



Brownsea Challenge

First Class Rank

<p>All activities must be approved by your Scoutmaster. Make sure to record all your work.</p>	<p>Complete at least 30 minutes of physical activity daily!</p>	<p>Be sure to record your fitness activity everyday!</p>	<p>1 Demonstrate the Scout Spirit by committing to live the Scout Oath & Law everyday.</p>	<p>2 Demonstrate bandages for: sprained ankle & head injuries.</p>	<p>3 Demonstrate bandages for: upper arm injuries & collar-bone injuries.</p>	<p>4 With a live partner, show how to transport a person from a smoke-filled room.</p>
<p>5 With a live partner, show how to transport someone with a sprained ankle at least 25 yards.</p>	<p>6 Explain the 5 most common symptoms of a heart attack.</p>	<p>7 Explain the steps in cardiopulmonary resuscitation (CPR).</p>	<p>8 List the utility services in your home. Describe potential hazards and how to respond to emergency situations involving these utilities.</p>	<p>9 Attend the Virtual Camporee. Explain what you learned. You can use anything you learned as completions for requirements.</p>	<p>10 Develop an emergency action plan that includes what to do in case of fire, storm, power outage, & water outage.</p>	<p>11 Explain how to obtain potable water in case of emergency.</p>
<p>12 Visit & discuss with an individual (approved by your counselor) constitutional rights & obligations of US Citizens.</p>	<p>13 Investigate an environmental issue in your community. Tell your family about it. Explain what can be done about it.</p>	<p>14 On an outing, take note of the trash and garbage you produce.</p>	<p>15 On a 2nd outing, figure out a way you can reduce, recycle, or repurpose. Compare your results.</p>	<p>16 Use a map & compass to cover 1 mile & measure height and/or width of designated items (orienteering course).</p>	<p>17 Demonstrate how to use a handheld GPS unit, GPS App on your smartphone, or other electronic navigation system.</p>	<p>18 Using GPS, find you location. Select a destination and plan your route there.</p>
<p>19 Explain when you should and should not use lashing. Demonstrate tying the timber hitch and clove hitch.</p>	<p>20 Demonstrate tying the a square, shear, and diagonal lashings by joining 2 or more pole/staves together. Explain their uses.</p>	<p>21 Use lashings to make a useful camp gadget or structure.</p>	<p>22 Identify and show evidence of at least 10 wild animals that live in your local area.</p>	<p>23 Explain why weather forecasts are important when planning events. Identify 2 ways to obtain a weather forecast.</p>	<p>24 Describe all 3 natural disaster indicators of impending hazardous weather, the potential dangers, & the actions to take.</p>	<p>25 Share your fitness challenges and success.</p>
<p>26 Explain how you have lived 1 of 4 points of the Scout Law.</p>	<p>27 Explain how you have lived the 2nd of 4 points of the Scout Law.</p>	<p>28 Explain how you have lived the 3rd of 4 points of the Scout Law.</p>	<p>29 Explain how you have lived the 4th of 4 points of the Scout Law.</p>	<p>30 Describe how you have performed your Duty to God this month.</p>		