

# **GOLD BORDERED MERIT REQUIREMENTS**

## **ADVANCED SWIMMING**

This merit or the Cycling merit or the Hiking merit is required to earn the Gold Medal of Achievement.

Earn the American Red Cross Swimmer Certification,

OR complete the following requirements:

1. Demonstrate each of the following strokes:
  - a. 50-yard sidestroke, each side
  - b. 50-yard back crawl
  - c. 50-yard breaststroke
  - d. Endurance swim-crawl stroke for 200 yards
2. Demonstrate each of the following entries and dives:
  - a. Springboard dives: pike and tuck
  - b. Feet-first surface dive
  - c. Long shallow dive
  - d. One meter board-jumping entry, standing dive
  - e. Stride jump
3. Do a survival float for 5 minutes.
4. Tread water for 5 minutes.
5. Swim 25 feet underwater.
6. Do open turns-front, side, back.
7. Demonstrate the following safety skills:
  - a. Artificial respiration
  - b. The release of a cramp while in the water
  - c. The proper use of personal flotation devices
  - d. Reaching assists
  - e. Stride jump fully clothed-remove shoes and clothing, then use shirt as a personal flotation device for 3 minutes.
  - f. Stride jump fully clothed-remove shoes and clothing, then use pants as a personal flotation device for 3 minutes.
  - g. In water rescue techniques and utilizing equipment.

## **BACHELOR**

This merit is required to earn the Gold Medal of Achievement.

1. Prepare and cook 3 complete meals for your family.
2. Wash and clean the kitchen dishes for five different meals.

3. Clean and sanitize the kitchen oven, stove, refrigerator, and waste paper basket.
4. Under adult supervision, wash and fold the family laundry on four separate occasions. Complete the Laundry Worksheet.
5. Vacuum, dust the furniture, and make your bed for four (4) weeks. Vacuum the entire house, apartment, etc. Dust the wood or laminate furniture. Make your bed completely.
6. Iron a shirt, a pair of pants and one other article of clothing.
7. Under adult supervision, demonstrate your ability to plan a complete weekly menu, prepare a shopping list and purchase items from a local store. Use the Weekly Menu and Shopping List worksheets.
8. Under adult supervision sew on a button by hand.
9. Keep your room, dresser, and clothes closet clean for your parents' or guardians' inspection for a month.
10. Clean the bathroom facilities and floor on two separate occasions.
11. Do the following:
  - a. Prepare a personal budget for two months. It must include a savings plan. Keep track of everything you buy. At the end of each month balance all income earnings with your expenses and savings. Complete the Budget Worksheets – Months 1 and 2.
  - b. Review your two-month budget with your commander. Explain how much money you saved, how you've spent your money, and if you were able to live within your budget.
12. Do the following:
  - a. Select a personal goal you want to achieve. (This may be a short-term goal such as buying clothes or it may be a long-term goal such as saving for college.)
  - b. Write a plan to achieve it. Determine the following:
    - i How much will it cost?
    - ii How much time do you have to achieve your goal?
    - iii How will you earn the money to pay for your goal?
    - iv What adjustments could you make to your plan, if you cannot reach your goal in time?

## **BIBLE**

This merit or all 48 Bible study merits are required to earn the Gold Medal of Achievement.

1. Read the New Testament, Genesis, Exodus, Numbers, Deuteronomy, Joshua, Judges, 1 & 2 Samuel, 1 & 2 Kings, 1 & 2 Chronicles, Psalms, and Proverbs.
2. Quote from memory 10 favorite Bible verses.
3. Memorize the names of the books of the Bible in order.
4. Explain how the Bible was written, using two Scripture references.
5. List four Scripture references for each of the following Bible doctrines:
  - a. Salvation
  - b. Baptism in the Holy Spirit
  - c. Divine Healing
  - d. Second Coming of Christ

6. List and demonstrate five methods of studying the Bible.
7. List at least 10 facts and summarize the Biblical record of the following people:
  - a. Joseph
  - b. Caleb
  - c. Elizabeth
  - d. Stephen
  - e. Barnabas
8. Explain the main teaching of the following passages:
  - a. Gathering Together (Matthew 18:19, 20)
  - b. Spies – The Story of Caleb (Numbers)
  - c. Good Samaritan – Luke 10:25 – 37
  - d. Suffering Savior (Isaiah 53:4 – 6)
  - e. Prodigal Son (Luke 15:11 – 32)

## **CAMPING**

This merit is required to earn the Gold Medal of Achievement.

