

Adventure Skills



Passport to Adventure

Stages 1 - 6

Name: _____

Group: _____



Personal Details

Name:

Address:

Phone no:

Email address:

Date of birth:

Scouting Details

Scout group:

Section:

Date invested:

Positions held:



Camping



Reference Material

The Scouting Trail - The Scout Shop

The Sea Scout Book – The Scout Shop

Kubuk -The Scout Shop

Camping - Stage 1

- | | | |
|----|--|-------|
| 1 | I know the main personal gear to bring on camp. | _____ |
| 2 | I know how to care for my personal camping gear. | _____ |
| 3 | I know what clothes I should bring on camp | _____ |
| 4 | I know how to set out my sleeping area for a good night's sleep | _____ |
| 5 | I can collect small sticks suitable for fire-making. | _____ |
| 6 | I know about the Buddy System | _____ |
| 7 | I can help pitch a tent | _____ |
| 8 | I can pack my rucksack for camp | _____ |
| 9 | I can keep my camping gear neat and tidy on camp | _____ |
| 10 | I know the different emergency services that are available and how and when to call them | _____ |
| 11 | I know the main parts of a tent | _____ |
| 12 | I have spent at least one night on camp | _____ |

⇒ Date _____

**Camping - Stage 2**

- 1 I know about the food pyramid and can discuss it with a Scouter _____
- 2 I know about food hygiene _____
- 3 I can get a weather forecast _____
- 4 I can help prepare food for cooking on camp _____
- 5 I know how I would get help if someone is hurt _____
- 6 I know how to behave safely around fires _____
- 7 I can demonstrate my understanding of the fire triangle _____
- 8 I know how to be safe while cooking _____
- 9 I understand why I should follow directions from an instructor _____
- 10 **I have spent at least two nights on camp**
(outside) ⇒ **Dates** _____

Camping - Stage 3...

- 1 I know how to care for all my personal gear _____
- 2 I know about safe food storage _____
- 3 I can help make a hot drink using a fire _____
- 4 I can help clean up a fireplace after camp _____
- 5 I know how weather can affect our camp _____
- 6 I know why we bring gear on camp for our team _____
- 7 I can use camp tools safely on camp _____
- 8 I know how to clean and treat a small cut or scratch _____
- 9 I know the main principles of "Leave No Trace" _____

**...Camping - Stage 3**

- | | | |
|----|--|-------|
| 10 | I can show a younger member of my team how to pitch a tent with the help of others | _____ |
| 11 | I can assist in the cooking of a meal while on camp | _____ |
| 12 | I can help others to learn about camping | _____ |
| 13 | I have spent at least two consecutive nights on camp ⇒ Dates _____ | _____ |

Camping - Stage 4

- | | | |
|----|---|-------|
| 1 | I know what personal gear I should bring on a lightweight and standing camp | _____ |
| 2 | I can pack my rucksack for a lightweight camp | _____ |
| 3 | I know how to use our team gear correctly and safely | _____ |
| 4 | I know how to care for team equipment on camp | _____ |
| 5 | I know the best place to pitch our tent | _____ |
| 6 | I know how to use and store tools safely | _____ |
| 7 | I know what to do in the case of cuts and minor burns | _____ |
| 8 | I can be safe around fires and cooking equipment | _____ |
| 9 | I can be a constructive team member while on camp | _____ |
| 10 | I can assist in the pitching of a tent with my team | _____ |
| 11 | I have spent at least four nights on camp ⇒ Dates _____ | _____ |



Camping - Stage 5

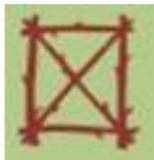
- | | | |
|----|--|-------|
| 1 | I know the materials for building shelters and bivvys | |
| 2 | I can explain the type of tent for a specific camp | _____ |
| 3 | I know how to store / cook food safely on camp | _____ |
| 4 | I know what team equipment to bring on camps | _____ |
| 5 | I can plan a balanced menu with my team | _____ |
| 6 | I can select right sites for standing /lightweight camps | _____ |
| 7 | I can show the best layout for a team campsite | _____ |
| 8 | I can use two types of cooking fires and stoves | _____ |
| 9 | I can give a weather report for the duration of a camp | _____ |
| 10 | I can show the best location for a camp chopping pit | _____ |
| 11 | I can show a younger Scout how to pitch a tent | _____ |
| 12 | I know how to pitch and set tents for bad weather | _____ |
| 13 | I understand proper waste management on camp | _____ |
| 14 | I can light and maintain a cooking fire | _____ |
| 15 | I know how to cook a good balanced meal on a fire | _____ |
| 16 | I have spent at least five consecutive nights on camp ⇒ Dates _____ | _____ |
| 17 | I have spent at least one night, lightweight camping ⇒ Date _____ | _____ |

**Camping - Stage 6**

- | | | |
|----|--|-------|
| 1 | I know how to plan the menu and purchase the food for a weekend camp | _____ |
| 2 | I can source local knowledge with regards to a campsite and surrounding area | _____ |
| 3 | I know how to plan a programme of activities | _____ |
| 4 | I know the causes, symptoms and treatment of hypothermia, hyperthermia, sunstroke, dehydration or asthma | _____ |
| 5 | I can care for, store and maintain equipment | _____ |
| 6 | I can explain roud emergency equipment | _____ |
| 7 | I can organise the pitching and striking of camp | _____ |
| 8 | I know how to use a variety of stoves | _____ |
| 9 | I can present the hazards involved in camping | _____ |
| 10 | I can pitch a tent that I am not familiar with | _____ |
| 11 | I have camped in a variety of weather conditions | _____ |
| 12 | I have spent 8 nights on camp (a week-long camp) ⇒ Dates _____ | _____ |
| 13 | I have spent two nights lightweight camping ⇒ Dates _____ | _____ |



Pioneering



Reference Material

The Scouting Trail - The Scout Shop
The Sea ScoutBook - The Scout Shop
Kubuk -The Scout Shop

