

Venturer name: _____

Crew #: _____

VENTURING RANGER AWARD CORE AND ELECTIVE REQUIREMENTS WORKBOOKS

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You may contact me at kd5pjr@hughes.net.

Venturer name: _____

Crew #: _____

FIRST AID CORE REQUIREMENT WORKBOOK
(Completion of this form satisfies core requirement 1)

1. Complete a standard first aid course or the American Red Cross Wilderness First Aid Basics or equivalent course.

Date of completion: _____.

Name of instructor: _____.

Attach copy of course completion certificate.

Venturer name: _____

Crew #: _____

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: _____.

Venturer name: _____

Crew #: _____

e. 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 nonexpert read and critique your work.

Type of work: _____.

Subject of work: _____.

Expert name and opinion: _____

_____.

Nonexpert name and opinion: _____

_____.

3. 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: _____.

Venturer name: _____

Crew #: _____

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: _____

Venturer name: _____

Crew #: _____

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.)

Venturer name: _____

Crew #: _____

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: _____.

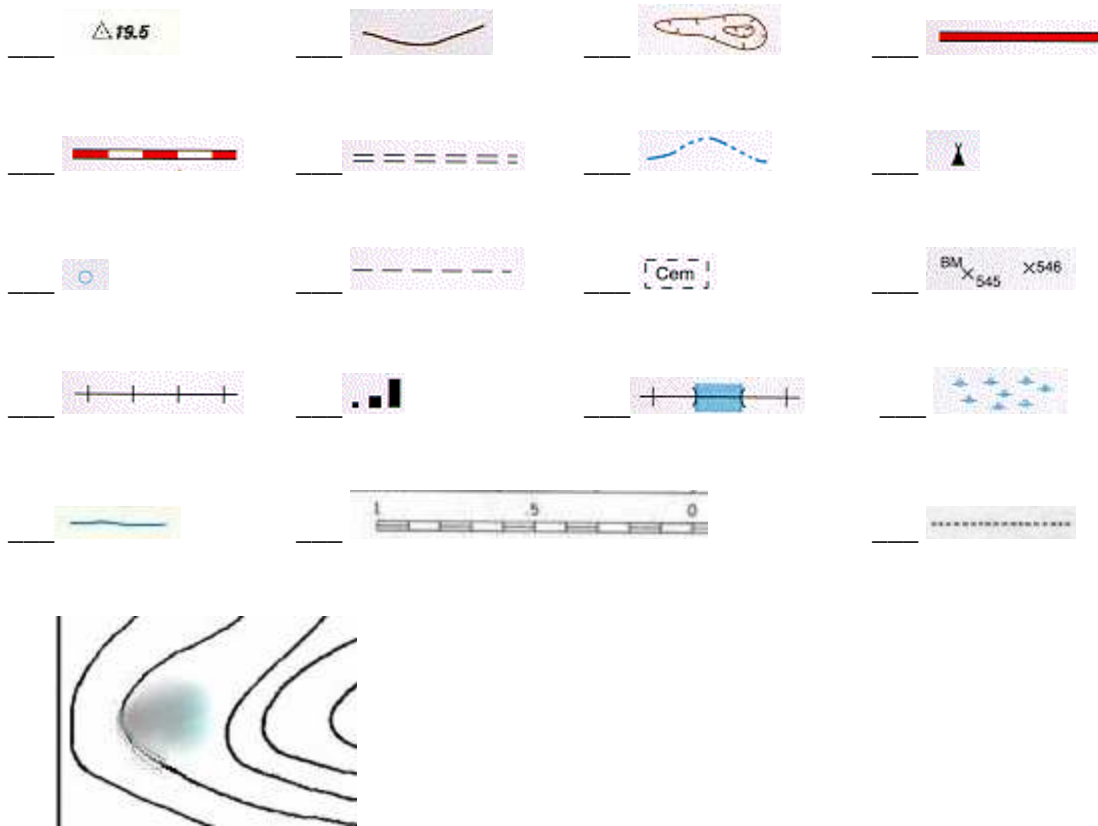
Date of presentation: _____.

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. Hard-surface, medium-duty road |
| e. Hard-surface, heavy-duty road | f. Marsh |
| g. Depression | h. Bridge |
| i. Railroad, single track | j. Map scale |
| k. Ridge | l. Cemetery |
| m. Power transmission line | n. 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.

