



Crew 370



**VENTURE
RANGER AWARD
CORE AND ELECTIVE
REQUIREMENTS
WORKBOOKS**

Scout name _____ Unit # _____

FIRST AID CORE REQUIREMENT WORKBOOK

(Completion of this form satisfies core requirement 1)

1. Complete a standard first aid course.

Date of completion: _____

Name of instructor: _____

2. Complete American Red Cross When Help Is Delayed module or equivalent course.

Date of completion: _____

Name of instructor: _____

Attach copy of course completion certificate.

Scout name _____ Unit # _____

COMMUNICATIONS CORE REQUIREMENT WORKBOOK

(Completion of this form satisfies core requirements 2.)

1. Do a, b, or c below:

- a. Take a communications related training class that includes at least 15 hours of training.

Date of completion: _____

Course Title: _____

Name of instructor: _____

- b. Actively participate in a communications related club or organization for at least three months.

Name of club: _____ . Dates participated: _____

Participate in at least three activities that use your communications skills.

Activity #1 _____

Activity #2 _____

Activity #3 _____

- c. Read at least two books on a communications subject approved by your Advisor.

Title of Book #1 _____

Title of Book #2 _____

Write a report on the communication principles you learned and how you can apply these principles to improve your communications. Attach a copy of the report.

Title of Report: _____

2. Do d, e, or f below in connection with an outdoor skill or area you are interested in..

- d. Make a formal, oral presentation of at least 30 minutes to a group. Include demonstrations, visual aids, or other techniques that will help you communicate more effectively.

Which group did you present to: _____

Date of presentation: _____

Subject of presentation: _____

- d. Prepare and present an audio/video presentation of at least 15 minutes to a group.

Which group did you present to: _____

Date of presentation: _____

Subject of presentation: _____

- f. Prepare a written pamphlet, set of instructions, or description and summary of at least 1,000 words. Have one subject expert and one non-expert read and critique your work.

Type of work: _____

Subject of work: _____

Expert name and opinion: _____

Non-expert name and opinion: _____

3. Do g below.

- g. Make a tabletop display or presentation for a group on communications equipment used in the outdoors with emphasis on how this equipment would help in a wilderness survival situation.

Date of display or presentation: _____

Group presented to: _____

2. On your campout, which meal was cooked using at least two of the three following methods:

Fire/coals: _____

Charcoal: _____

Stove: _____

3. Demonstrate and explain proper safe food handling methods for outdoor cooking.

Date of demonstration: _____

Observer name: _____

4. Prepare backpacking type trail food using a backpacking style stove.

Date of demonstration: _____

Observer name: _____

5. Without using any cooking utensils, prepare a meal with the four basic food groups for three people.

Menu: _____

Date of demonstration: _____

Observer name: _____

6. Cook the following using a Dutch oven:

entree: _____

bread: _____

dessert: _____

Scout name _____ Unit # _____

EMERGENCY PREPAREDNESS CORE REQUIREMENT WORKBOOK

(Completion of this form satisfies core requirement 4.)

1. There are three aspects to emergency preparedness: recognition, prevention, reaction.

In the chart below, list emergency situations, how you would recognize a risky situation, how you would prevent that situation from happening, and what would be the best way for you to react to that situation.

Emergency Situation	Recognition	Prevention	Reaction

2. Describe a plan that you would have your family follow in an emergency. (what would they do, where would they meet, etc.)

3. List the items you would use to build a family emergency kit.

4. Make a tabletop display or presentation for a youth group.

Group presented to: _____

Date of presentation: _____

Scout name _____ Unit # _____

LAND NAVIGATION CORE REQUIREMENT WORKBOOK

(Completion of this form satisfies core requirement 5.)

1. Match the following terms with their map symbols.

- | | |
|-----------------------------|---------------------------|
| a. Index contour | b. Checked spot elevation |
| c. Vertical control station | d. Secondary Highway |
| e. Primary Highway | f. Marsh |
| g. Depression | h. Bridge |
| i. Railroad, singletrack | j. Map scale |
| k. Ridge | l. Cemetery |
| m. Power transmission line | m. Intermittent stream |
| o. Trail | p. Campsite |
| q. Building | r. Water well or spring |
| s. Stream | t. Unimproved dirt road |

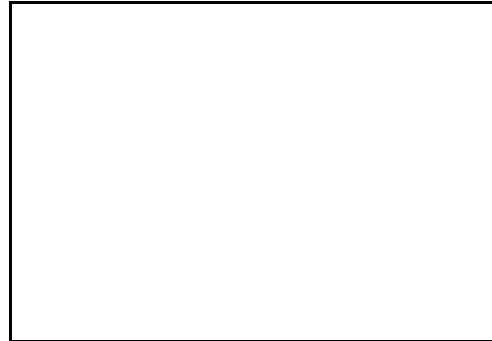
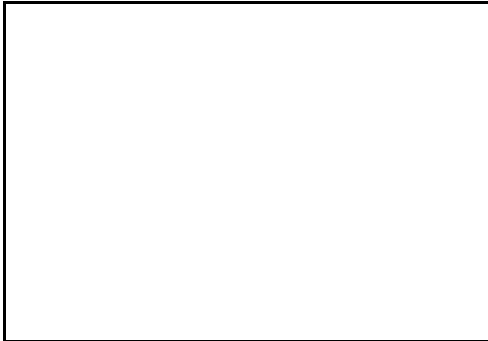
2. Explain what a contour line is. _____

3. What is the contour interval for the following map? _____

4. Show the difference between a steep and a gentle slope.

Steep

Gentle



5. Using a map and compass, navigate an orienteering course that has at least six legs covering at least 2.5 miles.

Date course navigated: _____

Observer name: _____

5. Find a fixed coordinate at night using a GPS receiver.

Date: _____

Observer name: _____

7. Teach the navigating skills you learned to another group.

Group taught: _____

Date taught: _____

Scout name _____ Unit # _____

LEAVE NO TRACE CORE REQUIREMENT WORKBOOK

(Completion of this form satisfies core requirement 6.)

1. What are the principles of Leave No Trace? Explain each.

- a. _____

- b. _____

- c. _____

- d. _____

- e. _____

- f. _____

- g. _____

2. Demonstrate Leave No Trace principles on three separate camping/backpacking trips.

Date of trip #1: _____

Date of trip #2: _____

Date of trip #3: _____

3. Make a tabletop display or presentation to another group.

Group presented to: _____

Date of presentation: _____

Scout name _____ Unit # _____

WILDERNESS SURVIVAL CORE REQUIREMENT WORKBOOK

(Completion of this form satisfies core requirement 7)

Before you begin wilderness survival, you must have completed the cooking, land navigation, and first aid core requirements.

Date of cooking core completion _____

Date of land navigation core completion _____

Date of first aid core completion _____

- 1 Write a risk management plan for an upcoming crew high adventure activity. Attach a copy of the plan.

