

Citizenship Target

Pioneer



Explorer



Adventurer



All the Tests

All the stuff a Scout needs to know

1. Ethics



1. Know and understand The Scout Promise and Law.
2. Show your Scout Leader that you are doing your best to keep your Scout Promise and living by the Scout Law.
3. Make up a prayer or similar item for use at a Scout meeting or activity.

Each of these is fairly clear. Your Scout leader and Patrol Leader will be observing how you live your life at Scouts. Knowing the Promise and the Scout Laws helps you to know how to live your life.

Making up a prayer is not all that hard. For example: think about the things in your life that you and the rest of the Troop value and put that into a prayer of thanksgiving.

Scout Promise

On my honour

I promise that I will do my best

- ✓ **To do my duty to My God and to the Queen of Australia**
- ✓ **To help other people, and**
- ✓ **To live by the Scout Law**

OR

On my honour

I promise that I will do my best

- ✓ **To do my duty to my God and to Australia**
- ✓ **To help other people, and**
- ✓ **To live by the Scout Law**

Scout Law

- 1. A Scout is trustworthy.**
- 2. A Scout is Loyal.**
- 3. A Scout is helpful.**
- 4. A Scout is friendly.**
- 5. A Scout is cheerful.**
- 6. A Scout is considerate.**
- 7. A Scout is thrifty.**
- 8. A Scout is courageous.**
- 9. A Scout is respectful.**
- 10. A Scout cares for the environment.**

2. First Aid



- i) Learn the correct method of obtaining a response from an injured person.

Response is the 'R' in DR ABC

DANGER

RESPONSE

AIRWAY

BREATHING

CIRCULATION

Is the patient conscious?

- ✓ Gently shake the patient. Be careful not to make any injuries worse.
- ✓ **Ask: Can you hear me? What's your name?**

Then

- If the patient responds begin your treatment.
- If the patient is not conscious then put them in the recovery position.

2. First Aid



ii) Learn how to find and check for circulation.

When a doctor checks your pulse he checks your circulation. If the heart stops there will not be a pulse and action is urgently required.

To check for circulation use your fingers firmly against the skin in special places:

- The best place is in the neck to the side of the Adam's apple. Don't press too hard.
- The pulse on the wrist is good but can be hard to find.
- Other points are the inside of the upper arm, in the groin and at the temple.

Check out on yourself first. Try out the neck and wrist of a friend.

Be careful not to use your thumb because you could feel your own pulse there.

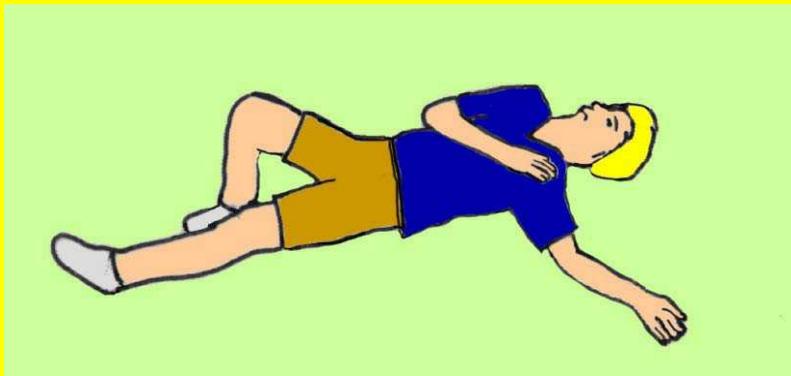
2. First Aid



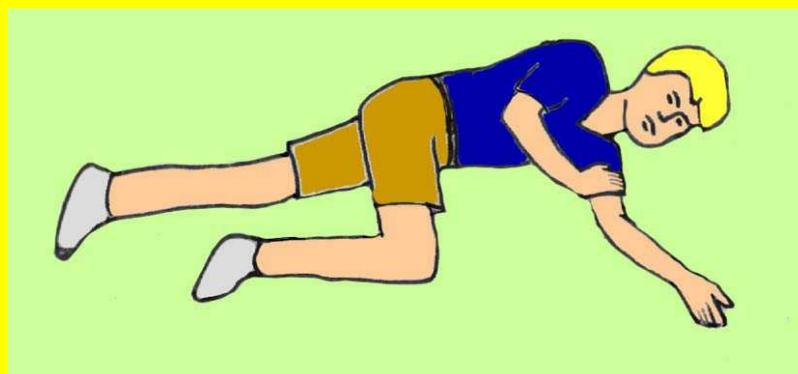
iii) Learn how to place a person in the recovery position.

This may also be called the stable side position.

- **Lay the patient on their back.**
- **Place the arm across the body.**
- **Lift the same leg as shown.**



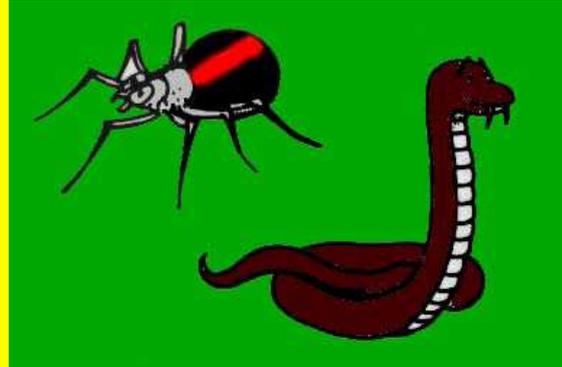
- **Gently roll the patient onto their side**
- **Position one leg straight and the other at right angles to the body.**
- **Roll the body until the upper arm is positioned as shown.**



2. First Aid



iv) Learn and demonstrate the treatment for snake and spider bite.

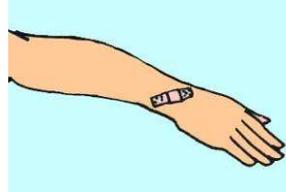
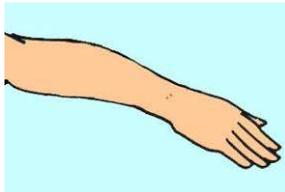


Send someone for help immediately.

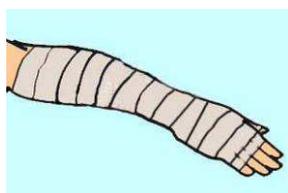
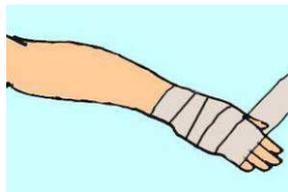
Signs and symptoms may include:

- | | |
|--|--|
| <ul style="list-style-type: none">• A mark on skin• Headache• Double vision• sweating• Feel sick or vomiting | <ul style="list-style-type: none">• Drowsiness• Pain in chest• Feel Faint• Breathing is difficult• Swelling, bruising or red |
|--|--|

Treatment



- Send for help
- Lay patient down
- Reassure patient
- Put a bandaid over bite if you can



- Begin bandage at bite
- Bandage firmly but not too tightly to the fingers (or toes).
- Bandage back up to armpit or groin.
- Bandage on splint with second bandage
- Get to hospital or doctor immediately

DO NOT

- Panic
- Wash poison off skin
- try to suck out venom or cut the skin
- Use a constrictive bandage
- Chase the snake (a description is good enough if you can remain safe yourself)

2. First Aid



v) Learn three causes of headache or fever.

