



30 Day Scout Rank Challenge

All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.)

		<p>1. Repeat from memory the:</p> <ul style="list-style-type: none"> • Scout Oath • In your own words, explain its meaning. 	<p>2. Repeat from memory the:</p> <ul style="list-style-type: none"> • Scout Law • In your own words, explain its meaning. 	<p>3. Repeat from memory the:</p> <ul style="list-style-type: none"> • Scout Motto • In your own words, explain its meaning. 	<p>4. Repeat from memory the:</p> <ul style="list-style-type: none"> • Scout Slogan • In your own words, explain its meaning. 	<p>5. Explain what Scout spirit is & what it means to you.</p>
<p>6. Describe some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, Scout motto, and Scout slogan.</p>	<p>7. Demonstrate the:</p> <ul style="list-style-type: none"> • Scout Sign • Explain when it should be used. 	<p>8. Demonstrate the:</p> <ul style="list-style-type: none"> • Scout Salute • Explain when it should be used 	<p>9. Demonstrate the:</p> <ul style="list-style-type: none"> • Scout Handshake • Explain when it should be used 	<p>10. Describe the First Class Scout badge:</p> <ul style="list-style-type: none"> • Tell what each part stands for. • Explain the significance of the badge. 	<p>11. Repeat from memory the:</p> <ul style="list-style-type: none"> • Outdoor Code. • Explain what it means to you. 	<p>12. Repeat from memory the:</p> <ul style="list-style-type: none"> • Pledge of Allegiance. • Explain its meaning.
<p>13. Describe how the Scouts in the troop provide its leadership.</p>	<p>14. Describe the four steps of Scouts BSA advancement</p>	<p>15. Explain what a Scoutmaster Conference is and how you get one.</p>	<p>16. Describe what the Scouts BSA ranks are and how they are earned.</p>	<p>17. Describe what a merit badge is. What is needed to earn one.</p>	<p>18. Explain the patrol method. Describe the types of patrols that are used in your troop.</p>	<p>19. Explain how the patrol name, emblem, flag, and yell create patrol spirit.</p>
<p>20. Demonstrate how to tie a square knot. Explain uses for it.</p>	<p>21. Demonstrate how to two half-hitches. Explain uses for it.</p>	<p>22. Demonstrate how to tie a taut-line hitch. Explain uses for it.</p>	<p>23. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.</p>	<p>24. Demonstrate your knowledge of pocketknife safety.</p>	<p>25. With your Guardian, complete the exercises in the pamphlet How to Protect Your Children from Child Abuse: A Parent's Guide.</p>	<p>26. Earn the Cyber Chip Award for your grade</p>
<p>27. Repeat from memory the Pledge of Allegiance with scout salute.</p>	<p>28. Repeat from memory the Scout Oath, & Scout Law with Scout Sign.</p>	<p>29. Repeat from memory the Scout motto, and Scout slogan.</p>	<p>30. Repeat from memory the Outdoor Code.</p>			



