

Friend Activity Book



Name: _____

Personal Growth I & II

Prerequisites For Induction

A. Be in the fifth grade or higher.

Name: _____ Date of Birth: _____
School Name: _____
Teacher Name: _____ Grade: _____

B. Attend a minimum of three meetings of a Pathfinder Club in the proper uniform.

Club Name: _____
Directors: _____
1st Date: _____ 2nd Date: _____ 3rd Date: _____
Uniform: _____ Uniform: _____ Uniform: _____

C. Repeat the Pathfinder Pledge and Law from memory.

Pledge By the grace of God,
I will be pure and kind and true.
I will keep the Pathfinder Law.
I will be a servant of God and a friend to Man.

Law The Pathfinder Law is for me to:
Keep the Morning Watch.
Do my honest part.
Care for my body.
Keep a level eye.
Be courteous and obedient.
Walk softly in the sanctuary.
Keep a song in my heart.
Go on God's errands.

Date: _____ Parent Signature: _____

I was inducted on _____.

D. Read the *Happy Path*.

Class #1-Date: _____	Pages Read: _____
Class #2-Date: _____	Pages Read: _____
Class #3-Date: _____	Pages Read: _____

Date: _____ Signature: _____

Personal Growth III

Reading

A. **Old Testament Character** Date: _____

_____ Book of Jonah & Prophets & Kings– Chapter 22 or

_____ Book of Esther & Prophets & Kings – Chapter 49

B. **Articles on Etiquette** (Complete before M 25) Date: _____

1. _____

2. _____

3. _____

C. **Articles on Nutrition.** (Complete before S4) Date: _____

1. _____

2. _____

D. **Articles on Drugs.** (Complete before M 17) Date: _____

1. _____

2. _____

Articles on Alcohol. (Complete before M 17) Date: _____

1. _____

2. _____

Articles on Tobacco. (Complete before M 17) Date: _____

1. _____

2. _____

E. **Nature Book** Date: _____

F. **Bible Reading** Date: _____

1 _____ Mark 1-9

2 _____ Mark 10-16

3 _____ Genesis 1-10

4 _____ Genesis 11-20

5 _____ Genesis 21-28

6 _____ Genesis 29-35

7 _____ Genesis 36-43

8 _____ Genesis 44-Exodus 2

9 _____ Exodus 3-11

10 _____ Exodus 12-19

11 _____ Exodus 20-28

12 _____ Exodus 29-36

13 _____ Exodus 37-Leviticus 5

14 _____ Leviticus 6-13

15 _____ Leviticus 14-21

16 _____ Leviticus 22-27

17 _____ Numbers 1-6

18 _____ Numbers 7-14

19 _____ Numbers 15-22

20 _____ Numbers 23-28

21 _____ Numbers 29-36

22 _____ Deuteronomy 1-7

23 _____ Deuteronomy 8-17

24 _____ Deuteronomy 18-27

25 _____ Deuteronomy 28-34

26 _____ Joshua 1-9

27 _____ Joshua 10-18

28 _____ Joshua 19-24

29 _____ Judges 1-7

30 _____ Judges 8-14

31 _____ Judges 15-21

32 _____ Ruth 1-4

Spiritual Discovery I

Memory Verse Check List

(See Schedule)

- | | | |
|----|-----------------------|----------------------------|
| 1. | Great Passage: _____ | Date Completed: _____ (S2) |
| 2. | Salvation: _____ | Date Completed: _____ (S3) |
| 3. | Relationships: _____ | Date Completed: _____ (S4) |
| 4. | Doctrine: _____ | Date Completed: _____ (S5) |
| 5. | Prayer: _____ | Date Completed: _____ (S6) |
| 6. | Behavior: _____ | Date Completed: _____ (S7) |
| 7. | Promise/Praise: _____ | Date Completed: _____ (S8) |

Spiritual Discovery II (S 6)

Learn about the beginnings of the Seventh-day Adventist Church, by one of the following:

_____ Watching *Keepers of the Flame* Video _____ Reading *Prologue to Early Writings*

Report: _____

Date Completed: _____ Instructor: _____

Spiritual Discovery III

A. After reading about an Old Testament Character, participate in a discussion on Christ's loving care and deliverance as shown in the story. (S 7)