A headache can be caused by a lot of things. Many times it is from the body heating above normal. If this is caused by illness then the heating is the fever. If a headache persists then you must seek medical help.

Have you thought of these causes:

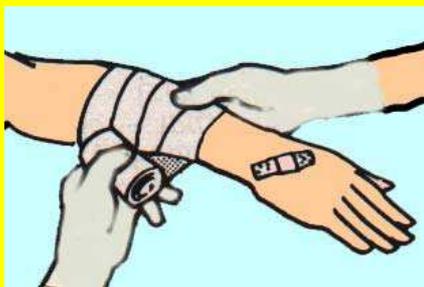
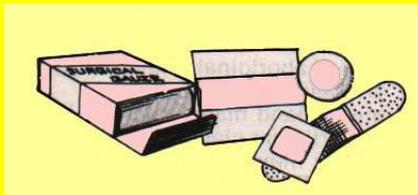
- Not drinking enough water
- Having a high temperature (a fever)
- Being ill – a cold, flu, other diseases.
- A bang on the head – mild concussion.
- Overly tired.
- Run down.
- Poor eyesight.
- Being too cold.
- Chewing ice-cream.
- Too much talking at you from Scout leaders.

2. First Aid



vi) Learn the correct procedure for management of wounds.

If the wound is serious then seek help immediately.



If there is strong bleeding, immediately apply pressure to stop the bleeding

If it is a simple cut or graze (which is most common on Scout activities) then:

- Make sure your hands are clean
- Prepare an antiseptic solution.
- Clean the wound.
- Put on a light dressing if the wound is likely to get dirty. Leaving a minor wound without a dressing helps it to dry out quickly and heal.
- If there is continued bleeding place a clean pad on the wound and bandage it firmly. Then seek medical help.

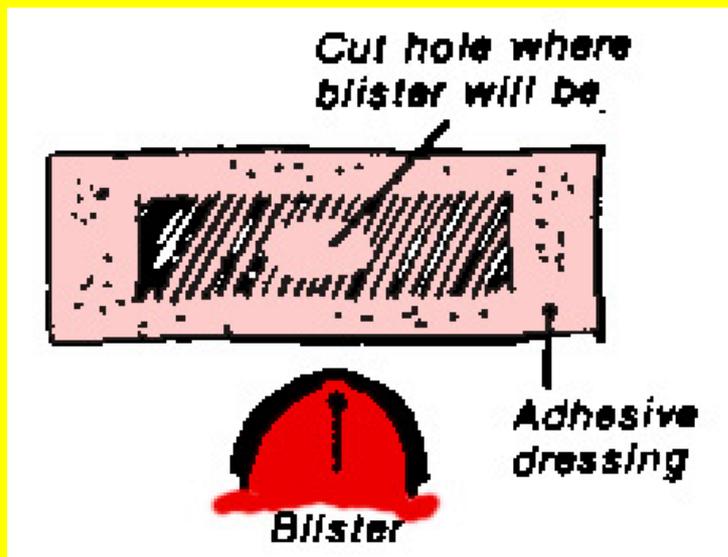
2. First Aid



- vii) **Learn the principles of foot care.**
e.g. prevention and treatment of blisters.
See the Campcraft sheet on care of feet.



- **Blisters form under the skin where there is constant rubbing from socks or new boots.**
- **If you feel rubbing when out walking then stop and cover the tender spot with a bandaid or similar dressing.**



- **If a blister has formed treat it as opposite.**
- **Do not burst blisters.**
- **If a blister has burst it must be treated with a dressing to stop further damage.**
- **When you are hiking, treat blisters as soon as they start to form.**

3. Leadership



Discuss with your Patrol Leader three different examples of times when your Patrol worked as a team. Explain to your Patrol leader how you believe this has helped your Patrol.

Your PL will help you through this.

You don't always think about why things are done, or even when you are working as a team. This is the time to think!!

Scout Troops do most things as Patrols:

- Preparing a meal at camp
- Setting up the Patrol tents and kitchen being duty Patrol
- Building something at a Scout meeting
- Older Scouts in the Patrol working with younger ones to do test work – like this one
- Being an orienteering team
- Working as a team in a wide game
- Being a Patrol team in a Troop game
- Doing a Patrol activity badge
- Organising transport to a camp or activity
- Having a Patrol meeting



4. Good Turn



While earning this badge, as a Scout, participate in some form of community service. It must be over a minimum of two hours, preferably outside the Scout movement.

Every community has plenty of opportunities. Think of these:

- Helping at a school, childcare centre or church working bee.
- Do you have elderly or ill neighbours who need jobs done? Try lawns, messages, weeding, car washing, child minding or shopping.
- Does your community have clean up days? Clean up Australia, tree planting, foreshore work or river maintenance.
- Charitable organisations need helpers. Cleaning up or running messages on fund raising days.
- Lots of Parks have 'Friends of . . . ' groups that will welcome you.
- You could always spend two hours helping little old ladies across roads.



5. Heritage



Do one of these:

a) Know the meaning of three local place names and discuss these with your Patrol Leader.

These might be the names of nearby suburbs, roads, mountains or rivers. These may have aboriginal names or be named after explorers or local people. Each has a history worth knowing.

b) Name two cultures in your community that are different from your own. Identify two ways that they are different from yours. Discuss your findings with your Patrol Leader.

These cultures could be indigenous cultures or other groups that have come from different countries to live in your community. There will be language differences, food differences and different ways of spending time together. Of course there will be lots of ways that these communities are like yours as well.

6. Activity



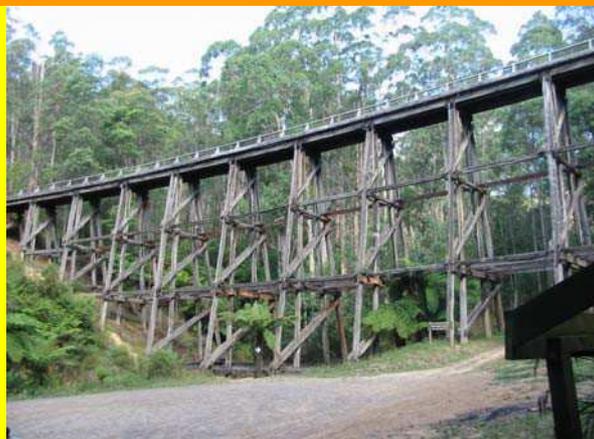
Do one of these:

a) With your Patrol, identify the services in your local area for people of Scout age. Present your findings to the Troop.

These might be provided by your local council or others. They include health, education, leisure and social.

b) With your Patrol or other Scouts take part in a tour of your community designed to help a visitor see and learn about it.

If you do this test you will do it with your Patrol. An Explorer Scout may do the organising for a test at Explorer level.



Stop 5

The old railway bridge.
Tell them about the
timber getters.

7. Community



With members of your Patrol visit an organisation that serves your local community. Find out what service it provides and how it is organised.