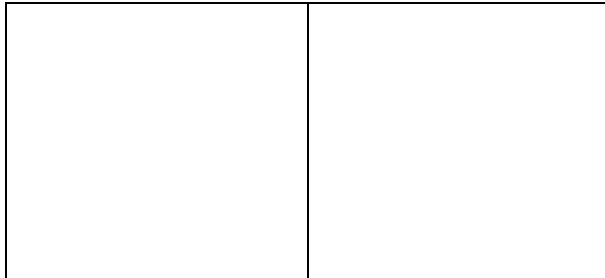
Venturer name: _____

Crew #: _____

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: _____

6. Find a fixed coordinate or geocache at night using a GPS receiver.

Date: _____.

Observer name: _____.

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

Group taught: _____.

Date taught: _____.

Venturer name: _____

Crew #: _____

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: _____

Venturer name: _____

Crew #: _____

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 _____

7a. Write a risk management plan for an upcoming crew high adventure activity. Attach a copy of the plan.

Activity: _____

Name of plan reviewer: _____

7b. List the survival priorities and explain your use of each in a survival situation.

7c1. List the emergency signals used in the outdoors. Make a tabletop display or presentation to another group.

Date of display or presentation _____

Name of group _____

Venturer name: _____

Crew #: _____

7c2. Explain Search and Rescue Patterns. Make a tabletop display or presentation to another group.

Date of display or presentation _____

Name of group _____

7c3. Explain evacuation procedures and value of when to move and when not to move in a wilderness emergency. Make a tabletop display or presentation to another group.

Date of display or presentation _____

Name of group _____

7d. Explain causes, signs and symptoms, and treatment for each of the following:

a. Hypothermia: _____

b. Frostbite: _____

c. Sunburn: _____

d. Heat exhaustion: _____

Venturer name: _____

Crew #: _____

e. Heat cramps: _____

f. Heat stroke: _____

7e. Dehydration: _____

7f1. Name 4 methods of obtaining water in the outdoors.

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

7f2. Demonstrate at least 2 ways of purifying water in the outdoors.

Date of demonstration 1: _____

Observer name: _____

Date of demonstration 2: _____

Observer name: _____

7g. 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: _____

7h. Explain how the following are used in fire making:

a. tinder: _____

b. kindling: _____

c. softwoods: _____

d. hardwoods: _____

Venturer name: _____

Crew #: _____

7i. 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: _____

7j1. Explain the different rope materials and thicknesses that are best for wilderness use.

7j2. What is the proper way to take care of rope? _____

7k1. 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 |

Venturer name: _____

Crew #: _____

7k2. Demonstrate tying the above knots and lashings.

Date of demonstration _____

Name of observer _____

7l1. Explain the pros and cons of obtaining food in the wilderness.

7l2. Name some things to avoid when gathering food in the wilderness.

7m. Prepare and eat at least one meal with food you found in the outdoors.

Menu: _____

What were your wild food items: _____

7n. List items and their uses that you would include in a wilderness survival kit.

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

Make copies of wilderness survival kit item list to hand out to outpost visitors.

7o. Make a wilderness survival kit to show at your outpost demonstration.

Venturer name: _____

Crew #: _____

7p. Set up a wilderness survival outpost camp and spend at least 2 nights and 2 days in your site.

Date of campout: _____

Observer name: _____

7q. Build at least 2 camp gadgets using several different knots and lashings in your outpost camp.

Gadget #1: _____

Gadget #2: _____

Observer name: _____

7r. Build a wilderness shelter for three different environments.

Type of shelter 1: _____

Type of shelter 2: _____

Type of shelter 3: _____

Observer name: _____

7s. Have another group visit your outpost for a one hour presentation.

Name of group: _____

Date of visit: _____

Observer name: _____

Venturer name: _____

Crew #: _____

CONSERVATION CORE REQUIREMENT WORKBOOK

(completion of this form satisfies core requirement 8.)

8a. Plan, lead, and carry out a significant conservation project.

What was your conservation project: _____

Observer name: _____

8b. Make a tabletop display or presentation on your conservation project.

