Lashing**

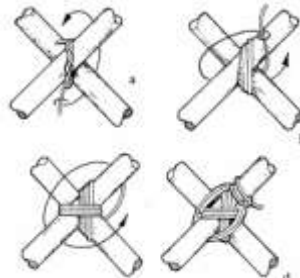
It's used to form the outer structure of a trestle for bridge building and for building shelters.

These images courtesy of [www.idodesigns.co.uk](http://www.idodesigns.co.uk)



**This is a Diagonal Lashing**

It's used on the top of a triangle type trestle or in the middle of the cross braces of a bigger trestle.



**This is a Tripod Lashing**

It's used to secure the top of a tripod to hold a billy over a fire etc.

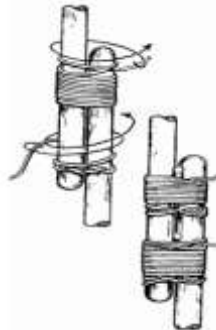


**This is a Shear Lashing**

It's used in flagpole construction to lash two poles together end to end to make a longer pole.

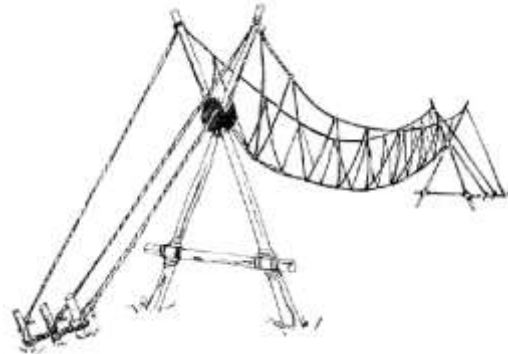
Learn the new lashings and then show your leader how to tie them neatly and tightly.

It would be a good idea to teach a Scout working on the Silver Award how to do this while your Leader observes.

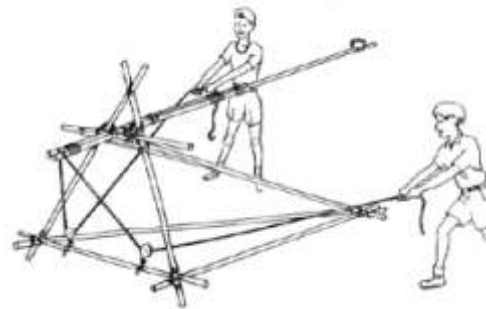


**Sample Pioneering Projects**

**Monkey Bridge**



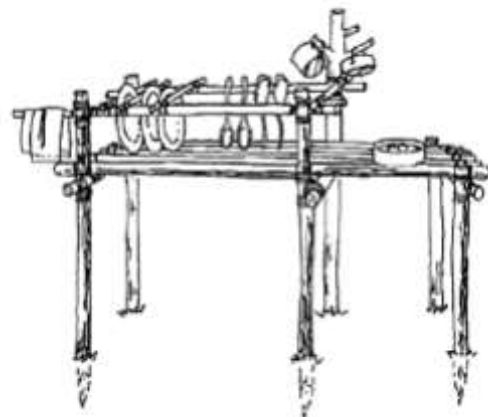
**Two Person Catapult**



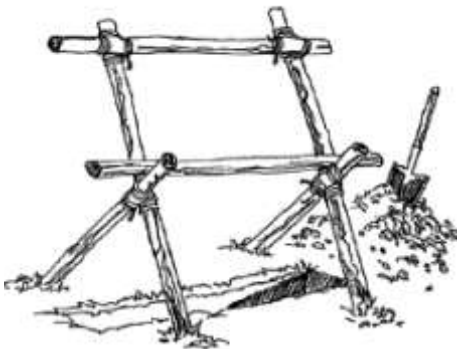
**Basic 'Free Standing' gateway**



**Kitchen Work Table**



**Latrine**



There are many more suggestions at the website: [www.pioneeringmadeeasy.co.uk/](http://www.pioneeringmadeeasy.co.uk/)

**OUTDOOR SKILLS—TOOLS**

Date Completed

- Demonstrate how to care for and safely use the tools and equipment commonly found around camp.

**Care For and Safely Use Tools**

Demonstrate how to maintain and safely use tools commonly used in camp. They could include but not exclusively - axes, knives, saws, shovels, and spades.

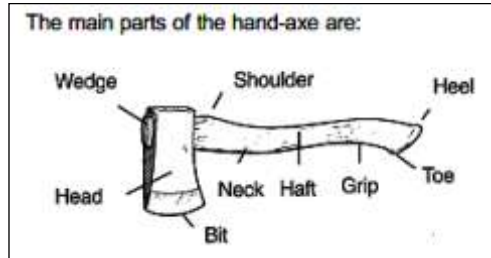
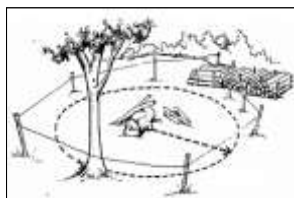
**General comments**

All tools are safer to use when sharp. Using blunt tools are far more likely to injure you.