Organisations:

- **Local Council**
- **Local TV or community radio station**
- **Community Service agency**
- **Newspaper**
- **Urban or rural fire station**
- **Ambulance station**
- **SES – Emergency Services**
- **Forestry**
- **Sewerage authority**
- **Meals on Wheels**
- **An Op-Shop**
- **A ‘drop-in’ Centre**
- **An elderly citizens hostel**
- **A church welfare centre**
- **An airport**
- **A community house**
- **OR something similar**

8. Environment



Do one of these:

a) Complete one third of a project for the Landcare Badge

If you are doing the Landcare Badge it can be your third Target Badge towards your big red. Working on it will get you this test and also the 2 hours service (test 3).

b) Discuss with your family five ways in which they can be more environmentally friendly. Discuss these with your Patrol

Think about rubbish, use of resources (electricity, fuels, water, food), natural resources (forests, streams, air) and people (education, health care, respect).



Picture by Leigh Cohen Scout Assn Vic.

9. Fitness

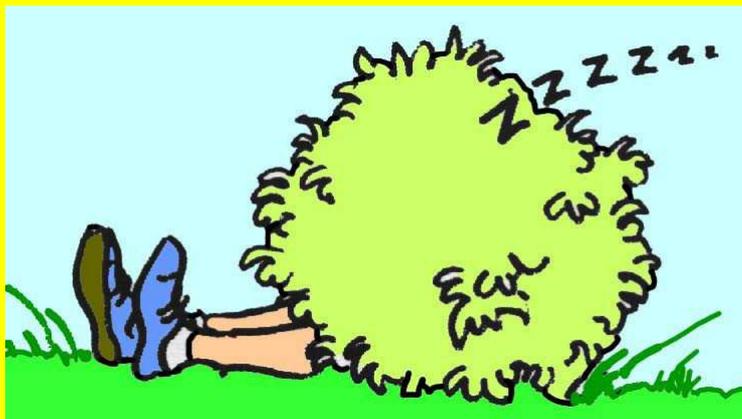


Show an understanding of a healthy lifestyle including:

- need for a proper diet
- proper amount of sleep
- the value of exercise.

Diet: Think about a balanced diet. **More**
Exercise: **More Sleep**

This varies amongst individuals. If you are feeling tired quickly, can't go the full game in sport, have headaches, can't concentrate in school then think about sleep. Lack of sleep isn't the only possible cause. But Scout leaders know that those Patrols that stay up late and wake early soon stop being efficient and some kids show all those signs. Get to know what you need. When you are in camp you'll probably need a bit more.



Balanced Diet



Diet

A balanced diet consists of

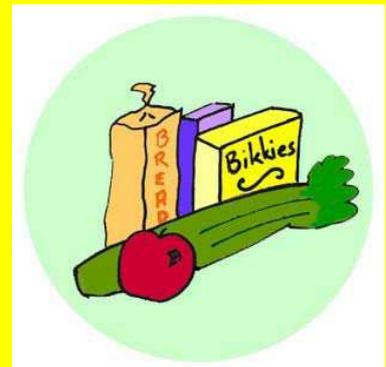
Protein

for muscle and tissue. Meat, fish, cheese, eggs, milk



Carbohydrates

for energy. Flour, rice, potatoes, sugar



Vitamins and trace elements.

Fruit, vegetables

Fibre

Cereal, high fibre breads



Liquid

Water is best

Make sure you are eating foods from each group – don't go overboard in just one group.

Exercise



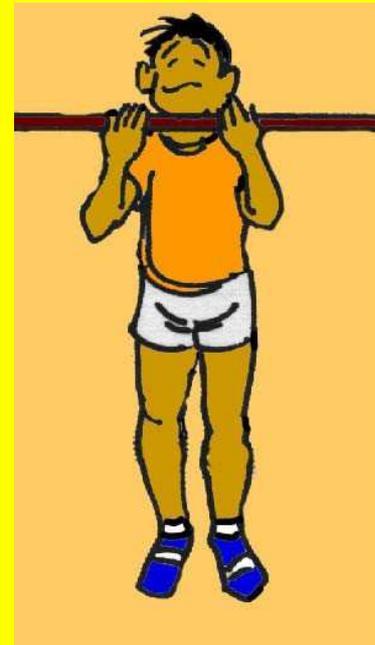
Doing certain sorts of exercise helps strengthen different muscles or help develop stamina.

Speed Sit Ups: Abdomen,
back, upper leg

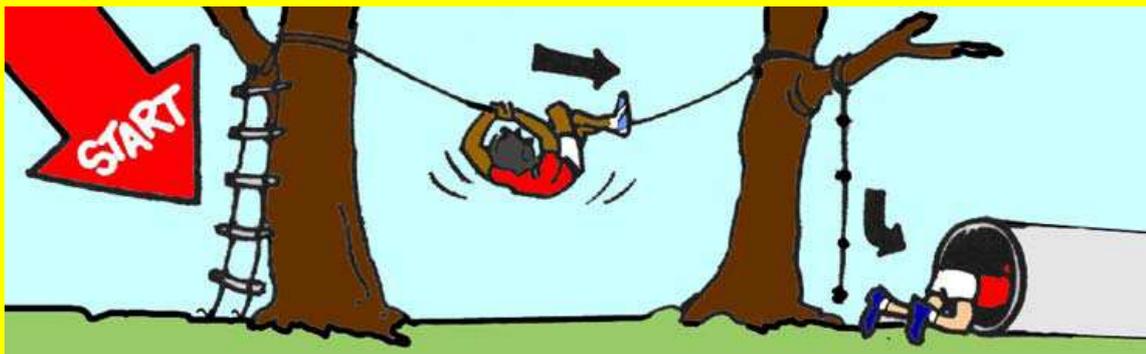


Standing
Broad Jump
Leg muscles,
flexibility,
balance

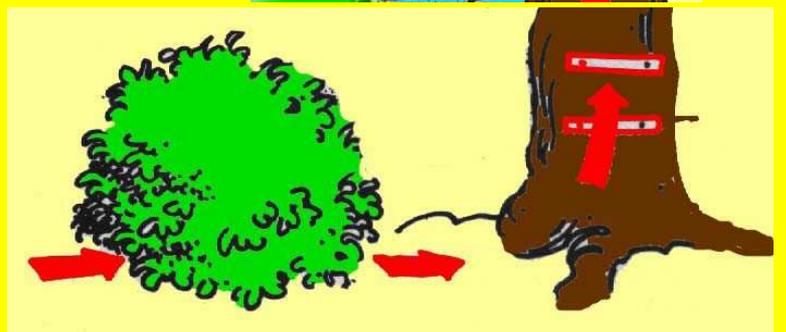
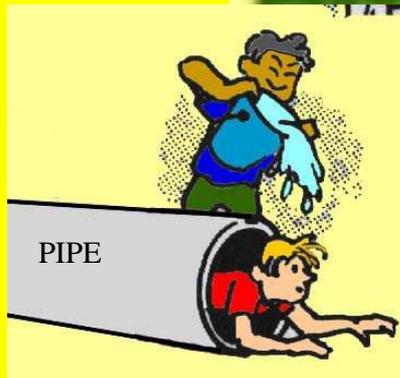
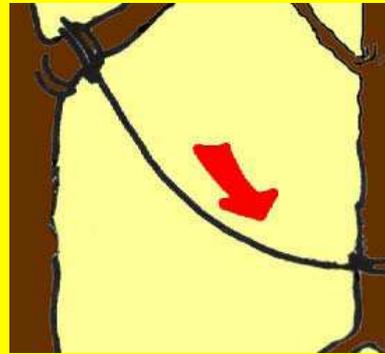
Chin Ups
Arms,
shoulders,
chest.