Pioneering - Stage 1

- 1 I know what equipment is needed for making pioneering gadgets
- 2 I know how to build a gadget using elastic band techniques.
- 3 I can be responsible for myself while we are pioneering
- 4 I know the different emergency services that are available and how and when to call them.
- 5 I understand why I should follow directions from an instructor.
- 6 **I have built at least two simple pioneering gadgets** ⇒ Dates _____



Pioneering - Stage 2

- 1 I know how to get help if someone is hurt during a pioneering activity _____
- 2 I can tie the basic knots I need for pioneering _____
I can prepare ropes for use in pioneering _____
- 3 I can coil a rope _____
- 4 I can undertake tasks assigned to me while we are pioneering _____
- 5 **I have made a knot board** ⇒ Date _____
- 6 **I have built at least three simple pioneering gadgets using elastic band techniques**
⇒ Dates _____

Pioneering - Stage 3

- 1 I know what equipment I need for making various pioneering gadgets. _____
- 2 I know how to treat basic cuts and scratches. _____
- 3 I know about the safety precautions that are needed when pioneering. _____
- 4 I know the main principles of 'Leave No Trace' _____
- 5 I have taught other Scouts how to tie some basic knots _____
- 6 **I have built at least two gadgets using ropes and poles** ⇒ Dates _____

**Pioneering - Stage 4**

- 1 I know the correct use, care, and storage of the tools we use in pioneering. _____
- 2 I know the different types of rope used in pioneering _____
- 3 I know how to take care of all kinds of rope. _____
- 4 I know how to tie the knots necessary for building pioneering structures safely. _____
- 5 I know the safety precautions to be observed for the safe lifting of pioneering spars. _____
- 6 I can use guy ropes to make pioneering gadgets stable _____
- 7 I know the basic components of pioneering structures and how to make them. _____
- 8 I can tie the main lashings necessary to make most pioneering gadgets. _____
- 9 I can be responsible for myself while pioneering. _____
- 10 **I have built gadgets on camp and assisted my 'team' in building a tower or a bridge.** _____

⇒ Dates _____

Pioneering - Stage 5...

- 1 I know how to select suitable poles and spars for a pioneering project. _____
- 2 I know how to treat cuts and sprains _____
- 3 I know what to do in case of an accident while pioneering and how to be safety conscious. _____



...Pioneering - Stage 5

- | | | |
|---|---|-------|
| 4 | I can help a Scout to build a pioneering gadget | _____ |
| 5 | I can set up a simple pulley system for lifting and tensioning ropes. | _____ |
| 6 | I can coil, whip and splice a rope | _____ |
| 7 | I am aware of the building process pioneering | _____ |
| 8 | I have taken part in the construction of at least two pioneering projects. | _____ |

⇒ Dates _____

Pioneering - Stage 6

- | | | |
|---|---|-------|
| 1 | I know how to plan and construct pioneering projects to be built by my team. | _____ |
| 2 | I know how to reeve up, use and safely secure pulleys in pioneering projects. | _____ |
| 3 | I can be responsible for my team while building pioneering projects. | _____ |
| 4 | I know the correct lifting techniques for raising a tower or an A frame. | _____ |
| 5 | I know the best types of anchorage to use for a pioneering project and can use them. | _____ |
| 6 | I can lead the construction of an element of a large-scale pioneering structure. | _____ |
| 7 | I have taught a younger Scout how to tie the lashings necessary for a pioneering project. | _____ |
| 8 | I have taken part in the construction of at least two large-scale pioneering structures. | _____ |

⇒ Dates _____



Bushcraft



The Scouting Trail - The Scout Shop
 The Sea Scout Book - The Scout Shop
 Kubuk -The Scout Shop
 Essential Bushcraft by Ray Mears
 SAS Survival Guide by John Wiseman

Bushcraft - Stage 1

- | | | |
|---|---|-------|
| 1 | I know what kinds of clothes to wear when going out into nature. | _____ |
| 2 | I know how to prepare food for cooking. | _____ |
| 3 | I know what a basic survival kit should contain. | _____ |
| 4 | I know how to behave safely around fires | _____ |
| 5 | I know how to use hand tools safely | _____ |
| 6 | I can build a simple shelter | _____ |
| 7 | I have participated in at least two backwoods activities ⇒ Dates _____ | |

Bushcraft - Stage 2....

- | | | |
|---|--|-------|
| 1 | I know how to prepare food for cooking | _____ |
| 2 | I know what a basic survival kit should contain | _____ |
| 3 | I know how to behave safely around fires | _____ |
| 4 | I know how to use hand tools safely | _____ |
| 5 | I can build a simple shelter | _____ |
| 6 | I know how cook some food using tin foil instead of pots and pans. | |



....Bushcraft - Stage 2

- | | | |
|----|--|-------|
| 7 | I know the important things to remember when building a simple shelter using plastic sheeting. | _____ |
| 8 | I know how to treat simple cuts and scratches in a hygienic way | _____ |
| 9 | I know how to set up a fireplace and assist in fire lighting. | _____ |
| 10 | I can prepare and cook food properly in backwoods conditions | _____ |
| 11 | I know about food hygiene in the outdoors | _____ |
| 12 | I can use hand tools correctly | _____ |
| 13 | I have attended at least an additional two backwoods activities ⇒ Dates _____ | _____ |

Bushcraft - Stage 3...

