

FIRST AID

Residing in the United States or another country where Red Cross instruction is Given satisfactorily, pass the Red Cross Examination in Basic First Aid and receive your certificate. (11-14 years of age)

In British countries pass the examination in St. John Ambulance Junior First Aid examination and receive certificate for the same. (15 years and under)

Or complete the following requirements:

1. Know the causes of shock and demonstrate its proper treatment.
2. Know the proper steps for rescue breathing.
3. Know the proper procedures to assist a choking victim.
4. Know the proper procedures to assist a bleeding victim.
5. Know the pressure points and how to correctly apply pressure at these points.
6. Know the proper procedure to assist a victim of poisoning.
7. Demonstrate the proper procedure in splinting various broken bones in the body.
8. Know the proper procedure to assist a first, second, and third degree burn victim.
9. Know the proper procedure to assist a victim of a chemical burn.
10. Know what situations are likely to cause carbon monoxide poisoning and the rescue and treatment techniques for such poisoning.
11. Know the proper procedure for giving assistance to the victim of a head injury.
12. Know the proper procedure for giving aid to a victim of internal injuries.
13. Know the difference between a heart attack, stroke, epilepsy, and simple fainting, and the treatment for each.
14. Know how to prevent infection.
15. What is the proper treatment for a snake bite?
16. What is the proper treatment for animal bites?
17. What is the proper treatment for insect and spider bites?

18. What is the difference between heat exhaustion and heat stroke, and what is the treatment for each?
19. What should you do if your clothes catch fire?
20. What are the basic fire prevention principles for the home?
21. What are the basic water safety principles?
22. What are the ways to save a drowning victim without swimming?
23. What are the basic electrical safety principles?
24. How can you prevent food poisoning?

CAMPING SKILLS Camping Skills

1 1986

1. Be in (at least) the 5th grade or 10 years old.
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 10 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 use of one match, using only natural materials.
11. Demonstrate how to protect firewood in wet weather.

12. Bake bread on a stick.
13. Describe the proper procedures for washing and keeping the cooking and eating utensils clean.
14. Describe sleeping wear and how to stay warm at night.
15. Draw a spiritual object lesson from nature on your camping trip.
16. Explain and practice the motto: "Take only pictures and leave only footprints."

CHRISTIAN STORY TELLING

2 1928

1. Name one source where you have found material for stories for each of the following categories.

Tell a story from each category:

- a. Sacred history
 - b. Church history
 - c. Nature
 - d. Character story
 - e. Object lesson with visual aid
2. For the above stories you tell, do the following:
 - a. Tell a story to children not over five years of age for at least three minutes.
 - b. Tell a story to a group of children ages 10 - 12 for at least five minutes.
 3. Make a written outline of a story you are to tell.
 4. State how and under what circumstances course material is to be modified for the following:
 - a. Telling the story in first person, second person, and third person
 - b. Different audiences, ages, and purposes
 - c. Making the story shorter
 - d. Making the story longer
 5. Tell why a definite aim is necessary in telling a story. Tell how you obtain a good climax for a story.
 6. Tell one story of foreign missionaries, not less than five minutes in length.
 7. Tell one story teaching health principles.

CHRISTIAN SALESMANSHIP

1. Explain the responsibilities of a Christian salesman as related to how he treats his customers and boss.
2. List the points in the steps of a sale.
3. Give a statement on how to meet objections.
4. How are the following points valuable to a salesman?
 - a. Researching the market to see how an item or service will sell
 - b. Proper training and knowledge about the item or service to be sold
 - c. A visit to the plant or home office that produces the item or service
 - d. Follow-up visits with first-time customers
5. Using actual or hypothetical education and experience, write a resume that could be used in applying for a job.
6. Find out what education is most beneficial for a career in sales. What aspects of sales are available to a Christian salesman?
7. Do one of the following:
 - a. Help raise funds through sales of either services, merchandise, or tickets to a Pathfinder, AY Society, or school activity accounting for more than your proportionate share of the sales.
 - b. Earn money for yourself through the selling of merchandise or a service.
8. Make a practice sales presentation to your counselor, teacher, or parent on the above item that you are selling.
9. Interview a Christian salesman and a Christian retailer who buys from salesmen with regard to the following:

For the Salesman

 - a. Is a lot of traveling involved in the profession of selling?
 - b. What other ways does the job of a salesman affect family life?
 - c. How are salesmen paid?
 - d. What opportunities for advancement are there in salesmanship?
 - e. What does the future hold for a career in sales?

