

SILVER BORDERED MERIT REQUIREMENTS

AUTO MECHANICS

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

Working on an automobile requires permission from the owner. **Adult supervision is a requirement** for safety's sake. Before removing any wheels, properly support a raised vehicle with safety stands that are of the proper ton rating. Be sure the stands are under the frame (not under the A-frame). Be sure the legs of the stands are resting on solid, level ground—not on asphalt or dirt that could cause the stand to collapse.

REQUIREMENT #1—Describe in writing, the parts and functions of the following major systems of a vehicle: chassis system, drive system, power plant, control system, running gear, and electrical system.

Commander's Signature Date

REQUIREMENT #2—Draw a diagram on paper explaining the function and operation of a four-cycle, internal combustion engine.

Explain the difference between four-stroke gasoline and diesel engines.

Commander's Signature Date

REQUIREMENT #3—Explain in writing the mechanical differences and similarities of three makes of automobiles or trucks. Indicate your personal preference and reasons for it.

Commander's Signature Date

REQUIREMENT #4—Apply for a driver's permit. After receiving the permit, demonstrate your ability to drive carefully. Take care of an auto properly for two months.

1. Date applied for and received the driver's permit _____
2. What are some ways you demonstrated safe driving habits?
3. What care did you give the automobile for two months?

Commander's Signature Date

REQUIREMENT #5—Complete the following service on a vehicle of your choice.

Make of Vehicle
(Ford, Mazda, etc.)
Year of Vehicle
Model of Vehicle
(Sedan, Pick-up)

DESCRIPTION OF SERVICE OR DUTY

Service Performed (if any)

Specs. Needed

DATE COMPLETED

Inspect fluid levels of the following: brake fluid, engine oil, coolant, power steering fluid, windshield washer fluid, automatic or standard transmission fluid, battery fluid (unless “maintenance free”).

Show the location of fuse boxes and the size of fuses. Demonstrate how to recognize and to properly replace burned-out fuses.

Check all lights and warning devices: Headlights, taillights, turn signals, hazard signals, clearance lights, dome light, dash lights, charging system indicator, lubrication system indicator, brake warning light (including ABS).

Inspect vehicle exhaust system for leaks or faulty parts.

Change the motor oil and oil filter. (Be sure you know how much oil to put into a vehicle’s crankcase.)

Quarts used

Remove and change the air filter.

Replace the spark plugs; check the spark gap of each plug and set them according to manufacturer’s specifications (sometimes recorded on a decal by the radiator).

Plug gap

Change a flat tire. Check the tire air pressure. (Where are specifications for tire pressure found?)

Tire Pressure

Inspect the brakes—both disc and drum.

Demonstrate how to properly and safely connect jumper cables between two vehicles to be able to jump start a disabled vehicle.

Wash and wax a vehicle.

Commander’s Signature Date

REQUIREMENT #6—Explain the following in writing:

1. What do the symbols molded into the tire mean?
2. After looking at the tread wear on a tire, how do you know if the tire is worn beyond safe limits? Are there other tire wear problems, such as “cupping,” wear on one side, or other abnormal wear observations?
3. How does a computer operate the fuel injection system?
4. What is the difference between a carbureted system and a fuel injection system?
5. Why is it necessary to have a fuel filter and an air filter? Locate these filters on the vehicle.
6. What is an ABS brake system and what is its purpose?
7. What are the purpose, importance, and limitations of the passive restraint system on a vehicle?
8. If you were to purchase a used vehicle, what “safety items” would you want to insure are correct and properly functioning?
9. Describe the operation of these three types of ignition systems: point type, breakerless type, and distributorless type.
10. Describe the difference in viscosity between these oils: 10W/30 and SAE 30.

Commander’s Signature Date

REQUIREMENT #7—Keep a record of a vehicle’s performance over a 2,000-mile period. List things such as fuel consumption, lubrication, oil consumption, and repairs.

WHAT VEHICLE WILL YOU SHOW RECORDS FOR?

Make of Vehicle

(Ford, Mazda, etc.) Year of Vehicle Model of Vehicle

(Sedan, Pick-up)

Indicate mileage of vehicle at the start of this report _____

Date Mileage on Odometer Maintenance or Repair Needed Cost to make repair

Date Mileage on Odometer Amount of Fuel Purchased

(In gallons)

Commander’s Signature Date

Resource Helps

Many other books on the automobile can be researched in your local library, the Internet, or a high school that has an automotive program.

BLACK POWDER SAFETY

REQUIREMENT #1—Successfully complete the National Muzzle Loading Rifle Association or the National Rifle Association Black Powder Course. (This course must be taught by a certified instructor.)