Before storing tools away for the next camp, spray them lightly with CRC or wipe them over with an oily cloth to reduce the onset of rust and corrosion.

**Axes**

These are the most dangerous tools in camp when used inappropriately. Always rope off an area away from the fireplace and tents, and use the axes within this area.

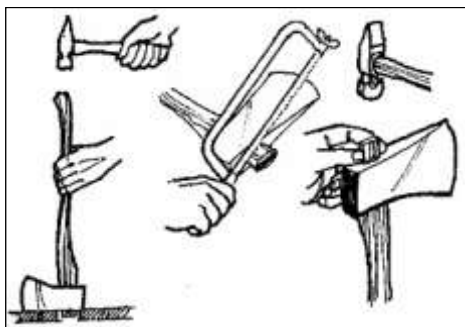


The parts of an axe are shown here.

It's useful to know these when training others.

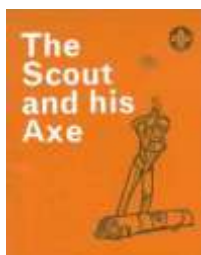
Fitting a new handle is done as illustrated.

The wedge is tapped in last to tighten the fit of the handle in the head.

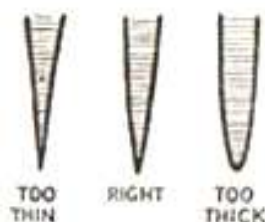


We recommend this old UK Scout document for more information about axes and saws.

<http://www.thedump.scoutscan.com/scoutaxe.pdf>



**Sharpening an Axe**



Use these methods to sharpen an axe.

Always use a sharp file.

A blunt or worn file is dangerous as it may slip with painful results.



To get a really sharp edge, finish by using a sharpening stone on the edge in a circular motion.

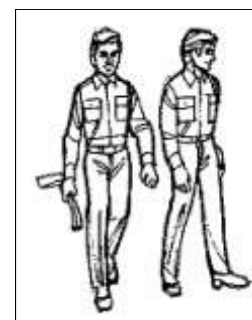
The stone needs to be wet with water or oil for the best results.

**HINT:** A high speed electric grinder will overheat and soften the steel edge so the tools will not stay sharp.

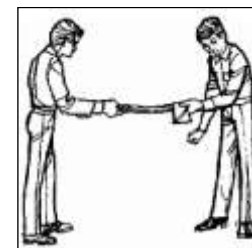


Carry an axe like this with the edge facing away from you. >>>

<<< A smaller hand axe may be carried like this.



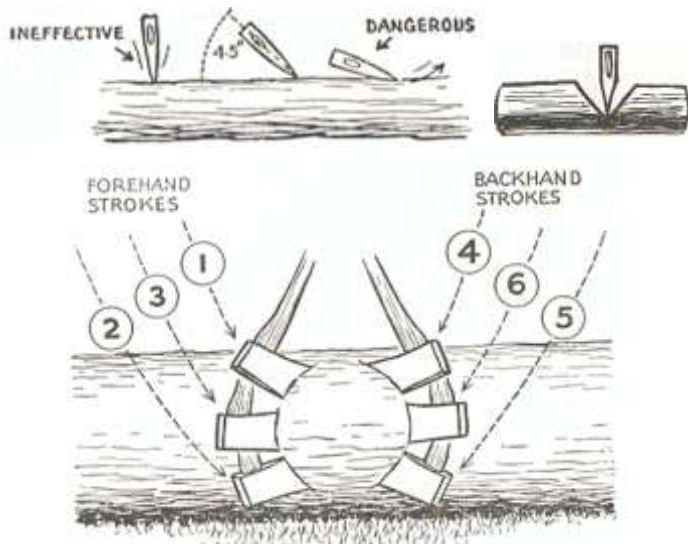
Always pass an axe like this. The head end of the axe is passed first.



## Using An Axe



Note how the axeman is standing so as to avoid getting hit by the axe. The axe should hit the timber at about 45 degrees as shown below.



When cutting through thicker timber, note how you cut up to three times on each side. When halfway through, roll the log over if you can, and start again from that side.

## Sharpening a Shovel or Spade



Lean the spade or shovel against a fence or a stool and hold it with your leg as shown. Use a 'Mill' or 'flat file' to sharpen the back edge at an angle of 45 degrees.

## Sharpening A Knife

A blunt pocket or food preparation knife can be dangerous. Always check a knife for sharpness before using it.

- Make sure that a sharpening stone (carborundum) is always in the Troop tool box and that you know how to use it.
- Make sure the knife blade is held at a 20 degree angle to the carborundum stone.
- Use water (spit) or oil on the stone and then grind the blade in a circular motion, moving the blade back and forwards along the stone so as not to wear the stone in one place.
- When finished, run the knife once across a small piece of wood to remove any steel burrs from the edge of the blade. Do not use your fingers unless you enjoy having steel splinters in them.