1. Show that you know first aid for the following: hypothermia, heatstroke, heat exhaustion, frostbite, dehydration, sunburn, insect stings, tick bites, snakebite, and blisters.
2. Explain the meaning of Low Impact outings. Write five examples of how you would implement low impact in your next outing.
3. Do ONE of the following:
  - a. Make a written checklist for an overnight campout and explain how to get to your campsite using a highway or topographic map.
  - b. Make a written checklist and a daily plan for a mission trip. Explain preparations on how to get to the site using an airport, highway, or topographic map.
4. Do ONE of the following:
  - a. Lay out a campsite for your group or patrol, indicating where to place the tents, fires, cooking areas, latrines, etc.
  - b. Lay out a complete mission trip schedule from home departure to return. List the information that each participant would need for the event to be successful.
  - c. Lay out the site facilities locating lodging, cooking, restroom, freshwater, etc.
5. Demonstrate your understanding of selecting and packing the clothing and equipment needed for an overnight campout or missions trip by completing the following:
  - a. Make two different clothing lists, one for a warm weather outing or trip, and the other for a cold weather outing or trip.
  - b. Do ONE of the following:
    - i. Make two different equipment lists, one for a stationary camp and the other for a backpacking trip with multiple destinations. Give a copy of each list to your patrol members.
    - ii. Make two different equipment lists, one for a mission's trip with only one location and the other for a mission's trip where multiple sites will be visited. Give a copy of each list to your team members.

- c. Describe the types of sleeping bags that would be required for warm weather trips and cold weather trips.
  - d. Plan a menu for your patrol or team that would include three meals (breakfast, lunch, and dinner). Make a food list. Prepare the cooking directions and give copies of the recipes to members of your patrol or team.
  - e. Do ONE of the following:
    - i. Prepare your backpack and have it inspected by your group leader. The pack must contain your clothing and gear, and your share of the patrol equipment and food. Show that it is packed neatly and can be carried comfortably.
    - ii. Prepare your travel luggage and have it inspected by your group leader. The luggage must contain your clothing and gear, and your share of the team equipment and food. Show that it is packed neatly and can be carried comfortably.
6. Do ONE of the following:
    - a. Working with another patrol member, demonstrate the proper pitching of a trail, pup, or other type of tent to be used for your shelter. Then, repack that shelter.
    - b. Assist in the setting up or take-down of facilities necessary for the missions event you are helping with.
  7. Demonstrate your rope craft skills by tying three of the following knots:
    - a. Square knot
    - b. Sheep bend
    - c. Bowline
    - d. Clove hitch
    - e. Taut-line
  8. Demonstrate any three of the fire craft skills by completing the following:
    - a. Explain the open fire safety rules for your locale.
    - b. Explain the safety rules for use of a propane stove.
    - c. Explain the safety rules for a liquid fuel-stove and the handling precautions for liquid fuel.
    - d. Show that you can build two types of fires, such as crisscross, teepee, trench, or hunter's. Also, explain when they should be used.
    - e. Demonstrate how to properly start and use a camp stove or a backpacking stove.
    - f. Demonstrate your ability to start a charcoal fire and cook on it.
  9. Cook a complete main meal on a campfire, camp stove, backpack stove, or by using the cooking facilities at a mission site. Use at least two types of cooking, such as boiling, baking, broiling, or frying.
  10. Do the following:
    - a. Demonstrate the appropriate care and handling of food and the disposal of garbage. *(This requirement may be completed in conjunction with requirement #9).*
    - b. Demonstrate proper dishwashing techniques.
  11. Do ONE of the following to demonstrate the safe use of tools:
    - a. On a campout demonstrate the proper use of a pocketknife, bow saw, and hand axe.
    - b. On a mission's trip demonstrate the proper use of construction tools, equipment, sound equipment, or audiovisuals.
  12. Demonstrate your ability to properly use of a compass or GPS instrument.
  13. Do the following:

- a. Assemble a first aid kit and explain why each item is needed.
  - b. Make an inventory list of all the items and place it in the first aid kit.
14. Do the following:
- a. Describe in writing, the “Seven S’s” for a successful campfire service or plan the program for an outdoor missions service.
  - b. Plan and participate in an outdoor service.
15. Do one of the following or any combination of a or b:
- a. Camp out a total of at least 10 days and nights.
  - b. Complete a total of at least 10 days and nights on mission trips or ministry outings.
16. Write a brief report describing how the earning of this award has taught you about personal health and safety, public health, conservation, ministry to others, and good citizenship.

Outings and campouts may include: Mountain biking, rock climbing, cave exploring, snowmobiling, cross-country skiing, camping trip, hiking, backpacking, etc.

Mission trips may include: World Missions, Home Missions, construction projects, Youth Missions, Convoy of Hope, etc.

## **CAMP SAFETY**

This merit or the Home Safety merit or the Emergency Preparedness, or the Lifesaving merit, is required to earn the Gold Medal of Achievement.

1. Make a list of the safety precautions that should be considered when selecting a campsite.
2. Describe the safety plans that would be implemented if the following weather conditions occurred while camping:
  - a. Lightning,
  - b. Tornado,
  - c. Hail,
  - d. Heavy rain.
3. Demonstrate the proper method of washing dishes to avoid illness while on a camp-out.
4. Demonstrate the proper method of disposing of garbage and dishwater.
5. Explain the proper procedure for disposing of solid and liquid waste.
6. With the assistance of another patrol member, construct a latrine during a Royal Ranger outing.
7. Explain the following types of infection caused by improper food handling and describe what safety precautions can be used to avoid infection:
  - a. E.coli,
  - b. Salmonella,
  - c. Hepatitis A.
8. What is botulism?
9. Explain the importance of properly storing food while camping.
10. Explain how food spoils and what can be done to prevent food spoilage.
11. Demonstrate how to properly store fresh vegetables and fruits while on a camp-out.

12. Demonstrate how to properly store fresh meat and meat products, milk, cheese, eggs, and mayonnaise.
13. Explain the purpose of a cut and chop area. With the assistance of another patrol member, properly construct a cut and chop area.
14. Explain the safety rules for a propane stove and lantern.
15. Demonstrate how to replace a lantern mantle.
16. Explain the safety rules for a liquid fuel stove and the handling precautions for liquid fuel.
17. Demonstrate how to properly start and use a liquid or propane fuel stove.

## **CHRISTIAN MISSIONS**

This merit, or the International Service merit, or the Light For The Lost merit is required to earn the Gold Medal of Achievement.

1. Write a 300-word report, based on an interview with a pastor or mission's coordinator, that will explain each of the following:
  - a. The definition of missions—home and world
  - b. The number of missionaries your church supports monthly
  - c. The number of countries represented by missionaries your church supports
  - d. The types or areas of home missionaries supported by your church.
  - e. Three Bible references relating to missions
2. Research the following Assembly of God organizations or the equivalent organizations of your denomination. Write to the national organization of each of the ministries listed below for information. Then organize the returned information into a folder:
  - a. Light-for-the-Lost: provides literature for worldwide evangelism.
  - b. Teen Challenge: provides help for troubled youth.
  - c. Speed-the-Light: provides communication and transportation equipment for missionaries worldwide.
  - d. Boys and Girls Missionary Crusade: equips children to know about, pray for, and give to missionaries worldwide.
  - e. Missions Abroad Placement Service: provides opportunities for service at foreign mission sites.
  - f. Mission America Placement Service: provides opportunities for service at home mission sites.
  - g. Ambassadors in Mission: youth foreign missions program.
  - h. Convoy of Hope: aid for working poor families and disaster victims.
3. Choose a home missionary and a foreign missionary from your district, and write them to learn of their current activities and job descriptions. Also, ask them to describe the country or area in which they minister.
4. Either interview a visiting missionary or write a missionary from your district. Ask the missionary how he or she received the call to missions.
5. If possible, visit a Home Missions work or a pioneer church in your district.
6. Write or go to the website of the World Missions of the Assemblies of God, or the World Missions department of your denomination, and request a brochure about becoming a