Commander’s Signature Date

CHEMISTRY

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

REQUIREMENT #1—Complete a two-semester high school chemistry course with a grade of at least “B.”

Commander’s Signature Date

OR

Complete ALL of the following requirements:

But first—SAFETY FIRST. Chemistry experiments should be done in a controlled, carefully supervised environment such as a school laboratory or learning center lab unless specifically designed to be safe as a home experiment. Young people must be constantly supervised by informed responsible adults educated in lab safety. Never work alone. If you plan on doing any experiments of any kind, pay particular attention to all cautions regarding safety. Have a good fire extinguisher charged and accessible at all times; have everyone in the lab including yourself

wear a certified lab apron, protective gloves, and safety goggles; and keep plenty of water and paper towels handy for clean up. Keep your work area neat and clean at all times. Know and post your local fire, police, ambulance, and poison control phone numbers. Keep a detailed and dated lab notebook of all your activities. Chemicals and even simple lab procedures can become dangerous quickly. Make safety considerations a first priority. If you doubt the safety of an experiment, don't do it. If you are not sure of the outcome of an experiment, do not perform it. Dispose of all chemicals properly. If you don't know the proper chemical disposal procedure, ask the lab supervisor or do not do the experiment. Be careful and always know what an experiment's expected results will be; you do not want any unexpected surprises. Remember, the object of your effort is to observe our wonderful physical and chemical world, and to learn more about how complicated it is, how it works, and to wonder why.

REQUIREMENT #2—Explain, in writing, the definition of the science of chemistry. In general, what do chemists do? How have they improved our standard of living?

1. List at least five chemical products that you use in your home.
2. Examine the labels of these chemicals and list what the manufacturer puts on the container.
3. For each of the chemical products that you listed, what chemical ingredients are harmful? What warnings and medical aid do they suggest? How should you dispose of the chemicals? Ask for a brochure or a printout listing how to dispose of chemicals in your home. Circle on this printed material the chemicals you have in your home and include it in your notebook.

Commander's Signature _____
Date

REQUIREMENT #3—Define the categories of chemistry listed below. What areas do these chemists study and what contributions are made?

1. Inorganic Chemistry

- A. How and why were organic and inorganic chemistry divided into two separate fields?
- B. What important scientific discovery did Friedrich Wohler contribute to this field?
- C. What is the difference between the concepts of "theoretical" and "technological" inorganic chemistry?
- D. An example of theoretical law was the development of periodic law, proposed in 1869 by the Russian chemist Dmitri Mendeleev. How was this theoretical concept useful?
- E. How many inorganic chemicals are known?

2. Organic Chemistry

- A. What is organic chemistry?
- B. What types of things do organic chemists study?
- C. List specific discoveries by organic chemists.

3. Physical Chemistry

- A. What types of things do physical chemists study?
- B. Some of the specific categories or subsections of physical chemistry are listed below. Define any TWO of the following areas of physical chemistry in writing.

Electrochemistry—

Colloid chemistry

Photochemistry

Statistical thermodynamics

Chemical kinetics

Chemical thermodynamics

4. Synthetic Chemistry

What does the synthetic chemist study?

5. Analytical chemistry

What does the analytical chemist study?

6. Biochemistry

A. What is biochemistry and what do biochemists study?

B. What is DNA and where is it found?

7. Organometallic chemistry

What does the organometallic chemist study?

Commander's Signature Date

REQUIREMENT #4—Obtain a copy of the periodic table of the elements and answer the following:

1. What purpose does the periodic table serve?

2. What is the total number of elements discovered to date? Of the total number of elements, how many are natural and how many are man-made?

3. What is meant by the “atomic weight” value and how is it used to characterize elements in the table?

4. What is meant by the “shell” of an atom? How does it determine how the families, or groups, of the elements appear in the table? How does the shell help us understand the atom's behavior?

Commander's Signature Date

REQUIREMENT #5—Complete the following:

1. Identify the following chemicals.

H₂O—

NaHCO₃—

NaCl—

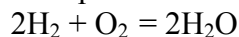
CO₂—

H₂SO₄—

KOH—

H₂O₂—

2. Explain the chemical reaction that the following chemical formula graphically describes:



Commander's Signature Date

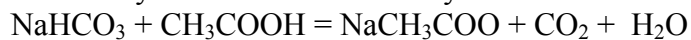
REQUIREMENT #6—Do ONE of the following experiments. Develop a hypothesis prior to the experiment. Explain the results of the experiment in writing, including what you learned.