Most knives are sharpened in the same manner regardless of their size.

## Sawing Timber

Modern Bow Saws make sawing timber easier than cutting it with an axe. The main thing to remember is to hold the timber still while cutting it. You may need to drive pegs into the ground on either side of the log to hold it still.



Folding Saws are excellent for using at camp.

## Sharpening saws

Blades can be sharpened by a trained person, but it's better and quicker to insert a new blade than to try sharpening it yourself.



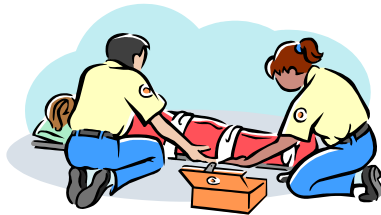
## EMERGENCY PREPAREDNESS

- Demonstrate the ability to assess and treat minor injuries.
- Demonstrate how to summon help in an emergency and what to do whilst waiting.
- Know how to recognise an asthma attack what to do to assist.
- Describe the symptoms /treatment for: Hypothermia, Heat exhaustion, Heat Stroke
- Explain what RICE stands for in the First Aid situation.
- Demonstrate two types of sling.
- Explain how to recognise the signs and symptoms of shock and treat them.
- Explain the importance of immobilising an injury and demonstrate two bandaging techniques.

Date Completed


## Training To Cope With Emergencies

SCOUTS strongly suggest that you obtain formal first aid training for this part of the Award Scheme.



## Here are two options to consider:

- Enrol with a St John, Red Cross, Mountain Safety or other licensed First Aid Training provider and complete their basic first aid course for your age.
- Invite a local St John or Red Cross member who is qualified to train youth members to visit the Troop and over several nights, provide you and several other Scouts with training that will allow you to pass this part of the award scheme.
- They should also assess you before signing off that you are competent at the requirements listed above. This skill sheet will not provide all the details you need to complete so give the sheet to your First Aid Instructors so they know what to cover in the training.

## What Is R.I.C.E ?

It is mnemonic to help you remember the treatment for sprains and strains.

**R = Rest**

**I = Ice** (apply an ice pack)

**C = Compress** (bandage firmly)

**E = Elevate** (raise the injury)



## Assess And Treat Minor Injuries



Treating minor injuries was covered in the Bronze Award First Aid Skill Sheet.

Assessing the nature of the injury and deciding whether to treat it yourself or get help is best taught by a qualified First Aid

Instructor.

## Summon assistance in an emergency

This is also covered in the Silver Emergencies Skill Sheet.



Generally it involves ringing 111, but in some cases, there may be an Accident and Emergency Clinic or a 24 hour Medical Clinic in the neighbourhood that could be used instead.

Research any clinics where you hold activities, list their contact details, and keep the list in your back-pack.

## While waiting for help you need to:

- Check the patient for bleeding and so, try and stop it.
- Check their airway to make sure they are breathing.
- Keep the patient warm but not hot.
- Treat them if they are showing the signs and symptoms of shock.
- Reassure them by talking to them quietly and calmly.
- Observe and note any changes in their well being and tell the medical staff when they arrive.

## Recognise an asthma attack

New Zealand has one of the highest incidence of asthmatics in the world so it's really important that you know how to help people who are having an attack.



## First Aid Resource References

Any current St John, Red Cross or Mountain Safety First Aid handbook.

## Hypothermia, Heat Exhaustion, Heat Stroke

The diagnosis and treatment for these is best left to the First Aid Instructor to teach you. This is what each means:

### Hypothermia

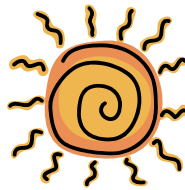
This is when the body's core temperature is so cold that the body starts to shut down.

Early symptoms are teeth chattering, complaining of being cold, mental confusion.



### Heat exhaustion

This is the early stages of someone who has become seriously overheated due to the environment (hot working conditions or too much exposure to the sun).



Symptoms include sweating, rapid breathing and a fast weak pulse.

### Heat stroke

This follows heat exhaustion if it's not treated promptly.

The symptoms include dry skin, a rapid strong pulse and dizziness.



## Signs and Symptoms of Shock

Shock is a life-threatening condition. Shock is what happens when vital organs fail to get enough blood.

### Here are some of the causes of shock

- Severe infections
- Allergic reactions
- Heat Stroke
- Trauma / Poisoning / Injury

### The key signs and symptoms of shock

- Cool, clammy skin (sign)
- Dull tired eyes (sign)
- Dilated (big) pupils (sign)
- Vomiting/nausea (symptom)
- Feeling weak (symptom)
- Confusion (symptom)
- Excitement (symptom)
- Anxiety (symptom)
- Slow breathing or rapid/deep breathing (symptom)
- Weak and rapid pulse (symptom)



## Two Types Of Arm Slings

A Scout scarf was originally multipurpose and one of the uses was to quickly make an arm sling. Slings are also called triangular bandages. Here are two types of arm slings that your First Aid Instructor will teach you.

