



FRIEND

Achievement Class

Youth Ministries Department of the Seventh-day Adventist® Church

Curriculum
Requirements &
Developed Resources

**FRIEND
WORKBOOK**



FRIEND NAME:

TEACHER:

YEAR:



Friend Contents / Requirement Sheet



GENERAL (pgs. 4-13)

Requirement	(✓)	Date	Signature
1. Be 10 years old and/or in Year 6 or its equivalent.			
2. Be an active member of the AYS/AJY Society or Pathfinder Club			
3. Memorize and explain the Pathfinder Pledge and Law.			
4. Read the book <i>The Happy Path</i> (or similar book on the Pledge and Law).			
5. Have a current Book Club Certificate. and write at least a paragraph of review on all FOUR books. (See Book Club Requirements)			

SPIRITUAL DISCOVERY (pgs. 14-19)

Requirement	(✓)	Date	Signature
1. Memorize the Old Testament books of the Bible and know the five areas into which the books are grouped. Demonstrate your ability to find any given book.			
2. Have a current Memory Gem certificate.			
3. Know and explain Psalm 23 or Psalm 46.			
4. During several worship periods, read with your parents the historical prologue to the book Early Writings and list the main events of the SDA church or fulfil other options as mentioned on page 23 of the FRIEND's MANUEL Resource Book.			

SERVING OTHERS (pgs. 20-21)

Requirement	(✓)	Date	Signature
1. By consultation with your leader, work out ways to spend at least two hours expressing your friendship to someone in need in your community by doing any two of the following:			
a. Visit someone who needs friendship.			
b. Help someone in need.			
c. With the help of others spend a half day on a community, school, or church project.			
2. Prove yourself a good citizen at home and at school.			

FRIENDSHIP DEVELOPMENT (pgs. 22-24)

Requirement	(✓)	Date	Signature
1. List ten qualities of being a good friend, and discuss four everyday situations where you have practiced the "Golden Rule."			
2. Know your National Anthem and explain its meaning.			



Friend Contents / Requirement Sheet



HEALTH AND FITNESS

(pgs. 25-30)

Requirement	(✓)	Date	Signature
1. Complete the following:			
a. Discuss the temperance principles in the life of Daniel, or participate in a presentation or role play on Daniel 1.			
b. Memorize and explain Daniel 1:8 and either sign the appropriate pledge card or design your own pledge card showing why you choose a life style in harmony with the true principles of temperance.			
2. Learn the principles of a healthful diet and engage in a project preparing a chart of basic food groups.			
3. Complete the honour in Beginners Swimming or Physical Fitness.			

ORGANIZATION AND LEADERSHIP DEVELOPMENT

(pg. 31-32)

Requirement	(✓)	Date	Signature
1. Plan and take a three hour or 8 km Hike.			
2. Plan to complete a requirement under the Nature Study or Outdoor Life sections or a Nature Honour.			

NATURE STUDY

(pgs. 33- 36)

Requirement	(✓)	Date	Signature
1. Complete one of the following honours: Cats, Dogs, Mammals, Seeds, Bird Pets.			
2. Know: - Different methods of purifying water			
- Demonstrate your ability to build a camp shelter.			
- Consider the significance of Jesus as the water of life and as our refuge place.			

OUTDOOR LIFE

(pgs. 37-50)

Requirement	(✓)	Date	Signature
1. Know how ropes are made and demonstrate how to care for rope in the correct manner.			
• Tie and know the practical use of the following knots: Overhand, Granny, Square (Reef), Slip, Double Bow, Two Half Hitches, Clove Hitch, Bowline			
2. Participate in an overnight campout			
3. Pass a test in general safety.			
4. Pitch and strike a tent and make a camp bed.			
5. Know ten hiking rules, and know what to do when lost.			
6. Learn the signs for track and trail. Be able to lay a 2 km. trail that others can follow and be able to track a 2 km. trail.			

Lifestyle Enrichment (pg. 51)

Requirement	(✓)	Date	Signature
1. Complete one Honour in Arts and Crafts.			

General



Personal Details

Paste your photo here

My Name is.....

My Address is

Email address.....

My Date of Birth is

I am years old.

I confirm that I am an **ACTIVE MEMBER** of my Pathfinder Club. I make regular financial contributions and I have participated in at least 75% of club activities.

Club Member Signature _____ Date _____

Pathfinder Leader Signature _____ Date _____

Pathfinder Aim

The Advent Message to All the World in My Generation.

Pathfinder Motto

“The Love of Christ Constrains Me”

Pathfinder Pledge

By the grace of God,
I will be pure,
I will be kind,
I will be true
I will keep the Pathfinder Law
I will be a servant of God
I will be a friend of man

Meaning of the pledge:

By the grace of God.

Only as we rely on God to help us can we do His will.

I will be pure

I will fill my mind with everything that is right and true and spend time in activities that will build a strong, clean character.

I will be kind

I will not only be considerate and kind to my fellow men, but also to all of God's creation.

I will be true

I will be honest and upright in study, work, and play; and can always be counted upon to do my very best.

I will keep the Pathfinder Law

I will seek to understand the meaning of the Law and will strive to live up to its spirit, realizing that obedience to law is essential in any organization.

I will be a servant of God

I will pledge myself to serve God first, last, and best in everything I am called upon to be or do.

I will be a friend to man

I will live to bless others and do unto them as I would have them do unto me.

Pathfinder Law

The Pathfinder Law is for me to:

Keep the morning watch
Do my honest part
Care for my body
Keep a level eye
Be courteous and obedient
Walk softly in the sanctuary
Keep a song in my heart
Go on God's errands

Meaning of the Law:

Keep the Morning Watch.

I will have prayer and personal Bible Study each day.

Do my honest part.

By the power of God, I will help others and do my duty and my honest share wherever may be.

Care for my body.

I will be temperate in all things and strive to reach a high standard of physical fitness.

Keep a level eye.

I will not lie, cheat, or deceive and will despise dirty talk or evil thinking.

Be courteous and obedient.