Activity: _____

Name of plan reviewer: _____

2. List the survival priorities and explain your use of each in a survival situation.

3. Learn about and make a make a tabletop display or presentation to another group on the following:

- a. Emergency signals used in the outdoors.

Date of display or presentation _____

Name of group _____

b Explain Search and Rescue Patterns.

Date of display or presentation _____

Name of group _____

c. Evacuation procedures and value of when to move and when not to move in a wilderness emergency.

Date of display or presentation _____

Name of group _____

4. Explain causes, signs and symptoms, and treatment for each of the following:

a. Hypothermia: _____

b. Frostbite: _____

c. Sunburn: _____

d. Heat exhaustion: _____

e. Heat cramps: _____

f. Heat stroke: _____

4. Do the following:

a. Explain Dehydration and the necessity of conserving fluids in a survival situation:

b. Name 4 methods of obtaining water in the outdoors.

1. _____ 2. _____

3. _____ 4. _____

5. Demonstrate at least 2 ways of purifying water in the outdoors.

Date of demonstration 1: _____

Observer name: _____

Date of demonstration 2: _____

Observer name: _____

6. Do the following

a. Demonstrate at least 2 different fire lays; one for cooking and one for warmth.

Type of fire lay: _____

Observer name: _____

Type of fire lay: _____

Observer name: _____

b. Explain how the following are used in fire making:

a. tinder: _____

b. kindling: _____

c. softwoods: _____

d. hardwoods: _____

7. Explain how you would gain knowledge of weather patterns using the following:

- a. VHF band radio: _____
- b. winds: _____
- c. barometric pressure: _____
- d. movements of air masses: _____
- e. clouds: _____

8. Do the following:

- a. Explain the different rope materials and thicknesses that are best for wilderness use. _____

b. What is the proper way to take care of rope?

c. Match the following knots with their uses.

- | | |
|--------------------------|--|
| _____ Sheet bend | a. used to lash parallel poles together |
| _____ Fisherman's knot | b. used to secure a rope around a cylindrical object |
| _____ Bowline | c. used as a sling or seat |
| _____ Bowline on a bight | d. used to join two lines of different thickness |
| _____ Two half hitches | e. used to lash two poles at right angles |
| _____ Clove hitch | f. used to lock a knot in place |
| _____ Timber hitch | g. used to join two lines of equal thickness |
| _____ Taut-line hitch | h. used as a handhold at the end of a rope |
| _____ Square lashing | i. used for tying the neck of a sack |
| _____ Shear lashing | j. used to adjust tension on guy lines |

d. Demonstrate tying the above knots and lashings.

Date of demonstration _____

Name of observer _____

b. Make a wilderness survival kit to show at your outpost demonstration.

11. Do the following:

a. Set up a wilderness survival outpost camp and spend at least 2 nights and 2 days in your site.

Date of campout: _____

Observer name: _____

b. Build at least 2 camp gadgets using several different knots and lashings in your outpost camp.

Gadget #1: _____

Gadget #2: _____

Observer name: _____

c. Build a wilderness shelter for three different environments.

Type of shelter 1: _____

Type of shelter 2: _____

Type of shelter 3: _____

Observer name: _____

d. Have another group visit your outpost for a one hour presentation.

Name of group: _____

Date of visit: _____

Observer name: _____

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CONSERVATION CORE REQUIREMENT WORKBOOK

(Completion of this form satisfies core requirement 8.)

1. Plan, lead, and carry out a significant conservation project.

What was your conservation project: _____

Observer name: _____

2. Make a tabletop display or presentation on your conservation project.

Which group did you show: _____

Date of presentation: _____

Observer name: _____

Scout name _____ Unit # _____

BACKPACKING ELECTIVE REQUIREMENT WORKBOOK

(Completion of this form satisfies elective requirements.)

1. Develop a personal exercise plan and follow it for at least three months, exercising at least three times a week. Set your goals with backpacking in mind and write them down. Keep a daily log. Attach a copy of your log.

Date completed _____

Name of reviewer _____

- 2a. Describe the following types of backpacks:

External Frame: _____

Internal Frame: _____

Soft Pack: _____

How do you choose the proper size frame for your body size? _____

What are the pros and cons of each type?

External Frame

Pros

Cons

_____	_____
_____	_____
_____	_____
_____	_____

Internal Frame

Pros

Cons

_____	_____
_____	_____
_____	_____
_____	_____

Soft Pack

Pros

Cons

_____	_____
_____	_____
_____	_____
_____	_____

What kind of trek would you take with each pack?

External Frame: _____

Internal Frame: _____

Soft Pack: _____

2b. Explain the different parts of a backpack with their use?

2c. Explain the proper way to lift and wear your backpack.

2d. List four ways to limit weight and bulk in your backpack without jeopardizing your health and safety.

1. _____
2. _____
3. _____
4. _____

2e. How would you pack an external frame differently than an internal frame?

3a,c. Pack your backpack with your personal gear, including outdoor essentials, additional gear, and personal extras. Pack as though you were sharing equipment with one other person for a three day, two night backpacking trip. Have someone inspect it.

Date completed _____

Name of inspector _____

3b. List 10 items essential for an overnight backpacking trek and explain why each item is necessary.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

4a. List 20 gear items of group backpacking gear. Include a group clean up kit.

1. _____	2. _____	3. _____	4. _____
5. _____	6. _____	7. _____	8. _____
9. _____	10. _____	11. _____	12. _____
13. _____	14. _____	15. _____	16. _____
17. _____	18. _____	19. _____	20. _____

4b. Demonstrate how to cook a meal using a backpacking stove.

Date completed _____

Name of observer _____

4c. Demonstrate proper sanitation of backpacking cook gear.

Date completed _____

Name of observer _____

4d. Explain how to properly pack and carry a backpacking stove and fuel.

5a. List 10 environmental considerations that are important for backpacking and describe ways to lessen their impact on the environment.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

5b. Explain how to dispose of the human waste, liquid waste, and garbage you generate on a backpacking trip using Leave No Trace principles.

6a. Participate in three different treks of at least three days and two nights each, covering at least 15 miles distance each.

Date of trip #1 _____

Date of trip #2 _____

Date of trip #3 _____

6b. Plan and lead a backpacking trek (can be one of the treks in (a) above) with at least five people for at least two days.

Date of trip _____

6c. Plan the menu for this trek using commercially prepared backpacking foods for at least one meal.

What was the commercially prepared food _____

6d. Check for any permits needed and prepare a trip plan to be left with your family. Have an emergency contact number. Attach a copy of the trip plan.

Date completed _____

Name of reviewer _____

6e. Using the map you used to chart your course, brief the crew you are leading on your trip plan. Attach a copy of the map.

Date of briefing _____

Name of observer _____

6f. Lead a shakedown for those you are leading.

Date of shakedown _____

7a. Name the proper backpacking clothing used in all four seasons.

Spring: _____

Summer: _____

Fall: _____

Winter: _____

7b. Explain about proper footwear, socks, and foot care.

7c. List 3 uses for a poncho in backpacking.