Which group did you show: _____

Date of presentation: _____

Observer name: _____

Venturer name: _____

Crew #: _____

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:

a. External Frame: _____

b. Internal Frame: _____

c. Soft Pack: _____

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

What are the pros and cons of each type?

a. External Frame

pros

cons

b. Internal Frame

pros

cons

c. Soft Pack

pros

cons

Venturer name: _____

Crew #: _____

What kind of trek would you take with each pack?

a. External Frame: _____

b. Internal Frame: _____

c. 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 _____

Venturer name: _____

Crew #: _____

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 items of group backpacking gear. Include a group cleanup 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.

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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:

a. Hypothermia: _____

b. Frostbite: _____

c. Altitude sickness: _____

d. Heat exhaustion: _____

e. Heat cramps: _____

f. Heat stroke: _____

g. Dehydration: _____

Venturer name: _____

Crew #: _____

h. Blisters: _____

i. Stings and Bites: _____

j. 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 _____

Venturer name: _____

Crew #: _____

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:

Bowline figure six

Figure eight on a bight

Midline knots:

Bowline on a bight

Butterfly

Joiner knots:

Water knot

Fisherman knot

Figure eight on a bend

Prusik knot

Date knots tied _____

Name of observer _____

Venturer name: _____

Crew #: _____

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. _____

Venturer name: _____

Crew #: _____

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.

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

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

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

Venturer name: _____

Crew #: _____

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 _____


























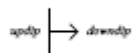
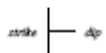




Wooden ladders _____

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 |

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

10b. Make a tabletop display or presentation using the knowledge above to another group.

Name of group _____ Date of display or presentation _____

Venturer name: _____

Crew #: _____

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. _____

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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, downhill, 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 _____

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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: _____

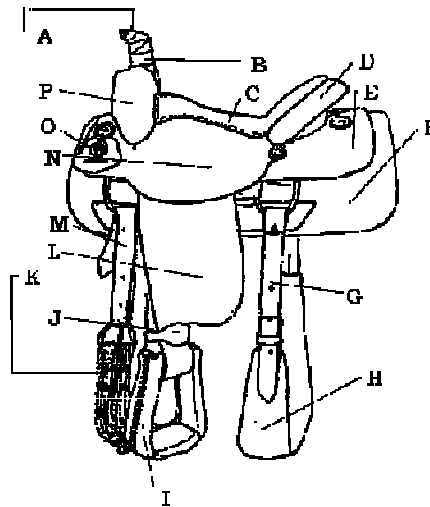
English: _____

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

Match the following term with their part:

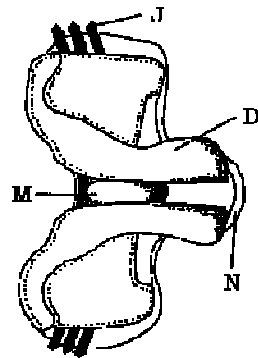
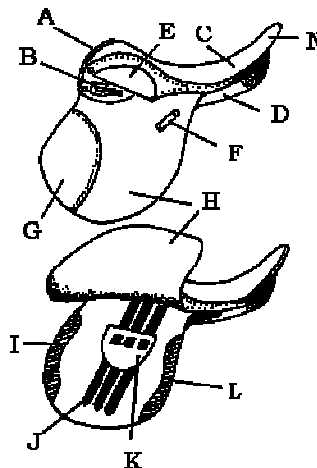
- ___ Horn Cap
- ___ Horn
- ___ Seat
- ___ Cantle
- ___ Rear Housing
- ___ Skirt
- ___ Flank Cinch Billet
- ___ Flank Cinch
- ___ Stirrup
- ___ Hobble Strap
- ___ Cinch or Girth
- ___ Fender
- ___ Tie Strap
- ___ Jockey
- ___ Tie Strap Holder
- ___ Fork or Swell