I will be kind and thoughtful of others, reflecting the love of Jesus in all my association with others.

Walk softly in the sanctuary.

In any devotional exercise I will be quiet, prayerful, and reverent.

Keep a song in my heart.

I will be cheerful and happy and let the influence of my life be as sunshine to others.

Go on God's errands.

I will always be ready to share my faith and go about doing good as did Jesus.

Memorise & Explain the Pathfinder Pledge & Law



You will need to have a discussion with your class teacher



My explanation of the Pathfinder **Pledge**:



My explanation of the Pathfinder **LAW**:

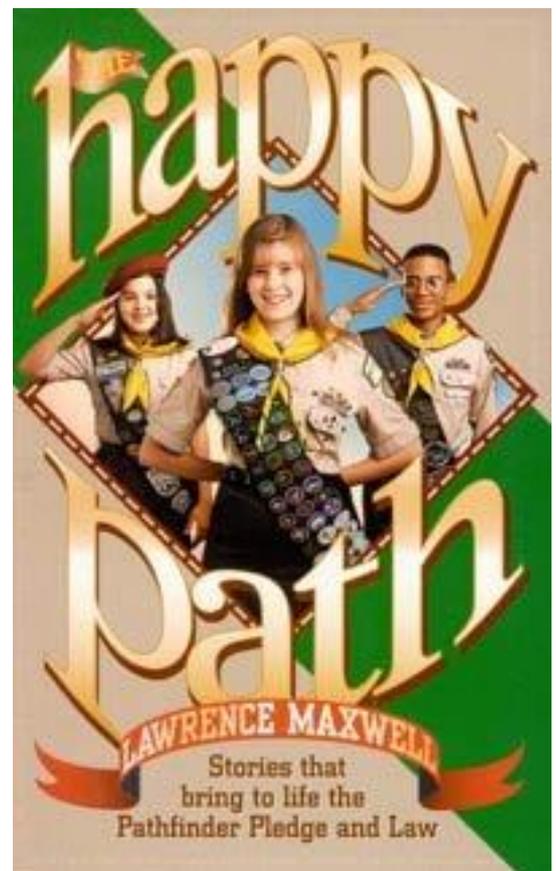
Read The Book 'The Happy Path' or similar book or activity on the Pathfinder Pledge and Law.



You can borrow this from the church library or download online or see your class teacher



Write a brief report about the book/activity:



BOOK CLUB CERTIFICATE

[Compulsory Requirement]

1. Pathfinders are to read a minimum of 4 books every year. One book must be from each of the following categories:

- a) Missions
- b) Autobiography
- c) Nature of Science
- d) One book of personal choice (excluding fiction e.g novels, etc)



2. Juniors are to read a minimum of 40 pages.

3. Teens are to read a minimum of 80 pages.

4. Pathfinders must inform their Club Leaders/Counsellors about the choice of books **BEFORE** commencing to read so that the category of book and suitability can be decided upon. Club Leaders may choose to have a collection of books as reference but Pathfinders may have books at home that will fall into the categories listed above.

5. Upon completion, Pathfinders must prepare a summary of what they have read to include:

- Title of Book
- Author
- Publisher and Year Published
- Paraphrased, bulleted points or outline of main events or ideas.

6. Reports should be a minimum of 80 words for Juniors and 120 words for Teens, completed in their own time.

7. The Pathfinder and the Club Leader/Counsellor must date and sign each completed Book Club Certificate Report (sample Report in Leaders Book – copy as required).

8. The completed work must be kept in the Pathfinder's folder for inspection at the Evaluation Day.

Spiritual Discovery



The purpose of the Bible Study section is twofold:

1. To familiarize the junior with the Old Testament and to recognize the Saviour in its stories
2. To introduce the Juniors to the beginnings of their church.

1. Memorise the Old Testament books and know the five areas into which the books are grouped. Demonstrate your ability to find any given book.



You will need a **BIBLE** for this requirement.

Memory Chart

M	Genesis	5	Books of Moses
O	Exodus		
S	Leviticus		
E	Numbers		
S	Deuteronomy		
L	Joshua	12	Books of History
I	Judges		
F	Ruth		
E	I Samuel		
I	II Samuel		
N	I Kings		
C	II Kings		
A	I Chronicles		
N	II Chronicles		
A	Ezra		
A	Nehemiah		
N	Esther		
P	Job	5	Poets
O	Psalms		
E	Proverbs		
T	Ecclesiastes		
S	Song of Solomon		
M	Isaiah	5	Major Prophets
A	Jeremiah		
J	Lamentations		
O	Ezekiel		
R	Daniel		
AND	Hosea	12	Minor Prophets
T	Joel		
W	Amos		
E	Obadiah		
L	Jonah		
V	Micah		
E	Nahum		
M	Habakkuk		
I	Zephaniah		
N	Haggai		
O	Zechariah		
R	Malachi		



Learn the Books of the Bible to Music

Happy Songs for Boys and Girls, No. 115. Available from ABC. Or the following books of the Bible can be sung to the melody of *Battle Hymn of the Republic*.

Verse 1

Gen-es-is & Ex-od-us, Le-vit-ic-us & Num-bers,
Deut-er-on-omy, Josh-ua, Jud-ges, Ruth & Samuel.
Kings, Chronicles, Ez-ra, Neh-em-i-ah, Es-ther, Job, Psalms.
Pro-verbs, Ec-clesi-as-tes.

Verse 2

Song of Solomon, I-sai-ah, Jer-e-mi-ah, Lam-en-ta-tion,
Ezek-iel, Dan-iel, Hose-a, Jo-el, Am-os, Oba-diah.
Jo-nah, Mi-cah, Na-hum, Hab-ak-kuk & Zeph-an-I-ah,
Hag-gai, Zech-ariah, Mal-a-chi.

Verse 3

Matthew, Mark, Luke, John, Acts, Ro-mans, Cor-in-thi-ans,
Gal-atians, Ephesians, Phil-ippians, Col-oss-ians, Thes-sa-Io-ni-ans,
Tim-othy, Ti-tus, Phil-emon, He-brews, James & Pe-ter.
John, Jude, Rev-e-Ia-tion.