Character Chosen: _____ Book of Jonah & Prophets & Kings– Chapter 22
_____ Book of Esther & Prophets & Kings – Chapter 49

Report: _____

Date Completed: _____ Instructor: _____

B. Complete the Spiritual Roots Chart with your parents. (on your own)

Date Completed: _____ Parent: _____

Family History and Religious Faith

Father _____ Born _____ Died _____ Religion _____	Father _____ Born _____ Died _____ Religion _____	Father _____ Born _____ Died _____ Religion _____
Mother _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____
Participant _____ Born _____ Religion _____	Father _____ Born _____ Died _____ Religion _____	Father _____ Born _____ Died _____ Religion _____
Mother _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____

Serving Others I

One to One Witnessing

Do One of the Following: (on your own)

- A. Bring a friend to Sabbath School & Church
Date:_____ Person Brought _____
- B. Visit an absent classmate. Bring him/her the assignments they missed
Date:_____ Person Visited _____
- C. Visit an absent unit member. Help him with the lessons missed.
Date:_____ Person Visited _____

Serving Others II

Group Witnessing

Spend 2 hours participating in a witnessing activity.

Fall Session Date:_____ Activity:_____ Actual Time Spent:_____

Report: _____

Spring Session Date:_____ Activity:_____ Actual Time Spent:_____

Report: _____

On Your Own Date:_____ Activity:_____ Actual Time Spent:_____

Report: _____

Serving Others III

Community Service

Spend 4 hours participating in a Community or Church Service Project.

Fall Session Date:_____ Activity:_____ Actual Time Spent:_____

Report: _____

Spring Session Date:_____ Activity:_____ Actual Time Spent:_____

Report: _____

On Your Own Date:_____ Activity:_____ Actual Time Spent:_____

Report: _____

Making Friends I

List 10 qualities of being a good friend, and discuss 4 everyday situations where you have practiced the “Golden Rule”. (M 26)

A. 10 qualities of a good friend.

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

B. 4 Golden Rule situations.

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

Making Friends II

After reading, discuss and demonstrate good table manners with your Friend class. (M 25)

Date: _____ Instructor: _____

Report: _____

Practice at home.

I certify that my child is practicing good table manners to my satisfaction.

Signature of parent: _____

Making Friends III

- A. Say the Pledge of Allegiance to your flag, and explain its meaning. (M 9)

PLEDGE OF ALLEGIANCE

**I PLEDGE ALLEGIANCE TO THE FLAG OF
THE UNITED STATES OF AMERICA,
AND TO THE REPUBLIC FOR WHICH IT STANDS,
ONE NATION, UNDER GOD, INDIVISIBLE,
WITH LIBERTY AND JUSTICE FOR ALL.**

Date: _____ (M 9) **Instructor:** _____

History Report: _____

- B. Say or sing the National Anthem, and explain its meaning. (M 13)

THE STAR-SPANGLED BANNER

**Oh! Say, can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars, thro' the perilous flight,
O'er the ramparts we watched were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,
Gave proof thro' the night that our flag was still there.
Oh! Say, does that star-spangled banner yet wave
O'er the land of the free and the home of the brave.**

Date: _____ (M 13) **Instructor:** _____

History Report: _____

Health and Fitness I

- A. Discuss the temperance principles in the life of Daniel. (S 4)

Date: _____ Instructor: _____

Report: _____

- B. After reading about the dangers and effect of alcohol, tobacco and drugs, discuss it with your group. (S 8)

Date: _____ Instructor: _____

Report: _____

Health and Fitness II

- A. Complete the Red Alert Honor (M 10 - M 12, M 14 - M 16)

Date: _____ Instructor: _____

- B. Learn About Personal Safety (M 18)

Date: _____ Instructor: _____

Report: _____



Personal Safety Rules

The 3 Do's

1. Do stay alert. Who's in front, who's behind? Ask a friend to go along when you go out.
2. Do communicate a message of confidence. Stand tall, walk purposefully.
3. Do trust your instinct. If you feel uncomfortable, leave.

When Walking:

- Plan the safest route. Avoid vacant lots, alleys, etc.
- Know your neighborhood. What places are open late, where's the fire or police station?
- Don't flaunt expensive clothing or money.
- Walk facing traffic — you can see approaching cars.
- If you're being followed by someone in a car, change directions and write down the license
- Never hitchhike.