1. The reaction of vinegar mixed in baking soda

Materials needed: one-liter plastic soda pop bottle, rubber balloon, 2 teaspoons baking soda, 1/4 cup vinegar, a rubber band.

Procedure

- A. Pour the vinegar into the plastic bottle. Separately, carefully pour the baking soda into the balloon.
- B. Making sure not to tip up the balloon and spill any baking soda into the bottle of vinegar, stretch the opening of the balloon over the open mouth of the bottle. Secure it by wrapping the rubber band around the seal a couple times.
- C. Carefully tip up the balloon and allow the baking soda to fall out and mix with the vinegar. Almost instantly, the frothy mixture begins to form in the closed bottle. In addition, the balloon begins to inflate!
- D. Identify each of the chemical symbol structures and explain what is happening.



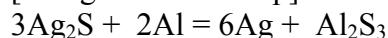
2. Reversing the tarnishing effect on silver

Materials needed: A tarnished piece of silver, a pan or dish large enough to completely immerse the silver in, aluminum foil to cover the bottom of the pan, enough water to fill the pan, a vessel in which to heat the water, hot pads with which to handle the heated water vessel, baking soda (about 1 cup per gallon of water).

Procedure:

- A. Line the bottom of the pan with aluminum foil. Set the silver object on top of the aluminum foil. Make sure the silver touches the aluminum.
- B. Heat the water to boiling. Remove it from the heat and place it in a sink. To the hot water, add about one cup of baking soda for each gallon of water. The mixture will froth a bit and may spill over; this is why it is put in the sink.
- C. Pour the hot baking-soda-and-water mixture into the pan, completely submerging the piece of silver.
- D. Almost immediately the tarnish will begin to disappear. If the silver is only lightly tarnished, all of the tarnish will disappear within several minutes. However, if the silver is badly tarnished, the baking-soda-and-water mixture may need to be reheated, in order to give the silver several treatments to remove all of the tarnish.
- E. Identify each of the chemical bonds and explain what is happening in the following formula:
Is any silver being removed?

[Design: see mock up]



Commander's Signature Date

FOREIGN LANGUAGE

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

REQUIREMENT #1—Take a foreign language course in school and receive a “B” average for the year or proficiently speak, read, and write in a second language.

Commander's Signature Date

OR

Complete ALL of the following requirements:

REQUIREMENT #2—Visit a foreign country for two weeks or more.

1. Talk with a local resident directly, or by means of an interpreter, or through a language book. Give a written report of your questions, dialogue, and findings.

2. Are their churches in the country you visited? What are their main religions of the country?

3. Go into a restaurant and order a meal. Could you communicate? Did you get what you wanted? Explain.

4. Take a ride on the bus or public transport. Tell them where you want to go. Did you get where you wanted? Explain..

Commander's Signature Date

REQUIREMENT #3—Translate John 3:1–21 into a foreign language of your choice. (This must be your own work; copying from a Bible translation or computer program is not allowed).

In 500 words, write out in the foreign language a brief essay or message on the above Scripture.

Commander's Signature Date

REQUIREMENT #4—If you were to visit a foreign country, what should you know about the foreign country you will visit prior to arriving (like mannerisms so that you do not offend, or sayings that would be interpreted as insults, etc.).

Commander's Signature Date

REQUIREMENT #5—Find a community that has cultural events such as dancing, lore, sports, street markets, etc. (this could be in the U.S. or in another country). On a separate sheet of paper, write a report on the origins of the event and its cultural importance.

Commander's Signature Date

GOLF

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

REQUIREMENT #1—Read a book on the history of the game of golf.

Choose any 1 of these 3 topics about golf:

1. Game origin

2. Equipment development.

3. Historic players

Write a 500-word report on what you learned.

Commander's Signature Date

Give a 5-minute oral report to your Royal Rangers group on what you learned.

Commander's Signature Date

REQUIREMENT #2—Read and study a book on the USGA (United States Golf Association) rules of golf. Define the following on separate paper:

1. Golf etiquette
2. "Preferred lie," and "winter rule"
3. Bunker/hazard
4. Casual water
5. Order of play
6. Legal number of clubs per player (USGA)

Commander's Signature Date

REQUIREMENT #3—Define "USGA Handicap System."

Commander's Signature Date

REQUIREMENT #4—Play one competitive round of 18 holes of golf. You must play under USGA rules. You must show proper etiquette, and you must keep proper score. (Scorecard must be signed and dated by golf course official, and attached to worksheet.)