Method of Testing

1. Be able to repeat the books in order, **OR**
2. The leader conducts a Bible Drill game in which the Friends are required to find 15 Old Testament books in two minutes.

Which method of learning did you use to pass the test? Tick where applicable. 

1. Memory Chart
2. What's in a Name?
3. Bible Sword Drill
4. Learn the Books of the Bible to Music
5. Book Shelves

See pages 15-18 of the Friends Manual for detailed explanation of each of the above methods

I memorised the Old Testament Books on _____ (Date). 

I know the 5 areas into which the books are grouped _____ (Date)

I demonstrated my ability to find any given book on _____ (Date)



2. Hold a current Memory Gem Certificate



You will need a **BIBLE** for this requirement.



Memorise 7 bible texts – ONE from each of the seven categories below for each class. (You may use whichever version of scripture you wish)

FRIEND CLASS		
I. DOCTRINE	II. GREAT PASSAGES	III. SALVATION
1. John 10:10 2. 2 Timothy 3:15 3. Exodus 20:3-17 4. Option _____	1. Psalm 23 2. Exodus 20:3-17 3. Matthew 5:3-12 4. Psalms 8:5-9 5. Option _____	1. Ecclesiastes 12:1 2. John 3:16 3. 1 John 1:9 4. Ezekiel 33:11 5. John 17:15 6. Option _____
IV. PRAYER	V. RELATIONSHIPS	VI. BEHAVIOUR
1. Matthew 6:9-13 2. Mark 1:35 3. I Samuel 12:23 4. I Thessalonians 3:10 5. Option _____	1. Luke 2:52 2. Luke 4:16 3. Ephesians 6:1 4. Psalms 51:10 5. Psalms 16:8 6. Option _____	1. Proverbs 17:22 2. Proverbs 12:22 3. Philippians 4:4 4. Proverbs 6:6 5. Proverbs 28:14 6. Option _____
VII. PROMISES/PRAISE		
1. Psalms 107:1 3. Philippians 4:19 5. Psalms 84:1,2	2. Psalms 103:13 4. Isaiah 58:9,10 6. Option _____	

Write your 7 chosen bible texts below:

1. Great Passages..... Signature_____
2. Salvation..... Signature_____
3. Doctrine..... Signature_____
4. Prayer..... Signature_____
5. Relationships..... Signature_____
6. Behaviour..... Signature_____
7. Promises/Praise..... Signature_____

Write a brief explanation of each Text Memorised in the box.



1. Great Passages Text:	2. Salvation Text:	3. Doctrine Text:
4. Prayer Txt:	5. Relationships Text:	6. Behaviour Text:
7. Promises/Praise Text:		

3. Know and explain Psalm 23 or Psalm 46.



My chosen text is:



Explain your chosen text below:



Method of Testing

Repeat from memory the psalm of your choice and successfully show your understanding of this psalm.



4. During several Worship sessions read the historical prologue to the book *Early Writings* and list the main events of the founding of the SDA church.



You will need a copy of *Early Writings* by E. G. White. You can borrow this from the church library or download online or see your class teacher.



List & Notes on the main events of the founding of the SDA Church:



Method of Testing

Participating in the session or other planned activity.
No written test is required.

Serving Others



The purpose of the Service section is to provide opportunity for the Friend class to experience the joy and happiness of serving others.

- 1. By consultation with your leader, work out ways to spend at least two hours expressing your friendship to someone in need in your community by doing any two of the following:**
 - 1. Visit someone who needs friendship.**
 - 2. Help someone in need.**
 - 3. With the help of others spend a half day on a community, school, or church project.**

A) Record what you did here:



B) Record what you did here:



You could speak to your COMMUNITY SERVICE leader in church for this requirement and maybe participate in one of their planned activities.



2. Prove yourself a good citizen at home and school.



Discuss the following thoughts and questions:

1. Give the rights and responsibilities of a citizen of your country.
2. Describe what you can do as a citizen to help your church and country.
3. Go through the steps of an individual acquiring citizenship in the country and learn how this is done.
4. Know how to explain the process of government in your country.
5. Explain why laws are established in your country.

(These thoughts and questions are part of the Christian Citizenship Honour.)

Summarise your participation in the discussion below:



Method of Testing

Participation in group discussion.

Please insert any other worksheets used to fulfil this requirement.

Friendship Development



1. List 10 qualities of being a good friend. 🙌

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



Discuss four everyday situations where you have practiced the GOLDEN RULE.



The Golden Rule is:
in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. Matt.7:12 (NIV)



Situation 1:

Situation 2:

Situation 3:

Situation 4:

2. Sing or say your national anthem and explain its meaning



What is the British National Anthem?



The National Anthem is God Save the Queen. The British National Anthem originated in a patriotic song first performed in 1745. It became known as the National Anthem from the beginning of the nineteenth century.

On official occasions, only the first verse is usually sung, as follows:

God save our gracious Queen!
Long live our noble Queen!
God save the Queen!
Send her victorious,
Happy and glorious,
Long to reign over us,
God save the Queen.

I sung or repeated the National Anthem on: _____(Date)



Explain the Meaning of the National Anthem:



Health and Fitness



The purpose of this section is to learn the general principles of temperance and good health and how they lead to the development of a strong mind and body.

1a. Discuss the temperance principles in the life of Daniel, or participate in a presentation or role play on Daniel.

Summarise the discussion or presentation / role play here:





1b. Memorize and explain Daniel 1:8, and either sign the appropriate pledge card or design your own pledge card, showing why you choose a life style in harmony with the true principles of temperance.

Daniel 1:8 (New King James Version)

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank; therefore, he requested of the chief of the eunuchs that he might not defile himself”.

I memorised Daniel 1:8 on: _____ (Date) 

 Explain the text here:

Design/Stick your own pledge card below:



A large, empty rectangular box with a black border, intended for students to design or stick their own pledge card.



Method of Testing

Participation in discussion or role play, signing of a pledge, and memorization of Daniel 1:8.