- | | | |
|---|--|-------|
| 1 | I know how different weather conditions can affect a backwoods activity. | _____ |
| 2 | I know how to get help when someone is in trouble | _____ |
| 3 | I know the main principles of "Leave No Trace" | _____ |
| 4 | I can build a shelter for six people | _____ |
| 5 | I can use camp tools safely on camp | _____ |
| 6 | I know about food storage | _____ |
| 7 | I can light a fire using natural tinder, fuzz sticks and matches. | _____ |
| 8 | I can make a simple fish hook | _____ |
| 9 | I can prepare my own survival kit | _____ |

**...Bushcraft – Stage 3**

- 10 I can teach another Scout about preparing a survival kit _____
- 11 **I have attended at least an additional three backwoods activities.**
⇒ Dates _____

Bushcraft - Stage 4

- 1 I know what equipment I need to bring with me on a backwoods activity. _____
- 2 I know how to set up a tarp bivvy shelter suitable for two people. _____
- 3 I know how to prepare a fire place and light and maintain a fire using minimum resources. _____
- 4 I can make simple containers using natural materials _____
- 5 I know how to treat cuts and minor burns. _____
- 6 I can make camp bread such as twists and scones. _____
- 7 I know about nature and what you are likely to see and experience as part of a backwoods activity _____
- 8 I can find directions by using star constellations and the sun/watch method. _____
- 9 **I have attended at least one backwoods based overnight activity.** ⇒ Dates _____

**Bushcraft Stage 5**

- 1 I know how to use and care for tools of all kinds safely. _____
- 2 I know how to build a backwoods shelter using natural materials and how to return this material to nature. _____
- 3 I know how to cook a variety of foods using different backwoods methods. _____
- 4 I know the safety considerations that are necessary before embarking on any activity or adventure. _____
- 5 I can make a length of cordage using naturally found fibers. _____
- 6 I can light a fire using flint and steel. _____
- 7 I can make myself comfortable on an overnight backwoods adventure using available natural materials. _____
- 8 I can carve a wooden spoon from a piece of wood. _____
- 9 **I have attended backwoods based activities lasting at least two nights.**

⇒ Dates _____

Bushcraft - Stage 6...

- 1 I know what Team and personal equipment is necessary for a successful backwoods activity. _____
- 2 I know all of the elements of "Leave no Trace" . _____
- 3 I can identify edible fruits and berries that are found in nature. _____
- 4 I can prepare the foods I find in nature for cooking _____

**...Bushcraft - Stage 6**

5 I can find my way using natural direction indicators _____

6 I can catch and prepare a fish for cooking _____

7 **I have led at least one backwoods activity**

⇒ Date _____



Hill Walking



The Scouting Trail - The Scout Shop
 The Sea Scout Book - The Scout Shop
 Kubuk -The Scout Shop
 Mountain Leadership by Eric Langmuir
 Hillwalking – the official handbook of the

Mountain Leader Scheme by Steve Long

Hiking - Stage 1

- | | | |
|----|--|-------|
| 1 | I can pack my rucksack for a day hike | _____ |
| 2 | I know what to wear and what extras I need to bring on a hike | _____ |
| 3 | I know what food to bring on a hike | _____ |
| 4 | I know how to behave safely while hiking | _____ |
| 5 | I can read a simple map | _____ |
| 6 | I can point out and name the main features of a map | _____ |
| 7 | I can be responsible for myself while we are hiking | _____ |
| 8 | I can recognise the main distress signals | _____ |
| 9 | I know the buddy system | _____ |
| 10 | I understand why I should follow directions from an instructor | _____ |
| 11 | I have attended at least two hikes | _____ |

⇒ Dates _____

**Hiking - Stage 2....**

- | | | |
|---|--|-------|
| 1 | I know what gear I need depending on the weather | |
| 2 | I know why you bring certain foods and drinks on hikes | _____ |
| 3 | I can point out the main parts of the compass | _____ |
| 4 | I know how to get help if someone is hurt | _____ |
| 5 | I can point out the different symbols and colours on a map and I know what they mean | _____ |
| 6 | I can be a responsible member of my team while we are hiking | _____ |
| 7 | I can get a weather forecast | _____ |
| 8 | I have attended at least three hikes
⇒ Dates _____ | _____ |

Hiking - Stage 3...

- | | | |
|---|--|-------|
| 1 | I know how to treat simple cuts and scratches | |
| 2 | I know why you bring certain clothing on hikes | _____ |
| 3 | I know the main principles of LNT | _____ |
| 4 | I know how to cross boggy ground | _____ |
| 5 | I know how and when to use the main distress signals | _____ |
| 6 | I can use a compass to find direction | _____ |
| 7 | I can point out features on a map | _____ |



...Hiking – Stage 3

- | | | |
|----|--|-------|
| 8 | I can be responsible for myself and aware of my surroundings while hiking | _____ |
| 9 | I can follow a route on an orienteering map | _____ |
| 10 | I have attended at least three hiking activities and have been on the top of a mountain | _____ |
| | ⇒ Dates _____ | |

Hiking - Stage 4

- | | | |
|---|--|-------|
| 1 | I know how to pack a rucksack for weekend hikes | _____ |
| 2 | I can care for all my personal hiking equipment | _____ |
| 3 | I know what team equipment to bring and why | _____ |
| 4 | I know how to treat simple sprains and blisters | _____ |
| 5 | I know the different emergency services that are available and how and when to call them | _____ |
| 6 | I can follow our route on a map and find the main points using a compass | _____ |
| 7 | I can be responsible for younger members of my team while we are hiking | _____ |
| 8 | I have led a leg of a hike ⇒ Date _____ | _____ |
| 9 | I have attended three hikes including an overnight ⇒ Dates _____ | _____ |

**Hiking - Stage 5**

- | | | |
|----|---|-------|
| 1 | I know the potential dangers of weather on hiking | _____ |
| 2 | I know how to pack a rucksack for a hillwalking expedition | _____ |
| 3 | I know when to cross a river and some different methods of crossing | _____ |
| 4 | I know all about the LNT principles | _____ |
| 5 | I know the main principles of navigating using a map and compass | _____ |
| 6 | I can complete and use a route card | _____ |
| 7 | I can be an active member of my team while hiking | _____ |
| 8 | I have taken part in three hikes
⇒ Dates _____ | _____ |
| 9 | I have taken part in a two night hike in the mountains, based out of one campsite
⇒ Dates _____ | _____ |
| 10 | I have written a log for at least two of these activities | _____ |