Commander's Signature Date

REQUIREMENT #5—Memorize and recite 2 Timothy 2:5.

Commander's Signature Date

REQUIREMENT #6—Describe the difference between a playing professional, and a club professional.

Commander's Signature Date

REQUIREMENT #7—Demonstrate the following:

1. Different styles of grips for the full swing. (3)
2. Different styles of putting grips. (3)
3. Proper way to fix a ball mark on the putting green.
4. Proper way to mark your ball on the putting green.

Commander's Signature Date

REQUIREMENT #8—Choose an active PGA playing professional, and give a full report on his/her road to golf success. Tell about his/her accomplishments, and tell why you have chosen him/her to report on.

Commander's Signature Date

REQUIREMENT #9—Describe each of these and their purpose/distances on the golf course:

1. Woods/metals
2. Long irons
3. Middle irons
4. Short irons
5. Wedges
6. Putters

Commander's Signature Date

HIDE TANNING

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

REQUIREMENT #1—Read at least two books on hide tanning. Include bibliographical information: title, author, publisher, date of publication, and number of pages.

Commander's Signature Date

REQUIREMENT #2—Obtain information on at least three different tanning solutions. Describe what they are and their advantages or disadvantages.

Commander's Signature Date

REQUIREMENT #3—Explain what the antidotes and/or health hazards are for each tanning solution.

Commander's Signature Date

REQUIREMENT #4—List and describe at least five tools used in hide tanning.

Commander's Signature Date

REQUIREMENT #5—List the safety precautions for using:

1. Tools in hide tanning.
2. Solutions in hide tanning.

Commander's Signature Date

REQUIREMENT #6—Explain, in at least 500 words, the process required for tanning a hide, including the preparations for solutions used in the process, and removing the hair.

Commander's Signature Date

REQUIREMENT #7—Describe the following:

1. Removing a hide from an animal (skinning).
2. Removing the brains from an animal for hide tanning.
3. The necessary health precautions if the hide is rotting and smelly.

Commander's Signature Date

REQUIREMENT #8—What are two methods to store hides so that they are in optimum condition for tanning?

Commander's Signature Date

REQUIREMENT #9—Get a fresh or salted hide and tan it (under adult supervision).

Commander's Signature Date

REQUIREMENT #10—Describe at least two techniques to get various colors when tanning hides.

Commander's Signature Date

REQUIREMENT #11—Explain in writing some ways to clean a hide.

Commander's Signature Date

REQUIREMENT #12—Answer the following question: What were some of the difficulties or problems you faced in completing Requirement #9? What successes did you experience? What would you do differently on the next hide?

Commander's Signature Date

HOME MISSIONS—CONSTRUCTION (MAPS)

REQUIREMENT #1—Contact the Mission America Placement Service in the Assemblies of God Division of Home Missions or an equivalent department in your denomination and arrange to take a stateside MAPS or other home missions trip including a construction project. (You must be at least 15 years old and accompanied by a parent or guardian.) Also, request any literature available on this ministry. Address: 1445 Boonville Ave., Springfield, MO 65802-1894.

Commander's Signature Date

REQUIREMENT #2—Participate in a MAPS or other home missions trip and work in the construction project.

Commander's Signature Date

REQUIREMENT #3—Write a 500-word essay about your MAPS or home missions trip. Use information from the literature you have gathered to explain what MAPS or home missions in general is all about.

Commander's Signature Date

HUNTER EDUCATION

REQUIREMENT #1—Complete a hunter education course for your state and obtain the State Certification card. (This course must be taught by a State Certified Instructor.)

OR

If your state does not have a hunter education program, successfully complete a firearm education course sponsored by the National Rifle Association or other organization.

Commander's Signature Date

REQUIREMENT #2—After completion of the state course, you must demonstrate the skills you have learned while hunting under adult supervision.

Commander's Signature Date

SAILING

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

A great resource for information to help meet these requirements is the book *Chapman Piloting: Seamanship and Small Boat Handling*, 63rd ed., available from Morrow, William & Co. Refer also to the International Sail and Power Academy website.

REQUIREMENT #1—Earn the Swimming Merit.

Commander's Signature Date

REQUIREMENT #2—On separate paper, write about the following:

1. List and briefly describe five types of sailboats.
2. Describe the following parts of the sail: Leech, Tack, Luff, Foot, and Clew
3. Name the main parts of the rigging and sails and explain their use.
4. Explain by defining the following terms in writing, how the sail controls the vessel: Boom, Beam reach, Broad reach, Close reach, Closed hauled, Cunningham, Boom vang, Outhaul, Point

of sail, Running, Traveler, Leech line, Sheets, Jibe, Jibbing, Accidental jibe, Preventer, Bend, Sail trim, Heeling, Luffing and Telltale.