2. Learn the principles of a healthful diet and engage in a project preparing a chart of basic food groups.



Create a chart based on the "Eatwell Plate" above:



Please insert any work sheets used for the class discussion.

3. Complete the Physical Fitness Honour or Swimmers (Beginner)



Beginners Swimming

1. Retrieve an object from the bottom in chest-deep water, unsupported and with eyes open.
2. Bob submerging head completely 15 times in chest-deep water.
3. Bob in deep water (slightly over head) to travel to safe area or side of pool.
4. Jump into deep water from side of pool.
5. Dive from side of pool in kneeling and compact position.
6. Prone glide with push-off for two body lengths.
7. Supine glide with push-off for two body lengths.
8. Swim front crawl--ten yards.
9. Swim back crawl--ten yards.
10. Demonstrate elementary backstroke kick--ten yards.
11. Reverse direction while swimming on front.
12. Reverse direction while swimming on back.
13. Discuss safety diving rules.
14. Tread water.
15. Jump into deep water with life jacket.
16. Demonstrate H.E.L.P. position for one minute.
17. Demonstrate huddle position for one minute.
18. Demonstrate correct technique for opening the airway for rescue breathing.

Physical Fitness

1. List ten benefits of being physically fit.
2. Know how the following help to achieve a balance for your body:
 - a. Exercise
 - b. Proper eating
 - c. Emotional stability
3. Define the following exercises:
 - a. Isometric
 - b. Isotonic
 - c. Isokinetic
 - d. Anaerobic
 - e. Aerobic
4. Know the meaning of the principles involved in the following exercise program:
 - a. Warm up
 - b. Aerobic exercises
 - c. Cool down
 - d. Calisthenics
5. Know how to determine your heart rate at rest and after exercise.
6. Know how to determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect.
7. Using the four steps given in requirement 4, do a regular exercise program at least four times a week for three months. Keep a chart of the following:
 - a. Type of warm-up exercises performed
 - b. Type of aerobic exercises performed
 - c. How long aerobic exercises were performed
 - d. Type of calisthenics performed

For each exercise period, maintain the minimum heart rate determined in requirement 7 for a period of at least 20 minutes.



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.



Organisation and Leadership Development



1. **Plan and take a three-hour or 8 km hike. Plan to complete a requirement under the Nature Study, Outdoor Life, or a Nature Honour.**



Write Your **Plan** Here:



Write a summary of what took place:



Name of Honour and Requirement number: _____

How I **plan** to complete this requirement:



Evidence of the completed requirement:

Signature (Honour Teacher) _____

Nature Study



The purpose of this section is to introduce the Friend to the thrill of discovering God's Book of Nature and to develop a sense of accomplishment by completing Nature Honours.

1. Complete one of the following honours:

Cats



Dogs



Mammals



Seeds



Bird Pets



The honour I completed was:



Signature (Honour Teacher) _____



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.



2. Know different methods of purifying water and demonstrate your ability to build a camp shelter. Consider the significance of Jesus as the Water of Life and as our refuge place.

1. *Method of Purifying Water*

The only way to be sure that water is safe for drinking and cooking or washing dishes is to chemically test it. If this has not been done, you must sterilize it, no matter how clean it looks, for it may carry serious diseases, such as typhoid fever, girardia and others.

Options for sterilizing:

- a. Boil the water for twenty minutes (from the time it actually starts to boil). This will cause the water to taste flat because the air has been removed, but you can restore its good flavor by stirring it vigorously or pouring it back and forth several times from one container to another.
- b. Use one to two drops of iodine in a liter of water and let it stand for thirty minutes. Iodine Purification Tablets may be obtained.
- c. Use one part chlorine to 100 parts water. Let stand 30 minutes. Laundry bleach is commonly used.
- d. Halazone or Puritabs are water-purifying tablets which depend on the release of chlorine gas. Therefore, if used, these tablets should be fresh. Keep the bottle tightly closed, with some cotton in it to absorb the moisture. Place the number of tablets directed on the label, in the water, and let stand for thirty minutes.
- e. There are numerous mechanical purifiers specifically designed for backpacking available on the market today.



Comment /Notes on your discussion on methods of purifying water:

2. Camp Shelter

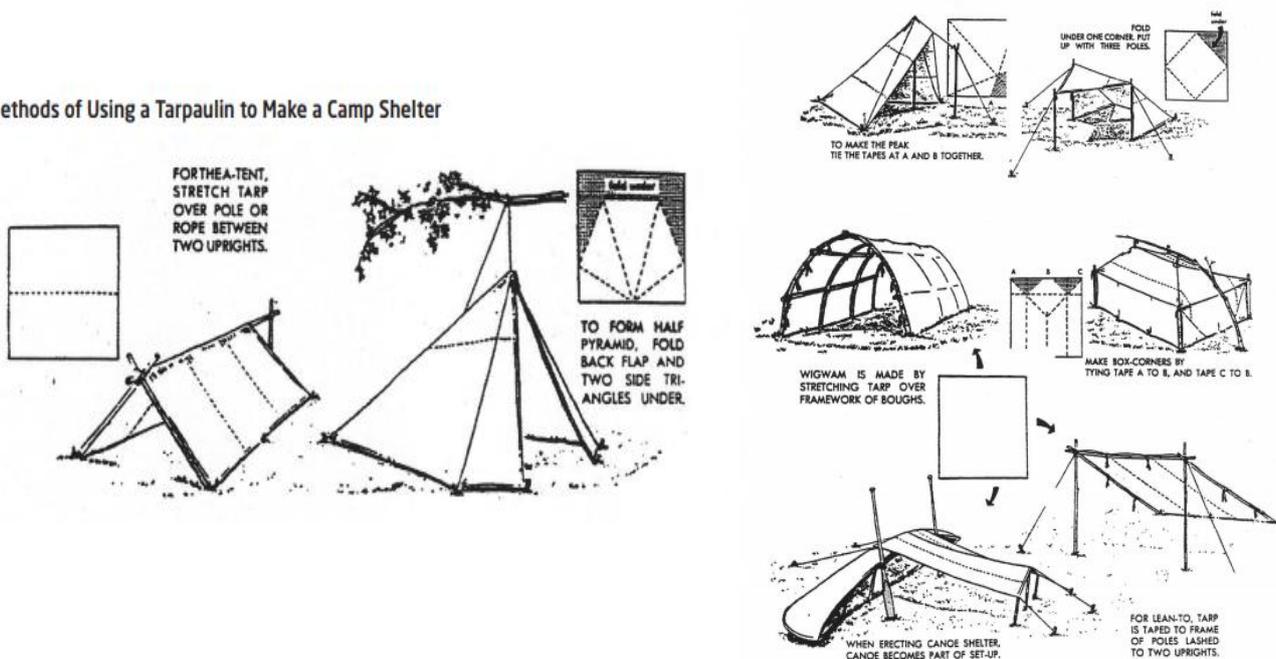
The simplest type of shelter is the lean-to. It may be made by placing a rope or ridgepole about two meters above the ground between two trees or two stakes and about two meters apart. When selecting forked poles for the uprights, be sure that they are straight from fork to toe, and the toe pointed.