On Buses or Subways:

- Try to sit near the driver or conductor.
- Don't fall asleep.
- Stand back of the platform ledge. Sit away from the exit door.
- While waiting stay near the information booth.
- If you are harassed, attract attention by talking loud or screaming.

In Elevators:

- Look into the elevator before you get in.
- Get off if someone suspicious gets on.
- If danger strikes, hit the alarm and all floor buttons.

Jogging, Cycling:

- Choose safe routes in advance.
- Vary your route and schedule.
- Avoid night time.
- Consider not wearing headphones.

Take Action Today:

- Make sure your streets are lighted.
- Make sure vacant lots are free of debris and graffiti.
- Places that look like no one cares attract crime.
- Start a neighborhood or apartment watch program.

I certify that my child has practiced the relevant safety items listed above, and is performing to my satisfaction.

Signature of Parent:

Health and Fitness III

A. Have a physical exam by your family doctor in conjunction with school policy.

Date Completed: _____ Date turned in: _____

Signature of Parent: _____

B. Complete the President's Physical Fitness Test ([M 3, 5, 29,32](#))

1. Curl-ups (For 10 year-olds)

NFA Boys=35, Girls=30;

PPFA Boys=45, Girls=40

Fall Date: _____ Your Score _____

Spring Date: _____ Your Score _____

2. Shuttle Run (For 10 year-olds)

NFA Boys=11.5, Girls=12.1;

PPFA Boys=10.3, Girls=10.8

Fall Date: _____ Your Score _____

Spring Date: _____ Your Score _____

3. One Mile Run/Walk (For 10 year-olds)

NFA Boys=9.48, Girls=11.22;

PPFA Boys=7.57, Girls=9.19

Fall Date: _____ Your Score _____

Spring Date: _____ Your Score _____

4. Pull-ups (For 10 year-olds)

NFA Boys=2, Girls=1;

PPFA Boys=6, Girls=3

Fall Date: _____ Your Score _____

Spring Date: _____ Your Score _____

5. V-Sit Reach (For 10 year-olds)

NFA Boys=+1.0, Girls=+3.0;

PPFA Boys=+4.0, Girls=+6.0

Fall Date: _____ Your Score _____

Spring Date: _____ Your Score _____

Youth Organization I

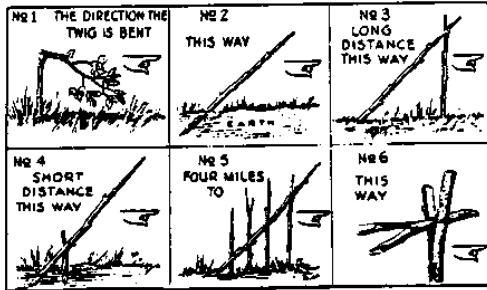
A. Learn the names of your club and conference leaders. (M 1)

Club leaders: _____

Conference leaders: _____

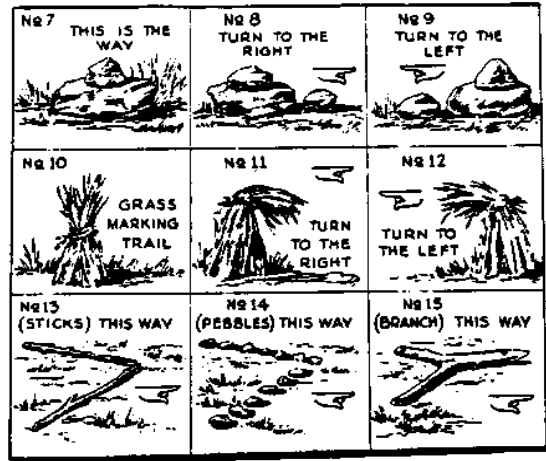
Date Completed: _____ Instructor: _____

B. Participate in a track and trail hike using the signs below. Set a course for someone else and then follow a course someone else has laid. (Campout)



Date Completed: _____

Instructor: _____



Youth Organization II

Discuss your personal responsibility in the total Pathfinder Club program. (M 7)

Report: _____

Youth Organization III

A. Take part in three of the following

Date:

_____	Induction	_____	Camp-out
_____	Pathfinder Sabbath	_____	Investiture

B. Complete requirements 1 and 4 of the Drilling and Marching Honor (M 2, 4, 6, 8)

_____ #1	Objectives of Drill
_____ #4	Basic Movements

Date Completed: _____

Instructor: _____

Nature Study I

Review the Story of the Lost Sheep, and find at least 3 other examples in nature that are used in the Bible to describe the character of God. (Campout)

Date: _____ Instructor: _____

Example #1 _____

Example #2 _____

Example #3 _____

Nature Study II



Complete the Mammals honor. (S1-4)

- _____ 1. On what day of creation were mammals created?
- _____ 2. List four characteristics of a mammal.
- _____ 3. Give one or more identifying characteristics for at least 10 of the following orders of mammals, and name one or more species of mammals found in each order:

_____ a. Monotremata	_____ b. Proboscidea
_____ c. Chiroptera	_____ d. Insectivora
_____ e. Endentata	_____ f. Marsupialia
_____ g. Carnivora	_____ h. Cetacea
_____ i. Lagomorpha	_____ j. Pinnipedia
_____ k. Rodentia	_____ l. Sirenia
_____ m. Perissodactyla	_____ n. Artiodactyla
_____ o. Primates	
- _____ 4. List four beneficial mammals and tell how they are beneficial to man.
- _____ 5. List four things mammals do that are harmful to man.
- _____ 6. List four mammals that are completely aquatic and designate their natural range.
- _____ 7. Name the largest mammal in the world and tell where it lives, how it feeds, and what it eats.
- _____ 8. List eight species of wild mammals that you personally have observed and identified in the wild.
- _____ 9. Write or tell a story about "A Wild Mammal I Have Observed".

Date: _____ Instructor: _____

Nature Study III



Complete the Seeds honor. (S 5-8)

1. What is the main purpose of a seed?
2. What foods were first given to man in the Garden of Eden?
3. Identify from a seed or drawing and know the purpose of each of these parts of a seed: seed coat, cotyledon, embryo.
4. List from memory four different methods by which seeds are scattered. Name three kinds of plants whose seeds are scattered by each method.
5. List from memory ten kinds of seeds that we use for food.
6. List from memory five kinds of seeds that are used as sources of oil.
7. List from memory five kinds of seeds that are used for spices.
8. What conditions are necessary for a seed to sprout?
9. Make a collection of 30 different kinds of seeds, of which only ten may be collected from commercial seed packages, the other 20 you are to collect yourself. Label each kind as follows: seed name, date collected, location collected, and collector's name.

Date: _____ Instructor: _____

Outdoor Living I

A. Tie and know the practical uses of 10 knots. (ongoing)

- 1 **Overhand Knot**-This is the simplest of knots, it is not very strong, but it is the base for most other knots. It is used as a simple stopper knot at the end of a rope. It is not too widely used because it can be difficult to untie.
- 2 **Square Knot**-Also known as a reef knot, it is used to tie packages and as the base for a shoe-bow. It is also a good first aid knot for tying slings
- 3 **Lark's Head**-Also known as a cow hitch, it is useful for tying an animal to a pole so it can gaze around it. If one end of the rope is pulled sharply or subjected to strain, this knot will untie or become unstable
- 4 **Figure Eight Knot**-After the rope is passed through an eye or grommet, this knot is used as a stopper knot to keep the rope from coming back through the eye or grommet.
- 5 **Granny Knot** -The granny knot is made similar to the square knot. It is often tied by mistake when one is trying to tie a square knot, it is a dangerous knot because it can easily slip and jam.
- 6 **Sheepshank**-This knot is used for shortening a rope that is too long for what is needed. It is easy to untie and it holds very well under tension.
- 7 **Running Knot**-This knot is used to tie fishing lines to a fishhook, it is a very familiar and elementary noose.
- 8 **Bowline**-The bowline is simple, strong, and stable; it will not slip regardless of the load applied. It is one of the best known and most widely used of knots, it is generally tied to form a fixed loop at the end of a line or attach a rope to an object.
- 9 **Bow Knot**-This knot is a universal knot for tying shoes, it is also used for tying ribbons or packages.
- 10 **Surgeon's Knot** This knot is used by doctor's in tying the stitches of a flesh wound, it is more secure in slippery materials than the square knot.