5. Describe briefly five different types of sails.

6. List the required and recommended equipment for day and night sailing.

Commander's Signature Date

REQUIREMENT #3—On separate paper, write about the following:

1. Describe the sailing vessel you will be using—its type, length, etc.

2. Explain these sailboat parts and what they do: keel, dagger board, leeboard, centerboard, and bilge board.

3. The following terms describe the position of the boat. Explain in writing these definitions: Bow, Stern, Hull, Port, and Starboard

Commander's Signature Date

REQUIREMENT #4—Demonstrate to your commander or other adult experienced in sailing how to do the following:

1. Rig a sailboat

2. Get underway from a dock or mooring

3. Set the sails

4. Beat, reach, run, and jibe

5. Anchor

6. Land at a dock and a mooring

7. Furl and stow the sails

Commander's Signature Date

REQUIREMENT #5—Demonstrate your ability with knots and other rope skills.

1. Tie the following knots:

Figure eight

Fisherman's bend

Slipped reef

Square or reef knot

Rolling hitch

Sheet bend

Short splice

Bowline

Mooring hitch

Eye splice

Round turn and two half-hitches

Long splice

2. Show the following rope skills:

Heave a line.

Fake down a line.

Coil a line.

Commander's Signature Date

REQUIREMENT #6—Prepare for a sailing course by doing the following:

1. Obtain a chart for the area you are sailing.
 - A. Chart out a course for at least 2000 yards.
 - B. Point out, from the chart, any place you might hit rocks, land, etc.
 - C. According to the chart, are there any buoys in the vicinity?
 - D. Are there areas where water current exits?
 - E. What other safety or nautical information can you find out from the chart?
2. In preparation prior to sailing, include a boat inspection.
3. Demonstrate the following:
 - A. After setting out, properly set sails for a course that will include: running, beating, and reaching.
 - B. Change tack by coming about by jibing.
 - C. Follow the course laid out on the chart

Commander's Signature Date

REQUIREMENT #7—Demonstrate to your commander or other adult experienced in sailing the following:

1. Rescuing a man overboard
2. Uprighting a capsized vessel (if a small sailing boat)
3. Helping others in danger
4. Running aground

Commander's Signature Date

REQUIREMENT #8—Demonstrate to your commander or other adult experienced in sailing how to secure the vessel after a sailing trip.

1. At a dock, mooring, or beach.
2. Furling or stowing sails.
3. Caring for and stowing gear throughout the year.

Commander's Signature Date

SIGN LANGUAGE

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

REQUIREMENT #1—Explain the difference between Signed English and American Sign Language (ASL).

Commander's Signature Date

REQUIREMENT #2—Demonstrate the sign language alphabet from memory.

Commander's Signature Date

REQUIREMENT #3—Demonstrate the numbers 1–20 in sign language.

Commander's Signature Date

REQUIREMENT #4—Demonstrate 50 signs in sign language and explain their meanings.

Commander's Signature Date

REQUIREMENT #5—Recite the following soul winning verses from memory in sign language.

1. John 3:16
2. Romans 3:23
3. Romans 6:23
4. John 1:12
5. 1 John 1:9
6. Revelation 3:20

Commander's Signature Date

REQUIREMENT #6—Demonstrate a Christian song or chorus in sign language.

Commander's Signature Date

SKIING

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

Note: ALL REQUIREMENTS below must be done unless you have earned the Snowboarding Merit. In that case, you only have to complete Requirements #4, 5, and 6.

REQUIREMENT #1—On a separate sheet of paper, make a list of the clothing you should have for skiing. Explain the proper fit and use of the clothing you should wear that would keep you at a comfortable temperature.

Commander's Signature Date

REQUIREMENT #2—On a separate sheet of paper, write what things you need to be aware of when purchasing:

1. Ski boots.
2. Skis. (Explain the difference between alpine skis and telemark skis. List the different types that are available.)

3. Bindings; what things to consider. What is a Din chart and how is it used? Are there different types for different kinds of skiing conditions?
4. Goggles. Why should you wear them?

Commander's Signature Date

REQUIREMENT #3—Complete the following:

1. List on a separate sheet of paper the elements of the “Skier’s Responsibility Code.” What does it mean for those involved in snow sports? Why is it important to follow the code?
2. List on a separate sheet of paper some rules or tips for skiing etiquette.
3. Warm-up exercises and activities can help prevent injury. What are some exercises and activities you can do to ready yourself for skiing?