Drape a sheet of plastic, tarpaulin, etc. over the ridgepole. The corners and sides may be held down with pegs or stones. More elaborate lean-tos may have sturdier frames and thatched roofs. A framework of battens is lashed across two forked sticks and long grass, reeds, rushes, ferns, palm leaves or leafy branches may be used as thatching. The thatching may be sewn, tufted, or tied on to the battens. The method used will depend on the material available.

If you need warmth, keep your lean-to fairly small. It is better to build two lean-tos for four people than one for them all. Always build a lean-to so that its front opening is cross-wind.

A rubber life raft or a canoe or boat turned over or propped against a rock or log may provide a rough shelter, and can be made into a better one with the aid of a sheet of plastic or tarpaulin or a wall of stones or branch

Some Methods of Using a Tarpaulin to Make a Camp Shelter



Comments/notes on the building of your camp shelter:



3. ***Jesus as the Water of Life***

John 4:4-42 Story of The Woman at the Well



Write a summary of the story of the Woman at the well:

Jesus as our Refuge place:



Explain how Jesus is our Refuge using any of the following scriptures:
Romans 8:1 OR Hebrews 6:18 OR Samuel 22:3 OR Psalm 9:9 OR Psalm 91:2



Outdoor Life

The purpose of this section is to expand and develop the Friend's interests and skills through active recreational pursuits and to appreciate the out-of-doors.

1. Know how ropes are made and demonstrate how to care for rope in the correct manner. Tie and know the practical use of the following knots: Overhand; Granny; Square (Reef); Slip; Double Bow; Two Half Hitches; Clove Hitch; Bowline.



This requirement will be addressed at the annual Curriculum Camps

Notes on how ropes are made:



Notes on how to care for ropes in the correct manner:



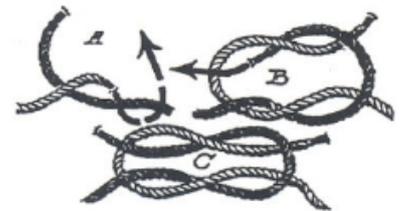
The Overhand Knot - Make a bight, bring the end of the rope up through it and draw it tight. This is the common knot used by all.



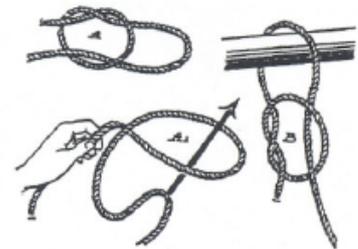
The Granny Knot - This knot is now widely used in first-aid bandaging in place of the square knot, which formerly was recommended. Make an overhand knot. Now make a second overhand, crossing the end over the standing part in the same way it was done before.



The Square Knot - Never slips or jams, and is easy to untie. It should be used on all packages. Make an overhand knot. Now make a second overhand, crossing the end over the standing part in the opposite direction from the way it was done first. The beginner often thinks he is tying the second knot backward. Right over left, then left over right.

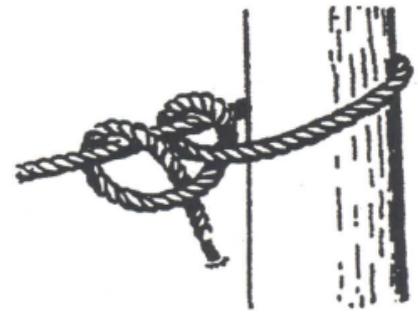


The Slip Knot - The slipknot can be used to hitch a horse to a post. The knot slips, but if properly tied, becomes tighter the more the end is pulled. Make a bight, and instead of bringing the end up through it, as in the case of the overhand, bring a loop through.

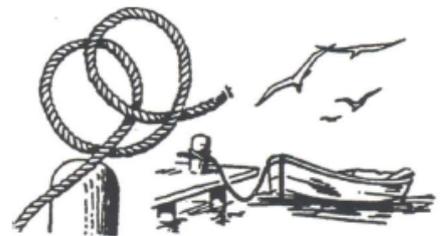


The Double Bow - (Not Shown) The common knot tied by all boys and girls every time they tie their shoelaces. It is so common that no drawing is necessary. It should follow the square knot principle and not the granny.

Two Half Hitches - Useful because they are easily made and will not slip under any strain. Pass the rope through the ring and around the standing part, bringing it through the bight thus formed. Repeat as shown in diagram. Often used for tying ropes on a trailer, or with a round turn, for securing a tent rope to a peg.



Clove Hitch - As the name suggests this knot is used to fasten the end of a rope to a pole or fixed object and is used for commencing and ending the square lashing. Pass the rope around the pole so that the end with which you are working passed under the standing part. Pass the rope around the pole a second time, above the standing part, making a turn that brings the end through the loop in the opposite direction from the standing part.