Physically challenging your body on an obstacle course you make up yourself for the Troop is a great way to increase fitness.



Obstacle Course



1. Ethics



1. Discuss with your Scout Leader the part the Scout Promise and Law plays in your life.

Check them out first. Try and know it by heart before you talk to your Leader.

2. Assist your Patrol leader in planning and running a Scouts Own at Scout camp or other Troop activity.

A Scouts' Own is a simple ceremony where Scouts and Leaders gather together to think about the world they live in and to reflect on their God and the way in which they live their lives. The best Scouts' Owns are relevant to the people who are taking part.

Scout's Own

Kee**p** **I**t **S**hort &

Decide on a Theme for the Scouts' Own.

It could be related something like:

- * The Scout Promise and Law
- * The place where you are
- * Your present circumstances
- * A current issue

Have an Opening

Welcome everyone
Say why you are meeting together
Have a prayer



Have an Middle

Choose a couple of these options

- Read something
- A poem
- A song – sing or listen Tell a story
- have a speaker

Ask a leader to say something

Ask everyone to contribute a sentence

Show a 2 minute film or slide show

Have an Ending

One or more of:

- All say the Scout Promise together
- A prayer
- A song Farewell

2. First Aid



b. **D.R.A.B.C.**

DANGER

RESPONSE

AIRWAY

BREATHING

CIRCULATION

Whenever you approach a situation where first aid might be required think DRABC.

DANGER

Check for danger to yourself and those around you. There is no value in having more patients.

RESPONSE

Check for response in the patient. Ask their name, or if they can hear you. Don't be afraid to shout! Answers may not always be verbal.

AIRWAY

With patient in recovery position, gently open mouth and clear out anything that shouldn't be there. Get someone to support head.

BREATHING

Observe the chest or feel chest for movement.

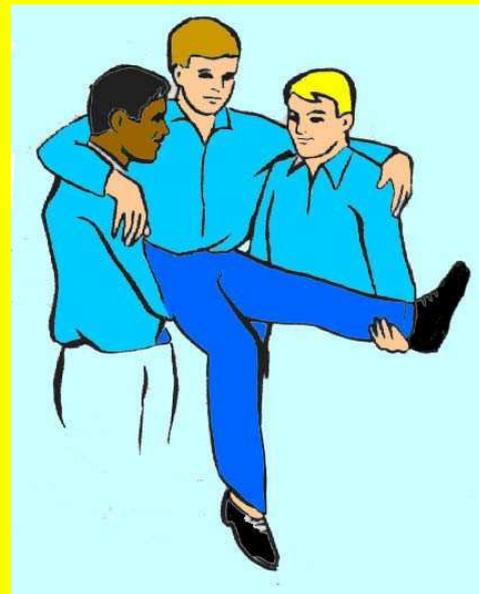
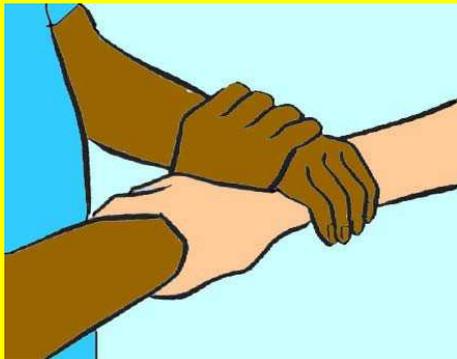
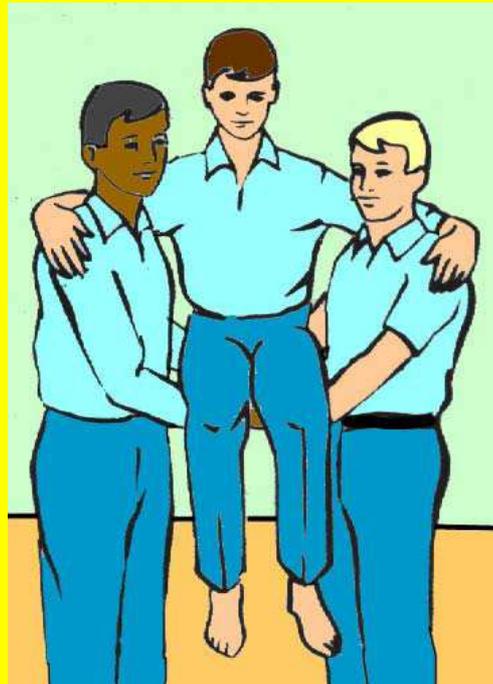
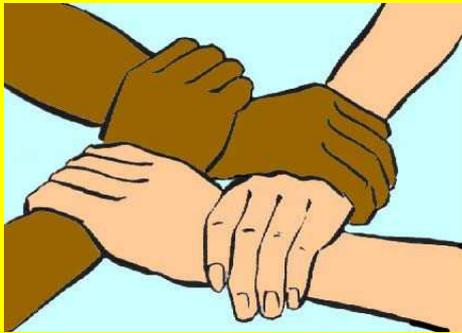
CIRCULATION

Check pulse in neck. Check for bleeding.

First Aid Carries



d. Hand Seats:



**More
Carries**

Shock - Symptoms



e. **S**hock can be life threatening and will usually occur after an accident, especially where there is loss of blood, severe pain or damage to the heart. These can occur after burns, fractures, internal injury, vomiting, heart attack and other trauma.

SYMP TOMS OF **S**HOCK

- Pale face, fingernails
 - Cool, clammy skin
 - Pulse weak and/or rapid
 - Dizzy or feeling faint
 - Feeling sick (nauseous)



SEVERE **S**HOCK

- Patient is thirsty and restless
- Breathing is rapid, pulse is very weak and rapid
- Patient may be drowsy, confused or become unconscious
- Fingers and toes bluish or very pale.

Shock – Treatment



Shock can be life threatening.
Seek immediate medical attention.



TTREATMENT

- **D.R.A.B.C.**
- **Reassure patient and keep comfortable**
- **raise legs above heart (unless they are fractured)**
- **Treat injuries**
- **Loosen tight clothing**
- **Moisten lips if patient thirsty but do not give any food or drink**
- **Place patient in recovery position if they are likely to vomit or become unconscious**
- **Check breathing and pulse regularly. Record if possible**

3. Leadership



Discuss with your Patrol Leader three examples of when you have had an opportunity to develop leadership skills during the Scout program.

PL's will be keen to do this as it gets them a test too!