Commander's Signature Date

REQUIREMENT #4—Explain the following in writing (to be completed before physically demonstrating the skills of skiing):

1. How do you fall on skis?
2. The International Trail-marking System. What is it? Describe what it means to skiers.
3. Downhill (alpine) skiing . What is it? What are some of the things that should be learned?
4. Cross-country (Nordic) skiing. Explain, in writing, the “kick and glide” method.
5. What does the American Teaching System for basic snow-skiing progression mean?
6. Skiing moguls. How is it done?
7. Being aware of avalanche conditions. List some steps that can make you aware and prepared for avalanche safety. Obtain a book and read about avalanches. Some titles: *The ABC of Avalanche Safety* by Ed LaChapelle; *Snow Sense: A Guide to Evaluating Snow Avalanche Hazard* by Jill Fredston and Doug Fesler; *Avalanche Safety: For Skiers and Climbers* by Tony Daffern; and *The Avalanche Book* by Betsy Armstrong and Knox Williams. These references are often carried by good outdoor recreation stores and large bookstores.
8. Should an avalanche occur, what should you do? (State in writing.)

Commander's Signature Date

REQUIREMENT #5—Demonstrate your ability to master the following fundamental skills of skiing at an intermediate level for ONE of the following types of skiing:

1. Downhill (alpine) skiing
 - A. Turning skills: step turns, kick turns to the right and left, jump turns to the right and left, parallel turns—short, medium and long
 - B. Climbing skills: herringbone, side step and diagonal step
 - C. Stopping skills: snowplow, braking and christiania turn, sideslip and safety stops
 - D. Downhill: straight run, gliding wedge
 - E. Navigating across a slope
 - F. Riding a lift: how to get on, how to get off. What are the different types of lifts and how does this make a difference in mounting and dismounting?
 - G. Ability to maneuver and keep control with skis in diverse skiing conditions such as adverse weather, traversing over moguls, and snow that is powdery or icy.

H. Check with authorities prior to venturing on any ski slope. Write on a separate piece of paper the conditions that are reported to you.

2. Cross-country (Nordic) Skiing

A. Demonstrate in an area that has a gentle downhill, level, and uphill slope and show basic ways to control yourself through various terrain.

(1) Perform the following skills: Straight run, kick and glide, traverse, step turn, wedge stop, sideslip, and wedge turn maneuvers.

(2) While on a straight run, show a flow and glide rhythm as you transfer your weight from ski-to-ski utilizing proper ski-pole timing.

(3) Demonstrate how to use the compass and topographic map. If available, demonstrate the use of a GPS device.

B. Select and prepare for a one-day cross-country skiing event.

(1) Obtain topographic maps of the area selected. Insert a copy of the trail in your workbook.

(2) Be aware of avalanche conditions. Check with authorities prior to venturing on any ski expedition. What is the telephone number used to determine your area's ski forecast?

(3) Check on Wilderness Use Permits. State in writing what the wilderness use policy is and what it means.

(4) List what items you should take on a one-day cross-country ski tour. Why is it wise to take more items than what you would need in one day?

C. Be able to maneuver and keep control with skis in diverse skiing conditions such as adverse weather, traversing over steep hills or difficult conditions, and snow that is powdery or icy.

Demonstrate ski pole drag, ski pole "glissade," kick-turns, and uphill and downhill sidesteps on steep terrain.

Commander's Signature Date

REQUIREMENT #6—Demonstrate your knowledge of the following information regarding skis:

1. At least two proper ways to carry your skis and poles safely.

2. What courtesies need to be demonstrated when carrying skis? (Report this information in writing.)

3. What care and maintenance for the skies do you need to regularly perform?

What care and maintenance should be performed regularly for your boots? For bindings?

Commander's Signature Date

TRACK

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

REQUIREMENT #1—Obtain and read a track rulebook that is used in the state where your school is located. Be familiar with the rules for the "Junior Classification," ages 14–20. After reading the rulebook, pick one of the events that you would want to participate in and write on a

separate piece of paper at least 10 rules that are specified for that event. (Competition rule book also available from USA Track and Field website).

OR

Attend and participate in a track and field clinic or seminar for one week (place a certificate, award ribbon, or participation ribbon in your notebook).