Teacher: _____ Date Completed: _____

B. Learn the safety rules for camping. (Campout)

- 1) Hiking
 - a) Know the proper clothing for the type of hiking you will and could be doing.
 - b) Shoes should be comfortable, should have ankle support, well broken in and able to allow a heavy pair of socks.
 - c) Know the proper rules when hiking along a road. Example, walk in a single file, on the left side of the road facing the oncoming traffic. At night wear the proper clothing so you can be seen, or carry a flashlight.
 - d) No hitchhiking and obey all "no trespassing" signs
 - e) Know the proper equipment when hiking. Example, water, first aid kit etc.
- 2) Fire Safety
 - a) Locate a safe place for all fires - 10 ft cleared area without any close overhanging branches.
 - b) Do not use petroleum for starting fires.
 - c) Make sure all fires are completely out and doused with water so you can put your hand in without being burned or feeling any heat. Cover with dirt.
 - d) Cut away sod from your fire pit, build fire, extinguish fire, replace sod, and see if you can cover all trace of activity
- 3) When Lost
 - a) Sit down and think; don't panic. Pray. Force yourself to sit still until you can think clearly. Don't try to remember details, but general landmarks. Where were you when you lost the trail or at a known point? This may take a half hour or more.
 - b) Don't move from the point where you are until you mark it. Place a rag on a stick in the ground or put your hat on a stump. Do something to mark the spot.
 - c) Climb a tree and try to locate a familiar spot. Don't be in a hurry. Take your time. Look for smoke. This usually means people are there. If you have a compass, check exact direction. If not, check landmarks by which you can chart your course.
 - d) From your plainly marked spot take 50-100 steps away, depending on how dense the woods are. Always keep your marked spot in view. Now make a circle around the spot and see if you do not find a trail, road, your own tracks, a stream or something that will help.
 - e) If the time is within an hour of sundown, make ready to spend a comfortable night in the woods. Don't be afraid -- be prepared.
 - f) Build a safe fire. Have enough wood on hand to keep it going all night.
 - g) In the morning if you are not sure which direction to go place green branches on the fire to create smoke -- do not put fire out. Three fires will be a signal for help.
 - h) Wait for help to come. Listen for calls of searchers.
- 4) Knife and Hatchet (or ax) Safety
 - a) Knife safety
 - i) Keep your knife sharp and free from rust at all times
 - ii) Whittle away from yourself
 - iii) When splitting a stick, do not hammer the back of the blade -- this ruins the edge and weakens the knife hinge
 - iv) Keep the blade away from fire -- it removes the temper (toughness)
 - v) When carrying your knife, keep a pocket knife closed
 - vi) Don't play with your knife
 - vii) Do not put knife on your knee
 - viii) Keep fingers out of the way

- b) Hatchet (ax) safety
 - i) Keep your ax sharp
 - ii) Keep the handle tight to the head
 - iii) Keep the ax off the ground
 - iv) A hatchet (ax) is not a hammer, a maul or a wedge
 - v) Clear the ground an ax length around - ax length + the length of your arm
 - vi) Onlookers stay two ax lengths away
 - vii) Rest when you are tired
 - viii) Carry ax with the blade out
 - ix) Pass the ax with its harmless end first -- handle first, head down
 - x) Get a firm footing
 - xi) Spread feet apart and keep them out of the way
 - xii) Keep the hatchet (ax) sheathed when not in use
 - xiii) Never touch a living tree -- unless with definite permission and for a definite purpose
- 5) Poisonous Plants

There are 3 common plants that should be identifiable by all -- poison ivy, poison oak, poison sumac. Familiarize yourself with these, using any common plant guide, and learn to avoid them.
- 6) Equipment

Tents: Tents are a must for the varied outdoor activities of Pathfinding. Tents come in many different sizes, and because of this you must consider the type of use your tent will be used for. Large tents, such as family tents, are good for a group of people because of the need for fewer tents. If you are planning on backpacking, you need to look into tents that are compact, easy to set up and of lightweight materials. A good tent will provide the best possible protection available. First of all, it should be able to withstand high winds and rain downpours, be made of a breathable material, and have a waterproof rainfly. Whenever setting up tents, never hit metal stakes with a hammers, hatchets, axes or any metal object without eye protection