**Hiking - Stage 6**

- | | | |
|----|--|-------|
| 1 | I know the causes and how to recognise and treat hypothermia, hyperthermia, sunstroke, dehydration and asthma, or anything medically relevant to my team | |
| 2 | I know the limitations of my team | _____ |
| 3 | I know the limitations of the compass and other navigation tools | _____ |
| 4 | I can use a compass and map to find my position | _____ |
| 5 | I know what group emergency equipment we should carry, and how to use it | _____ |
| 6 | I can be responsible for myself and my team while hiking | _____ |
| 7 | I can plan and lead a hike | _____ |
| 8 | I have taken part in at least 6 hiking activities, 4 of which should be over 800m
⇒ Dates _____
⇒ Dates _____
⇒ Dates _____
⇒ Dates _____
⇒ Dates _____
⇒ Dates _____ | _____ |
| 9 | I have taken part in a 2 night hike in the mountains, including a low and high camp
⇒ Dates _____ | _____ |
| 10 | I have written logs for all of these activities | _____ |

Emergencies



The Scouting Trail - The Scout Shop
 The Sea Scout Book - The Scout Shop
 Kubuk -The Scout Shop
 First Aid Manual: The Step by Step
 Guide for Everyone by St. John
 Ambulance, St. Andrew's Ambulance
 Association, and British Red Cross
 Society

Emergencies - Stage 1

- | | | |
|---|--|-------|
| 1 | I know what should be in my personal first aid kit | _____ |
| 2 | I know the basic rules of first aid | _____ |
| 3 | I know the different emergency services that are available and how and when to call them | _____ |
| 4 | I know about the buddy system | _____ |
| 5 | I know how to treat minor cuts | _____ |
| 6 | I can get help and make a report properly if someone is hurt | _____ |
| 7 | I can be responsible for my own health and safety | _____ |

Emergencies - Stage 2

- | | | |
|---|---|-------|
| 1 | I have made my own First Aid Kit and I know how and when to use it | _____ |
| 2 | I know how and when to place someone into the recovery (safe airway) position | _____ |
| 3 | I know the importance of providing shelter and insulation | _____ |
| 4 | I know how to use a Scout neckerchief as a makeshift bandage in an emergency | _____ |
| 5 | I understand why I should follow directions from an instructor | _____ |
| 6 | I know how to keep myself safe in an emergency | _____ |
| 7 | I can direct help/rescue services to a location | _____ |

Emergencies - Stage 3...

- | | | |
|---|--|-------|
| 1 | I know how to deal with a bleeding injury and nose bleeds | _____ |
| 2 | I know how to treat minor burns and sunburn | _____ |
| 3 | I know the international distress signal and when to use it | _____ |
| 4 | I can treat bee stings and nettle stings | _____ |
| 5 | I know how to check for the A B C of basic First Aid | _____ |
| 6 | I know how to use CPR | _____ |
| 7 | I can assess an emergency situation quickly, and summon help | _____ |

...Emergencies - Stage 3

- | | | |
|---|---|-------|
| 8 | I know how to create an escape plan for a building or activity location in case of fire | _____ |
| 9 | I know how to care for an injured person until help arrives | _____ |

Emergencies - Stage 4

- | | | |
|----|--|-------|
| 1 | I know what should be in our team first aid kit and how to use it correctly | _____ |
| 2 | I know how to move an injured person safely to shelter if appropriate or necessary | _____ |
| 3 | I know how to apply bandages for different injuries | _____ |
| 4 | I know how to check if someone is choking and know how to help them | _____ |
| 5 | I know how clean dirt from an eye | _____ |
| 6 | I can recognise sprains, strains, and fractures | _____ |
| 7 | I know how to deal with blisters | _____ |
| 8 | I know how to act when suspected poisoning | _____ |
| 9 | I can use various means to show the location of an accident to rescue services | _____ |
| 10 | I know how to build a stretcher from improvised materials | _____ |

Emergencies - Stage 5

- | | | |
|---|--|-------|
| 1 | I know how to treat an eye injury | _____ |
| 2 | I know what to do /not to do in an emergency | _____ |
| 3 | I have acted as team first aider on one activity | _____ |
| 4 | I know how to take care of and reassure a casualty | _____ |
| 5 | I know how to recognise /treat asthma, epilepsy and diabetes | _____ |
| 6 | I know how to deal with an accident in open countryside and how to summon help | _____ |
| 7 | I know how to treat a serious bleeding injury | _____ |
| 8 | I know how to escape to safety from various emergency situations | _____ |
| 9 | I know how and when to use flares and other long-distance signalling devices | _____ |

Emergencies - Stage 6...

- | | | |
|---|---|-------|
| 1 | I know how to recognise and treat shock | _____ |
| 2 | I know how and when to use an AED | _____ |
| 3 | I have acted as a team first aider on an activity | _____ |
| 4 | I know how to escort and assist a casualty while they are being transported to safety | _____ |
| 5 | I know how and when to use different fire extinguishers | _____ |

...Emergencies - Stage 6

- | | | |
|----|---|--|
| 6 | I know how to look for, monitor and record vital signs | |
| 7 | I know the causes of, how to recognise and to treat: hypothermia, hyperthermia, sunstroke, dehydration and asthma | |
| 8 | I know how to recognise and deal with angina and heart attacks | |
| 9 | I know how to record correctly everything that has happened at the scene of the accident | |
| 10 | I am competent in basic first aid, able to deal with emergencies, and I know when further expert help is needed | |



Air



Air – Stage 1

- 1 I can name all the things that I know can fly. _____
- 2 I can show pictures of and be able to talk about different types of flying machines. _____
- 3 I can build a paper airplane from an A4 sheet that will fly, climb and turn. _____
- 4 I can discuss the features of an airport from a model or picture (Runway, Terminal, Control Tower). _____
- 5 I know how to be safe around aircraft. _____
- 6 I have visited an airport. _____

Air - Stage 2...