Commander's Signature Date

REQUIREMENT #2—Describe each of the following events:

1. 100-meter dash
2. 200-meter dash
3. 400-meter dash
4. 800-meter run
5. 1500-meter run
6. 5000-meter run
7. 400-meter relay
8. 1600-meter relay
9. 3200-meter relay
10. 100-meter high hurdles
11. 110-meter high hurdles
12. 300-meter low hurdles
13. Running long jump
14. Triple jump
15. High jump
16. Pole vault
17. Shot put
18. Discus Throw
19. Javelin Throw
20. Hammer Throw

Commander's Signature Date

REQUIREMENT #3—Explain in writing the answers to the following questions:

1. Why are “warm-up” exercises necessary prior to participating in track events? If you do not go through the warm-up exercises, what can happen to your body? Describe how to do important stretches to the calf muscle, hamstring muscle, quadriceps, and the groin area. Why is cool down important? Describe how to do important cool down procedures.

Commander's Signature Date

REQUIREMENT #4 –Make a list of the events you would participate in (minimum of 7). What is the current school record for each event? If possible, state when each record was made.

Commander's Signature Date

REQUIREMENT #5—Draw a diagram of a track field and show its dimensions for all of the events mentioned above.

Commander's Signature Date

REQUIREMENT #6—List five Scripture verses that talk about track and field events.

Commander's Signature Date

REQUIREMENT #7 Earn a junior high or high school letter or certificate of participation as a track member, team manager, or official.

Commander's Signature Date

WATER SAFETY INSTRUCTOR

Earn the Red Cross Water Safety Instructor Certificate (minimum age of 17 is required) or an equivalent certificate.

Commander's Signature Date

WILDERNESS SURVIVAL

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

REQUIREMENT #1—Build a shelter such as a debris hut. The shelter should have adequate insulation and provide protection from wind and rain.

Commander's Signature Date

REQUIREMENT #2—Demonstrate the following methods of purifying water:

1. Boiling water in a can, metal cup, or a coal-burned bowl with hot rocks.
2. Using iodine or purifying tablets.

Commander's Signature Date

REQUIREMENT #3—Light a fire with each of the following and sustain one of the fires for fifteen minutes:

1. Flint and steel
2. A magnifying glass
3. A bow and drill

Commander's Signature Date

REQUIREMENT #4—Submit a list of 5 edible foods for each of the following: greens, roots, animals, and fish, that can be found in the wilderness (a list of at least 20 items).

Commander's Signature Date

REQUIREMENT #5—Memorize the priorities for survival.

Commander's Signature Date

REQUIREMENT #6—Make a small survival kit, explain how it works, and carry it on outdoor outings.

Commander's Signature Date

REQUIREMENT #7—Imagine yourself in the following three situations where you have only a pocket knife and three days will pass before you are found. Make a list of the things you should do in order to survive. The list should be realistic and based on your survival knowledge.

1. Being lost in a wooded, mountainous, wilderness area.
2. Being the only survivor of a plane crash in a cold, snow-covered area.
3. Being stranded in a hot, dry desert.

Commander's Signature Date

REQUIREMENT #8—With a friend or a group go on a survival camping trip of at least 24 hours. Build a shelter out of native materials to stay in overnight, use only a natural source of water, and eat only food you caught or gathered in the field. All cooking should be done with any of the following: a can, a sierra cup, a tin cup, or any primitive method such as a coal-burned bowl or a forked stick.

Commander's Signature Date

REQUIREMENT #9—Explain the standard distress signals.

Commander's Signature Date

REQUIREMENT #10—Explain three ways to navigate without a compass or a map on a cloudy day.

Commander's Signature Date

WINTER CAMPING

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

(Outside activities must be done when there is several inches of snow on the ground.)

REQUIREMENT #1—Explain the advantages and disadvantages of the following shelters: snow trench, A-frame, snow cave, and lean-to.

Commander's Signature Date

REQUIREMENT #2—Construct one of the above shelters and sleep in it for one night during the cold winter months (under adult supervision).

Commander's Signature Date

REQUIREMENT #3—Explain how to properly prepare an area before you pitch a tent. Pitch a tent and sleep outside in it for one night during the winter.

Commander's Signature Date

REQUIREMENT #4—On an overnight campout, cook a meal (dinner or breakfast). Explain how your winter calorie intake is different from your summer calorie intake.

Commander's Signature Date

REQUIREMENT #5—How does your clothing and the snow make winter camping more difficult than summer camping? Name at least one other thing to consider when conducting winter outings that you are not usually too concerned about during the summer.

Commander's Signature Date

REQUIREMENT #6—Explain what hypothermia is, what its symptoms are, and the first aid treatment for it.

Commander's Signature Date

REQUIREMENT #7—Define frostbite. Explain how to treat the different types of frostbite and how to prevent frostbite.