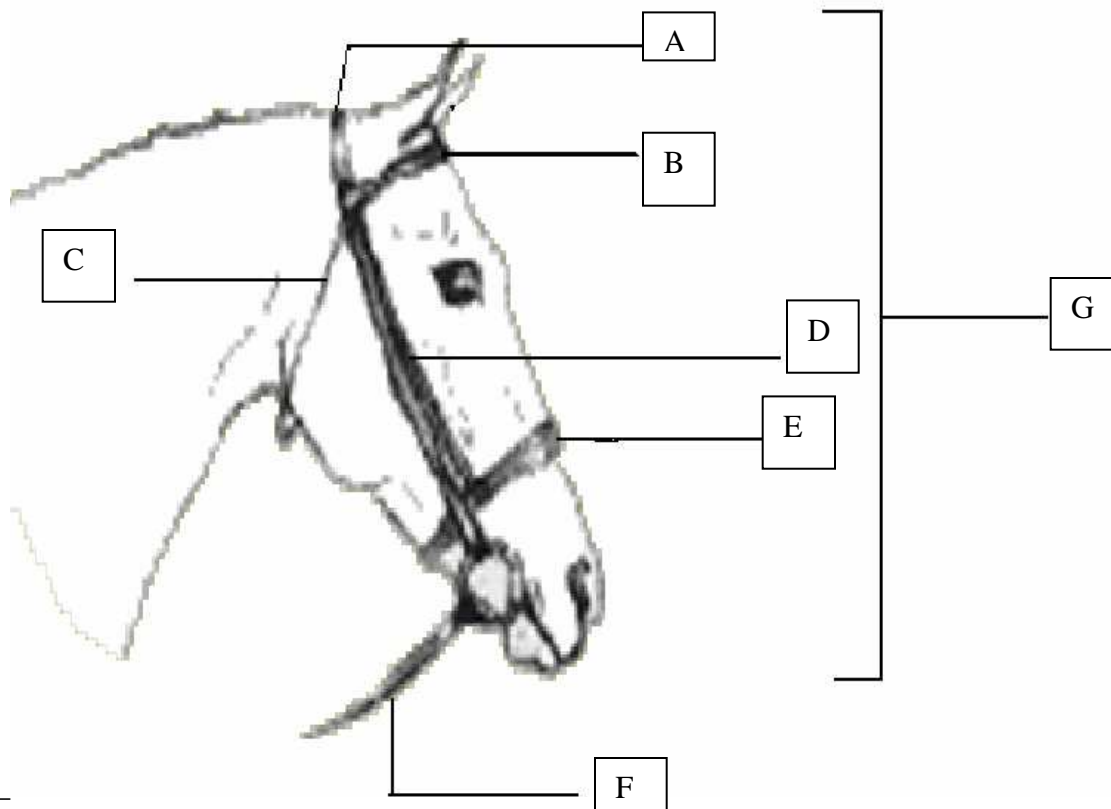
Western Saddle



- ___ Pommel
- ___ Stirrup Bar
- ___ Seat
- ___ Panel
- ___ Skirt
- ___ Stirrup Leather Keeper
- ___ Knee Insert
- ___ Saddle Flap
- ___ Knee Roll
- ___ Billet Straps
- ___ GirthBuckle Guard
- ___ Thigh Roll
- ___ Gullet
- ___ Cantle

English Saddle





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

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.

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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 proper care for your horse after a ride, including cool down, brushing, and 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 _____

Venturer name: _____

Crew #: _____

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.

Name of course _____ Date completed _____

Name of instructor _____

3. Complete a 45 hour emergency response course.

Name of course _____ Date completed _____

Name of instructor _____

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

Name of course _____ Date completed _____.

Name of instructor _____.

Venturer name: _____

Crew #: _____

FISHING ELECTIVE REQUIREMENTS WORKBOOK

(Completion of this form satisfies elective requirements.)

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

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

b. On the map, note the most popular game fish found in each spot you marked.

c. On the map, note any protected fish species found in your state.

Date completed _____ Name of reviewer _____

3. 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 _____

4. 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. _____

Venturer name: _____

Crew #: _____

4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

5. 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 _____

Special habitat needed for spawning/growth _____

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 _____

Special habitat needed for spawning/growth _____

Venturer name: _____

Crew #: _____

6. Do one of the following:

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

Date of event _____

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

Date of event _____

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

Date of trip or event _____

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

Date of display or presentation _____

Name of group _____

8. Pick ONE of the three following options and complete the requirements.

Option A – Fresh Water (Spinning, Spin Casting, Bait Casting)

1a. Catch two different species of fish using spinning, spin casting, and/or bait casting.

Fish #1

Type of fish: _____ Date caught: _____

Fish #2

Type of fish: _____ Date caught: _____

1b. Release at least one fish, ensuring it will recover and swim safely away.

