



Brownsea Challenge

Tenderfoot 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 Conduct your 1st fitness test. <ul style="list-style-type: none">• pushups in 1 min.• Situps in 1 min.• Back-saver-sit & reach• 1 mile run/walk	2 Develop & describe a plan for improvement in each of the fitness activities.	3 Assemble a First Aid Kit. Explain each item.	4 Explain & show First Aid for: simple cuts & scrapes, & simple blisters on hands and feet.
5 Explain Show First Aid for: minor burns (thermal/heat) or scalds (superficial/1st degree).	6 Explain Show First Aid for: insect & tick bites or stings, venomous snakebite.	7 Explain Show First Aid for: nosebleeds, frostbite & sunburn, & chocking.	8 Describe common poisonous or hazardous plants. Identify any that grow in your local area.	9 <i>Attend the Virtual Camporee. Explain what you learned. You can use anything you learned as completions for requirements.</i>	10 Describe what to do if you were exposed to poisonous or hazardous plants.	11 Explain how to reduce & prevent injury or exposure from any of the previously mentioned.	
12 Assemble a personal camping gear kit. Show the right way to pack and carry your gear.	13 Explain the importance of the Outdoor Code & how to put it to use.	14 Explain the importance of the Buddy System and how to put it to use.	15 Demonstrate practical a practical use of the square knot.	16 . Demonstrate a practical use for the two half-hitches knot.	17 Demonstrate a practical use for the taut-line hitch knot.	18 Demonstrate proper care, sharpening, & use of a knife. Describe its uses.	
19 Demonstrate proper care, sharpening, & use of a saw. Describe its uses.	20 Demonstrate proper care, sharpening, & use of a ax. Describe its uses.	21 Describe the EDGE Method and how its used. Use the EDGE Method to teach someone how to tie a square knot	22 . Describe what to do if you become lost on a hike or campout.	23 Explain the rules of safe hiking on highway during day & night.	24 Explain the rules of safe hiking in the country/rural areas during the day & night.	25 Explain how you have lived 1 of 4 points of the Scout Law.	
26 Explain how you have lived the 2nd of 4 points of the Scout Law.	27 Explain how you have lived 3rd of 4 points of the Scout Law.	28 Explain how you have lived 4th of 4 points of the Scout Law.	29 Describe how you have performed your Duty to God this month.	30 Perform a 2nd fitness test.			