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30 Day Tenderfoot Challenge

<p>Record your best in: Keep track of your activity for at least 30 days ● Situps or curl ups (Record the number done correctly in 60 seconds for both pushups & Situps.)</p>	<p>(First Test) ● Pushups ● Back-saver sit-and-reach (Record the distance stretched.) ● 1 mile walk/run (Record the time)</p>	<p>1. Develop and describe a plan for improvement in each of the fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.</p>	<p>2. Record fitness activities. Assemble a personal first-aid kit. Explain the uses of each item.</p>	<p>3. Record fitness activities Explain & Show first-aid for: • Simple cuts and scrapes • Blisters on the hand and foot</p>	<p>4. Record fitness activities. Explain & Show first-aid for: • Minor burns (thermal/heat) or scalds (superficial, or first degree)</p>	<p>5. Record fitness activities Explain & Show first-aid for: • Bites or stings of insects and ticks • Venomous snakebite</p>
<p>6. Record fitness activities Explain & Show first-aid for: • Nosebleed • Frostbite & sunburn • Choking</p>	<p>7. Record fitness activities Describe common poisonous or hazardous plants; identify any that grow in your local area.</p>	<p>8. Record fitness activities Describe what to do is you become exposed to poisonous or hazardous plants.</p>	<p>9. Record fitness activities Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously.</p>	<p>10. Record fitness activities Assemble a personal camping gear. Show the right way to pack and carry your gear.</p>	<p>11. Record fitness activities Explain the importance of the Outdoor Code and how you put it to use.</p>	<p>12. Record fitness activities Explain the importance of the Bubby System as it relates to your personal safety.</p>
<p>13. Record fitness activities Demonstrate a practical use of the square knot. Explain uses for it.</p>	<p>14. Record fitness activities Demonstrate a practical use of the two half-hitches. Explain uses for it.</p>	<p>15. Second Test, record fitness activities improvements.</p>	<p>16. Record fitness activities Demonstrate a practical use of the taut-line hitch. Explain uses for it.</p>	<p>17. Record fitness activities Demonstrate proper care, sharpening, and use of the knife.</p>	<p>18. Record fitness activities Demonstrate proper care, sharpening, and use of the saw.</p>	<p>19. Record fitness activities Demonstrate proper care, sharpening, and use of the ax.</p>
<p>20. Record fitness activities Describe all the uses of a knife, a saw and an ax.</p>	<p>21. Record fitness activities Describe the steps in Scouting's Training EDGE method and how they are used.</p>	<p>22. Record fitness activities. Using the Edge method teach someone how to tie a Square knot</p>	<p>23. Record fitness activities Describe what to do if you become lost on a hike or campout.</p>	<p>24. Record fitness activities Explain the rules of safe hiking on the highway during the day & night.</p>	<p>25. Record fitness activities. Explain the rules of safe hiking across country during the day & night.</p>	<p>26. Record fitness activities Explain how you have lived 1 of 4 points of the Scout Law_____.</p>
<p>27. Do your fitness activities. Explain how you have lived 2nd of 4 points of the Scout Law_____.</p>	<p>28. Do your fitness activities. Explain how you have lived 3rd of 4 points of the Scout Law_____.</p>	<p>29. Do your fitness activities. Explain how you have lived the 4th point of the Scout Law_____.</p>	<p>30. Improvement test for fitness activities. Explain how you have done your Duty to God for this month.</p>			



30 Day Second Class Challenge

All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.)

<p>Be physically active at least 30 minutes each day for five days a week for four weeks.</p>	<p>Keep track of your activities.</p>	<p>1. Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.</p>	<p>2. Record fitness activities. Explain & Show first-aid for:</p> <ul style="list-style-type: none"> • Object in the eye • Bite of a warm-blooded animal 	<p>3. Record fitness activities Explain & Show first-aid for:</p> <ul style="list-style-type: none"> • Puncture wounds from a splinter, nail, and fishhook 	<p>4. Record fitness activities. Explain & Show first-aid for:</p> <ul style="list-style-type: none"> • Serious burns (partial thickness, or second-degree) 	<p>5. Record fitness activities Explain & Show first-aid for:</p> <ul style="list-style-type: none"> • Heat exhaustion • Shock
<p>6. Explain & Show first-aid for:</p> <ul style="list-style-type: none"> • Heatstroke • Dehydration • Hypothermia • Hyperventilation 	<p>7. Record fitness activities Show what to do for "hurry" cases of:</p> <ul style="list-style-type: none"> • Stopped breathing • Stroke 	<p>8. Record fitness activities Show what to do for "hurry" cases of:</p> <ul style="list-style-type: none"> • Severe bleeding • Ingested poisoning 	<p>9. Record fitness activities Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously.</p>	<p>10. Record fitness activities Explain what to do in case of accidents that require EMS response in the home & backcountry.</p>	<p>11. Record fitness activities Explain what constitutes an emergency & what information you will need to provide to a responder.</p>	<p>12. Tell how you should respond if you come upon the scene of a vehicular accident.</p>
<p>13. With your family, decide on an amount of money that you need to earn, based on the cost of a specific item you would like to purchase.</p>	<p>14. Record fitness activities Develop a written plan to earn the amount agreed upon and follow that plan.</p>	<p>15. Record fitness activities Contact at least three locations, compare the cost of your chosen item, determine the best place to purchase it.</p>	<p>16. Record fitness activities Discuss any changes made to your original plan and whether you met your goal.</p>	<p>17. Record fitness activities Demonstrate a practical use of the sheet bend knot. Explain uses for it.</p>	<p>18. Record fitness activities Demonstrate a practical use of the bowline knot. Explain uses for it.</p>	<p>19. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.</p>
<p>20. Record fitness activities Using a compass and map together, take a 5-mile hike (or 10 miles by bike)</p>	<p>21. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area.</p>	<p>22. Record fitness activities. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.</p>	<p>23. Record fitness activities Demonstrate how to find directions during the day and at night without using a compass or an electronic device.</p>	<p>24. Record fitness activities Describe bullying, tell what the appropriate response is to someone who is bullying you or another person.</p>	<p>25. Share your fitness challenges and successes once completing 4 weeks. Explain the three R's of personal safety and protection.</p>	<p>26. Explain how you have lived 1 of 4 points of the Scout Law_____. (Do not use the same ones from Tenderfoot)</p>
<p>27. Explain how you have lived 2nd of 4 points of the Scout Law_____.</p>	<p>28. Explain how you have lived 3rd of 4 points of the Scout Law_____.</p>	<p>29. Explain how you have lived the 4th point of the Scout Law_____.</p>	<p>30. Explain how you have done your Duty to God for this month.</p>			