Think about things like:

- Having the responsibility to train some Pioneer Scout in Scout tests.
- Being responsible for putting up some part of a Patrol camp with younger Scouts.
- Organising to buy the food for a camp.
- Taking a role in Patrol Councils (money, minutes, gear)
- Helping to run a game.
- Taking a leading part in a ceremony.
- Supporting your PL in a difficult decision.
- Deputising for your PL at a Troop Council if the PL can't make it. Small Troops may also include people who are not PLs in the Troop Council

4. Good Turn



Complete one of the following

1. Complete a maintenance task to Scout property, e.g. painting, whipping rope ends, removing leaves from gutters, repairing patrol box or other equipment (minimum service four hours).

OR

2. Participate in some form of community service that must be over a minimum of four hours. (e.g. assist a service organization, environmental organization, hospital, etc.) : See the Pioneer Page for ideas for this test

5. Heritage



One of the following three

- a) With your Patrol conduct an activity with an international theme.
- b) With your Patrol, find out about some aspect of the history of your local area and make a short verbal or other presentation about your findings to the Troop. You might choose stories from the past, a person of historic note, a local historical site, a monument, a museum, etc.
- c) With your Patrol plan, prepare and cook a meal from another culture.



Philip, wearing the blue T-shirt, was living in the Solomon Islands. Well he passed this test by hunting, cooking and eating a flying fox. Here's the picture to prove it.

Now that would be a meal from another culture! Or maybe it was a program with an international theme. The flying fox was history but not enough for 5b – unless you knew the traditional stories! Phil did.

6. Activity



One of these two:

- a) With your Patrol or other Scouts, participate in an activity with Scouts from another District.

You can't tell which Troop is which in this picture. The activity is the thing that helps these Scouts just get along like they knew each other for years. Plan your activity to mix people up.



- b) Alone, or with your Patrol, plan a tour of your community designed to help a visitor see and learn about it. Either conduct a visitor on the tour or go as a Patrol.

Think about:

- Scenic spots – rivers, views, mountains, parks
- Civic buildings - town hall, churches, library
- Historic places - old buildings, light house, bridges, special trees, bushland remnants
- Services – rail, bus, hospital, fire station
- Kids' places – sporting places, special shops, picture theatres, clubs, night spots, beach



This Patrol fitted a swim into its tour.

7. Community



One of the following:

- a) Organise an activity or produce a chart for Cub Scouts on road and bicycle safety.
- b) Prepare a chart for your hall or den showing appropriate contacts for the following emergencies:

Poison	Fire	Injuries	Phone
Damage to roads and bridges			
Sick Animals	Electricity	Gas & water	

These are pretty clear.

Use a standard book for bikes and road rules. These are available from the government or bike shops.

Use the phone book to track down your own local services such as the water authority or local vet.

8. Environment



Do one of the following three:

- a) Complete section A Investigate 1. (Knowledge) and 2. (Skill) of the World Conservation Badge.**

If you do this then you are also beginning a badge, which can be a third target for your Adventurer Badge – you don't need to do it again.

- b) Complete the remaining two thirds of your Landcare Badge**

If you did the Landcare Badge as a third target for Pioneer then just get this ticked off without doing anything else. Otherwise you can do the badge separately and tick it off.

- c) On a walk through your local community with your Patrol identify and record ten ways in which your community could be more environmentally friendly.**

Maybe you could incorporate this into test 6(b). Then again it would make a great activity for a Scout meeting with your Patrol when the rest of the Troop is just too noisy or too annoying!!

9. Fitness



Do the Following:

- a) **Lead a discussion with Pioneer Scouts about a healthy lifestyle including the need for a proper diet, proper amount of sleep and the value of exercise.**
- b) **With your Patrol or other Scouts, participate in an activity that focuses on the value of exercise and sport as a part of a healthy lifestyle.**



1. Ethics



a) Assist and test a Pioneer Scout in the completion of test 1 of Pioneer Citizenship
Check the Promise and Law first. Make sure you know what you're talking about.

The Scout Promise and Law.

b) Lead your Patrol in planning and participating in a Scouts' Own at a camp or other Troop activity such as World Scout Day or a church service.

If you look at the Pioneer and Explorer tests for this you will see that each member of your Patrol will be involved – you don't do it all yourself.

- **Discuss it at a Patrol meeting**
- **Make sure everyone takes part in the planning AND in the presentation.**

2. First Aid



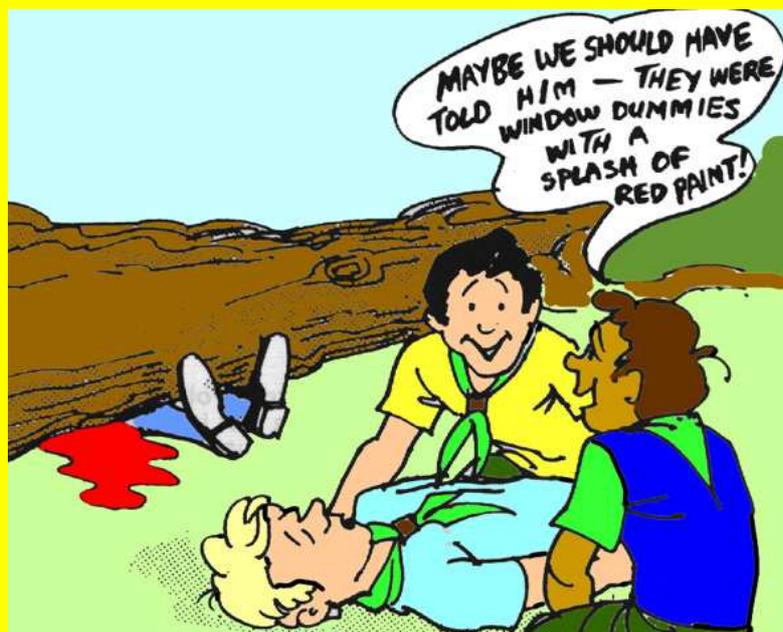
a) Complete a recognised Senior First Aid Course

The meaning of 'Senior First Aid Course' will differ in parts of Australia. For example in some states it will be a recognised Level 1 course taking 10 hours or so. Ask your leader. If you complete it though, it will qualify as your third Adventurer Target.

OR

b) Assist a Scout to pass the First Aid segments of the Pioneer Badge

- i) Demonstrate how to deal with fractures to the limbs and collarbone.
- ii) With another Scout set up and run a 'mock' emergency to cover at least three of the tasks required in Pioneer and Explorer level first aid segments.