### The St John or elevated sling

This type of sling is generally used to treat and support a broken collar bone.

It is also used if you need to elevate a wound as shown in the illustration.

Note that the ends are tied in a reef knot beside the neck on the uninjured side of the body.



### Standard arm sling

This sling is used for supporting a fractured or injured forearm or upper arm. Use a reef knot to tie the ends of the sling the neck on the uninjured side of the body.



## The Treatment For Shock

Get emergency medical help. Meanwhile :

- Make the person lie down on their back.
- Raise their legs slightly above head level.
- If raising the legs is painful, keep the person still.
- Check for breathing. If not breathing do CPR.
- Make the person comfortable. Loosen tight clothes.
- Cover the person with a blanket and keep warm.
- If vomiting or bleeding from the mouth turn them on their side. Do not the person anything by mouth.

## Immobilise An Injury And Tie Two Types of Bandages

Immobilising an injury stops more pain being caused by movement, especially if bones are broken.

Your instructor will teach you how to minimise movement and about using bandages.



## MY COMMUNITY - Part 1

Date Completed

- Research and explain what the National Scout Schools offer.
- Find out what region of World Scouting New Zealand belongs to.
- Find out about Scouting in one of the countries in our region.
- Play a game or activity from that country.
- Select one International Organisation. Show how it assists the World Community.
- Find out about, belong to, or participate in an activity with another youth organisation.


**The National Scout Schools****Aviation School**

The Aviation School, for Scouts, is run every year and gives attendees the chance to both fly a plane, and learn about the aviation industry. It is a stepping stone for those interested in aviation.

**Canoe School**

The Canoe School, for Venturers and Scouts 14+, is run every year and sees attendees make their way down the Whanganui River. Attendees are given tuition in kayak handling and safe navigation of a river.

**Caving School**

Venturers and Scouts 14+. For those wanting to spend more time underground at Waitomo Caves than above it. The attendees receive expert tuition in caving and rope skills in order to be safe underground.

**Walsh Memorial Scout Flying School**

For Venturers 16+ the Walsh Memorial Scout Flying School held at Matamata is one of SCOUTS New Zealand's most well known National Schools. It gives attendees the ability to learn to fly solo and is a fantastic stepping stone for a career in aviation.

**Mountaincraft School**

For Venturers 15+ and Rovers this specialised National School held at Mt Ruapehu gives attendees the skills needed to stay safe in New Zealand's wild alpine regions.



See [www.scouts.org.nz](http://www.scouts.org.nz) for more....

**Other Youth Organisations**

We should be aware of other youth organisations that make up our community. If you belong to a youth club, learn all about how it is run and discuss your findings with a leader.

If you don't belong to another youth organisation, research what is available in your community and then discuss your findings with a Leader.

**The following may exist in your community:**

- Sports clubs such as Soccer, Rugby, Hockey
- Cultural clubs such as bands, theatre, religion
- St Johns
- Girl Guides (Scouts sister organisation)
- ICONS (Boy's and Girls Brigades)

**International Aid Organisations**

A number of International Aid Organisations assist the World Community, especially those countries suffering from wars, famine or natural disasters.

Using the internet, or local Library, find one such organisation and explain to a Leader what it does to assist countries in trouble.

**Hint:** Start with the United Nations and Red Cross and their many organisations.

**Photography School**

Based in Wellington every year this school for Scouts and Venturers is run by professional photographers. Although not as physically demanding, the portfolios produced are of a high standard.

**Snow School**

For Scouts 13+ and Venturers the National Snow School held at Mt Ruapehu teaches attendees how to either ski or snowboard.



**MY COMMUNITY - Part 2: Helping and History**

- Assist at Keas or Cubs for eight hours (weekly or over a weekend camp).
- Assist in a community project to protect or foster native fauna or flora.
- Draw a time line showing some important dates in the development of Scouting.

**Assist With A Community Project**

The project should be involved with protecting native flora and fauna in or near your community. Scouts have a strong interest in the environment and this is your chance to demonstrate your commitment to conservation.

In the major cities the Parks and Reserves Dept of the City Council have teams specialising in tree planting and other conservation activities and they will welcome your assistance for a day or even several days.

In the smaller communities the local Parks Officers or local Schools often have similar projects that you can get involved with.

If you live in the countryside perhaps you can grow some native trees from seedlings and start your own grove of native trees in a protected and sheltered spot.

**Assist At Kea or Cub Meetings**

The requirement is to assist for a period of eight hours which could be helping out at a weekend camp or sleepover.

You could help with eight Kea meetings or six Cub Meetings if that is more convenient.



This is about developing your leadership skills and also to get into the habit of regularly helping others in the Scout Group.

**Draw A Timeline Of Important Scout Dates In NZ And World Wide**

- Make a list of the what you think are the more important dates.
- Show the list to a Leader and explain why each date chosen is important in your view.