30 Day First Class Challenge

All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.)

<p>Be physically active at least 30 minutes each day for five days a week for four weeks.</p>	<p>Keep track of your activities.</p>	<p>1. Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.</p>	<p>2. Record fitness activities. Demonstrate bandages for:</p> <ul style="list-style-type: none"> • Sprained ankle • Head Injuries 	<p>3. Record fitness activities Demonstrate bandages for:</p> <ul style="list-style-type: none"> • Upper arm injuries • Collarbone injuries 	<p>4. Record fitness activities. With a partner, show how to:</p> <ul style="list-style-type: none"> • Transport a person from a smoke-filled room. 	<p>5. Record fitness activities With a partner, show how to:</p> <ul style="list-style-type: none"> • Transport a person with a sprained ankle at least 25 yards.
<p>6. Explain the five most common symptoms of a heart attack.</p>	<p>7. Record fitness activities Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).</p>	<p>8. Record fitness activities List utility services in your home. Describe potential hazards with these utilities & how to respond in emergency situations.</p>	<p>9. Record fitness activities Develop an emergency action plan that includes what to do in case of fire, storm, power outage, and water outage.</p>	<p>10. Record fitness activities Explain how to obtain potable water in an emergency.</p>	<p>11. Record fitness activities Visit a selected individual approved by your leader the constitutional rights and obligations as a U.S. citizen.</p>	<p>12. Investigate an environmental issue affecting your community. Share what you learned about that issue with your patrol or troop.</p>
<p>13. Explain what, if anything, could be done by you or your community to address the concern.</p>	<p>14. Record fitness activities On an outing, take note of the trash and garbage you produce.</p>	<p>15. Record fitness activities 2nd outing decide how you can reduce, recycle, or repurpose what you take. Compare your results.</p>	<p>16. Record fitness activities Use a map & compass cover one mile & measure the height and/or width of designated items. (Orienteering Course)</p>	<p>17. Record fitness activities Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system</p>	<p>18. Record fitness activities Using GPS find your location, select a destination, and plan your route there.</p>	<p>19. Explain when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch. Explain uses for it.</p>
<p>20. Record fitness activities Demonstrate tying a square, shear, and diagonal lashings by joining two or more poles or staves together. Explain their uses.</p>	<p>21. Record fitness activities. Use lashings to make a useful camp gadget or structure.</p>	<p>22. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area.</p>	<p>23. Record fitness activities Identify two ways to obtain a weather forecast. Explain why weather forecasts are important when planning events.</p>	<p>24. Record fitness activities Describe at three natural indicators of impending hazardous weather, the potential dangers and the actions to take.</p>	<p>25. Share your fitness challenges and successes once completing 4 weeks.</p>	<p>26. Explain how you have lived 1 of 4 points of the Scout Law_____. (Do not use the same ones from Tenderfoot)</p>
<p>27. Explain how you have lived 2nd of 4 points of the Scout Law_____.</p>	<p>28. Explain how you have lived 3rd of 4 points of the Scout Law_____.</p>	<p>29. Explain how you have lived the 4th point of the Scout Law_____.</p>	<p>30. Explain how you have done your Duty to God for this month.</p>			