1. _____
2. _____
3. _____

8a. Explain how to avoid and treat the following:

Hypothermia: _____

Frostbite: _____

Altitude sickness: _____

Heat exhaustion: _____

Heat cramps: _____

Heat stroke: _____

Dehydration: _____

Blisters: _____

Stings and Bites: _____

Sprains: _____

8b. List ways of purifying water and why it is important.

8c. List items you would use to build a first aid kit and survival kit for your backpack.

9. Using all the knowledge you have acquired about backpacking, make a display or presentation for another group. Include equipment and clothing selection and use, trip planning, environmental considerations, trail health and safety considerations, food selection and preparation, and backpacking physical preparation.

Date of display or presentation _____

Name of group _____

Scout name _____ Unit # _____

CAVE EXPLORING ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

1a. Write the National Speleological Society (NSS) to request information about caving and information about caves and cavers near you. Attach copy of letter.

Date information received _____

1b. List the different types of caves.

_____	_____
_____	_____
_____	_____
_____	_____

1c. What is caving courtesy _____

List 5 each caving dos and don'ts DO DON'T

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What is the BSA policy on cave exploring _____

1d. Read at least one book about caving.

Name of book _____

2a. Tie the following knots used in caving:

Endline knots:	Midline knots:	Joiner knots:	Prusik knot
Bowline figure six	Bowline on a bight	Water knot	
Figure eight on a bight	Butterfly	Fisherman knot	
		Figure eight on a bend	

Date knots tied _____

Name of observer _____

2b. Teach the above knots to another group.

Name of group taught _____

Date taught _____

3a. Explain the different types of ropes available for climbing, their uses and characteristics. _____

3b. Explain proper climbing rope care _____

Explain proper climbing rope coiling _____

Explain proper climbing rope storage _____

3c. What signs would you look for when you examine a rope for wear and damage?

When and how should you retire a rope? _____

3d. Make a tabletop display or presentation to another group using the knowledge acquired above.

Group presented to _____

Date of display of presentation _____

4a. Demonstrate that you know how to properly and safely rappel a distance of at least 30 feet.

Date of rappel _____

Name of instructor _____

4b. Demonstrate that you know how to ascend a rope using mechanical ascenders or Prusik or other ascending knots. Ascend at least 30 feet.

Date of ascent _____

Name of instructor _____

4c. Explain the difference, advantages, and disadvantages of single rope (SRT) and double rope (DRT) for rappelling and belaying.

5a. Visit a sporting goods store or NSS affiliated organization or have them make a presentation to your crew so you can learn about personal caving gear, including helmets, light sources, backup lighting sources, clothing, boots, cave packs, etc.

Name of store or organization visited _____

Date visited _____

5b. What are the American National Standards Institute requirements for helmets.

6a. List item you would need in your personal cave pack. Include your personal first aid kit and cave survival gear.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

6b. List crew equipment items. Include first aid kit, caving ropes, and ascending equipment.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

6b. List items for a crew first aid kit.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

6d. Show another group how to construct both a personal and crew first aid kit.

Name of group _____

Date completed _____

7a. List different types of cave formations.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

7b. Make a tabletop display or presentation on cave formations and caving conservation for another group. Include practices such as proper carbide removal; care of walls, ceiling, and formations; and principles of Leave No Trace.

Name of group _____

Date of display or presentation _____

8. Find a cave you would like to visit; get permission to enter it; make a trip plan including cave location, a list of participants, expected time in the cave, expected

date and time of return, and an emergency contact; and then go in the cave, led by a qualified caver. Attach copy of trip plan.

Date of trip _____

Location of cave _____

Name of qualified caver _____

9. Explain why the following are considered natural or fabricated hazards:

Mudslides _____

Loose rocks _____

Pits _____

Deep water _____

Critters _____

Complex routes _____

Wooden ladders _____

Flooding _____

List other natural or fabricated hazards _____

10a. Match the following standard cave map symbols with their meaning:

- | | |
|--|--|
| a. drop in floor | b. flowstone |
| c. course and direction of intermittent stream | d. passage walls |
| e. slope contours | f. stalagmite, column, or flowstone mound |
| g. water, with flow direction | h. lower level passage |
| i. breakdown walls | j. rimstone dams |
| k. unsurveyed or indefinite walls | l. drop in ceiling |
| m. mud or clay | n. fault, D side moved down relative to U side |
| o. guano | p. sand or soil |
| q. strike and dip of bedding | r. vertical joint |
| s. stream cobbles | t. typical air flow direction |
| u. bedrock floor | v. organic debris |
| w. archeological material | x. dipping fault |
| y. scallop direction | z. entrance tag with ID number |
| aa. large breakdown | bb. Pit depth in meters |
| cc. small breakdown or talus | dd. Dipping joint |

Scout name _____ Unit # _____

CYCLING/MOUNTAIN BIKING ELECTIVE REQUIREMENTS WORKBOOK
(Completion of this form satisfies elective requirements.)

1. Explain the difference between cycling (touring) and mountain biking.

2a. Name at least 5 laws governing biking in your state.

Law #1 _____

Law #2 _____

Law #3 _____

Law #4 _____

Law #5 _____

2b. What are the bicycle safety rules for your preferred type of biking.

What is the safety gear for your preferred type of biking. _____

2c. Give a presentation and safe biking session to another group.

Name of group _____

Date of session _____

2d. Demonstrate proper first aid for head injuries.

Date of demonstration _____

Name of observer _____

(If you choose mountain biking as your discipline, do 3a and b.)

3a. What are the mountain biking rules for the trail as stated by the IMBA (International Mountain Biking Association). _____

What is meant by soft cycling. _____

3b. Describe environmental considerations that are important for mountain biking.

Describe ways to lessen their impact on the environment. _____

4a. Establish a maintenance checklist that needs to be reviewed before each tour or trip.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

4b. Make and keep a personal biking journal and record information on at least three tours or trips. Attach a copy of journal.

Date completed _____

Name of reviewer _____

5a, b. List items you would include in a bike repair kit and explain their use.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

5c. Complete the following repairs:

Repair a flat tire	Date completed _____	Name of observer _____
Adjust brakes	Date completed _____	Name of observer _____
Adjust seat	Date completed _____	Name of observer _____
Adjust handlebars	Date completed _____	Name of observer _____
Broken chain	Date completed _____	Name of observer _____
Buckles wheel	Date completed _____	Name of observer _____

6a. With the approval of the property owner or land manager, plan and lead a one day bike trail or road maintenance project.

Type of project _____

Date completed _____

Project location _____

6b. Write an article about your project for your school or community newspaper. Attach a copy of article.

Name of article _____

Date completed _____

Name of reviewer _____

7a. Take at least 8 separate cycling tours 20 miles in length or 8 separate mountain biking treks 10 miles.

Date of trip #1 _____

Date of trip #2 _____

Date of trip #3 _____

Date of trip #4 _____

Date of trip #5 _____

Date of trip #6 _____

Date of trip #7 _____

Date of trip #8 _____

7b. Keep a personal journal of your eight trips, noting routes covered, weather conditions, sketches, maps, and sights seen. Also note significant things along the trails such as trail markers, downhills, climbs, rocks, drops, log hops, and portages. Attach a copy of your journal.