**Some significant dates in SCOUTS**

- 1907 Brownsea Island Camp held. Scouts started
- 1908 Scouting for Boys published
- 1908 First Scouts in NZ invested at Kaiapoi
- 1908 Sea Scouts started
- 1912 Baden-Powell visited New Zealand
- 1916 Cubs started to cater for younger brothers
- 1918 Rover Scouts started
- 1919 Formal leader training starts in UK
- 1920 First World Jamboree held in London
- 1922 Rovering to Success published
- 1924 First NZ Woodbadge leader training course
- 1926 First NZ Jamboree held in Dunedin
- 1928 Scout Group system established
- 1941 Lord Baden-Powell died in Kenya
- 1943 Tatum Park near Levin is Training Centre
- 1945 First Sea Scout Regatta held in Picton
- 1957 Fifty years of Scouts celebrated
- 1963 Venturers established in NZ
- 1979 Girls admitted to the Venturer section
- 1981 1st National Venture held in Hastings
- 1987 Girls admitted to the Scout Section
- 1989 Girls admitted to all sections.
- 1997 1st Official Jamboree of the internet
- 2007 Centenary of SCOUTS
  - 150th anniversary of BPs death
  - 21st World Jamboree, 40,000 attended (UK)
  - NZ changes programme and structure
  - NZ first to celebrate Scouting Sunrise
- 2008 160th country joins SCOUTS
- 2011 NZ introduces a new Uniform



## PHYSICAL, SOCIAL AND LIFE SKILLS

- Be able to throw a life line to within one metre of a person eight metres away.
- Explain to the Scout Leader how to deal with peer pressure
- Compare two different religions and list what they have in common.
- With a friend, compare and be prepared to discuss or demonstrate how the Scout Law fits into the beliefs and values of a religion chosen by you.
- Complete one of the following:
  1. Help plan and run a Scouts Own OR
  2. Attend a Church Parade
- Attend a Sandford Leadership Course. After the course practise these skills by organising and leading an activity or camp with your Patrol or a team of friends.

Date Completed

**Throw a Lifeline to a Person**

The requirement for this section is to throw a lifeline to land within one metre of a person eight metres away.

**You need this skill for a number of different situations. Some of them might be:**

- Throwing a rope to a swimmer in trouble
- Throwing a rope over a branch for a rescue
- Throwing a rope over a stream to build a bridge

**The skill is in how you coil the rope and throw it.**

1. Coil the rope on the ground.

2. Tie the bottom loose end to your wrist, a stake or a boat seat so you don't throw the whole rope away.

3. Pick up and hold the top six coils in your throwing hand. Allow the remaining rope to run through the other hand.

4. Swing the coils back and forth (underarm) beside you to get up momentum and then throw them so they land on the upwind or up stream side of the person.

The rope should unravel as it is thrown and then start uncoiling from the coils remaining on the ground. Make sure you aren't standing on the rope.

**Warning:** Don't aim to hit the person with the rope. You want them conscious and able to grab the rope as it falls beside them.

Some people tie sticks and weights to the end of the line and throw that, but if your aim is off you might hit the head of the person being rescued.

**Attend a Sandford Leadership Course**

The Zone or Regional Scout Team organise a weekend long 'Sandford Leadership Course' for Patrol Leaders and older Scouts.



This is usually held once a year so you need to plan carefully and book in early to make sure you can attend.

**The course covers these topics among others:**

- Leading a Patrol effectively
- Encouraging the patrol to work on their awards
- Learning to be an effective team member
- Learning how to train your Patrol members
- How to get the most out of your time in Scouts

The Regional Scout Service Centre should be able to tell you how to book a place. Phone 0800SCOUTS.

After the course organise and lead a camp or an activity where you can demonstrate to the Scout leader that you know how to be an effective team member and can use the leadership skills learned.

**A Church Parade or a Scouts Own?**

Scouts believe that every person needs a faith or should be searching for a suitable faith to support them through their life.

Attending a Church Parade or helping to organise and run a Scouts Own is an opportunity to explore which faith is right for you, or to practice your chosen faith. Talk to your Scout Leaders about how you can complete this section of the award.



## EXPRESSION AND PERSONAL CHALLENGES

Date Completed

- Complete another Personal Challenge badge from the Outdoors list.
- Complete another Personal Challenge badge from the Community list.
- Complete one of the following: A Personal Challenge Badge from the Arts or Crafts section, Or an activity or project of your choice and design.
- Discuss the Patrol Code of Conduct with the leader and explain the consequences of not following the "rules". If the Patrol doesn't have a Code of Conduct, create one and ask the Patrol to discuss and adopt it.


**The Patrol Code of Conduct**

If your Troop or Patrol has a Code of Conduct in place, consider what consequences should be applied if members break the standards in the code.