missionary. Read the brochure, then—without looking at the brochure—explain to your group leader all the steps a missionary goes through to get to the mission field. Address: World Missions of the Assemblies of God; 1445 Boonville Avenue; Springfield, Mo. 65802-1894. Email address [www.ag.org](http://www.ag.org).

7. Make a pledge, faith promise, to your church's missions program and, with God's help, work to fulfill it.
8. Read two Mission America newsletters (from the Home Missions of the Assemblies of God) and two editions of the Pentecostal Evangel Missions World, or read two newsletters each from your denomination's Home and World missions departments. Choose one article you have read and share it with your outpost group. Have the group pray with you for the missionary or the work discussed in that article. Select a missionary highlighted in the quarterly insert, and pray for him for one month.
9. Select and read one of the following books or a missions book approved by your group leader: *Moving Mountains*, Lillian Trasher, *Peruvian Gold*, *Remembering Nigeria*, *Heroes of the Faith*, *Jesus*, or *Jerusalem to Irian Jaya*.

## **CHRISTIAN SERVICE**

This merit or the God and Church Award is required to earn the Gold Medal of Achievement.

1. Explain the meaning of the following, and list at least one Scripture reference for each: grace, repentance, faith, new birth, sanctification.
2. Explain in detail the steps in becoming a Christian and a person's responsibilities after becoming a Christian – include such things as conduct, faithfulness, stewardship and witnessing.
3. Learn one method of leading a person to Christ.
4. Personally lead a person to Christ. Continue to encourage the person by praying for and with him, by reading the Bible with him, and by discussing problems with him.
5. Discuss with a pastor or deacon ways in which you can be of service to God and your church. Then spend at least 15 hours engaged in Christian service.
6. Make a list of opportunities in the field of full-time Christian service. Interview two individuals engaged in full-time Christian service, such as a pastor, an evangelist, a missionary, or a chaplain. After the interview submit a 300-word report, including answers to the following questions:
  - a. What training and education are needed?
  - b. What opportunities are available?
  - c. Is full-time Christian service satisfying and rewarding?
  - d. What sacrifices are necessary?
  - e. How did they receive their calling?
7. Interview a layman who is active in Christian service, and discuss with him how a person can serve Christ and the church.

## **CITIZENSHIP**

This merit or the God and Life Award is required to earn the Gold Medal of Achievement.

1. Write a 500-word report on the history of your community, listing information such as the American Indian tribes who lived there, the first known settlers, and important historical events and people.
2. Using a map, point out important places in your community, such as fire stations, police stations, city hall, hospitals, schools, and churches.
3. Explain, in detail, how to report an emergency such as a fire, auto accident, or call for an ambulance.
4. Explain in detail how to obtain the following:
  - a. Vehicle registration
  - b. Bike license
  - c. Dog license
  - d. Building permit
  - e. Driver's license
5. Visit one department of your local, state, or federal government and report on its services to your community.
6. Participate in a community service project of two hours or more in length. This activity cannot be applied to your Christian Service Activity for your advancement medals.
7. Explain and demonstrate how to respect and properly display the U.S. flag.
8. Read the Declaration of Independence, the Bill of Rights, and the Constitution of the United States of America. Explain the purpose of each one and how it benefits us as U.S. citizens.
9. List the names and addresses of the governor, state senator, and state representatives of your local district.
10. List the names and addresses of the U.S. Senators from your state and the U.S. Representatives in Congress from your state district.
11. Name the three main branches of the federal government. What are their main functions? Explain the checks and balances of each branch of government.
12. Write a letter to one of your elected officials and express your point of view on a state or national issue. Show a copy of the letter to your commander.
13. List and explain five ways a Royal Ranger can be a good citizen.
14. List two Scripture references stating our responsibilities to our government and officials.