Date completed _____

Name of reviewer _____

8. Plan and do a two day cycling tour 50 miles in length or mountain bike trek 40 miles in length. Your trip plan should include routes, food, proper clothing, and safety considerations. Record in your journal. Attach a copy of your journal.

Date of trip _____

Name of reviewer _____

9. Do a or b below.

a. Make a tabletop display or presentation on cycling or mountain biking for another group.

Date of display or presentation _____

Name of group _____

b. Make a where-to-go biking guide for your area which has at least 10 trips or places to bike. Invite other groups to use this guide. Attach copy of guide.

Date completed _____

Name of reviewer _____

Scout name _____ Unit # _____

ECOLOGY ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

1. Explain how the following is evidenced in a watershed near where you live.

Basic natural systems _____

Cycles _____

Changes over time _____

Four basic elements _____

Land use patterns _____

Species #1 _____

Species #2 _____

Species #3 _____

Species #4 _____

Species #5 _____

Species #6 _____

2. Select at least four environmental study areas near where you live and answer the following.

Area #1

Describe the area _____

Reasons for selecting the area _____

What are the area's boundaries _____

What groups use the area _____

What are some outside forces that interact with the area _____

List things that can be studied in the area _____

Area #2

Describe the area _____

Reasons for selecting the area _____

What are the area's boundaries _____

What groups use the area _____

What are some outside forces that interact with the area _____

List things that can be studied in the area _____

Area #3

Describe the area _____

Reasons for selecting the area _____

What are the area's boundaries _____

What groups use the area _____

What are some outside forces that interact with the area _____

List things that can be studied in the area _____

Area #4

Describe the area _____

Reasons for selecting the area _____

What are the area's boundaries _____

What groups use the area _____

What are some outside forces that interact with the area _____

List things that can be studied in the area _____

3. Plan a field trip to each of the above areas, including detailed plans for conducting various investigations. Follow all of the requirements such as trip permits, safety plans, transportation plans, equipment needs, etc. Attach a copy of each trip plan.

Date of trip #1 _____

Date of trip #2 _____

Date of trip #3 _____

Date of trip #4 _____

- 4a. Under the guidance of a natural resources professional, carry out an investigation of an ecological subject approved by your Advisor.

Inventory and map the area. Attach a copy of the inventory and map.

Conduct a detailed investigation providing specific data for a specific topic. Attach a copy of the investigation report.

Date completed _____

Name of professional _____

Name of reviewer _____

- 4b. Present your findings to another group.

Date of presentation _____

Name of group _____

5. Teach another group how to carry out an ecological investigation. Use steps 3 and 4 above with the group so that they may also learn by doing.

Date taught _____

Name of group _____

EQUESTRIAN ELECTIVE REQUIREMENT WORKBOOK

(Completion of this form satisfies elective requirements.)

1. Explain the characteristics of each of the three distinct American riding styles.

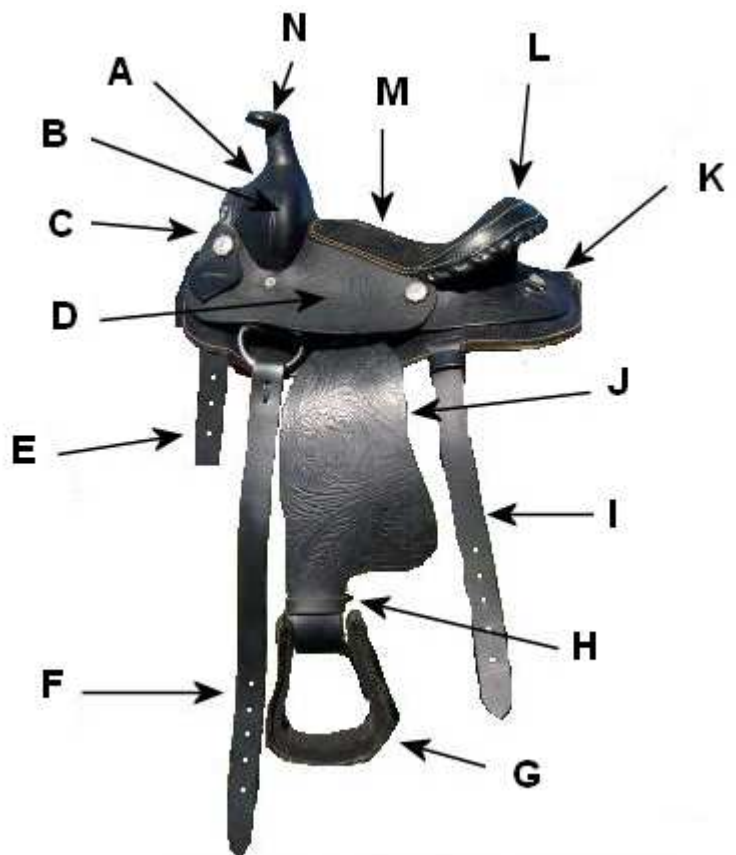
Western: _____

English: _____

2. For your preferred style, explain the equipment you would use, including parts of the saddle and bridle. _____

- ___ Horn
- ___ Seat
- ___ Cantle
- ___ Pommel
- ___ Skirt
- ___ Flank Strap
- ___ Stirrup
- ___ Gullet
- ___ Cinch Strap
- ___ Fender
- ___ Stirrup Keeper
- ___ Jockey
- ___ Off Billet
- ___ Fork or Swell