**Consequences**

Above all, the Troop must be sensible and fair about how the standards are applied and how they deal with those who break them. Here are some suggestions you could adopt to ensure 'fair play' occurs.



**1. Is the member who broke the rules aware that the Code of Conduct exists and what the standards of behaviour are?**

If not, you must sit down with him or her and go through the code until the standards are clearly understood. The matter ends there this time.

**2. If the Scout is aware of the Code of Conduct, point out that he or she has broken one or more of the agreed standards.**

Ask for an explanation and listen carefully without interrupting.

**3. If it is agreed that the Scout is guilty of breaking the standards of behaviour, ask the Scout what he or she believes would be an appropriate consequence.**

Discuss any ideas and then apply a consequence that 'fits the infringement' as best you can. Discuss the consequences with a leader first.

If there is no Code of Conduct in place then the requirement is to develop one for your Patrol.

1. Ask the Patrol members what standards of behaviour they would like to see in a Code of Conduct. Five standards would be about right.
2. When you have complete agreement on the standards, write them out on an A4 sized card.
3. Have each Patrol member sign the back of the card to show they have agreed to the code.

**Complete A Personal Challenge Badge**

There is a list of Personal Challenges in the Scout Section Award Scheme Booklet.

The requirement here is to complete **one** of the following options:

- Complete an Arts or a Crafts challenge. Discuss your choice with a Scout Leader before commencing the requirements.
- Agree with your Patrol Leader or the Patrol Leaders Council on the requirements of a project of your design.

When finished, submit your project to the PL or the Patrol Leaders Council for approval.

The Arts and Crafts badges are found on the back pages of the full Scout Award Scheme booklet.

There are over 30 choices for consideration.

**Examples of consequences**

**A Scout is flicking a rope and endangering people eyes:**

Perhaps they should have to hank or coil all the ropes and store them tidily away while others play a game.



**A Scout hits someone or verbally abuses them:**

Maybe they are not permitted to attend the next activity or camp. Their parents must be advised.

**Note:** Only a Scout Group Leader can suspend a Scout, and then only after discussion with a Zone Leader.

## NATIONAL PROGRAMME, EVENTS, CHALLENGES

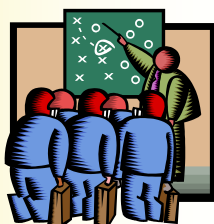
Date Completed

- Help plan and organise a National Programme activity.
- Take part in and help plan a visit to JOTA, JOTI, a Zone Camp, Cub Day.
- Work with another Scout and help organise a Troop visit to a place of interest where the Troop can learn or practice **one** of the following:
  - develop a new skill, or
  - meet a person of interest, or
  - learn something about the community you live in or near.


## Help Plan and Organise a Programme Activity

This is about practising leadership which includes organising and overseeing activities. It may be a National Programme activity or an activity that was suggested by the Scouts.



### Work closely with the Scout Leaders to:

1. plan the activity,
2. brief the Scouts,
3. supervise the event on the day.

After the activity has finished, discuss how it went with the Scout Leaders and see if they have any tips or hints to help you next time you do this.

### Here are some guidelines:

1. **Involve the participants** at the start in determining the aims of the activity. This will help ensure success.
2. **Several heads are better than one**  
When it comes to planning and organising, seek out a few people whom other people listen to. Get them involved in helping you as more ideas will produce a better plan. Make sure you listen carefully so you don't miss a great idea.
3. **Check and double check**  
Make sure things are happening when they should. If you delegate a task to someone else, regularly ask them how far they have got towards completion. You don't want any nasty surprises just before the activity starts.
4. **Market the activity.**  
Tell people:
  - what is going to happen,
  - when its going to happen
  - remind them again each week
  - produce a written notice for each Scout.

## Help Plan a Visit to a Zone or Regional Activity or Event

This takes your planning to another level as it involves travel, making arrangements and communicating with people outside the Troop.

### The events could be:

- Zone Cub Day
- Zone campfire
- Zone Mudslide day
- Zone JOTI and JOTA
- Regional Summer Camp
- Regional Camping Competition



The process is still the same as that described opposite. Work with the Scout Leader team to help make it a successful event.

## Plan Another Visit for the Troop

This time discuss your idea with the Scout Leader and get approval for it. Then team up with another Scout and together organise a visit to a place or person of interest to the Troop members. The activity could be:

- **Any activity where the Scouts will learn a new skill.**

It could be a visit to a recreation centre to learn rock climbing, archery, or small bore shooting etc.



- **Meet a person of interest in the community.**

It might be the District or City Mayor, a General Manager of a large company, a Park Ranger, a local top dressing or an airline pilot etc.



Remember to keep the Scout Leaders well informed of your plans, especially before starting to market the activity to the Scouts.

## SCOUT SECTION - CHIEF SCOUT AWARD

## SKILL SHEET 1

## OUTDOORS

- Plan and run an activity for a Patrol or Troop which will include two nights Camping.