## **COMMUNICATION**

This merit, or the Public Speaking merit, is required to earn the Gold Medal of Achievement.

1. Do ONE of the following:
  - a. Develop a plan to teach a lesson to the Ranger Kids or Discovery Ranger group and have your commander and the Ranger Kids or Discovery Ranger commander approve it. Make teaching aids to assist you in teaching the lesson. With the help of the

- Ranger Kids or Discovery Ranger commander check to see if the boys were attentive throughout the lesson or can repeat or summarize the information taught.
- b. Develop a plan to teach a skill to your patrol and have your commander approve the plan. Make teaching aids. Teach the skill to your patrol. With the help of your group leader, check to see if the patrol has learned the skill you taught.
  - c. Develop a sales presentation for a product your outpost is selling as a fund-raiser. Build a sales presentation based on its good points. Review your sales presentation with your commander. Use the sales presentation as you sell the product. Report any changes you made in your presentation to your commander.
2. Do ONE of the following:
    - a. Write to the editor of a magazine or your local newspaper to express your opinion or share information (on any subject you choose).
    - b. Create a page on the World Wide Web for yourself or to give information about your Royal Ranger outpost, church, school, or other organization. Include at least one article and one photograph or illustration.
    - c. Make a Power Point presentation to be used to promote an activity in your outpost.
    - d. Use desktop publishing to produce a newsletter, brochure, flier, or other printed material for your Royal Ranger group, school, chartered organization, or other group. Include at least one article and one photograph or illustration.
  3. Do ALL of the following:
    - a. Demonstrate how you would make a telephone call inviting an expert in the field of your choice to give a demonstration to your outpost on that person's area of expertise.
    - b. Demonstrate how to create an effective recorded message and how to leave a voice-mail message.
    - c. Demonstrate how to introduce your parents to a new friend, a new friend to an old friend and a guest speaker.
  4. Prepare a personal resume that you would use in applying for a job.
  5. Check careers in the field of communications. Choose one career, then in writing discuss the qualifications and preparation needed for this career.
  6. Attend a town or school board meeting where two or three points of view are given. Listen and take notes. Make a one-page report from your notes. Arrange a time to share what you learned with your patrol.

## **CYCLING**

Either this merit, or the Advanced Swimming merit, or the Hiking merit, is required to earn the Gold Medal of Achievement.

1. Prepare your bike for inspection by completing the following:
  - a. Perform necessary maintenance.
  - b. Demonstrate how to adjust brakes and the derailleur.
  - c. Prepare a safety checklist and use it to inspect your bike.
  - d. Properly clean your bike.

2. Have your bike inspected by your group leader. Complete the following items as part of your inspection:
  - a. List and label the parts of a bike.
  - b. Describe the components of your bike that require routine checks to insure the bike is safe to ride.
  - c. Describe the components of your bike that required regular oiling.
  - d. Describe how to adjust the seat and handle bars to fit your body.
  - e. Describe what repairs or tune-up you performed on your bike in preparation for the inspection.
3. Demonstrate how to repair a flat.
4. Demonstrate your knowledge of the bike safety rules of the road by completing the following:
  - a. Show how to brake safely.
  - b. Show how to make safe left and right turns at intersections and non-intersections of a street.
  - c. Demonstrate how to safely ride next to a row of parked cars.
  - d. Show how to safely ride along a curb or along the edge of an uncurbed road.
  - e. Explain the traffic laws for bikes and how they differ from laws for automobiles.
5. Complete the following bikes trips. Write a report for each of the trips. The reports should include information listing the dates, the routes traveled, and what you observed along the way.
  - a. Two ten mile trips
  - b. Two fifteen mile trips
  - c. Two twenty-five mile trips
  - d. One fifty mile trip completed in one day.