WESTERN SADDLE

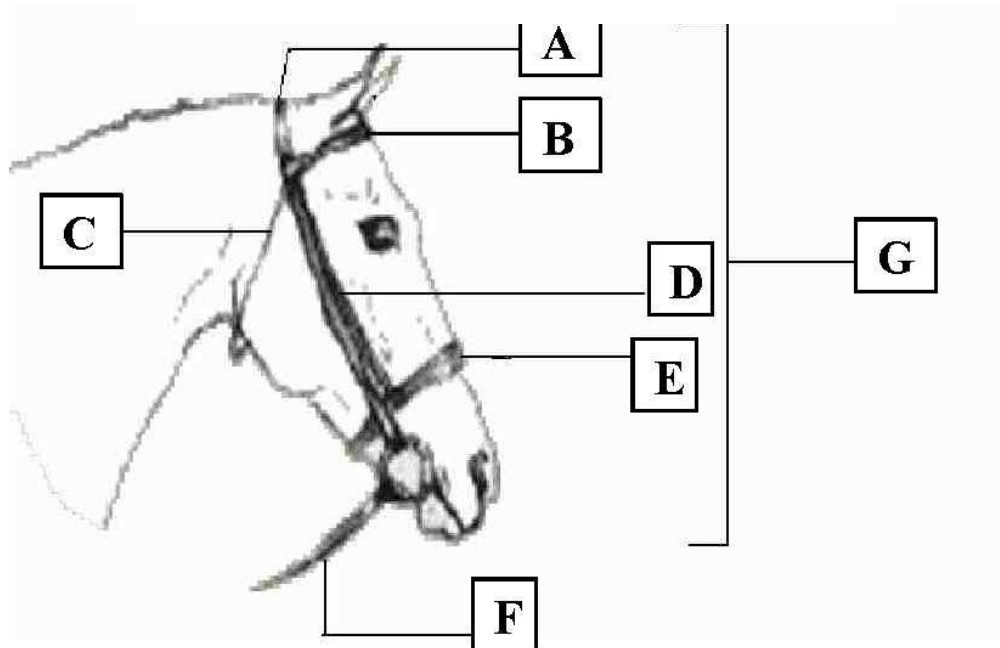


- ___ Pommel
- ___ Stirrup Iron
- ___ Seat
- ___ Panel
- ___ Skirt
- ___ Stirrup Leather Keeper
- ___ Saddle Flap
- ___ Knee Roll
- ___ Saddle Pad
- ___ Cantle

English Saddle



- ___ Reins
- ___ Cheek Piece (Bridoon)
- ___ Headstall
- ___ Noseband (Cavesson)
- ___ Head Piece
- ___ Brow Band
- ___ Throatlatch



3. Explain the difference in natural versus artificial aids used in communicating with your horse, such as use of hands, legs, weight, voice, whips, crops, martingales, bits, and auxiliary reins. _____

4.a. Present yourself properly attired for the riding style you prefer.

Name of observer _____

4.b. Explain the clothing and safety equipment a rider must have for your preferred style of riding. _____

5a. Demonstrate how to properly catch, bridle, and saddle a horse.

Date of demonstration _____

Name of observer _____

5b. Demonstrate at least 3 steps in proper mounting and 2 ways of dismounting.

Date of demonstration _____

Name of observer _____

6a. Show how to test your correct stirrup length while you are dismounted and when you are mounted.

Date of demonstration _____

Name of observer _____

6.b. Explain short stirrup length: _____

Explain medium stirrup length: _____

Explain long stirrup length: _____

Explain why stirrup length is important: _____

7a. Demonstrate the correct position of your body, feet, hands, arms, and legs while mounted.

Date of demonstration _____

Name of observer _____

7b. Demonstrate how all parts of your body should be positioned on your horse during a trot, a canter, and a gallop.

Explain why the positioning is important _____

Date of demonstration _____

Name of observer _____

8. Demonstrate by using a pattern that you have control of your horse. On command, be able to slow down, speed up, stop, back up and be able to move your horse through its gaits.

Date of demonstration _____

Name of observer _____

9a. Properly remove tack from your horse and store it.

Name of observer _____

9b. Demonstrate proper care of your tack after riding.

Name of observer _____

9c. Demonstrate the proper care for your horse after a ride, including cool down, brushing, watering and feeding.

Name of observer _____

Why are these steps important _____

10. Make a tabletop display or presentation on what you have learned about horsemanship to another group.

Date of display or presentation _____

Name of group _____

Scout name _____ Unit # _____

FIRST AID ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

Attach copies of completion certificates.

1a,b. List items and their uses that you would include in a personal or group first aid kit.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

1c. Teach another person or group how to make and use a personal or group first aid kit.

Person or group taught _____

Date taught _____

Do 2, 3, or 4 below:

2. Complete a 25 hour emergency first aid course plus the American Red Cross's When Help Is Delayed module or equivalent course.

Name of course _____ Date completed _____

Name of instructor _____

3. Complete a 45 hour emergency response course plus the American Red Cross's When Help Is Delayed module or equivalent course.

Name of course _____ Date completed _____

Name of instructor _____

5. Complete an EMT Basic course offered through a local hospital, college, or first aid crew.

Name of course _____ Date completed _____

Name of instructor _____

Scout name _____ Unit # _____

FISHING ELECTIVE REQUIREMENTS WORKBOOK
(Completion of this form satisfies elective requirements.)

1a. List the freshwater fishing laws, regulations, and license requirements for your state.

1b. List the saltwater fishing laws, regulations, and license requirements for your state (if you live in a coastal state) or a coastal state of your choice.

2a. Using a map of your state, designate where the different varieties of water are located, such as warm freshwater, cold fresh water (include tail waters), brackish water, and saltwater. Attach a copy of the map.

- a. On the map, note the most popular game fish found in each spot you marked.
- b. On the map, note any protected fish species found in your state.

Date completed _____

Name of reviewer _____

3. Teach the following to someone else:

a. The four main types of fishing equipment:

Spincast Spinning Baitcast Fly

Explain how they differ

Describe how one might be better for certain fishing situations

b. Three different fishing knots

Knot #1 _____ Knot #2 _____ Knot #3 _____

c. How to correctly spool line on a reel of the four types of fishing equipment

How to execute the three different types of cast with two of the four types of fishing equipment. Use targets. Explain safety measures needed while casting

4. Develop a personal ethical code for fishing

List two different potential ethical situations where choices may have to be made and describe how you plan to make decisions for those situations.

Situation #1 _____

Situation #2

5. List at least 10 potential safety situations that you could encounter while fishing in your area and what precautions you should take to protect yourself and your fishing partners.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

6a. Answer the following for two different species of game fish found in your state:

Species #1

Place in the food chain _____

Type of waters found in _____

Type of underwater structure found in _____

Fall temperature found in _____

Winter temperature found in _____

Spring temperature found in _____

Summer temperature found in _____

Species #2

Place in the food chain _____

Type of waters found in _____

Type of underwater structure found in _____

Fall temperature found in _____

Winter temperature found in _____

Spring temperature found in _____

Summer temperature found in _____

6b. Catch at least one fish of each of the above two species.

Fish #1

Type of fish _____

Date caught _____

Fish #2

Type of fish _____

Date caught _____

7. Do one of the following:

Build a fishing rod, type of your choice

Type of Rod _____

Date Completed _____

Tie six freshwater or saltwater flies common to your area.

Date completed _____ Name of reviewer _____

Design and make your own fishing lure (not a fly)

Explain the fish attracting principle of the lure _____

Date completed _____ Name of reviewer _____

8. Do one of the following:

Plan or assist with a National Fishing Week or National Hunting and Fishing Day event.

Date of event _____

Assist with a Hooked on fishing, Not On Drugs program.

Date of event _____

Organize and lead a fishing trip or event to introduce other youth to fishing

Date of trip or event _____

9. Make a tabletop display or presentation to another group on what you have learned about fishing.

Date of display or presentation _____

Name of group _____

Scout name _____ Unit # _____

HUNTING ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

Attach copies of completion certificates.

1a. Successfully complete a hunter education course offered by your state wildlife/conservation agency.

Date completed _____

Name of instructor _____

1b. Explain the requirements to become a volunteer hunter education instructor in your state. _____

1c. Explain how to report a wildlife related violation to the appropriate law enforcement agency. _____

2. Do a, b, or c below:

a. Successfully complete a bowhunter education course offered by your state or the National Bowhunter Education Foundation.