Date Completed

## COMMUNITY

- Demonstrate a knowledge of the World family of Scouting.
- Work as an activity leader with a Kea Club or Cub Pack for 20 weeks.

## PERSONAL DEVELOPMENT

- Complete the Explorers Challenge.
- Gain a recognised First Aid Certificate.
- Take part in an outdoor sport or activity. Participate in it regularly for at least 10 hours over a minimum of three months.
- Choose a hobby, topic to study or a leisure pursuit. Acquire a reasonable skill in or knowledge of the activity and participate in it regularly for at least 10 hours over a minimum of three months.

## About The Chief Scout Award

The Chief Scout Award is the highest award you can achieve in the Scout Section.

The requirements can be completed in 12 months and may be signed off by the Scout Leader or a person nominated by the Leader.

See if you can encourage three other Scouts to work on this with you because working in a team is usually more satisfying.

### Please note the following:

- Scouts must complete the Gold Scout Award in order to earn the Chief Scout Award.
- A Scout may start on the Chief Scout Award before completing the Gold Scout Award.
- If Scouts wish to complete **The Duke of Edinburgh's Hillary Award** concurrently, they must enrol in the scheme prior to starting work on the requirements, as activities cannot be backdated.
- You can enquire about registering for the **The Duke of Edinburgh's Hillary Award** at their web site.

<http://www.dofehillary.org.nz/>



### Upon completion

Once you have completed the Chief Scout Award, you need to arrange an interview with the Zone Scout Leader to brief him or her on what you did to earn the award and gain approval for the award to be presented.



## Plan And Run An Activity

This activity needs to be for a Patrol or the Troop and must include **two nights** camping.

It may be held on a Zone campsite or on a suitable farm.

Just where, is your decision, based on the skills you have learned working on the Award Scheme.



The camp theme is open, but a good approach might be to ask the Patrol concerned what they would like to achieve during the camp and base your plans around that.

### Here are some ideas:

- A fun camp, damming a stream or exploring etc.
- A training camp for Scouts working on their Bronze and Silver awards.
- A camping standards camp based on learning campcraft and pioneering.
- An end of term camp to relax but to also earn the 10 nights camping badge.



As always, keep your Scout Leaders well informed and make sure you complete the 'RAMS' form and the 'Activity Intention Sheet' five days before attending the activity.

### Work As An Activity Leader

This section requires you to work as an activity leader with a Kea Club or Cub Pack for a period of 20 weeks.

This is about learning to commit to a task for an extended period and not let people down.

You need to make arrangements and start helping before you complete your Gold Award otherwise you may run out of time. Get the Kea or Cub Leader to sign the task off when you have done the 20 weeks.



### Complete The Explorer Challenge

**You must be 13 years and over before taking part in the Explorer Challenge**

Complete a journey with **three** friends:

- Must be a minimum of 150 km.
- Held over four days.
- Use at least three different modes of transport. Train, bus, kayak, canoes, sailing, bicycle etc.
- Visit places of interest or local people of note. When you return, make an illustrated presentation about the trip to your Troop.



### Gain A Recognised First Aid Certificate

This is important because you need to be prepared to deal with emergencies and injuries when on expeditions, especially when you are in wilderness areas.

Some First Aid Training providers run a Basic First Aid Course for teens.

You are able to attend these and gain a basic First Aid Certificate that includes CPR (rescue breathing). Show the certificate you received after the course to your Leader and get this marked off as completed.



### Take Part In An Outdoor Activity

The requirement is to spend at least 10 hours over a period of three months taking part in the activity or sport chosen.

The intention is to keep up a good level of fitness throughout life and the best way to do this is to join in with others who have the same type of interest.

**Here are a few ideas to get you thinking:**

- Try a new sport for one season.
- Join a tramping club and go exploring.
- Help the Park Ranger staff with planting in Local and Regional Parks.



Ask your coach, tutor or Leader to sign off that

### Choose A Hobby, Topic To Study, Or A Leisure Pursuit

Having an interest, sport or hobby is quite important in life as we all need a special interest. Learning new things keeps us mentally alert.

In this case, you need to stick at the interest for about 10 hours over a 3 month period and attain a reasonable level of skill and knowledge.

*It would be wise to start this before you finish your Gold Award.*

**Here are some ideas that may appeal:**

- Join a local choir if music is your interest.
- Join a special interest class at college. Perhaps art, woodwork, music, or perhaps try out a new sport.
- Join a Scout Gang Show either as an actor, dancer, singer or stage crew.

When you have completed at least 10 hours, ask your tutor to sign off that you have achieved a basic level of skill.

### The World Family Of Scouting

Check out the Internet, starting with the <http://scout.org/> and then go hunting to learn about the different regions of SCOUTS and the countries involved. Have a look at the Jamboree sites as well.

Either alone or with others, demonstrate your knowledge by giving an illustrated talk to the Patrol or Troop about Scouting around the world.