Bowline - This is used for tying a person or an animal when it is important that the noose shall not become tight, as in lowering a person from a burning building, staking out an animal, etc., a noose that neither slips nor jams. It is one of the most valuable of knots. Make a small bight on the standing part, leaving the end long enough to pass around the person or animal to be tied. Pass the end up through the bight around the standing part and down through the bight again. To tighten, hold the noose and pull the standing part.



Additional Teaching Methods for Proficiency Are:

1. Use the knots in games.
2. Make knot boards which can be added to as the junior's progress in their classwork.
3. Teach some knots as speed knots. (See Advanced Requirement #3.)

Method of Testing

Demonstration of ability to understand and tie the knots required.

What are the practical uses of the following knots: Overhand; Granny; Square (Reef); Slip; Double Bow; Two Half Hitches; Clove Hitch; Bowline.



Overhand Knot:

Granny Knot:

Square (Reef) Knot:

Slip Knot:

Double Bow Knot:

Two Half Hitches:

Clove Hitch:

Bowline:

2. Participate in an overnight CAMP OUT.



- Plan your spiritual activities before you go.
- Plan for your camp to be more than a recreational outing.
- Be familiar with the area.
- Prepare the site as much as possible the week before.
- This is a class, not a club activity.



Date of Camp-Out: _____

Report of the event: _____

3. Pass a test General Safety.

WATER SAFETY

A. Where to Swim

- Wherever you may be, never swim alone. A companion may save your life.
- Avoid all but the best known and safest swimming spots.
- The safest beach is the one patrolled by life guards.
- Young children should always be supervised by adults.

B. When to Swim

- You should not swim for at least one hour after a meal, but as a hungry swimmer soon gets tired, swim well before the next meal is due.
- Do not enter the water immediately after vigorous exercise.
- Swimming at night is very dangerous; if you go under no rescuer could find you.

C. Where Danger Lurks

- Never dive into strange water as there may be snags, rocks, broken glass and rubbish on the bottom.
- Inflatable rubber toys are dangerous. An unexpected current or breeze can carry these toys, and their passenger, away from shore in a matter of moments.
- Don't get too cold as this can bring on cramps.
- When surfing or swimming in surf it is easy for the current, unknown to the swimmer, to gradually drag you away from the other bathers. Check your position frequently and stay close to the main group of bathers.
- Where a beach is patrolled by life guards never swim outside the marked areas – the life guards know the beach better than you.
- On surf beaches don't swim in the area set aside for surf boarders. Many swimmers have been badly injured by surfboards.

D. When in Difficulties

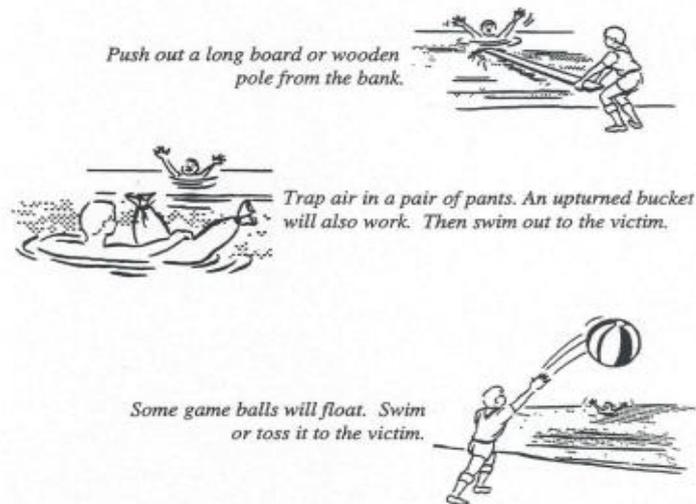
- The first rule is DON'T PANIC.
- An arm held straight up in the air is the recognized sign of a swimmer in distress.
- If caught in a current or undertow, do not try to swim against it - swim with it, and at the same time diagonally towards the shore.
- Learn how to tread water and float, exhaustion is the biggest danger to a swimmer in difficulties.
- When seized by a cramp, turn on your back, float and shout for help.
- Throwing your arms about wildly will only make you sink.
- If caught in weeds (a common danger when swimming in rivers and water holes) don't struggle; slow, gentle movements will free you more quickly.

E. Protect Yourself and Others

- When at a swimming pool watch where you jump, as it is very easy to injure someone else.
- If you get too far out from shore you may have trouble in getting back as well as inviting danger from sharks.
- When in the water, play sensibly. "Dunking" and other foolish habits are both frightening and dangerous to beginners.

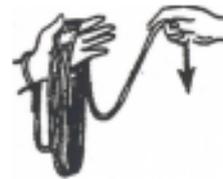
F. Buoyant Aid Rescue

- Always try to throw or push something out to the victim before attempting to rescue on your own. There are a number of articles you can use that will keep the victim afloat.



G. Throwing a Rescue Line

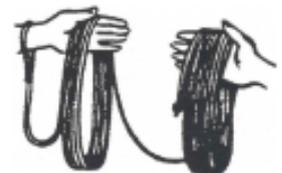
1. Good throwing depends on the care you take in coiling and handling the line.



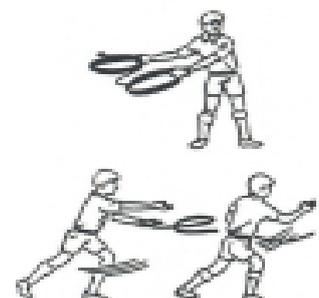
2. Coil the turns alongside each other without crossing, working towards the tips of the fingers and turning it so that the free end is nearest the fingers.



3. Without disturbing the arrangement of the turns, transfer 2/3 of the coil to the throwing hand.



4. When ready to throw, stand with the left shoulder towards the target area. Swing both arms together across the body (under arm) and throw with a good follow-through. Practice and a good follow-through right over the target are the secrets of hitting the target.