Date released: _____ Name of observer: _____

1c. Catch, clean, cook and eat another fish.

Date completed: _____

Cleaning method used: _____

Cooking method used: _____

1d. Discuss with another group experiences in releasing, cleaning and cooking of fish.

Date of discussion: _____ Group discussed with: _____

Venturer name: _____

Crew #: _____

2. Teach the following to someone else:

2a. Explain the difference between spincasting, spinning and baitcasting.

Describe how one might be better for certain fishing situations _____

2b. Explain how a reel drag should be used. _____

What are the proper use and function of drag settings. _____

2c. Explain how to properly play a fish under several situations.

2d. Demonstrate and explain the use of the following fishing knots.

1. improved clinch knot: _____

2. Palomar knot/turtle knot: _____

3. blood knot/barrel knot: _____

2e. Demonstrate two ways to make effective casts using targets for two of the types of outfits.

Date of demonstration: _____

Name of observer: _____

Explain safety measures needed while casting _____

3. Do ONE of the following:

a. Build a fishing rod, the type of your choice

Type of rod _____ Date completed _____

b. Design and make your own fishing lure.

Explain the fish attracting principle of the lure _____

Date completed _____

Venturer name: _____

Crew #: _____

c. With approval of the proper agency, plan and implement a fishery conservation project.

Document your project with pictures and/or acknowledgement from the agency.

Date of project: _____

Name of agency: _____

Option B – Fly Fishing

4a. Catch two different species of fish using a fly fishing outfit.

Fish #1

Type of fish: _____ Date caught: _____

Fish #2

Type of fish: _____ Date caught: _____

4b. Release at least one fish, ensuring it will recover and swim safely away.

Date released: _____ Name of observer: _____

4c. Catch, clean, cook and eat another fish.

Date completed: _____

Cleaning method used: _____

Cooking method used: _____

4d. Discuss with another group experiences in releasing, cleaning and cooking of fish.

Date of discussion: _____ Group discussed with: _____

5. Teach the following to someone else:

5a. Explain the difference between a dry fly, set fly, streamer, nymph, and bass bugs or poppers. _____

Describe how one might be better for certain fishing situations _____

5b. Explain how to match rod, reel, line, and leader to develop a balanced outfit.

Venturer name: _____

Crew #: _____

Explain how to select the right outfit for various fishing situations. _____

Explain the makeup of fly lines. _____

Explain the advantages of weight forward lines versus double taper lines. _____

Explain the various types of lines and their advantages.

Floating: _____

Sink-tip: _____

Sinking: _____

5c. Explain how to properly play a fish under several situations.

5d. Demonstrate and explain the use of the following fishing knots.

1. arbor backing knot: _____

2. nail knot/tube knot: _____

3. blood knot/barrel knot: _____

4. improved clinch knot: _____

5e. Demonstrate two ways to make effective casts using targets for two of the types of outfits.

Date of demonstration: _____

Name of observer: _____

Explain safety measures needed while casting _____

Venturer name: _____

Crew #: _____

6. Do ONE of the following:

a. Build a Fly rod of your choice

Type of rod _____ Date completed _____

b. Tie SIX flies and explain how each pattern is used to imitate what fish eat.

Fly #1: _____

Fly #2: _____

Fly #3: _____

Fly #4: _____

Fly #5: _____

Fly #6: _____

Date completed _____

Name of reviewer _____

c. With approval of the proper agency, plan and implement a fishery conservation project.

Document your project with pictures and/or acknowledgement from the agency.

Date of project: _____

Name of agency: _____

Option C – Salt Water

7a. Catch two different species of fish by surf fishing, casting from a boat, and/or trolling.

Fish #1

Type of fish: _____ Date caught: _____

Fish #2

Type of fish: _____ Date caught: _____

7b. Release at least one fish, ensuring it will recover and swim safely away.

Date released: _____ Name of observer: _____

Venturer name: _____

Crew #: _____

7c. Catch, clean, cook and eat another fish.

Date completed: _____

Cleaning method used: _____

Cooking method used: _____

7d. Discuss with another group experiences in releasing, cleaning and cooking of fish.

Date of discussion: _____ Group discussed with: _____

8. Teach the following to someone else:

8a. Explain the difference between surf fishing, casting from a boat, and trolling.

