



Brownsea Challenge

First Class Rank

All activities must be approved by your Scoutmaster. Make sure to record all your work.	Complete at least 30 minutes of physical activity daily!	Be sure to record your fitness activity everyday!	1 Demonstrate the Scout Spirit by committing to live the Scout Oath & Law everyday.	2 Demonstrate bandages for: sprained ankle & head injuries.	3 Demonstrate bandages for: upper arm injuries & collarbone injuries.	4 With a live partner, show how to transport a person from a smoke-filled room.
5 With a live partner, show how to transport someone with a sprained ankle at least 25 yards.	6 Explain the 5 most common symptoms of a heart attack.	7 Explain the steps in cardiopulmonary resuscitation (CPR).	8 List the utility services in your home. Describe potential hazards and how to respond to emergency situations involving these utilities.	9 <i>Attend the Virtual Camporee. Explain what you learned. You can use anything you learned as completions for requirements.</i>	10 Develop an emergency action plan that includes what to do in case of fire, storm, power outage, & water outage.	11 Explain how to obtain potable water in case of emergency.
12 Visit & discuss with an individual (approved by your counselor) constitutional rights & obligations of US Citizens.	13 Investigate an environmental issue in your community. Tell your family about it. Explain what can be done about it.	14 On an outing, take note of the trash and garbage you produce.	15 On a 2nd outing, figure out a way you can reduce, recycle, or repurpose. Compare your results.	16 Use a map & compass to cover 1 mile & measure height and/or width of designated items (orienteering course).	17 Demonstrate how to use a handheld GPS unit, GPS App on your smartphone, or other electronic navigation system.	18 Using GPS, find your location. Select a destination and plan your route there.
19 Explain when you should and should not use lashing. Demonstrate tying the timber hitch and clove hitch.	20 Demonstrate tying the a square, shear, and diagonal lashings by joining 2 or more pole/staves together. Explain their uses.	21 Use lashings to make a useful camp gadget or structure.	22 Identify and show evidence of at least 10 wild animals that live in your local area.	23 Explain why weather forecasts are important when planning events. Identify 2 ways to obtain a weather forecast.	24 Describe all 3 natural disaster indicators of impending hazardous weather, the potential dangers, & the actions to take.	25 Share your fitness challenges and success.
26 Explain how you have lived 1 of 4 points of the Scout Law.	27 Explain how you have lived the 2nd of 4 points of the Scout Law.	28 Explain how you have lived the 3rd of 4 points of the Scout Law.	29 Explain how you have lived the 4th of 4 points of the Scout Law.	30 Describe how you have performed your Duty to God this month.	 SCOUTS BSA	