All cyclists must wear a properly fitted helmet when completing the riding requirements of this merit.

## **ENVIRONMENTAL SCIENCE**

This merit or the Nature Study merit is required to earn the Gold Medal of Achievement.

1. Conduct an experiment to determine the rates of decomposition of at least 10 common materials. Experiment should be at least 1 month in duration. Answer the following questions:
  - a. Which materials biodegraded rapidly?
  - b. Why do you think this happened?
  - c. Which materials were not affected at all? Why?
  - d. Does biodegradation happen more rapidly in dry or wet environments?
2. Write a plan to reduce non-biodegradable waste in the home.
3. Explain why ecologists use quadrats to study the environment. Explain how to lay out a quadrat.

4. Lay out a 3' x 3' quadrat. Estimate the percent cover of different kinds of plants in the quadrat. Identify the different kinds of insects found. Describe the physical and biological characteristics of the study area.
5. Describe one biogeochemical cycle. Choose one of the following: Nitrogen, Carbon, Water.
6. Study the population growth rate of a plant or animal. Discuss the factors that may limit population growth. Describe the factors that contribute to population growth.
7. Define the terms endangered, threatened, extirpated, and extinct.
8. Develop a plan to reduce water usage in your home.
9. Obtain a list and pictures, or drawings, of at least 5 animals in your state. Write a 300-word report on one of those animals.
10. Take part in a local cleanup or restoration effort. This can be done by yourself or with a group of Royal Rangers.
11. Obtain a fact sheet from a local agency on their efforts to reduce pollutants.

## **FIRST AID - CPR**

This merit is required to earn the Gold Medal of Achievement.

1. Successfully complete a training course that includes First Aid and CPR instruction through a certified training agency.

## **HIKING**

Either this merit, or the Advanced Swimming merit, or the Cycling merit, is required to earn the Gold Medal of Achievement.

1. Explain the safety rules for hiking on the open road and in the wilderness.
2. Explain the safety rules for night hiking.
3. Describe the basics of hiking courtesy towards others on the trail.
4. Explain the meaning and actions required for "Leave No Trace" hiking.
5. Discuss the merits of two different types of backpacks that can be used for hiking. State your preference and explain why.
6. Make separate lists of the clothes and shoes that are best for hiking during warm weather, cold weather, and wet weather.
7. Explain proper foot-care to prevent blisters during hikes.
8. Explain how to avoid becoming lost in unfamiliar territory. List the rules to follow if you become lost.
9. Write a plan for a ten-mile hike. The plan should include a map of the trails or routes taken, clothing and equipment needed and items needed for lunch on the trail.
10. Write a short report for each of the following hikes. Give information on the things you observed, dates, trail descriptions, and weather.
  - a. Take four hikes of at least 5 miles each.

- b. Take three hikes of at least 10 miles each.
- c. Take one hike of at least 15 miles.
- d. At least one of the above hikes must include a nighttime hiking trip.

## **HOME SAFETY**

This merit or the Camp Safety, or the Emergency Preparedness merit, or the Lifesaving merit, is required to earn the Gold Medal of Achievement.

1. Outline a home fire plan; explain and discuss it with your family.
2. Conduct a home fire drill.
3. Survey your home and make a list of any fire hazards that are found.  
(Make a list of fire hazards and a plan to eliminate them. Draw a diagram of your home indicating where the problems are.)
4. Locate and learn how to safely turn off the following:
  - a. The main electrical fuse or circuit breaker box
  - b. The main natural gas, propane gas, or outside heating oil tank valve
  - c. The main water shutoff valve
5. Survey your home and make a list of any electrical hazards that are found.
6. Survey your home and make a list of any hazardous chemicals and poisons that are found. With the cooperation of your parents or guardian, develop a plan for their proper storage or disposal.
7. Survey your home and make a list of any dangerous areas and conditions, such as unsafe stairways and sidewalks, broken glass, slip hazards, and trip hazards that are found. With the cooperation of your parents or guardians, develop a plan to eliminate these unsafe conditions.
8. List at least three power tools used at your home, such as a lawn mower, electric hedge trimmer, lawn edger, and power saw, and outline the safe operating procedures for each.
9. Make a list of family procedures that can be used in case of a power failure.
10. Demonstrate first aid for bleeding, and breathing difficulties. Describe first aid for poisoning.
11. Make a list of equipment and supplies, such as a first aid kit, tools such as a shovel, bottled water, and non-perishable canned goods that will be useful during home emergencies.
12. Assemble a home first aid kit.
13. Prepare a list of emergency telephone numbers, including the local police, fire department, ambulance service, family doctor, electric utility company, gas company and family member's business telephone. Write the numbers in a phone book and/ or post them near a telephone.
14. Write a 300-word report about the common types of accidents occurring in the home and their causes. Include facts that you have obtained concerning the frequency of various types of accidents in the home.

