

## Camp Ross Cub Scout Program Advancement Checklist

This serves as a list of requirements that you can achieve while at Camp Ross. Some of these are offered as full staff-taught classes while some are not offered as classes or taught by staff they are just simple things you can do in your free time around camp.

### \_\_\_ Adventures In Science Do 1-3

\_\_\_ 3f) Study night sky. Sketch appearance of North Star & Big Dipper over at least 6 hours. Describe observations, & explain what they mean.

### \_\_\_ Aquanaut: Do 1-6

\_\_\_ 1) State safety precautions to take before water activities

\_\_\_ 2) Recognize purpose & the 3 classifications of swimming ability groups in Scouting

\_\_\_ 3) Discuss importance of learning skills needed prior to boating

\_\_\_ 4) Explain "order of rescue, & demo reach & throw techniques

\_\_\_ 5) Attempt BSA swimmer test

\_\_\_ 6) Do two of following

- a) Demo precautions of head first dive; *attempt front surface dive*
- b) Learn/Demo two of : crawl, sidestroke, breaststroke, trudgen
- c) Invite a member of lifeguard team to den, learn what other training/exp they have had.
- d) Properly fasten appropriate PFD, jump into water over head; swim 25 ft; remove and store
- e) If qualified swimmer, select properly sized paddle & canoe w/ adult's supervision

### \_\_\_ Build It Do 1-5

\_\_\_ 1) Learn about basic tools & their proper uses. Understand need for safety when using tools

\_\_\_ 2) w/adult guidance select carpentry project & build it

\_\_\_ 3) List tools to use safely to build project; create list of materials needed

\_\_\_ 4) Check off each tool on list used for first time

### \_\_\_ Build My Own Hero Do 1-6

\_\_\_ 5) Learn about a Scout Hero

### \_\_\_ Building a Better World\*\* Do 1-10

\_\_\_ 1) Explain history of US flag. Show how to display in public; help lead a flag ceremony

\_\_\_ 2) Learn & describe rights/duties as a citizen, & explain what it means to be loyal to your country

\_\_\_ 8) w/adult help, participate in event that'll help lead others in recycling/conserving resources

\_\_\_ 9) Show you're an active leader by planning an activity w/o den leader's help

### \_\_\_ Camper\*\* Do 1-7

\_\_\_ 2) Determine where to set up tent. Demo knowledge of good/bad tent sites. Set up tent w/o adult help

\_\_\_ 3) Discuss actions to take in case of severe weather (Rainstorm causing flooding; thunderstorm w/lightning/tornadoes; Fire, earthquake, or other disaster). Discuss what you've done to minimize danger

\_\_\_ 4) On campout plan campfire program w/dens/leaders. Include opening, songs, skits, Cubmaster's minute, & inspiration closing ceremony

\_\_\_ 5) Show how to tie a bowline. Explain when/why to use this knot. Teach to another non-Webelos Scout.

\_\_\_ 6) Go on geocaching adventure w/den. Show how you used GPS to locate a geocache

\_\_\_ 7) Recite Outdoor Cod & LNT for Kids from memory. Talk about how to demo. Then while working on A.O.L. After one outing, list things you did to follow these guidelines.

### \_\_\_ Cast Iron Chef\* Do 1-5

\_\_\_ 1) Build, light, & extinguish a fire safely & properly.

\_\_ 2) Keep a food journal for a week; try to meet personal nutrition goals

\_\_ 4) Prepare a balanced meal for den; utilizing (e) an open campfire

\_\_ 5) Demonstrate an understanding of food safety practices while preparing the meal

\_\_ **Castaway** Do 1-2

\_\_ 1) Do 2 of a-c:

- a) w/ adult supervision demo 1 way to light fire w/o matches
- b) Cook 2 dif. recipes w/o pots and pans

\_\_ 2) Do **All** of a-h:

- a) Learn what should go in outdoor survival kit. Assemble your own & explain reasoning for items you choose
- b) Minimize electricity use for one week. Keep a log of what you did. Discuss how you adjusted your lifestyle
- c) w/den create game playable w/o electricity & minimal equipment
- d) Name game, write rules, & play on 2 dif. occasions
- e) Teach game to other Scouts
- g) Discuss what to do if lost in woods. Describe STOP acronym. State universal emergency signal. Describe 3 ways to signal for help. Demonstrate one of them. Describe what to do to help rescuers find you
- h) Make a list of 4 qualities a leader should have in emergency and why they're important to have. Pick 2 & act them out. Describe how they relate to Scout Law. Describe how Castaway has improved your understanding of Scout motto.

\_\_ **Duty to God & You\*** Do 1 or 2

\_\_ 1) Earn religious emblem for your faith

\_\_ 2) Complete at least 3 of 2a-2d:

- a) Plan, support, or *actively participate* in a service of worship/reflection. Be reverent.
- b) Review w/den what you learned about duty to God

c) Discuss w/ trusted adult how planning/participating in a service helps you live out duty to God.

d) List one thing that will bring you closer to doing duty to God, practice it for *one month*. Write down what you'll do each day to remind you

\_\_ **Duty to God in Action\*\*** Do 1 or 2

\_\_ 1) Earn the religious emblem of your faith if you haven't already done so.