Date completed _____

Name of instructor _____

b. Successfully complete a National Muzzle Loading Rifle Association Rifle Basic Course.

Date completed _____

Name of instructor _____

c. Participate in a National Rifle Association-International Hunter Education Association Youth Hunter Education Challenge event sponsored by your state.

Date of event _____

Name of instructor _____

3. Do a, b ,or c below.

a. Assist a certified hunter education instructor with a hunter education course.

Date of course _____

Name of instructor _____

b. Either plan or assist in putting on a National Hunting and Fishing Day program.

Date of program _____

Name of instructor _____

c. Talk with a game warden/conservation officer about his/her job. If possible, observe/assist at a game check station in your state.

Date of discussion _____

Name of game warden _____

4. Plan and carry out a hunting trip approved by your Advisor.

Date of trip _____

Type of game hunted _____

5. Make a tabletop display or presentation on what you have learned for another group.

Date of display or presentation _____

Name of group _____

Scout name _____ Unit # _____

LIFESAVER ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

Attach copies of completion certificates.

1. Do a, b, or c below.

- a. Complete the Boy Scout or Venturing Lifeguard requirements and hold a current certification. (Note: BSA Lifeguard certification lasts for three years from the time of certification.)

Date completed _____

Name of instructor _____

Date certification expires _____

- b. Complete a 45-plus-hour emergency response course or an EMT basic course.

Name of course _____

Date completed _____

Name of instructor _____

- c. Earn the American Red Cross Lifeguard Training certificate.

Date completed _____

Name of instructor _____

2. List items and their uses that you would include in a first aid kit:

3. Teach another person or group how to make and use a first aid kit.

Name of person or group _____

Date taught _____

Scout name _____ Unit # _____

MOUNTAINEERING ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

You must complete the First Aid Core Requirement before you begin this elective.

Date First Aid Core completed _____

1a. Explain the difference between bouldering and technical climbing.

1b. Explain how bouldering can help your crew get ready for more advanced climbing.

1c. Demonstrate bouldering using the three-point stance and proper clothing.

Date of demonstration _____

Name of observer _____

2a. Give the definition for each of the following climbing classifications:

Class 1 = _____

Class 2 = _____

Class 3 = _____

Class 4 = _____

Class 5 = _____

2b. Explain how weather can change the difficulty of any ascent.

3. Teach the following climbing knots to another group.

Figure eight on a bight

Water knot

Bowline on a coil

Figure eight follow-through

Grapevine knot

Group taught _____ . Date taught _____

4a. Explain the different types of ropes available for climbing, their uses and characteristics. _____

4b. Explain proper climbing rope care _____

Explain proper climbing rope coiling _____

Explain proper climbing rope storage _____

4c. What signs would you look for when you examine a rope for wear and damage?

When and how should you retire a rope? _____

4d. Make a tabletop display or presentation to another group using the knowledge acquired above.

Group presented to _____

Date of display of presentation _____

5a. Explain the difference between the following anchors.

Natural _____

Artificial _____

5b. Identify and describe the use of three different types of hardware and setups.

Type # 1 _____

Type # 2 _____

Type # 3 _____

5c. Explain why proper climbing safety is important both before and during a climb.

5d. Explain different rescue equipment and techniques. _____

5e. Describe the following appropriate gear:

Clothing: _____

Footwear: _____

Gloves: _____

Helmets: _____

Other climbing gear: _____

6. Correctly put on and teach others to put on at least 2 of the following:

Commercially made climbing harness _____ date taught _____

Diaper sling _____ date taught _____

Knotted leg loop seat _____ date taught _____

Swiss seat sling _____ date taught _____

7a. Demonstrate 3 types of belays.

Type of belay #1 _____

Date of belay _____ Name of observer _____

Type of belay #2 _____

Date of belay _____ Name of observer _____

Type of belay #3 _____

Date of belay _____ Name of observer _____

7b. For each “meaning” below, list the proper verbal signal for each participant:

	Meaning	Verbal signal
Climber:	“Is the belay ready”	_____
	“Here I come”	_____
	“I need some slack in the rope”	_____
	“Take in the loose (slack) rope”	_____
	“Hold the rope tightly and brace yourself in case I fall”	_____
	“I’m falling! Brake the belay rope!”	_____
	“Lower me”	_____
	“Look out for falling rocks”	_____
	“Rope being thrown down”	_____
	“I’m in a safe place and no longer need a belay”	_____
Belayer:	(When Climbing)	
	“Your belay is ready”	_____
	“Come ahead”	_____
	“There is tension on the rope”	_____
	“I am letting you down now”	_____
	“I’m no longer belaying you”	_____
	“Rock!”	_____
Belayer:	(When Rappeling)	
	“Your belay is ready”	_____
	“Go ahead”	_____
Rappeller:	“I’m no longer belaying you”	_____
	“Is the belay ready”	_____
	“I’m ready to start down”	_____
	“I’m falling! Brake the rope!”	_____
	“I am done rappelling and am in a safe place”	_____
Boulderers:	“The rope is free of equipment and is ready for the next rappeller”	_____
	“I am ready to start”	_____
	“I’ll start up as soon as spotters give a go-ahead”	_____
Spotters:	“I’m about to fall”	_____
	“I’m ready to protect you”	_____
	“Go ahead”	_____

8. Do a and b, or c.

a. Rappel at least 30 feet down a natural or artificial obstacle.

Date of rappel _____

Name of climbing instructor _____

b. Climb at least 30 feet up a natural or artificial obstacle.

Date of climb _____

Name of climbing instructor _____

c. Attend a 2 day rock climbing clinic/course led by a qualified climbing instructor. This course should include some instruction on technical rock climbing.

Name of course _____

Date of course _____

Name of instructor _____

9. Lead a group on a climbing and/or rappelling activity.

Name of group led _____

Type of activity _____

Date of activity _____

Name of climbing instructor _____

Scout name _____ Unit # _____

OUTDOOR LIVING HISTORY ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

1. Research a historical culture and time period of interest to you, such as Native American, mountain man, pioneer, or Revolutionary/Civil War.

Name of culture _____ Time period _____

2. Write a 2,000 word essay or make an outline describing the culture's dress, food, housing, customs, etc. Attach copy of essay or outline.

Date completed _____ Name of reviewer _____

3. Using your research, make an outfit that represents a person or type of person (soldier, farmer, trader, hunter, chief, etc.) from your chosen culture.

Type of outfit _____

Date completed _____ Name of reviewer _____

4. Using your research, construct a working tool or weapon out of authentic materials that would have been used by the person you have chosen to represent in 3 above.

Type of tool or weapon _____

Date completed _____ Name of reviewer _____

5. Once your clothing and accoutrements are complete, attend and participate in a pow wow, rendezvous, reenactment, historical trek, or other event that includes your chosen culture.