ROAD SAFETY

1. Look carefully in both directions before crossing the road and cross at right angles. You should not find it necessary to run.
2. Do not cross the road behind or in front of a parked car. If you have to do this, be very careful.
3. Use a pedestrian crossing where one is provided.
4. Do not attempt to get on or off a moving vehicle.
5. Always walk along a footpath or sidewalk instead of in the road.
6. Where there is no footpath, walk on the side of the road that faces on-coming traffic.
7. Always play in safe places, never on a road

BICYCLE SAFETY

1. Learn to ride in your yard or at a nearby open area where riding is permitted. Don't ride on the road until your parent/carer say so.
2. Avoid busy roads.
3. Ride with the flow of the traffic, close to the curb.
4. Watch for parked cars pulling out or doors opening suddenly.
5. Never ride on the pavements.
6. Obey all traffic signs and signals. (Remember, a bicycle is a vehicle)
7. Stop, look, and listen before entering a road.
8. Give correct hand signals for turning and stopping.
9. Never double or carry another person on your bicycle. No large parcels.
10. Never ride more than two abreast. Remember it's much safer riding single file.
11. Keep your bicycle in good condition.
12. Keep your bicycle under control - no stunting.
13. Have good lights for night riding; reflectors and bells may be compulsory.
14. Wear a helmet

SAFETY IN THE HOME - Electrical Don'ts

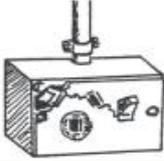
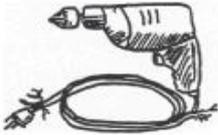
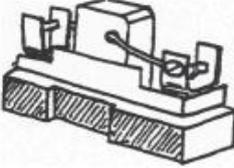
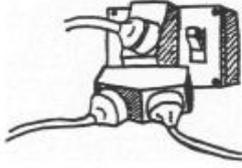
- **Your Main Earth Wire** - Every house MUST have a main earth or ground wire. The earth wire is usually connected to a water pipe or a metal rod driven into the ground. It is extremely important that this earth wire is properly secured and maintained. (Anything electrical is dangerous. This is a specialized area for experienced electricians only.)
- **Overhead wires are dangerous** - Keep impressing on children the danger of going near overhead wires. If a kite or other object lodges in overhead wires, tell children to leave it there and let an adult get it. Be careful yourself - especially when painting or carrying out repairs near electrical poles and connections.
- **Fallen Wires Are Dangerous** - Remember the Safety Rules:
 1. Stand well clear.
 2. Stand guard and prevent other people approaching the wires.
 3. Send someone to call the electricity department or police. Each broken wire has two ends - both may be alive.
- **If You Don't Know** - Most electrical fatalities are caused by meddling with appliances, wrongly wired plugs, makeshift leads, homemade hand lamps. Be wise, play safe, and get a competent electrician to do the job.
- **Even a Slight Tingle** - The slightest shock is your warning that something is wrong with an installation or appliance. Don't ignore it! Immediately switch off the electricity and pull out the plug. Call your electrician or electricity department at once.

• **Don't Meddle with the Power Still on** - Prying open points, attempting to adjust or repair any appliance or plug while it is still connected to the power point, is inviting disaster. You expose yourself to great danger by meddling with electrical equipment. Disregard of elementary precautions is the cause of most accidents. Be wise and leave all repairs to your electrician.

• **Power Appliance to a Light Socket** - Moveable electrical appliances must be grounded. Never plug into a light socket or extend your lead with two core flex. Use only three-core flex, wired correctly to a three-pin plug and plugged into a grounded three-pin power point. If you are in doubt, ask your electrician or the electricity department.

Faulty Electrical Installations

Frayed or kinked cords, chipped or broken fittings, and makeshift joints are dangerous. Repair all damaged cords and fittings. To join flexible cords, use a three-pin plug and cord extension socket.

	
<p>Do not use damaged plug socket.</p>	<p>NEVER cut electrical cords with scissors.</p>
	
<p>Incorrectly wired plug. Frayed electrical leads or plugs. Loose wires in plug or socket.</p>	<p>Socket in pool of water.</p>
	
<p>Use correct fuse wires. A too heavy fuse wire does not protect the wiring. This can cause a fire.</p>	<p>Too many fittings to one outlet will cause overheating in the switch or wires. This can lead to fires.</p>

PATHFINDER CLUB HALL SAFETY

Inspect your Pathfinder Club meeting place and list the things that might be dangerous. There are many situations that can be dangerous. The place we live in, where we play, or our own hall can easily become a "hazard."

Here are ten points for you to look for in a meeting place. There could be many more. How does your hall rate?

1. Objects left lying about can lead someone to fall over them. Put things away in their places, especially after you have used them.
2. Broken or cracked glass or louvers in windows can easily cut someone.
3. Are there any loose light fittings or broken switches? Are the correct fuses being used?
4. If your hall has polished floors, watch any mats. They can cause an accident if they slip easily.
5. Is the camping gear stacked correctly? Can it fall down off shelves? Are some things so high that you may injure yourself getting them out?
6. What about fire extinguishers? Does your hall have any? If so, does everyone know how to use them? When were they last serviced by the fire authority? How about trying a fire drill?

7. Objects on the wall at head height could cause you to injure yourself while playing a game.
8. Have the camping lanterns or stoves been checked for leaks? Is there a ventilated place to store them?
9. Are all fuel bottles, food containers, camping gear etc. suitably labelled so other users don't get confused?
10. The pot for heating water in the kitchen—can it be knocked over and scald someone?



Please insert any other worksheets used to fulfil this requirement.

Resources

Pathfinder Staff Manual; Scout Manual; St. John's First Aid Manual; Red Cross First Aid Manual.



Method of Testing

Create your own test paper **OR**

The local conference Pathfinder department might supply the examination paper. The paper should be marked by the instructor of the group. A pass mark of 75 percent is required. All used exam papers should be destroyed by the instructor and unused exam papers should be returned to the conference Pathfinder department.

I completed the General Safety test on (Date):

The results of my test was (Pass or Fail):



Signature (Class Teacher) _____

4. Pitch and strike a tent and make a camp bed.



Pitching a tent means to set it up.

Striking a tent means to take it down and properly store.