Commander's Signature Date

REQUIREMENT #8—Explain what trench foot is, and how to prevent it.

Commander's Signature Date

REQUIREMENT #9—Explain what snow blindness is, how to treat it, and how to prevent it.

Commander's Signature Date

REQUIREMENT #10—Explain how to obtain drinking water. Why should you not eat snow to obtain water? How should you treat your water?

Commander's Signature Date

REQUIREMENT #11—In winter clothing what is meant by "layering"?
List the advantages and disadvantages of the following materials as it applies to the cold, wet winter environment:

1. Wool
2. Synthetic fabrics such as pile, fleece fabrics, polypropylene and other hydrophobics
3. Vapor barrier systems
4. Down
5. Cotton

Commander's Signature Date

REQUIREMENT #12—What things should you consider when determining if an area is prone to avalanches? Include in your answer the angle, orientation, and other factors.

Commander's Signature Date

REQUIREMENT #13—What should you do if you get caught in an avalanche?

Commander's Signature Date

REQUIREMENT #14—Read a book that deals with the outdoors in the winter.

Commander's Signature Date

REQUIREMENT #15—Explain how to safely cross frozen rivers and lakes. How thick should ice be for an individual, a small group, a vehicle?

Commander's Signature Date

REQUIREMENT #16—Take a hike of at least 2 miles using snowshoes.

Commander's Signature Date

WORLD MISSIONS

REQUIREMENT #1—Read a biography of a world missionary.

Commander's Signature Date

REQUIREMENT #2—Explain to your group leader the biblical basis for world missions.

Commander's Signature Date

REQUIREMENT #3—Participate in the financial support of world missions by giving to or raising funds for a recognized missionary or missions program (such as Speed-the-Light, Light-for-the-Lost, Boys and Girls Missionary Crusade, or Latin America ChildCare, etc.).

Commander's Signature Date

REQUIREMENT #4—Correspond (mail or e-mail) with world missionary families from at least five different countries.

Commander's Signature Date

REQUIREMENT #5—Write a 500-word report on one nation that includes the following information:

1. A brief history of the country
2. The major religions
3. The type of government
4. The population and its ethnic diversity
5. The geography
6. Missions involvement by your denomination's missionaries

Commander's Signature Date

REQUIREMENT #6—Explain in detail the process of becoming a missionary within your denomination (being called of God, applying, being appointed, attending language school, itinerating, etc.). This information may be obtained by contacting your national department of world missions.

Commander's Signature Date

REQUIREMENT #7—Give three Scripture references concerning world missions.

Commander's Signature Date

REQUIREMENT #8—Actively participate in a world missions trip. (You must be at least 15 years old and accompanied by a parent or guardian.) Write a 500-word report on your trip. Note: This may be the same trip that fulfills the requirements for the Youth Missions—Aim Merit.

Commander's Signature Date

WORLD MISSIONS—CONSTRUCTION (MAPS)

Some answers need to be written on separate sheets of notebook paper and inserted into your binder for your commander to sign. Put your name on each sheet.

REQUIREMENT #1—Contact the Missions Abroad Placement Service of the Assemblies of God World Missions (or an equivalent department in your denomination) and arrange to take a MAPS or other world missions trip that deals with a construction project. (You must be at least 15 years old and accompanied by a parent or guardian.) Also, request any literature available on this ministry. Address: Assemblies of God World Missions, Special Ministries, 1445 Boonville Avenue, Springfield, MO 65802-1894.

Commander's Signature Date

REQUIREMENT #2—Participate in a MAPS or other world missions trip and work in the construction project.

Commander's Signature Date

REQUIREMENT #3—Write a 500-word essay about your MAPS or other world missions trip. Include information from the literature you have gathered and explain what MAPS or world missions in general is all about.

Commander's Signature Date

YOUTH MISSIONS—AIM

REQUIREMENT #1—Contact the Assemblies of God National Youth Department (or an equivalent department in your denomination) and arrange to take an AIM trip or other missions trip for youth. Also, request any literature available on this ministry. Address: 1445 Boonville Ave., Springfield, Mo. 65802-1894.

Commander's Signature Date

REQUIREMENT #2—Participate in an AIM or youth mission's program trip.

Commander's Signature Date

REQUIREMENT #3—During the trip, keep a daily journal of your experiences and involvement.

Commander's Signature Date

REQUIREMENT #4—Write a 500-word article about your trip. Explain, using information from the literature you have gathered, what the AIM or other youth missions program is all about.

Commander's Signature Date