Fractures

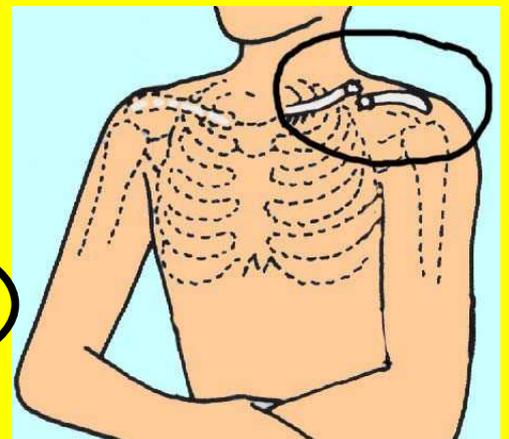
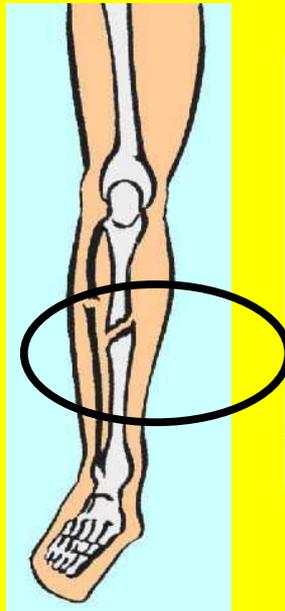
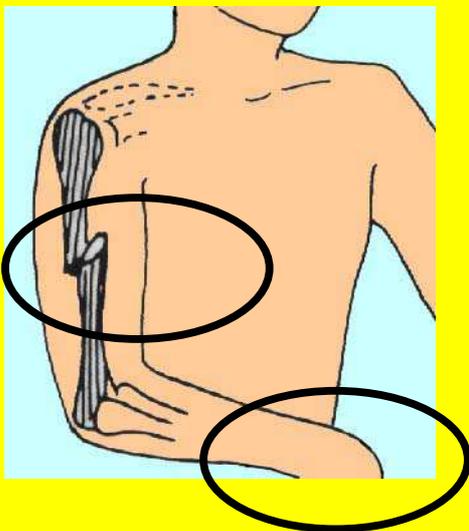


The Adventurer level test requires treatment of fractures of the limbs and collar bone.

First you should know how to manage a triangular bandage.

Now go on to these:

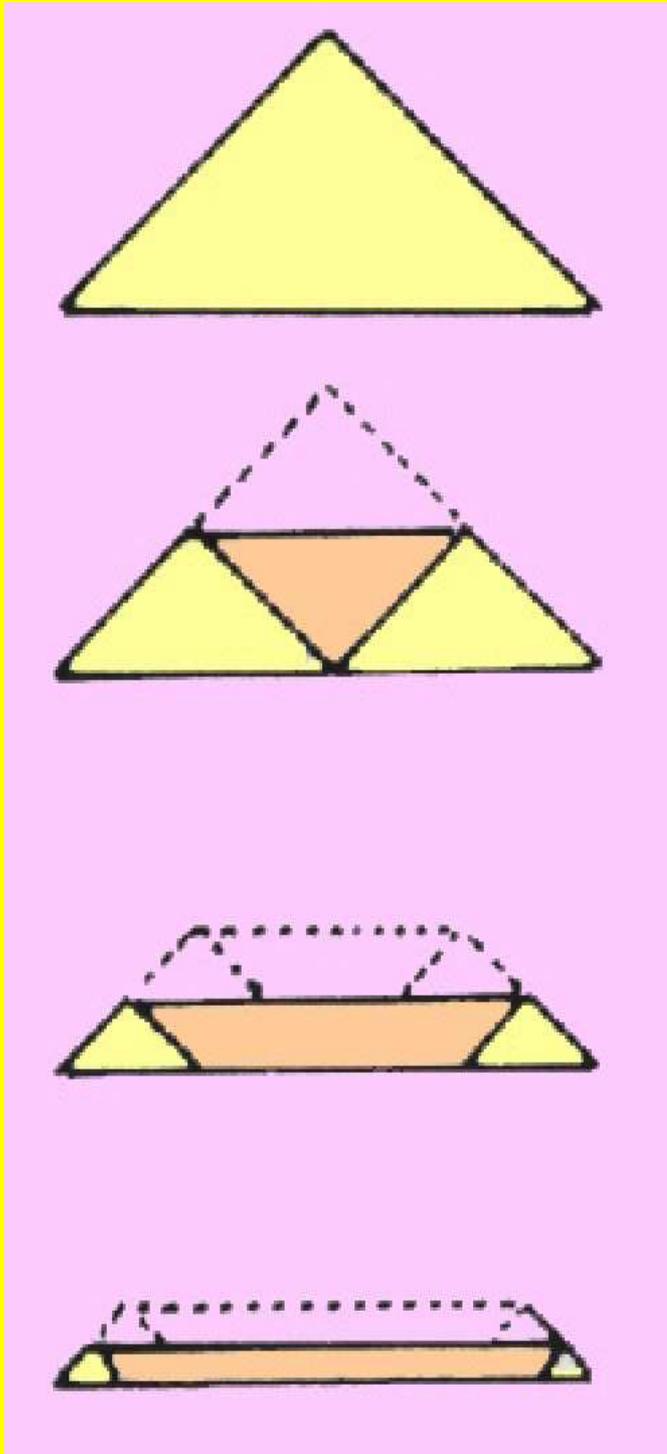
- Fractures to the upper and lower leg
- Collar bone
- Lower arm
- Upper arm



Fractures



How to use a triangular bandage.



The triangular bandage is as big or bigger than a Scout scarf.

It can be used as it is.

Fold it once and you have a broad bandage.

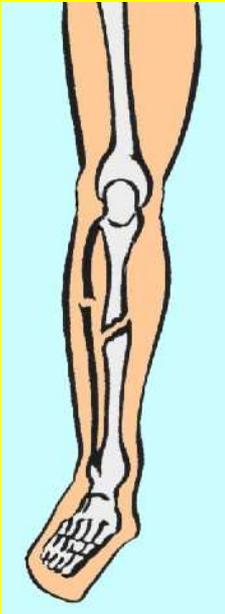
A broad bandage can be used many ways.

Fold two more times to make a narrow bandage.

Many uses for this too.

Bandaging of fractures is often best done with these.

Fractures to leg

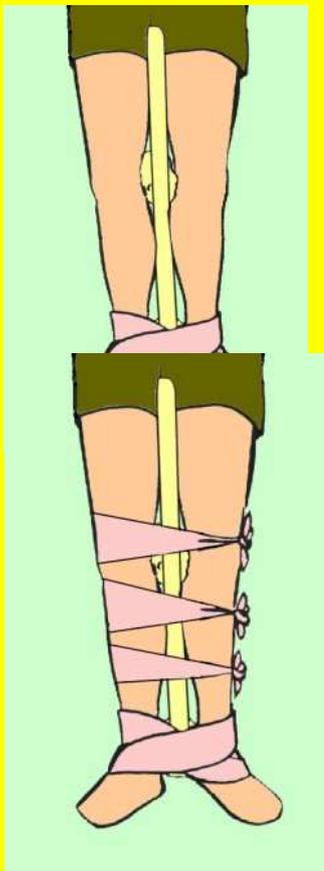


There are two bones in the lower leg and one in the upper leg. Use the same bandaging for upper and lower leg fractures.

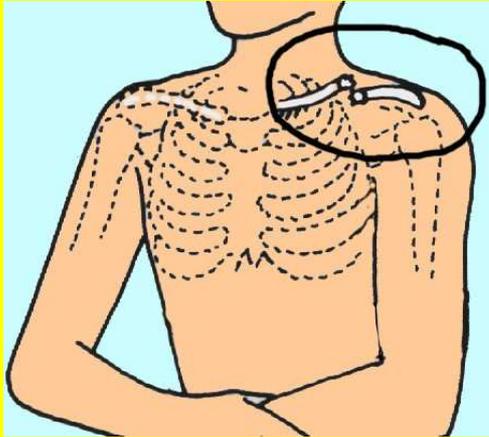
In all cases all weight should be taken off the fractured limb by laying patient down. Seek medical help immediately. Here one leg is used to keep the other firm and straight.