Care of Tents:

 - a) Never submerge a tent to clean it
 - b) Food spoiled on or in a tent should be wiped up with a soft sponge and warm water
 - c) Never walk on a tent with or without shoes or when you are setting up at a campsite
 - d) Always make sure your tent is completely dry, check all poles, stakes, etc, before storing
 - e) All seams should be waterproofed regularly
 - f) Carry the proper mending material for your tent material

Pitching of Tents:

Always pitch tents in a dry area -- not low places where water can run under your tent. Watch for stones where you may have to lay or that may puncture your tent while setting up.

Sleeping Gear:

Sleeping gear can range from a simple bed roll (blankets and a sheet) to a sleeping bag. A good nylon sleeping bag will provide warmth for your type of camping. A down filled sleeping bag should have a loft of around 3 1/2 inches and 2 nylon zippers. Check the construction of the sleeping bag and make sure the seams are offset and not sewn through. Ground pads provide comfort. There are two main types -- foam plastic (polyurethane) or ensolite foam.

Cooking Gear:

All gear should be kept light and simple. Many of the mess kits that you can purchase serve very well; tin forks, spoons, or lightweight plastic cups for drinking

Stoves: There are four basic types for stoves and as with anything, safety must be kept in mind. There are:

 - a. White gas burning
 - b. White gas hand operated fuel pumps
 - c. Kerosene
 - d. Cartridge Stove (butane, propane)

All stoves can be useful and beneficial to all, but safety must be kept in mind. Never use a stove in a tent. After lighting, any spillage should be cleaned up and the stove should not be used until you are sure there is not any open gas or fuel.

- 7) Water: Whenever you are choosing a campsite you need to take into consideration the availability of a safe drinking water.
 - a) No matter how clear the water looks, it may not be safe to drink. Make sure and purify it yourself
 - b) Water may be purified 3 ways:
 - i) Boiling - strain with a cloth to remove sediment, then boil vigorously for at least 1 minute (longer at high altitudes)
 - ii) Filtering - several micropore water filter are available on the market, choose one to fit your quantity needs
 - iii) Chemicals - range from iodine or chlorine tablets to household bleach. Follow directions on the bottle
 - c) Some of the best sources of water in a wilderness area are springs, where the water is coming out of out the side of a hill and high mountain streams. It is best to go upstream to the buildup area and above the junction of small streams. Avoid areas where there is dark colored vegetation in the water, floating debris, or odors, for these may indicate heavy pollution. Lakes are probably the poorest of water supplies.

Date Reviewed: _____ Instructor: _____

Outdoor Living II



Complete the Camp Skills 1 honor. (M 27, 28, 30, 31 Campout)

1. Be at least in the 5th grade.
2. Understand and practice wilderness and camping etiquette, regarding preservation of the outdoors.
3. Know eight things to do when lost.
4. Be familiar with various types of sleeping equipment suitable to location and season.
5. List personal items needed for a weekend campout.
6. Plan and participate in a weekend camping trip.
7. Know how to properly pitch and strike a tent. Observe fire precautions when tent is in use.
8. Know and practice the proper principles for camp sanitation for both primitive and established campsites.
9. Properly use the knife and hatchet. Know ten safety rules for their use.
10. Fires:
 - a. Demonstrate ability to choose and prepare a fire site.
 - b. Know fire safety precautions.
 - c. Know how to properly strike a match.
 - d. Practice building a fire with the use of one match, using only natural materials.
 - e. Demonstrate how to protect firewood in wet weather.
11. Bake bread on a stick.
12. Describe the proper procedures for washing and keeping clean the cooking and eating utensils.
13. Describe sleeping wear and how to stay warm at night.
14. Draw a spiritual object lesson from nature on your camping trip.
15. Explain and practice the motto: "Take only pictures and leave only footprints."

Teacher: _____ Date Completed: _____

Honor Enrichment I

Complete an honor in Arts and Crafts.

Honor: _____ Date: _____ Instructor: _____

Honor: _____ Date: _____ Instructor: _____

Honor: _____ Date: _____ Instructor: _____

Honor Enrichment II

Complete an honor in Household Arts, Recreation, or Vocational.