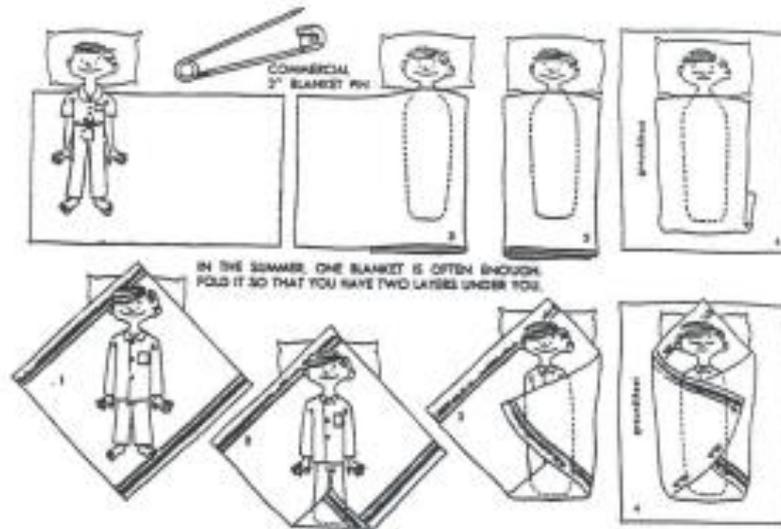
It is easy to pitch a tent if there are half a dozen people to help, but an experienced camper can do it alone by following a simple routine.

Even the best-pitched tent will sag eventually, so tighten the lines from time to time to keep the roof taut. During rain, on the other hand, slacken the lines deliberately to offset the shrinking of wet lines and tent materials.

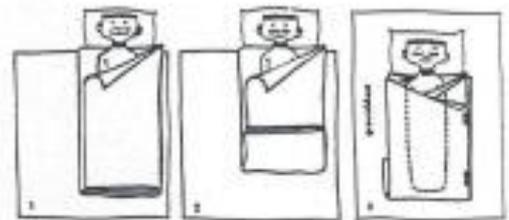


CAMP BED

For an overnight camping trip, prepare your bed at home before starting out. It does not have to be very elaborate. But if you are staying for a while on the same site, the extra time you spend making a camp bed will be repaid by the added comfort you will have.



Fold a square blanket with one layer under you and two on top. In cooler weather, you need at least two blankets. Fold first blanket with two layers under you. Then bring bottom up over your feet. Swing half of second blanket over you, and fold bottom under your legs.



Method of Testing: Demonstrate and participate in the activities.

I Pitched and Strike a tent on (Date): _____

I made my camp bed on (Date): _____



Signature (Class Teacher) _____

5. Know 10 hiking rules and know what to do when lost. 

1.

2.

3.

4.

5.

6.

7.

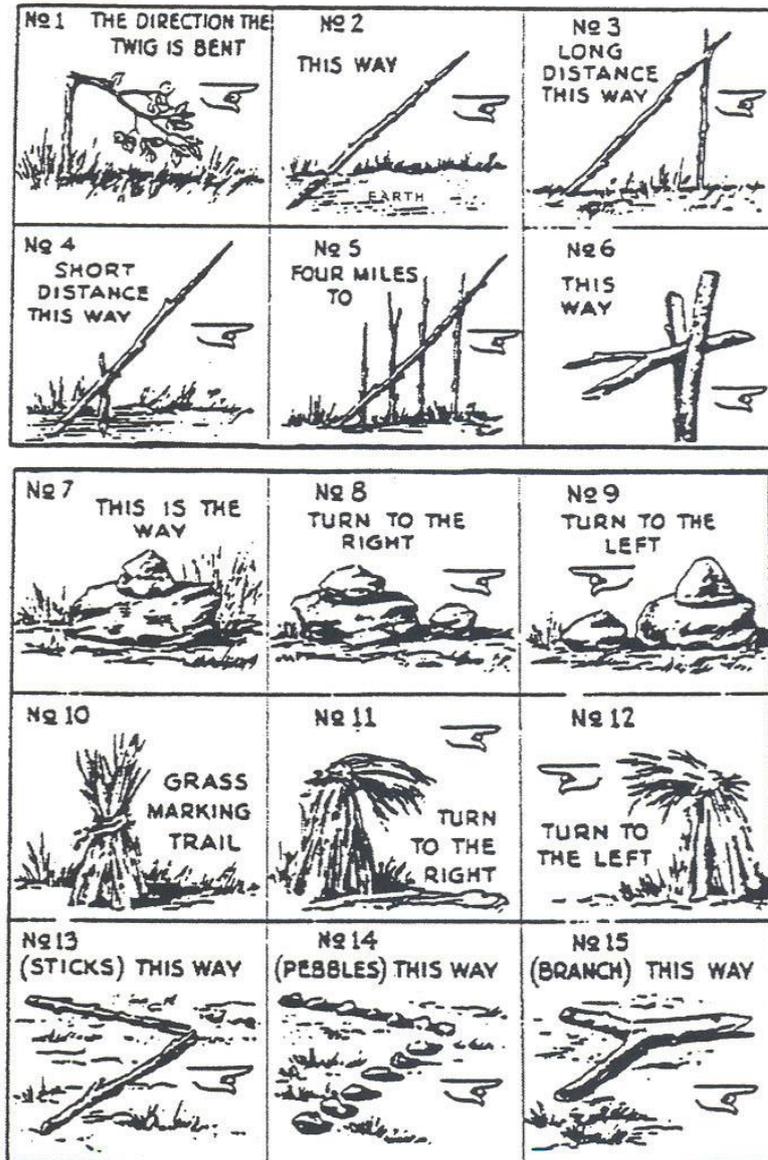
8.

9.

10.

What to do when you get lost?

6. Learn the signs for track and trail. Be able to lay a 2km trail that others can follow and be able to track a 2km trail (1.25 mile) trail.



I laid a 2km trail that others we able to follow and I tracked a 2km trail on _____

Brief Report:



Signature (Class Teacher) _____

Lifestyle Enrichment



1. Complete one honour in Arts and Crafts not previously earned.

Honour: _____ Date: _____

Signature of Teacher _____



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.