- 1 I can make a small parachute using a piece of light material and string. _____
- 2 I can show my Scouter the five main parts of an airplane (Cabin, Wing, Tail, Wheels, Engine). _____
- 3 I can launch parachutes from a stand and see which parachute falls the slowest. _____

**Air - Stage 2...**

- | | | |
|---|--|-------|
| 4 | I can discuss with my Scouter how the wind affects a parachute. | _____ |
| 5 | I know what you should do if somebody gets hurt. | _____ |
| 6 | I know the safe way to act at an airport and can discuss this with my Scouter. | _____ |
| 7 | I can build a Kite and fly it. | _____ |
| 8 | I know where it would be safe to fly a kite. | _____ |

Air – Stage 3

- | | | |
|----|---|-------|
| 1 | I know the difference between airside and landside. | _____ |
| 2 | I can discuss the first flight by the Wright Bros. | _____ |
| 3 | I know the main parts of an airplane. | _____ |
| 4 | I know the rules of safety around an airplane. | _____ |
| 5 | I can discuss why communication is important to aircraft. | _____ |
| 6 | I know the phonetic alphabet. | _____ |
| 7 | I can name the planets in our Solar System. | _____ |
| 8 | I know the main points of 'Leave no Trace and why it's important at airports. | _____ |
| 9 | I have built a scale model aircraft to a satisfactory standard from a plastic kit and can explain its features and history. | _____ |
| 10 | I can discuss with my Scouter- Hot Air balloons how hot air balloons work and how they are controlled. | _____ |

**Air – Stage 4**

- | | | |
|----|--|-------|
| 1 | I know the rule relating to airfields. | _____ |
| 2 | I understand how a wing derives lift. | _____ |
| 3 | I can discuss with my Scouter Lift, Drag, Gravity and Thrust | _____ |
| 4 | I know the control surfaces of an aircraft. | _____ |
| 5 | Using a model I can explain how an airplane climbs, dives and turns. | _____ |
| 6 | I can explain the causes of stalling. | _____ |
| 7 | I know the logos of the various airlines. | _____ |
| 8 | I can build a model Hot Air Balloon. | _____ |
| 9 | I have produced a project based on the Moon Landings. | _____ |
| 10 | I have taken part in a Water Rocket Launch. | _____ |

Air – Stage 5...

- | | | |
|---|---|-------|
| 1 | I understand what FOD is. | _____ |
| 2 | I know how to approach an aircraft. | _____ |
| 3 | I know the signs that an aircraft engine is about to start. | _____ |
| 4 | I know where the safe jet blast zones are on an aircraft. | _____ |
| 5 | I know how to identify different aircraft types from their features | _____ |
| 6 | I understand how weather affects air activities. | _____ |

**...Air – Stage 5**

- | | | |
|----|--|-------|
| 7 | I can show a younger Scout how control surfaces work. | _____ |
| 8 | I can build a scale model aircraft to a satisfactory standard from paper and balsawood. | _____ |
| 9 | Using a computer simulator, or other method, I can identify some aircraft instruments. | _____ |
| 10 | Using a computer simulator, or other method, I can show how to take off and fly through various weather conditions and land safely | _____ |
| 11 | .I can discuss with my Scouter how the Earth's atmosphere affects air travel | _____ |
| 12 | I can build and launch a Water Rocket. | _____ |
| 13 | I have taken part in at least two air activities. | _____ |

Air – Stage 6...

- | | | |
|---|--|-------|
| 1 | I can discuss aircraft navigation with my Scouter. | _____ |
| 2 | I know the types of air maps and the conventional signs used on them for an air activity. | _____ |
| 3 | I can explain how wind speed and direction are measured and how weather can affect various air activities. | _____ |
| 4 | I can demonstrate how to obtain a local forecast. | _____ |
| 5 | I can explain the difference between ground speed and air speed and how wind is used in takeoff and landing. | _____ |

**...Air – Stage 6**

- | | | |
|----|---|-------|
| 6 | I can discuss with my Scouter how the Earth's atmosphere affects air travel. | _____ |
| 7 | I can understand three different ways in which clouds are formed | _____ |
| 8 | I can show that I understand the basic 'T' instrument cluster | _____ |
| 9 | I can handle a powered model aircraft during take-off and fly through various weather conditions and land safely. | _____ |
| 10 | I can explain the workings of aircraft pressure instruments, for example an altimeter or air speed indicator | _____ |
| 11 | I can discuss how the Ionosphere affects communication. | _____ |
| 12 | I can navigate my Patrol over a route using a GPS | _____ |
| 13 | I have attended an Air Display. | _____ |
| 14 | I have participated in a themed 'Space Camp' or event with a group of Scouts. | _____ |



Rowing



The Sea Scout Book - The Scout Shop

Sea Scout Leaders Handbook – The Scout Shop

Rowing - Stage 1

- 1 What activity is the Buddy System used for and how is it implemented? _____
- 2 What's the difference between a life jacket and a buoyancy aid? _____
- 3 Why is a 100N lifejacket better than a 50N lifejacket? _____
- 4 What clothing should be worn when going afloat (not getting in the water)? _____
- 5 Name the parts of the boat: _____
- 6 How do you contact the emergency services? _____
- 7 Why do you stay with a capsized boat? _____
- 8 Why is it important to listen to cox / skipper of a boat? _____
- 9 What's the maximum Force wind you can go boating in? _____
- 10 **Row a boat single handed** ⇨ Date _____
- 11 **Launch of a small boat** ⇨ Date _____
- 12 **Take part in two boat trips**
⇨ Date _____ ⇨ Date _____