\_\_ 2) Do 2a and any two of 2b-2e:

- a) w/adult, discuss/plan to do two things you think will help you better do your duty to God. Do these for *a month*.
- b) Discuss w/ family how Scout Oath & Law relate to your beliefs about duty to God
- c) For at least *a month* pray/meditate each day as taught by family/faith
- d) Read @ least 2 accounts of people in history who've done their duty to God. List names & how they showed their duty to God

\_\_ **Earth Rocks!** Do 1-8

\_\_ 1) Explain meaning of term "geology;" importance of this science as part of your world; share w/family/den what you learned about meaning of geology.

\_\_ 2) Look for different kinds of rocks or minerals while on a rock hunt w/ family or den

\_\_ 3) do 3a-3c:

- a) ID rocks seen on rock hunt. Use chart in handbook to determine which types of rocks you have
- b) W/a magnifying glass take a closer look at your collection. Determine difference btwn. specimens.
- c) Share findings w/family or den

\_\_ 4) W/family or den, make a mineral test kit & test rocks according to the Mohs scale of mineral hardness. Record results in handbook

\_\_ 5) W/Den identify on a road map of your state some geological features in your area

\_\_ 6) Do 6a-6c:

- a) Identify some of geological building materials used in building your home
- b) ID some of geological materials used around your community
- c) Record the items you find

\_\_ **Fix It** Do 1-4

\_\_ 4) Do 8 of 4a-4u w/adult supervision:

- a) Show how to change a light bulb; determine the type of bulb you're replacing; learn how to dispose of a compact fluorescent bulb

\_\_ **Into the Wild** Do 6 of 1-9

\_\_ 1) Create/care for an "insect zoo." Study & release; share experience w/den. (DEN TIME)

\_\_ 3) Watch for birds for one week. ID the birds you see, and write down where/when you saw them

\_\_ 4) Learn about bird flyways closest to your home. Find out which birds use these flyways.

\_\_ 5) Watch at least 4 wild creatures in the wild. Describe the kind of place where you saw them. Tell what they were doing

\_\_ 6) ID an insect reptile, bird or wild animal that is only found in your area of the country. Tell why it survives in your area.

\_\_ 7) Give examples of at least 2 of 7a-7c:

- a) Producer, consumer, decomposer in food chain of an ecosystem
- b) One way humans have changed balance of nature
- c) How you can help protect balance of nature

\_\_ 8) Learn about aquatic ecosystems and wetlands in your area. Talk w/den or family about role they play in supporting the life cycles of wildlife & humans, & list 3 ways you can help.

\_\_ 9) Do either 9a or 9b:

- a) Visit a nature center. Tell what you saw.

\_\_ **Into the Woods** Do 1-7

\_\_ 1) ID 3 dif. groups of trees and parts of a tree

\_\_ 2) ID 6 trees common to the area where you live. Tell whether native to your area & how both wildlife and humans use them.

\_\_ 3) ID 6 plants common to the area where you live. Tell which animals use them and for what purpose.

\_\_ 4) Visit a nature center & speak w/someone knowledgeable about trees/plants native to your area. Explain importance of trees/plants to our ecosystem & how they improve environment.

\_\_ 5) Develop a plan to care for & then plant at least one plant/tree, either indoors in a pot or outdoors. Tell how this plant or tree helps the environment in which it is planted and what the plant or tree will be used for.

\_\_ 6) Make a list of items in your home that are made from wood & share it w/your den. Or w/your den take a walk and ID useful things made from wood.

\_\_ 7) Explain how the growth rings of tree tell its life story. Describe dif. types of tree bark and explain what the bark does for the tree.

\_\_ **Maestro** Do 1-3

\_\_ 3) Do two of 3a-3e:

- a) Teach your den the words/melody of a song. Perform w/den @ den/pack meeting
- b) Create original words for a song. Perform...
- c) Collaborate w/den to compose a theme song. Perform...
- e) Perform a musical number by yourself or w/your den in front of an audience

\_\_ **Scouting Adventure\*\*** Do all of 1-6

\_\_ 1) Prepare to become a Boy Scout by:

- a) Repeating from memory the Scout Oath, Law, Motto, & Slogan. Explain their meaning in your own words
- b) Explain Scout Spirit. Describe how you've shown Scout spirit by practicing the Oath/Law/Motto/Slogan.
- c) Give the Boy Scout sign, salute, and handshake. Explain when to use these.

- d) Describe the 1<sup>st</sup> Class Scout badge, and tell what each part stands for. Explain the sig. of this badge.
- e) Repeat from memory the Outdoor Code. In own words, explain what it means to you.

\_\_5) Do the following:

- a) Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.
- b) Show the proper care of a rope by learning how to whip and fuse the ends of dif. kinds of rope

\_\_6) Demo. Knowledge of knife safety rules and pledge. Earn Whittling Chip if you haven't already done so.

\_\_ **Sportsman** Do 1-4

\_\_4) Do 4a-4c:

- a) Explain what good sportsmanship means
- b) Role-play a situation that demos. Good sportsmanship
- c) Give an example of a time when you experienced or saw a display of good sportsmanship

\_\_ **Webelos Walkabout\*** Do 1-8

\_\_1) Create a hike plan

\_\_2) Assemble a hiking first-aid kit.

\_\_3) Describe/ID any poisonous plants and dangerous animals/insects you might encounter on your hike

\_\_4) Before (*during*) your hike, plan/prepare a nutritious lunch. Enjoy it on your hike & clean up afterward.

\_\_5) Recite the Outdoor Code and LNT Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures

\_\_6) W/den hike 3 miles

\_\_7) Complete a service project on or *near* the hike location

\_\_8) Perform a leadership role during hike (trail leader, 1<sup>st</sup> aider, lunch leader, or service project leader) [large dens can trade off throughout hike]