SPLINTING

- Place a well-padded, rigid splint between the legs.
- Use a narrow triangular bandage to secure the ankles. Begin with the centre under the ankles, cross over in front and finish with a reef knot.
- Use three or four broad triangular bandages as shown. There should be one above and one below the fracture.
- The bandages are tied off with a reef knot away on the opposite leg to the fracture.



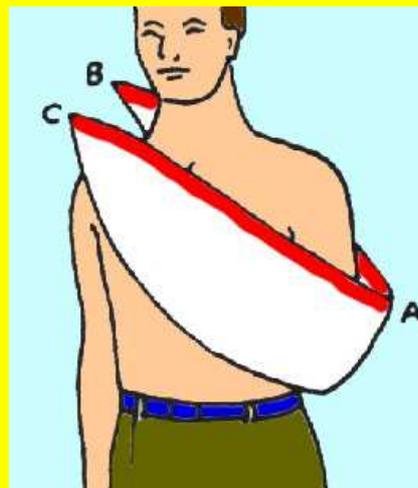
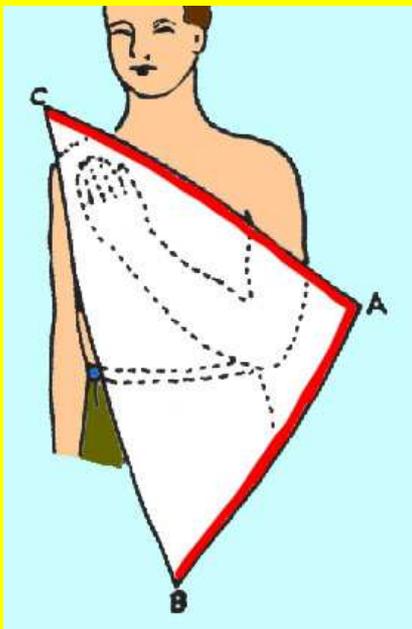
Fractured Collar Bone



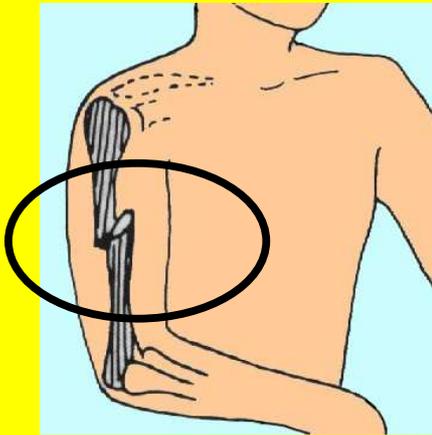
Check your own collar bone. There is one on each side, below your neck, at the top of your ribs. Broken collar bones can occur in sporting accidents or other contact games.

TREATMENT

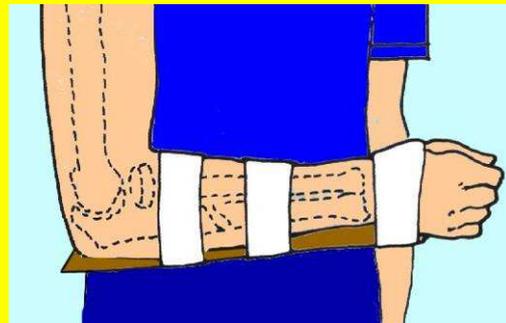
- **D.R.A.B.C.**
- **Seat patient safely**
- **Support arm on the injured side using a St. John's sling as shown. The long side is C-B.**
- **Fold the long side under the injured arm.**
- **Finish with a reef knot.**



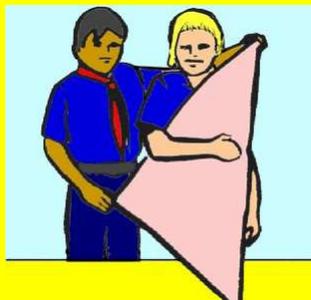
Fracture of Lower Arm



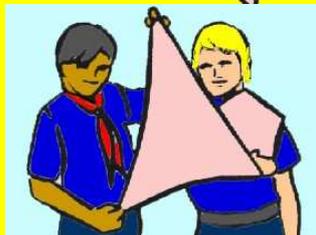
There are two bones in the lower arm. One or both may be fractured. It is important to support the fractured arm and get medical help.



Splint the arm. Use a firm base and narrow triangular bandages. The firm base could be a board or even a thick magazine.



This sort of sling will support the splinted arm.



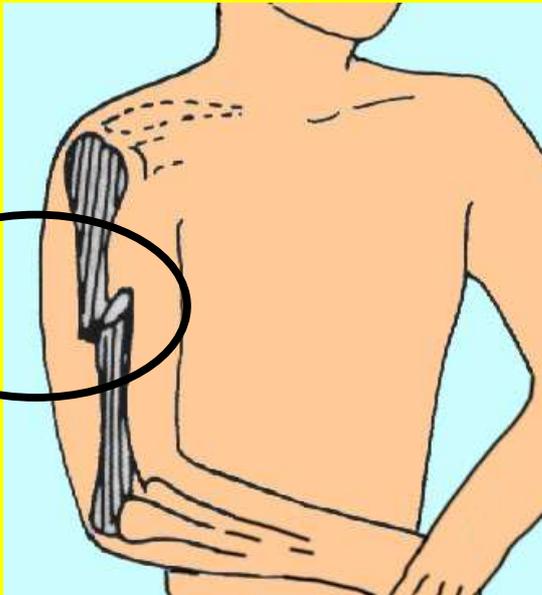
Begin with the long side of the bandage along the side of the body. Have the pointed end at the injured elbow.



Lift the lower corner as shown.

Finish off the sling with a reef knot on the side away from the fracture.

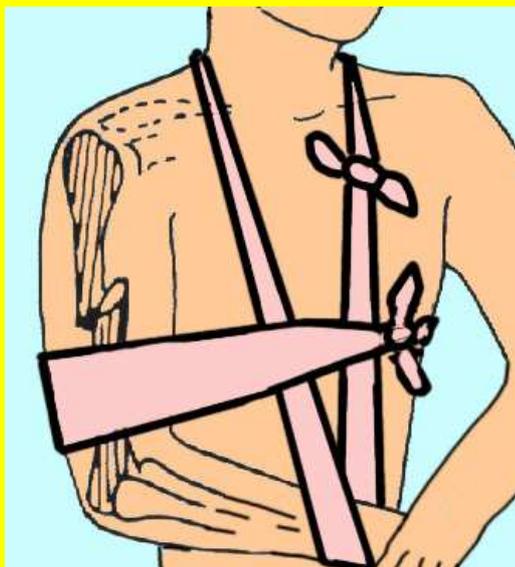
Fracture of Upper Arm



The fracture can be as shown or closer to the elbow or shoulder. The position may affect how the patient holds the arm. It may be hanging straight down or be held by the other hand.