Name of event _____ Date attended _____

6. Make a presentation of your chosen culture to another group.

Name of group _____ Date of presentation _____

- 7a. Organize a group tour to a museum, archaeological dig, or other site of significance to your chosen culture.

Name of tour site _____ Date of tour _____

- 7b. After the tour, lead your group in a discussion about what they learned.

Date of discussion _____

Scout name _____ Unit # _____

PHYSICAL FITNESS ELECTIVE REQUIREMENTS WORKBOOK

(completion of this form satisfies elective requirements)

1. Make an appointment with your doctor for a complete physical.

Date of physical: _____

Reviewer name: _____

2. Explain at least six principles that guide you in developing a physical fitness program.

- 3a. Explain why the following components are important to your physical fitness.

Endurance: _____

Strength: _____

Flexibility: _____

Body Composition: _____

- 3b. Have a physical fitness professional administer a fitness test .Set physical fitness goals with their help.

Name of fitness test administer _____

Date of fitness test _____

4. Develop an eight week program to accomplish your goals. Keep a log of your program. Attach a copy of your log.

What exercises did you include: _____

Reviewer name: _____

5. Explain the six elements of a good diet.

6. List six foods from each group of the USDA Food Guide Pyramid.

7. What formula do you use to calculate the number of calories you need if you are:

sedentary: _____

moderately active: _____

active: _____

8. Explain the following common eating disorders and why they are harmful to athletes.

Anorexia: _____

Bulimia: _____

9. Explain the hazards and dangers of using each of the following groups of performance enhancing drugs:

stimulants: _____

painkillers: _____

anabolic steroids: _____

beta blockers: _____

diuretics: _____

alcohol: _____

marijuana: _____

cocaine: _____

10. Explain how to prevent injury in your fitness program: _____

11. Teach another group about setting up a physical fitness program.

Group taught: _____

Date taught: _____

Scout name _____ Unit # _____

PLANTS AND WILDLIFE ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

1. Write a paper or make a presentation on a plant or wildlife species. Include its value as seen from various perspectives, some of the problems various species face, and how we might be able to help. Attach copy of paper.

Date completed _____ Name of reviewer _____

- 2a. Select an area approved by your Advisor that contains several species of wildlife or plants. Observe this area thoroughly in various conditions and seasons of the year and answer the following.

What type of area are you studying _____

What is the history of the area _____

What species does the area contain during

Spring _____

Summer _____

Fall _____

Winter _____

How did the climates change over the seasons _____

How did the use of the area change over the seasons _____

- 2b. Make a presentation on interaction between species. Include the following:

What was the reaction of various species to changes in conditions or outside influences _____

What type of food did the area provide for each species _____

What type of shelter, materials and protection did the area provide for each species

What are the population trends for each species _____

What are your predictions on the future of these species _____

Suggested actions to protect or enhance the population _____

What investigation methods did you use _____

Date of presentation _____

3a. Study a specific plant or wildlife species approved by your Advisor that can be found in several different areas. Observe this species thoroughly in various areas and seasons of the year.

Name of species studied _____

What is the history of this species _____

How has this species adapted over time _____

3b. Make a presentation on this species. Include the following:

What was the reaction of this species to changes in conditions or outside influences

What type of food does this species need _____

What type of shelter, materials and protection does this species need _____

What type of assistance does this species require for propagation _____

What are the population trends for this species _____

What are your predictions on the future of this species _____

Suggested actions to protect or enhance the population _____

What investigation methods did you use _____

Date of presentation _____

4. Under the guidance of a source professional, plan, lead, and carry out a project approved by your Advisor designed to benefit plants or wildlife. Involve others so that you can increase their awareness of the condition of plants and wildlife in your area.

Type of project _____ Date completed _____

Name of professional _____

Others involved in project _____

5. Do a or b below.

- a. Make a tabletop display or presentation on your project for another group.

Date of presentation or display _____

Name of group _____

- b. Submit an article about your project to a local newspaper, radio station, your school newspaper, or TV station.

Name of article _____

Article submitted to _____

Date submitted _____

Attach copy of article.

Scout name _____ Unit # _____

PROJECT COPE ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

Attach copies of completion certificates.

Do 1, 2, or 3 below.

- 1a. Complete a BSA Project COPE course including both low and high initiatives.

Date completed _____

Name of instructor _____

- 1b. After you have personally been through a COPE course, help run at least 2 other COPE courses.

Date COPE course #1 completed _____

Name of instructor _____

Date COPE course #2 completed _____

Name of instructor _____

2. Attend BSA camp school and successfully complete the COPE director's course.

Date completed _____

Name of instructor _____

3. Complete a hands-on outdoor education course through a college or university of at least 80 hours.

Name of course _____

Date completed _____

Name of instructor _____

Scout name _____ Unit # _____

SCUBA ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

Attach copies of completion certificates.

1. Become certified as an Open Water Diver by the Professional Association of Diving Instructors (PADI) or the National Association of Underwater Instructors (NAUI).

Type of certification _____

Date completed _____

Name of instructor _____

2. Make a presentation to another group on what it takes to become certified and some other subject related to scuba diving.

Presentation subject _____

Name of group _____

Date of presentation _____

3. Assist with a Discover Scuba program.

Name of program _____

Date completed _____

Name of instructor _____

Scout name _____ Unit # _____

SHOOTING SPORTS ELECTIVE REQUIREMENT WORKBOOK

(Completion of this form satisfies elective requirements.)

1a. Recite, explain, and demonstrate the three primary shooting safety rules.

Rule 1 _____

Rule 2 _____

Rule 3 _____

Date demonstrated: _____ Observer name _____

1b. Recite and explain the range commands.

Command: _____

Explanation: _____

Command: _____

Explanation: _____

Command: _____

Explanation: _____

Command: _____

Explanation: _____

1c. Identify the parts of a pistol, rifle, or bow (whichever one you select) and explain the function of those parts.

Part: _____

Function: _____

Part: _____

Function: _____

Part: _____

Function: _____

Part: _____

Function: _____

1d. If you chose air pistol, air rifle, muzzle-loading rifle, pistol, or small-bore rifle for your shooting discipline, explain how “minute of angle” is used to “zero” the air gun or firearm. _____

1e. If you chose muzzle-loading rifle as your shooting discipline, recite the proper steps for loading a muzzle-loading rifle and the proper sequence of firing the shot. Explain each step.

1f. If you chose archery as your shooting discipline, recite and explain the nine steps to the 10 ring.