Describe how one might be better for certain fishing situations _____

8b. Explain how a reel drag should be used. _____

What are the proper use and function of drag settings. _____

8c. Explain how to properly play a fish under several situations.

8d. Demonstrate and explain the use of the following fishing knots.

1. improved clinch knot: _____

2. Palomar knot/turtle knot: _____

3. blood knot/barrel knot: _____

Venturer name: _____

Crew #: _____

9. 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.

10. Do ONE of the following:

a. Build a fishing rod, the type of your choice

Type of rod _____ Date completed _____

b. Design and make several fishing lures.

Explain the fish attracting principle of each lure _____

Date completed _____

Name of reviewer _____

c. With approval of the proper agency, plan and implement a fishery conservation project.

Document your project with pictures and/or acknowledgement from the agency.

Date of project: _____

Name of agency: _____

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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 or Lifeguard Trainer 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 _____

Venturer name: _____

Crew #: _____

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 _____.

Venturer name: _____

Crew #: _____

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.

Venturer name: _____

Crew #: _____

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 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 _____

Venturer name: _____

Crew #: _____

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

Climber: Meaning Verbal signal

“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 incase 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!” _____

“Rope!” _____

Belayer: (When Rappeling)

“Your belay is ready” _____

“Go ahead” _____

“I’m no longer belaying you” _____

Rappeller: “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” _____

“The rope is free of equipment and is ready for the next rappeller” _____

Boulderers: “I am ready to start” _____

“I’ll start up as soon as spotters give a go-ahead” _____

“I’m about to fall” _____

Spotters: “I’m ready to protect you” _____

“Go ahead” _____

Venturer name: _____

Crew #: _____

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 _____.

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

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.

Date of fitness test _____

Name of fitness test administer _____

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.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

Venturer name: _____

Crew #: _____

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

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

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: _____

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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 resource professional, plan, lead, and carry out a project approved by your Advisor designed to benefit plants or wildlife. Involve others to 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 _____

Venturer name: _____

Crew #: _____

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.

Venturer name: _____

Crew #: _____

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 _____

Venturer name: _____

Crew #: _____

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 _____.

Venturer name: _____

Crew #: _____

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 airgun or firearm.

Venturer name: _____

Crew #: _____

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.

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

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 5 shots at 8 TQ7 targets at distance of 25 ft for a total of 40 shots. Must score 240 out of possible 400.

OR

Shoot 5 shots at 8 bulls eye B-40 targets at distance of 33 ft for a total of 40 shots. Must score 220 out of possible 400.

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.

Venturer name: _____

Crew #: _____

c. Archery

Recurve bow Indoor: shoot 30 arrows at 18 meters on a 60 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 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 shoot 1 shot at each bull on 6 A17 targets from distance of

Rifle 50 ft 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 _____

Venturer name: _____

Crew #: _____

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 _____

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 _____

Venturer name: _____

Crew #: _____

Do 5, 6, or 7.

5 Paddle Craft

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

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

Date completed _____ Name of observer _____

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

Name and describe the six classifications of rivers.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

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

Venturer name: _____

Crew #: _____

d. Explain the differences in the following terms: how many paddlers are appropriate for each:

recreational canoes _____

touring canoes _____

freestyle canoes _____

C1 canoes _____

Whitewater canoes _____

Decked canoes _____

downriver kayaks _____

sit-on-top kayaks _____

race kayaks _____

whitewater creek kayaks _____

recreational kayaks _____

touring kayaks _____

whitewater playboat kayaks _____

self bailing rafts _____

paddle rafts _____

frame rafts _____

cataraft _____

inflatable kayak _____

e. 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 _____

Raft, be the paddling captain

Date completed _____ Name of observer _____

f. Paddle a slow river, lake, or coastal waterway a distance of at least eight miles or run a whitewater river a distance of six miles with at least one class II rapid.

Type of trip _____

Date of trip _____ Name of observer _____

Venturer name: _____

Crew #: _____

6. Boardsailing

a. Demonstrate the BSA rules for boardsailing.

Date completed _____ Name of observer _____

b. Learn how to boardsail.

Date completed _____ Name of instructor _____

7. Sail Boating

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

Date completed _____ Name of instructor _____

Venturer name: _____

Crew #: _____

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.

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 _____

Venturer name: _____

Crew #: _____

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 _____