- f. How do you get customers?
- g. What do you like the most about your job? The least?
- h. Does being a Christian make a difference in the way you do your job?

For the Retailer

- a. What type of education and training is helpful for a retail sales career?
- b. What advancement opportunities are available in retail sales?
- c. When you place an order, which do you rely on most, service of the salesman, price, market characteristics, or the quality of the product?
- d. What do you do when a customer complains about an error he thinks your store has made when he is actually the one at fault?
- e. What do you like the most about your job? The least?

KNOT TYING

Requirements

Level Year Originating Institution

Knot Tying

2 1975 General Conference

1. Define the following terms:

- a. Bight
- b. Running end
- c. Standing part
- d. Underhand loop
- e. Overhand loop

f. Turn

g. Bend

h. Hitch

i. Splice

j. Whipping

2. Know how to care for rope.

3. Describe the difference between laid rope and braided rope and list three uses of each.

4. Identify the following types of rope:

a. Manila

b. Sisal

c. Nylon

d. Polypropylene

5. What are some advantages and disadvantages of synthetic rope?

6. Do the following to rope:

a. Splice

b. Eye Splice

c. Back Splice

d. Finish the end of a rope with a double crown, whipping, or a Matthew Walker's knot.

7. Make a six-foot piece of three-strand rope from native materials or

twine.

8. From memory tie at least 20 of the following knots and know their common uses and limitations. Demonstrate how they are used.

- a. Anchor bend
- b. Bindertwine Bend
- c. Blackwall Hitch
- d. Bow or Shoestring
- e. Bowline
- f. Bowline on a bight
- g. Butterfly loop knot or Alpine Slip knot
- h. Carrick bend
- i. Clove hitch
- j. Double Bowline
- k. Double Carrick Bend

STEWARDSHIP

Discover the biblical principles of stewardship by answering the following questions:

- a. What does 1 Corinthians 6:19, 20 say about the stewardship of the body?
- b. What does Matthew 25:15 tell us about the stewardship of talents?
- c. What does Colossians 4:5 say about the stewardship of time?
- d. What does John 3:16 tell us that God gave?
- e. What does Psalm 24:1 tell us about who owns the earth?
- f. What does Genesis 1:26 say about who is the steward over the earth?

- g. What does Proverbs 3:9 say about who is always first?
- h. How do we know that tithe means a tenth? Genesis 28:22.
- i. Who does Leviticus 27:30 say tithe belongs to?
- j. How does Malachi 3:8 say that God is robbed?
- k. What does 1 Corinthians 9:13, 14 say about the use of tithe?
- l. How do we know that tithe is different from offerings? Malachi 3:8.
- m. What does 1 Corinthians 16:12 say about how we are to give our offerings?
- n. What does Matthew 6:20 say about where to keep our treasures?
- o. What does 2 Corinthians 9:7 say about our attitude in giving?
- p. What promised blessing is given in Malachi 3:10?

2. Read and discuss with your counselor or pastor the following: Section IV (pp 111 to 130); par. 1 and 2, p. 14; and par. 1, p. 66 of Counsels on Stewardship.

3. Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference.

4. From your pastor, church treasurer, or elder learn about your church budget, what finances your church must meet, and the purpose of each item listed on your church tithe and offering envelope.

5. Keep a chart on how you spend your time for one weekend and one week day. In this chart make a list of how much time you spend in the following areas:

- a. Work for pay
- b. Family time
- c. Personal devotions
- d. Public Worship
- e. Family Worship
- f. Fun things
- g. Reading
- h. Television
- i. Meals
- j. Sleep

k. Personal needs

l. Class time