Don't move the arm in any way that increases the pain.

A narrow triangular bandage can be used to support the arm at the wrist.



A broad triangular bandage can be used to immobilise the arm using the body as a splint. A folded newspaper or magazine can be used for further support.

Don't try to twist the arm in front of the body as it might make the fracture worse.

Mock Emergency



With another Scout set up and run a 'mock' emergency to cover at least three of the tasks required in Pioneer and Explorer level first aid segments.

Try to make things as realistic as possible.

Make sure you go through everything at the end to make sure everything is clear to the younger Scouts.

Here are some examples of emergencies where you could pass this test:

- Child has pulled a pot of boiling water over themselves (DRABC, burns, shock, calling for help)
- Scout bitten by snake in dense bush in need of moving (DRABC, poisons, two hand carry or stretcher, shock, calling for help)
- Scout fallen out of tree and fractured leg and lower arm. (DRABC, fractures, carry maybe, shock, calling for help)
- Sprained ankle during a wide game. (DRABC, carry, getting help, splint, bandaging, shock)
- Boy's bike went out of control and he slid across gravel causing bleeding. (DRABC, Clean, dress wound, shock, getting help)
- A Patrol of Scouts caught in bush fire. Shelter was properly found but one girl is suffering from superficial burns and is unusually talkative, without making much sense. (DRABC, Shock, burns, getting help)
- Scout billy cart runs off bush track and Scout driver has swelling and pain around collarbone. (DRABC, treat fracture, getting help, shock.)
- Scout carrying boiling water spills it down gumboot. (DRABC, getting help, burns, shock, maybe c

4. Leadership



In the Troop Council or with your Patrol, plan and conduct three activities, which will provide opportunities for your Patrol members to learn about leadership, and being a productive member of a team.

When you organise your Patrol Activity Badge you will do this sort of thing. You may organise three activities during the one activity camp or do them on three occasions.

Check the **Pioneer** and **Explorer** pages for their requirements.

You can teach about teamwork by

- Making sure you delegate things to your Patrol members
- Involving everybody in the planning
- Encouraging young Scouts to have a say
- Demonstrating leadership yourself
- Getting knowledgeable Scouts to pass on their skills and knowledge.
- Making sure the Scouts in your Patrol get this test marked off when they finish it.

5. Heritage



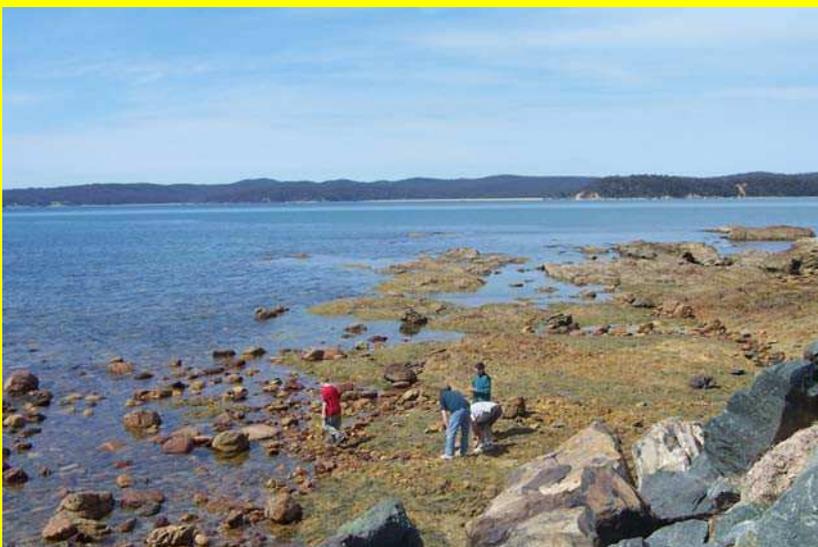
a) Report on the history, growth and present role of an Australian organisation of your choice.

Examples: Royal Flying Doctor Service, Defence Forces, and St. Johns Ambulance.

Salvation Army, Anglican Church, ATSIC, Australia Post, Greening Australia, ACTU.

OR

➤ With your Patrol or other Scouts, visit an Australian historical site of national significance. Create a photographic, electronic or video record of your visit. Present this record to your Troop or other Scouts.



Whaling boats brought the captured whales back to this bay to process them. My Patrol was more interested in looking for crabs.

6. Activity



Do two of the following.

- 1. Make regular contact over a three month period of time by e-mail or letter with a Scout or Patrol in another country or other State or Territory.**
 - i. Exchange ideas for games and activities and**
 - ii. Use at least one game or activity in your Troop program.**
- 2. With your Patrol, investigate an agency that provides aid and assistance to overseas communities and countries such as Care Australia, Amnesty International, Red Cross International Aid, World Vision.**

Find out how you can help them.
- 3. With your Patrol or other Scouts, choose an international issue that is making headlines in the media. Research and discuss the issue.**
- 4. Organise for your Patrol a visit to the seat of either local, state or federal government.**
- 5. With your Patrol, use the Internet or other sources to find out about Scouting in three other countries and present your findings to the Troop**

7. Community



Organise for your Patrol to visit one of the service facilities outlined in Pioneer Citizenship 7 and understand the contribution made to the community by the organisation selected.

With a bit of careful planning you could make this cover the test in Adventurer Emergencies (Test 3), World Conservation (Test 4), Environment (Test 3) or Air Activities (Test 4).

You will need to find the contact person. Use the telephone book. In some places you need to contact a central body that will help you. For example in some capital cities the Police must be contacted through regional offices. Your local places will know what has to be done and will be really happy to help.

Make sure you involve your Patrol. This is a good activity to do as a Patrol on a Troop night – everyone will wonder where you've gone!

8. Environment



a) Complete the World Conservation Badge

Completing this will also give you your third Target for Adventurer level.

OR b) and c)

b) With your Patrol in a discussion and activity about walking softly in the bush by following the minimum impact code set down by the National Parks authority in your State or Territory.

Different places have different rules. Fires are viewed differently in NT and Tasmania for example. Check out the website in your state or territory for the code for camping and hiking.

c) On a hike or camp with your Patrol or with other Scouts, examine the good and bad effects of man on the surrounding environment. Discuss the impact of this and include some suggestions for any actions that could be taken to remedy the bad effects.

One way of doing this is to include it in your Adventurer hike log. Include things on fire, water, pollution (toilets/rubbish), soil erosion, impact on plants and animals and air quality.



9. Fitness



a) Using a game or activity instruct your Patrol in the requirements for Pioneer Level. **Check Pioneer and Explorer tests first.**

Setting up the obstacle course with your Explorer Patrol members will do both these for you and 9b for them. Click on the pipe at the bottom of the **exercise page** to get the rest of the obstacle course.

b) With your Patrol or other scouts, participate in an activity and/or discussion that focuses on the negative affects of drugs, smoking and other substance abuse.

This might be a good test to do at a leadership course or at a Troop planning weekend. You will have covered this at school.

One way to do it is to sit everyone in a circle. Then have each Scout add a single item about the subject as you go around. Score a point for every time each person adds something. Deduct a point if someone repeats something. Give the winner a jelly bean let them do supper.