## **LIFESAVING**

This merit, or the Emergency Preparedness merit, or Home Safety merit, or Camp Safety merit, is required to earn the Gold Medal of Achievement

1. Earn the Lifeguard Training Certificate.

## **LIGHT FOR THE LOST**

This merit, or the Christian Missions merit, or the International Service merit is required to earn the Gold Medal of Achievement.

1. Earn the Junior Light for the Lost merit.
2. View the entire Junior Councilmen Prime Time Video.
3. Find the name of a missionary that uses LFTL literature and write a one-page report on how LFTL has enhanced that missionary's ministry. (Contact Light for the Lost department for an address list of the missionaries you may contact).
4. Interview your church's Missions Coordinator (or a suitable alternate) and find out how your church is involved in missions. Have your interview questions approved before the interview by your group leader. Write a report on what you learned during the interview.
5. Be a volunteer worker at a Light-for-the-Lost banquet or an appropriate mission fundraising event. Some districts conduct annual LFTL tours. These are often banquets held on a sectional basis. Some sections may have rallies instead of banquets. A church's Mission's event or banquet is also a good alternative. Volunteer help may include: set-up or takedown worker, kitchen help, banquet server or waiter, greeter, etc.
6. Write a one-page report on the Light-for-the-Lost banquet or appropriate missions event that you assisted as a worker.

## **NATURE STUDY**

This merit, or the Environmental Science merit is required to earn the Gold Medal of Achievement.

1. Select for study one typical wildlife community (a forest, prairie, marsh, desert, mountaintop, etc.) near your home. Take a hike, making notes about the trees, plants, animals, birds, insects, etc., that you see. Explain how to identify each of these.
2. Do ONE of the following:
  - a. Make an indoor desert garden
  - b. Make a woodland terrarium using at least five plants
  - c. Make an aquarium and keep three species of fish in it
3. Do any EIGHT (8) of the following:
  - a. Collect and identify leaves from 10 kinds of desert trees or plants, such as cactus, yucca, etc.
  - b. Collect and identify a sample of the seed, leaves, or fruit of 10 kinds of trees.

- c. Collect and identify a sample of six kinds of wood.
  - d. Catch and identify three kinds of fish.
  - e. Be able to name and identify five types of frogs or five kinds of reptiles, using live specimens or pictures.
  - f. Go on a bird watching field trip. Count the number of birds you see and hear and the nests you see. Make a list of each.
  - g. Recognize, in the field, five signs of wild animals, such as tracks, scat, dens, and sightings. Make a list of each.
  - h. Collect 20 bird pictures and be able to identify each bird.
  - i. Collect 10 kinds of insects. Identify and mount them.
  - j. Collect at least four varieties of flies and identify them.
  - k. Collect seven kinds of seashells and identify them.
  - l. Collect 10 kinds of flowers and identify them.
  - m. Describe how to recognize three kinds of poisonous plants, such as poison oak and poison ivy.
4. Recite the conservation pledge.
  5. Explain what you and others can do to help with the conservation of nature.
  6. List three Bible verses showing God's concern for the things of nature.

## **PHYSICAL FITNESS**

This merit is required to earn the Gold Medal of Achievement.