**Rowing - Stage 2...**

- 1 I can assist in the launch and recovery of a small punt. _____
- 2 I can explain impact on local vegetation launching & retrieving a punt. _____
- 3 I have discussed "Weil's disease" and the precautions needed. _____
- 4 I can put on my own PFD and adjust it properly _____
- 5 I know why I should wear suitable footwear. _____
- 6 I can make a recognised distress signal. _____
- 7 I know how to raise the alarm if I see somebody in difficulty. _____
- 8 I know what hypothermia is. _____
- 9 I know that I should keep clear of channels and fairways. _____
- 10 I can get a weather forecast _____
- 11 I can tie the round-turn-and two-half-hitches, figure of eight, Bowline _____

12 I have taken part in four half-day exercises afloat

⇒Date _____ ⇒Date _____

⇒Date _____ ⇒Date _____

**Rowing - Stage 3**

- | | | |
|----|---|-------|
| 1 | I can take a leading part in the launch & recovery of a small rowing punt. | _____ |
| 2 | I know why wearing layers of clothing is a good idea. | _____ |
| 3 | I can embark, manoeuvre and disembark from a rowing punt safely. | _____ |
| 4 | I can point out the main parts of a boat. | _____ |
| 5 | I can use a small anchor from a punt | _____ |
| 6 | I can get into the water from a punt in a safe way. | _____ |
| 7 | I can help to right a capsized rowing punt. | _____ |
| 8 | I know how to do CPR and place the casualty in the recovery position. | _____ |
| 9 | I know that I should follow the instructions of the person in charge of the boat. | _____ |
| 10 | I understand the terms used in a maritime weather forecast. | _____ |
| 11 | I have taken part in three full day exercises afloat
⇒Date _____ ⇒Date _____
⇒Date _____ ⇒Date _____ | _____ |



Rowing - Stage 4

1 I can assist in the launch and recovery of a rowing boat.

2 I know the main principles of "Leave No Trace".

3 I know the different types of PFD & know their uses.

4 I can explain why correct outerwear is important.

5 I can manoeuvre a rowing boat as a member of the crew.

6 I can pick up a mooring from a punt.

7 I can help a person safely into a punt from the water.

8 I can coil a line and heave it to a casualty for a rescue.

9 I know the safety precautions required for water based activities.

10 I know the Beaufort wind scale up to Force 6.

11 I can describe how often high and low tides take place, and their implications.

12 I know that where I may go boating may change in different conditions.

13 **I have taken part in six full-day exercises afloat.**

⇒Date _____ ⇒Date _____

⇒Date _____ ⇒Date _____

⇒Date _____ ⇒Date _____



Rowing - Stage 5

- | | | |
|----|--|-------|
| 1 | I know the standard rowing commands & can use them to helm a rowing boat on a straight course. | _____ |
| 2 | I can take a leading role in mooring and unmooring a rowing boat. | _____ |
| 3 | I can assist in the anchoring of a rowing boat. | _____ |
| 4 | I can identify and name the main parts of common anchor types. | _____ |
| 5 | I know why it is important to have First Aid training & can show how to care for someone who is very cold. | _____ |
| 6 | I know the parts of the Prevention of Collisions Regulations which apply to local boating waters. | _____ |
| 7 | I can obtain a weather forecast and know how the information might affect planned activities afloat. | _____ |
| 8 | I know how currents and the ebb and flow of the tide affect my local boating waters. | _____ |
| 9 | I know how to use Channel 16 on marine VHF and have an understanding of the use of distress flares. | _____ |
| 10 | <p>I have taken part in six full-day exercises afloat.</p> <p>⇒Date _____ ⇒Date _____</p> <p>⇒Date _____ ⇒Date _____</p> <p>⇒Date _____ ⇒Date _____</p> | _____ |
| 11 | <p>I have taken part in one expedition afloat</p> <p>⇒Dates _____</p> | _____ |



Rowing - Stage 6...

- | | | |
|----|---|-------|
| 1 | I can take a leading part in a boat launch & recovery | _____ |
| 2 | I can carry out the routine inspection of a PFD. | _____ |
| 3 | I can take the helm of a rowing boat & carry out the required manoeuvres incl steering with a compass. | _____ |
| 4 | I can take a leading part in anchoring a rowing boat including knowing how & when to use a tripping line. | _____ |
| 5 | I have taken part in Man-Over-Board exercises. | _____ |
| 6 | I know what causes tides & how spring & neap tides might affect sailors. | _____ |
| 7 | I can recognise the main weather patterns illustrated by a synoptic chart & can interpret the forecast. | _____ |
| 8 | I can identify common weather conditions & describe how they may affect boating activities. | _____ |
| 9 | I am familiar with the main features of restricted waters as defined for my group. | _____ |
| 10 | I know how & when to make distress & urgency calls & 'Safety Announcements' on Marine VHF. | _____ |
| 11 | I have taken part in eight full-day exercises afloat. | |
| | ⇒Date _____ ⇒Date _____ | |
| 12 | I have taken part in one expedition afloat | |
| | ⇒Date _____ | |



Sailing



The Sea Scout Book - The Scout Shop
Sea Scout Leaders Handbook – The Scout Shop

The Sea Scout Book - The Scout Shop
The Sea Scout Leaders Handbook – The Scout Shop

The Scouting Trail - The Scout Shop
Kubuk -The Scout Shop

Sailing - Stage 1...

- | | | |
|---|--|-------|
| 1 | I can assist with the launch and recovery of a sailing dinghy. | _____ |
| 2 | I know about the Buddy system. | _____ |
| 3 | I know the importance of a personal floatation device. | _____ |
| 4 | I know the correct clothing to wear when sailing. | _____ |
| 5 | I can take the helm and steer a reasonably straight course | _____ |
| 6 | I know I cannot go afloat if the wind is greater than Force 4. | _____ |
| 7 | I can point out the bow, stern, port and starboard of a boat. | _____ |
| 8 | I know how to contact the emergency services. | _____ |
| 9 | I know why it is important to stay with a capsized boat. | _____ |

**...Sailing - Stage 1**

- 10 I understand why I should follow directions from an instructor. _____
- 11 I can show the limits of where I may go each time I go afloat for sailing. _____
- 12 I know basic Sailing Theory. _____
- 13 I have taken part in two half-day sailing exercises consisting of a minimum of two hours afloat.
- ⇒Date _____
- ⇒Date _____

Sailing - Stage 2...