1g. If you chose shotgun as your shooting discipline, explain how you sight a shotgun differently than you would a rifle. _____

2. Complete a basic training course and the course of fire for one of the following shooting disciplines

- a.. Air pistol Shoot five shots each at eight TQ7 targets at a distance of 25 feet for a total of 40 shots. You must score 240 out of a possible 400..
- OR
- Shoot five shots each at eight bull's-eye B-40 targets at a distance of 33 feet for a total of 40 shots. You must score 220 points of a possible 400. You may use any .177 air pistol. All targets must be fired in the standing position only using only one hand to support the pistol..
- b. Air Rifle Shoot 2 shots at each bull on 6 AR5/5 targets at distance of 25 ft for a total of 60 shots. . Shoot 20 each in prone, ,standing, and kneeling positions. Must score 225 out of possible 600.
- OR
- Shoot 2 shots at each bull on 6 AR5/5 targets at distance of 33 ft for a total of 60 shots. . Shoot 20 each in prone, ,standing, and kneeling positions. Must score 420 out of possible 600.
- c. Archery Indoor: shoot 30 arrows at 18 meters on a 60 centimeter 5
Recurve bow color target. Must score 150 out of possible 300
 Outdoor: shoot 30 arrows at 40 meters on a 122 centimeter 5
 color target. Must score 200 out of possible 300.
- OR
- Compound bow Indoor: shoot 30 arrows at 18 meters on a 40 centimeter 5
 color target. Must score 150 out of possible 300.
 Outdoor: shoot 30 arrows at 40 meters on a 122 centimeter 5
 color target. Must score 210 out of possible 300.
- d. Muzzle Loading Shoot 1 shot from standing position at each bull on 10
Rifle M02400-NMLRA targets at distance of 25 yards for total of 50
 shots. Must score 250 out of possible 500.
 Then, shoot 5 shots from standing position at 1 target at
 distance of 50 yards. Must score 25 out of possible 50.
 Then, shoot 5 shots from sitting position at 1 target at distance
 of 50 yards. Must score 25 out of possible 50.
- e. Pistol Shoot 10 shots at each of 6 B-2 targets from standing position
 in a maximum time of 10 minutes per target at distance of 50 ft.
 must score 360 out of possible 600.
- f. Shotgun Break 25 clay birds of a possible 50 on a skeet course and 25
 of a possible 50 on a trap course.
- OR
- Break 50 clay birds of a possible 100 on a skeet course
- OR
- Break 50 clay birds of a possible 100 on a trap course.

g. Small Bore Rifle Shoot 1 shot at each bull on 6 A17 targets from distance of 50 feet for a total of 60 shots. Shoot 20 each from prone, standing, and kneeling positions. Must score 225 out of possible 600.

OR

Shoot 1 shot at each bull on 6 A17 targets from distance of 25 ft for a total of 60 shots. Shoot 20 each from prone, standing, and kneeling positions. Must score 420 out of possible 600.

Shooting discipline chosen _____

Date of training course completion _____

Name of instructor _____

Date of course of fire completion _____

Name of instructor _____

Attach copies of completion certificates.

3. Make a tabletop display or presentation to another group. Include information about shooting sports in the summer and winter Olympics.

Name of group _____

Date of display or presentation _____

Scout name _____ Unit # _____

WATERCRAFT ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

Attach a copy of completion certificates.

1a. Explain the BSA Safety Afloat plan.

1b. Demonstrate during a watercraft activity that you know the BSA Safety Afloat plan.

Type of activity _____

Date completed _____

Name of observer _____

2. Complete a basic boating safety course provided by the U.S. Coast Guard Auxiliary, U.S. Power Squadrons, US Sailing, American Red Cross, or your state's boating law administrator.

Name of Course _____ Date completed _____

Name of instructor _____

3a. Demonstrate the following water rescue techniques:

Self rescue

Date completed _____ Name of observer _____

Group rescue

Date completed _____ Name of observer _____

Boat assisted rescue

Date completed _____ Name of observer _____

Short line rescue

Date completed _____ Name of observer _____

Boat over boat rescue

Date completed _____ Name of observer _____

Pinned craft rescue

Date completed _____ Name of observer _____

3b. What are the rules for avoiding water caused hypothermia. _____

What do you do in case of hypothermia _____

4. Make a presentation to another group on boating safety.

Name of group _____

Date of presentation _____

Do 5, 6, or 7. 5a.

5a. What is the American Whitewater Affiliation Safety Code. _____

b. Demonstrate during a watercraft activity that you know the American Whitewater Affiliation Safety Code.

Date completed _____ Name of observer _____

c. What is the International Scale of River Difficulty. _____

d. Name and describe the six classifications of rivers.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

e. Using a whitewater river map of your choice, explain why different sections are classified the way they are. _____

f. Explain the differences in the following terms:

recreational canoes _____

touring canoes _____

downriver canoes _____

whitewater playboat canoes _____

decked canoes _____

recreational kayaks _____

touring kayaks _____

whitewater playboat kayaks _____

g. Demonstrate paddling techniques and maneuvers for the following:

Canoe, both single and double passenger

Date completed _____ Name of observer _____

Kayak, single or double passenger

Date completed _____ Name of observer _____

h. Paddle a slow river a distance of at least eight miles or run a whitewater river a distance of six miles with at least one class III rapid.

Type of trip _____

Date completed _____ Name of observer _____

6a. Demonstrate the BSA rules for boardsailing.

Date completed _____ Name of observer _____

b. Learn how to boardsail.

Date completed _____ Name of observer _____

7. Become certified as a US Sailing Small Boat Sailor or US Sailing Instructor.

Date completed _____ Name of instructor _____

Scout name _____ Unit # _____

WINTER SPORTS ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

1. List 4 cold weather related injuries and how to avoid and treat them.

1 _____

2 _____

3 _____

4 _____

2. Explain the safety codes for your chosen winter sport (alpine skiing, Nordic skiing, snowboarding, snowmobiling, or ice skating). Example: Skier's Responsibility Code found in the National Ski Areas Association Classroom Guide for skier education, published by the National Ski Patrol.

3. Design a 30 day physical fitness and stretching program that will prepare you for your chosen winter sport, including exercising and stretching for at least 30 minutes three times a week for 30 days. Attach a copy of your program.

Date completed _____

Name of reviewer _____

4. Choose one of the following winter sports and complete the following requirements for that sport. (Alpine Skiing, Nordic Skiing, Snowboarding, Snowmobiling, Ice Skating)

1. During a winter season, participate in at least the following sessions for your chosen sport:

Alpine Skiing, Nordic Skiing, Snowboarding, or Snowmobiling:

6 recreational sessions totaling 40 hours.

Ice Skating:

10 recreational sessions totaling 40 hours.

Session #1	# of hours _____	Date completed _____
Session #2	# of hours _____	Date completed _____
Session #3	# of hours _____	Date completed _____
Session #4	# of hours _____	Date completed _____
Session #5	# of hours _____	Date completed _____
Session #6	# of hours _____	Date completed _____
Session #7	# of hours _____	Date completed _____
Session #8	# of hours _____	Date completed _____
Session #9	# of hours _____	Date completed _____
Session #10	# of hours _____	Date completed _____

2. On one of your trips, demonstrate to the adult counselor approved by your Advisor that you are proficient in this sport.

Date of demonstration _____

Name of counselor _____

3. Give instruction and assistance to a group of beginners.

Name of group _____

Date of instruction _____

4. Make a tabletop display or presentation for another group about your chosen sport

Name of group _____

Date of display or presentation _____