Honor: _____ Date: _____ Instructor: _____

Honor: _____ Date: _____ Instructor: _____

Honor Enrichment III

Complete the honor in Beginning Swimming.



Date: _____ Instructor: _____

Receive the Red Cross or YMCA certificate or equivalent in Beginner's Swimming

OR pass the following requirements:

1. Breath Holding. Face fully submerged, breath to be held at least ten seconds.
2. Rhythmic Breathing. Alternately inhale through the mouth above the surface and exhale through the mouth and nose, with head completely submerged, ten times rhythmically and continuously.
3. Prone Float. In waist-deep water lie face down on the water and return to standing position without assistance or support.
4. Prone Glide. Push off face down in waist-deep water, take a prone position, glide a distance of at least two body lengths, and recover to a standing position.
5. Supine Float. Assume a supine floating position face up in waist-deep water, hold the position with the face above water for at least ten seconds, and return to a standing position unaided.
6. Supine Glide. From a position in waist-deep water, with arms at sides, sit back, push off, glide a distance of at least one body length, and resume standing position in a confident and easy manner.
7. Kick Glide on the Front In waist-deep water push off in prone gliding position, pick up the beginner's leg stroke in a smooth and unhurried manner, and kick a distance of three body lengths before resuming standing position.
8. Kick Glide on the Back In waist-deep water take a supine gliding position, using the beginner's leg stroke while supine for a distance of three body lengths, and recover to standing position with ease.
9. Arm Stroke. (Human Stroke or Dog Paddle) In waist-deep water assume a prone position with face buried and, with legs trailing or kicking gently, do the arm stroke in series, pull and recover the arms, and make progress thereby.
10. Arm Stroke Supine. In waist-deep water start back glide, then propel self using "fin" method.
11. Combine Stroke on the Front In water of standing depth swim a coordinated beginner's stroke continuously for a distance of 20 to 25 yards.
12. Combine Stroke on the Back. In water of standing depth swim a minimum distance of ten yards comfortably and somewhat easily using finning and the beginner's flutter kick in combination.
13. Change of Direction. In water of standing depth start swimming the beginner's stroke prone and, in stroke, make an abrupt right angle turn. Repeat the test, making a turn to the left. Finally, demonstrate ability to make a complete turn.
14. Turning Over. Start swimming prone in water chest deep. From the front swimming position, roll onto the back and remain there floating motionless or resting in a floating position, then resume swimming position and continue swimming.
15. Leveling Off. Wade to position in neck-deep water, then turn and face the shallow water. With a minimum of push-off from the bottom, swim to waist-deep water before standing.
16. Survival Float. Start in deep water over the head; assume the resting position with the body vertical in the water and the face also in the water; by motion of the arms and legs, raise the head out of the water; exhale and inhale and resume resting position.

17. Feet Foremost Jump Into Waist-deep Water. This test should finish with a glide, a kick glide, or the combined beginner's stroke prone.
18. Jump Into Deep Water, Level, and Swim.
19. Plain Front Header. This test should be done from a solid deck at a low elevation over water neck deep. Finish by emerging and swimming a little way along the surface.
20. Jump into deep water, level off, and swim 15 yards. Without stopping or touching, turn about and swim back to the starting point.
21. Do a plain front header from a deck or dock, level off, and swim 15 yards, turn about, and start swimming back. Halfway back, turn to the supine position and rest either motionless or with gentle paddling movements for 15 seconds. Turn back again to front swimming position and swim to starting point.
22. On land, demonstrate the proper way to put on a personal flotation device.
23. Show how to release a cramp from a survival float position in neck-deep water and progress to deep water.
24. From a deck or dock do an arm and leg extension rescue. Do an extension rescue using a pole, towel, or shirt.
25. Demonstrate artificial respiration.
26. Know the causes of and methods of prevention for accidents that can occur in or near the water.

Teacher: _____

Date Completed: _____



_____ has successfully completed:

_____ **Friend Pin**

Date: _____ **Signature:** _____

_____ **Advanced Bar**

Date: _____ **Signature:** _____

Honors Earned

Date:

Red Alert

Drill and March (Optional)

Mammals

Seeds

Camp Skills I

Wright Publications

lyndene@wrightpublications.org

Copyrighted by Lyndene Wright

2009