- 1 I can assist with the rigging and de-rigging of a vessel. _____
- 2 I can explain what impact I may have on local vegetation when launching and retrieving a sailing dinghy. _____
- 3 I have discussed "Weil's disease" and the precautions necessary to take part in openwater activities. _____
- 4 I can put on my own personal floatation device properly. _____
- 5 I know why I should wear suitable footwear. _____
- 6 I know basic sailing skills including what to do in the event of a capsized. _____
- 7 I know Sailing theory. _____



...Sailing – Stage 2

- 8 I can make a recognised distress signal and raise the alarm if I see somebody in difficulty on the water. _____
- 9 I know what hypothermia is. _____
- 10 I know basic collision avoidance. _____
- 11 I can conduct myself in a careful and safe way in a boat and around water. _____
- 12 I can get a weather forecast. _____
- 13 I can tie the following knots; Round-turn-and-two-half-hitches, Figure of eight, Bowline _____
- 14 I have taken part in at least four half-day sailing activities consisting of a minimum of two hours afloat.
 ⇒Date _____ ⇒Date _____
 ⇒Date _____ ⇒Date _____

Sailing - Stage 3...

- 1 I can assist with rigging and de-rigging, launch and recover _____
- 2 I can put on my personal floatation device and adjust it properly _____
- 3 I know why wearing layers of clothing is a good idea. _____
- 4 I know basic sailing techniques. _____
- 5 I know the basics of sailing theory. _____
- 6 I have taken part in a capsized drill. _____

**...Sailing - Stage 3**

- 7 I can get into a dinghy from the water in a safe way. _____
- 8 I know how to do CPR and place a victim in the recovery position. _____
- 9 I know that I should follow the instructions of the person in charge of the boat. _____
- 10 I understand the terms that are used in a maritime weather forecast _____
- 11 I have taken part in at least three full day sailing activities consisting of a minimum of four hours afloat.
⇒Date _____ ⇒Date _____
⇒Date _____

Sailing - Stage 4...

- 1 I can assist in launching, rigging and recovering a small sailing dinghy. _____
- 2 I know the main principles of "Leave No Trace." _____
- 3 I know that there are different types of Personal Flotation Device and know when and where each should be used. _____
- 4 I can explain why wearing the correct outerwear is important. _____
- 5 I can paddle or row a boat in a straight line. _____
- 6 I can demonstrate all points of sailing with assistance as both crew and helm. _____



...Sailing - Stage 4

- 7 I can help another person safely into a sailing dinghy from the water. _____
- 8 I can coil a line and heave it to a casualty to affect a simulated rescue. _____
- 9 I know the safety precautions required for water based activities. _____
- 10 I can describe the implications of offshore and onshore winds, high winds and no winds when sailing. _____
- 11 I can describe how often high and low tides take place, and the implications these might when going afloat. _____
- 12 I know that where I may go boating may change in different conditions. _____
- 13 I have taken part in six full-day exercises afloat.
⇒ Date _____ ⇒ Date _____
⇒ Date _____ ⇒ Date _____
⇒ Date _____ ⇒ Date _____

**Sailing - Stage 5...**

- 1 I can rig and equip a sailing boat for safe use in a variety of weather conditions. _____
- 2 I can demonstrate how to manoeuvre a sailing boat as a member of the crew _____
- 3 I know the five essentials and can apply them to all points of sailing. _____
- 4 I can take a leading role in mooring and unmooring a sailing boat including sailing on and off the mooring. _____
- 5 I can assist in the anchoring of a sailing boat. _____
- 6 I can identify and name the main parts of common anchor types. _____
- 7 I know why it is important to have some training in first aid and can show how to care for someone who is very cold. _____
- 8 I know the parts of the International Regulations for the Prevention of Collisions at Sea that apply to my boat and local boating waters _____
- 9 I can obtain a weather forecast and know how the information might affect planned activities afloat. _____
- 10 I know how currents and the ebb and flow of the tide affect my local boating waters. _____
- 11 I know how to use Channel 16 on marine VHF and have an understanding of the use of distress flares. _____

**...Sailing - Stage 5**

12 I have taken part in six full-day exercises afloat.

⇒ Date _____ ⇒ Date _____

⇒ Date _____ ⇒ Date _____

⇒ Date _____ ⇒ Date _____

13 I have taken part in one expedition afloat.

⇒ Date _____

Sailing - Stage 6...

1 I can rig, de-rig, secure and care for the hull of the sailing boat that I use including using the listed control lines to set the boat up to sail efficiently upwind, downwind and on a reach demonstrating optimum sheeting.

2 I can carry out the routine inspection of a personal flotation device.

3 I can take the helm of a sailing boat and demonstrate how to undertake various manoeuvres, demonstrating a constant awareness and application of the five essentials.