## SCOUT SECTION - CHIEF SCOUT AWARD

## SKILL SHEET 2

## NEW EXPERIENCES

Date Completed

- Research the Duke of Edinburgh's Hillary Award and explain the requirements for the Scout age group.
- Attend an organised event of three days duration (away from home and need not be Scouting) e.g. Jamboree, National Scout Schools, School sports tournaments, or cultural exchanges.
- Attend a Venturing Explained.
- Complete two new Personal Challenge Badges
- When all the other requirements of the Chief Scout Award have been met, make an appointment with the Zone Scout Leader or their appointee to discuss your achievements. You will be asked to discuss the part the Scout Law and Promise plays in your life.
- Prepare and take with you a written CV of your Scouting achievements including any relevant certificates and a logbook or presentation about your expeditions.

### Research the Duke of Edinburgh's Hillary Award

You are to research the requirements of this award and then show your understanding by explaining them to the Scout Leader or a group of Scouts.



The web site for the scheme is <http://www.dofehillary.org.nz/>

If you choose to work on the award it will give you a head start when you move to Venturers as you can do both this award and the Queen's Scout Award at the same time.



### Complete Two New 'Personal Challenge' Badges

The Personal Challenge Badges are listed in the back half of the Official Scout Award Scheme book.

Choose any two that you have not attempted previously, discuss your choices with the Scout Leaders and then set out to achieve the requirements.

There are over 50 topics you can choose from. If you have an interest in a topic not listed, you need to discuss it with your Leader and come to an agreement on the requirements.



### Attend A Three Day Event

Attend an organised event of three days duration (away from home and need not be Scouting) and could be a:

- Jamboree.
- National Scout School.
- School sports tournament or camp.
- Cultural exchange.



The purpose is to become comfortable and confident when meeting and living with people you have not previously met. Discuss your intentions with the Scout Leader and once completed, explain what you feel you gained from taking part.

### Attend a 'Venturing Explained'

This is a two hour presentation organised by your local Venturer Unit or the Zone Venturer Leader.

#### It explains:

- How a Venturer Unit operates.
- The types of activities a Unit typically gets involved in.



If there is no Venturer Unit nearby, you may like to gather a few friends of your own age and start a Unit. Alternatively, you can be a Lone Venturer and meet occasionally with the nearest Unit for activities. This will help you achieve the Queen's Scout Award if that's your aim.

### The 'Presentation Folder'

You need to prepare a presentation folder to present to the Zone Scout Leader a week before your interview. This is a sort of CV and should include the following.

#### Outdoors Cornerstone

A report of the two night camping activity:

- Copies of the notices to the Scouts,
- Activity Intention Forms,
- Parent Consent Forms,
- RAMS forms,
- Programme,
- Transport,
- Menu,
- Food List,
- Budget,
- A brief report of the activity, what was great for the Scouts and where the activity could be improved.



This report could then be utilised as an example for Scout training back in the Troop.

#### Community Cornerstone

- A brief outline of how you fit into the World family of Scouting.
- A report of your 20 week Activity Leader service signed by the Kea or Cub Leader, including dates and any activities the you have been responsible for leading. You could also note what you enjoyed most and anything of note found challenging.
- The 20 week service is about commitment and active participation – the length being around 2 terms, not necessarily continuous. If you are involved in winter or summer sport, or other commitments, use the 'off' 2 terms for the service.

#### Personal Development Cornerstone

- Explorers Challenge – copy of the presentation made to the troop about the journey.
- First Aid Certificate from recognised provider.
- Log of dates of regular participation in outdoor sport or activity. (Minimum of 10 hours over minimum of 3 months)
- Evidence of the reasonable skill/knowledge acquired of the hobby, topic or leisure pursuit and log of regular participation (Minimum of 10 hours over minimum of 3 months).

#### New Experiences Cornerstone

- Record Book for Duke of Edinburgh - Hillary Award if you have joined the scheme.
- Report of the organised event of 3 days duration you attended.
- Venturing Explained certificate of attendance.

### Learning About Venturers

Here is an overview of what is needed to become an invested Venturer and earn the Venturer Badge.



Join with the local Venturer Unit (or team of friends if no Unit exists) for a day outdoor activity or night away.

- Complete a Venturing Explained with the local Unit or a Venturer Leader.
- Discuss with those on the Venturing Explained course how the Scout Law and Promise affects Scouts everyday.
- With the help of the Unit Executive or Venturer Leader complete a Personal Commitment Statement for the next year.
- Understand the importance of DADS rules and how to follow them.
- Attend and take part in any one Venturer module of the Scouts choice.

### Presentation Of The Award



Your Scout Leader and Group Leader will organise a function where the award will be presented.

It is usually presented at a Group evening with all parents and sections present.

In Jamboree years, the Award is sometimes presented by the Chief Scout who is the Governor General.

One Group asked the City Mayor to present their Awards as you can see in the photo above.

**Camps and Events Attended:**

Date	Type of Event	Where	Number of nights	Comment