1. Demonstrate five exercises suitable for all round physical development.
  - a. Do each of the exercises listed below three times a week for not less than 10 weeks.
  - b. Use an exercise log to keep track of your exercises.
  - c. After 10 weeks, write an evaluation of the improvements to your physical health.
  - d. List the muscle groups affected in the following exercises:
    - i. Push-ups
    - ii. The dip
    - iii. Partial sit-ups
    - iv. Leg lifts
    - v. The lunge
    - vi. Calf-raises
2. Demonstrate three stretching exercises.
  - a. Do each of these stretching exercises three times a week for not less than 10 weeks.
  - b. Keep a log of your daily stretching.
  - c. After 10 weeks write an evaluation of the improvements to your physical health.
3. Demonstrate an aerobic exercise:
  - a. Do an aerobic exercise three times a week for not less than 10 weeks.
  - b. Use an exercise log to keep track of your exercises.
  - c. After 10 weeks write an evaluation of the improvements to your physical health.
4. Indicate the location of the following muscles:
  - a. Trapezius - Traps

- b. Deltoideus - Deltoids
  - c. Latissimus dorsi - Lats
  - d. Obliquus externus abdominis - Obliques
  - e. Pectoralis major and minor - Pecs
  - f. Biceps brachii - Biceps
  - g. Tricipitis brachii - Triceps
  - h. Ulnaris (2) and Digitorum - Forearm
  - i. Rectus abdominis - Abs
  - j. Gluteus maximus - Glutes
  - k. Semitendinosus, semimembranosus, biceps femoris - Hamstrings
  - l. Rectus femoris, vastus lateralis, vastus medialis, vastus intermedius - Quads
  - m. Gastrocnemius caput mediale and laterale - Calves
5. Explain in a 250-word report your understanding of physical health.
    - a. List four reasons why physical fitness is important.
    - b. List the benefits of being involved in a regular exercise routine.
    - c. What is the definition of a nutritious diet? What are the basic food groups?
    - d. Explain the importance of a routine physical, eye exam, and dental exam?
  6. Write a 250-word report on your long-term plans to keep yourself physically fit.
    - a. If you need to loose weight, how much do you feel you need to loose, and how long should it take?
    - b. Develop a daily schedule to include an exercise program?
    - c. Why is proper weight important?
    - d. What are two things that you can do to maintain a proper body weight?
  7. List three harmful effects for each of the following. Write a pledge not to smoke, drink, or take drugs:
    - a. Alcohol
    - b. Tobacco
    - c. Drugs

\* Exercises and aerobics in a Physical Education class can be counted as one hour of exercise per day. Aerobic exercise can consist of: running, jogging, bike riding, swimming, or any physical activity that uses the larger muscles in the body that raises the heart rate to an aerobic level of exercise.

## **PUBLIC SPEAKING**

This merit, or the Communications merit, is required to earn the Gold Medal of Achievement.

Earn at least a grade of B for one semester of Junior High or High School Speech class

OR join a public speaking or debate team in your school and earn a certificate of participation for doing so

OR complete the following requirements.

1. Read one Bible Study Lesson approved by your commander to a group of Royal Rangers. You may choose the Bible Study Lesson from a Royal Rangers Curriculum book or you may develop your own Bible study.
2. Give a 2-minute impromptu talk to your Royal Rangers group on a topic selected by your commander.
3. List the five steps for speaking in public.
4. List the five parts of a presentation.
5. State ways to deal with the “butterflies”.
6. List the five important aspects of public speaking.
7. What are the basic elements of a good presentation?
8. State seven different types of media that can be used while speaking in public.
9. Present a devotion (5 – 10 minutes) to your Royal Rangers group. It must NOT be read. You may choose the devotion from the Royal Rangers Curriculum book or you may develop your own devotion.
10. Plan and conduct a 10-20 minute demonstration (Program Feature) to your outpost on any topic related to Royal Rangers. Obtain approval on the topic of your demonstration from your commander before starting on your demonstration plan. Receive a minimum score of 70 points on the Speech Critique Sheet.