4 I know how to obtain maximum leverage when hiking or trapezing.

5 I know how sails and foils work and interact to drive a sailing boat.

6 I can take a leading part in anchoring a sailing boat including knowing how and when to use a tripping line.



...Sailing - Stage 6

- 7 I know what to do if someone is caught under an inverted boat and can right an inverted boat. _____
- 8 I know what causes tides and how spring and neap tides might affect sailors. _____
- 9 I can recognise the main weather patterns illustrated by a synoptic chart and can interpret the forecast. _____
- 10 I can identify common weather conditions and describe how they may affect boating activities. _____
- 11 I am familiar with the main features of restricted waters as defined for my group. _____
- 12 I know how and when to make Distress and Urgency calls and Safety Announcements on Marine VHF. _____
- 13 I have taken part in eight full-day exercises afloat.
⇒Date _____ ⇒Date _____
⇒Date _____ ⇒Date _____
⇒Date _____ ⇒Date _____
⇒Date _____ ⇒Date _____
- 14 I have taken part in one expedition afloat.
⇒Date _____ ⇒Date _____
- 15 I have instructed at least four people in four of the areas up to Stage 3. _____



Paddling



Scouting Ireland Boating Guidelines present Rules and Guidelines related to water based activity. These guidelines should be referenced when setting out to achieve Stage Badges to ensure that best practice is maintained and to ensure a safe experience on the water

The Sea Scout Book - The Scout Shop

Sea Scout Leaders Handbook – The Scout Shop

Paddling - Stage 1

- 1 I have discussed what a wet suit does. _____
- 2 I know what a Buoyancy Aid and Life Jacket are for. _____
- 3 I can show where the bow and stern are in a kayak or boat. _____
- 4 I understand why I should follow directions from an instructor. _____
- 5 I can show the limits of where I may go each time I go afloat for paddling. _____
- 6 I know about the 'Buddy' system. _____
- 7 I know why I should care for my wet suit, buoyancy aid and 'cag' after use. _____
- 8 I know not go afloat if the wind is greater than Force 4. _____
- 9 I know how to contact the emergency services. _____
- 10 I have taken part in a short exercise afloat. _____

⇒ Date _____

**Paddling - Stage 2**

- 1 I can explain what special clothing is to be worn while taking part in a water based activity. _____
- 2 I can put on my own personal floatation device properly. _____
- 3 Before I launch my boat, I can show where and when I am allowed to go. _____
- 4 I have discussed 'Weil's' disease and the precautions necessary to take in open water activities. _____
- 5 I have drawn a poster demonstrating the safety rules for swimming. _____
- 6 I have taken part in an activity on safe enclosed waters involving paddling a Canadian Canoe. _____
- 7 I have discussed the appropriate action I should take in the case of a capsiz. _____
- 8 I have explained what impact I can have on local vegetation when launching and retrieving a boat. _____
- 9 I know how to raise the alarm if I see somebody in difficulty on the water. _____
- 10 I know what hypothermia is. _____
- 11 I have taken part in at least two activities float. _____

⇒Date _____ ⇒Date _____

Paddling - Stage 3...

- 1 I can explain the importance of wearing the right clothing and gear while afloat. _____
- 2 I can show how to test a raft for secure construction. _____

**...Paddling - Stage 3**

- 3 I know how to do CPR and place a victim in the recovery position. _____
- 4 I know how to make use of a paddle while on a raft. _____
- 5 I know what to do in the case of a capsize/ or raft breakup and the procedures to follow. _____
- 6 I know how to tie and when to use the following knots; Round-turn-and-two-half-hitches, Figure of eight, Bowline, Reef Knot, Clove Hitch. _____
- 7 I can tie a square lashing. _____
- 8 I know how and where to get the latest weather forecast for the area I will be paddling in. _____
- 9 I can make a recognised distress signal. _____
- 10 I know that I should follow the instructions of the person in charge of the boat. _____
- 11 I have taken part in making a simple raft for four people. ⇒ **Date** _____

Paddling – Stage 4...

- 1 I can explain why wearing the correct outer wear is important. _____
- 2 I can assist in the launch and recovery of a raft. _____
- 3 I know the safety precautions required for water based activities. _____
- 4 know the main points of 'Leave No Trace'. _____
- 5 I can work as part of a team to paddle a raft on a triangular course. _____



...Paddling – Stage 4

- 6 I can demonstrate how to whip a ropes end and then show how to coil the rope. _____
- 7 I know the Beaufort wind scale up to Force 6. _____
- 8 I can demonstrate throwing a Throw Line to a casualty, preparing the rope for the throw and instructing the casualty to use the rope. _____
 Heave the causality to shore. This can be demonstrated in open water or a swimming pool. _____
- 9 I have taken part in and logged at least four rafting activities
 ⇒Date _____ ⇒Date _____
 ⇒Date _____ ⇒Date _____
- 10 I have taken part in three activities on safe enclosed waters involving paddling a CanadianCanoe
 ⇒Date _____ ⇒Date _____
 ⇒Date _____

Paddling – Stage 5...

- A Scout seeking this award must be 10 years of age and be of a physical size that enables them to kayak.*
- 1 I know the difference between winter and summer kayaking. _____
- 2 I can demonstrate an understanding of the basic safety rules of kayaking. _____
- 3 I can demonstrate my ability to enter and exit a kayak correctly. _____

**...Paddling – Stage 5**

- | | | |
|----|---|-------|
| 4 | I can demonstrate forward paddle, reverse paddle, and stop. | _____ |
| 5 | I can show my ability to turn while stationary using forward sweep stroke, reverse sweep stroke and a combination of forward and reverse sweep strokes. | _____ |
| 6 | I can demonstrate correctly and confidently the capsize drill. | _____ |
| 7 | I can demonstrate how to take part in a kayak raft-up and explain its uses. | _____ |
| 8 | I can demonstrate forward and reverse paddling in a kayak. | _____ |
| 9 | I can demonstrate stopping in a kayak. | _____ |
| 10 | I can demonstrate forward and reverse sweep stroke in a kayak. | _____ |

Paddling – Stage 6

The Scout must successfully explain and demonstrate all techniques and skills at a level higher than that required for the Stage 5.

- | | | |
|---|--|-------|
| 1 | I can demonstrate an understanding of the basic safety rules of kayaking. Simple | _____ |
| 2 | I can demonstrate correctly the following new skills: Draw stroke, Low brace, Low brace Turn, Edging while the kayak is moving, Capsize drill. | _____ |
| 3 | I have assisted in a H rescue, and in an assisted X rescue. | _____ |

⇒ Date _____



B.P.

Once a Scout - always a Scout

