

ALTAR SERVER



Requirements:

1. Show that you are able to serve Mass. If possible, serve as an altar boy / girl in a church/ chapel for a period of 3 months. A certificate by a priest should authenticate this requirement.
2. Lay out an altar for Mass. Ensure that all things needed are available, know their proper names and their uses.
3. Know the principal parts of the Mass and describe them to the examiner.
4. Describe how the Liturgical year is divided and when the different times occur during the calendar year.
5. Know the reason why the colours of the priest's vestments change at different times of the year, what these colours are and when they are used.

ARTIST



Requirements:

Section 1 All items should be completed.

1. Own a proper painting kit which might include proper pencils and brushes, crayons, felt pens, water colours, poster colours and palette. Show knowledge of the primary colours and mixing of these colours to produce the secondary colours. Show that you know how to care for your art materials and how to clean them after use.
2. Design and draw a poster. This can be done on an individual basis or as a collective effort. The poster could highlight health or environmental issues or it could serve as an announcement for a pack or group activity.

Section 2 Choose three (3) of the following:

3. Design and make a greeting card (plain or pop-up).
4. Make a design and print it on paper, fabric, glass etc., using potato prints, lino cuts, tie dying etc.
5. Draw a page for a comic illustrating characters (real or fictitious) and including speech bubbles. The page should be divided into smaller squares with continuous action.
6. Produce some type of artwork on a medium of your choice e.g. stitching or embroidery on cloth, flower pot decoration, painting on wood or glass etc.
7. Design and make your own stencil and use it to decorate an article of your choice.
8. Mosaic and collages – Sketch a picture, then fill it in with stick-on squares of different coloured paper or fill it in with odds and ends stuck on to the base e.g. different shapes of pasta, scraps of fabric or wool, leaves, dried flowers, cut-outs from magazines etc.
9. As part of a group, design and draw a giant picture. Stick pieces of paper together to obtain the desired size then fill in with the subject of your choice e.g. space monsters, a seaside or underwater scene, a story, a camp-site, the Jungle book etc. Such friezes or murals can be used to decorate the Pack's meeting place.

ATHLETE



Requirements:

There are three stages in this badge. There are eight possible events that you can try out. You should try them all out and your best 4 scores will be added for a total.

You must gain

24 points for stage 1; 30 points for stage 2; 34 points for stage 3.

1. 50 metres sprint

10 points

11 seconds

7 points

13 seconds

5 points

15 seconds

2. Throwing the Cricket ball – using a 135gms ball.

10 points

25 metres

7 points

22 metres

5 points

18 metres

3. Hurdle Jump

10 points

0.8 metres

7 points

0.7 metres

5 points

0.6 metres

4. Long Jump

10 points

2.5 metres

7 points

2.0 metres

5 points

1.5 metres

5. Sargent Jump

10 points

35 cm

7 points

30 cm

5 points

25 cm

6. Shuttle Run (6 individual runs x 10 m)

10 points

18 seconds

7 points

20 seconds

5 points

22 seconds

7. 50m Skipping

10 points

13 seconds

7 points

14 seconds

5 points

15 seconds

8. 800m Run

10 points

4 minutes

7 points

5 minutes

5 points

8 minutes

CYCLIST



Requirements:

1. Own or have the use of a bicycle of the proper size and have the necessary safety equipment, including a helmet.
2. Be able to mount and dismount properly.
3. Be able to clean and oil a bicycle and pump up the tyres.
4. Understand the need for keeping the bicycle in a road-worthy condition and help to do this. (Are the wheels wobbly, the pedals or steering loose? Check pressure and condition of tyres, test brakes and chain).
5. Understand the need to keep the bicycle locked when leaving it unattended.
6. Know how and help to mend a puncture.
7. Under observation go for a short ride on a specified course showing knowledge of the proper use of those signals and rules applicable to cyclists as set out in the Highway Code in the section "Rules for Cyclists".
8. Which safety features should be considered by cyclists?
9. Cub Scouts should be able to show (written or otherwise) some general knowledge about cycling (e.g. important persons in the discipline, annual events and competitions organized abroad)

FIRST AIDER



Requirements:

1. Know the limits of first aid and the need for getting help personally and by phone (e.g. calling an ambulance). You should know the emergency numbers.
2. Know why a first-aider must wear disposable surgical gloves when assisting a casualty.
3. Know how to control bleeding by applying direct pressure on the wound.
4. Know the importance of cleanliness and show how to dress minor cuts and grazes with gauze and roller bandages and how to apply and remove adhesive dressings.
5. Demonstrate how to make a patient comfortable. This must include the knowledge of the recovery position.
6. Demonstrate the use of a triangular bandage as a large arm sling and a knee bandage.
7. Know the common causes of burns and scalds in the home and their prevention; how to put out burning clothing; the stop, drop and roll technique and the simple treatment of burns and scalds.
8. Know how to treat a wasp and bee sting and how to remove a splinter.
9. Know how to stop a nosebleed.
10. Know how to treat somebody who has fainted.

REMEMBER: Your own safety always comes first!

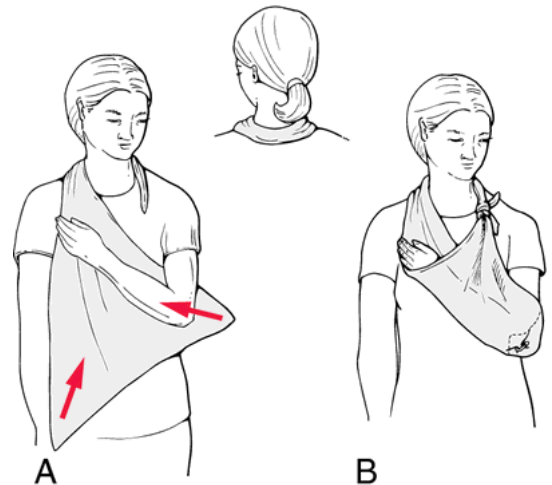
Leader's Explanation:

See the Silver and Gold Arrow sections of 'First Aid' and 'Being Prepared in Case of Emergencies'. Most of the answers and explanations can be found there.

Triangular bandage is used in order to elevate the arm or to keep the arm or knee immobile after an injury. In order to tie the triangular bandage, a reef knot is used.

First step in treating a wasp or bee sting is by trying to remove the sting either by tweezers or by a needle. If you cannot succeed, apply cooking oil and leave for a few minutes (in order for the sting to move outward). Afterwards wash the area with antiseptic in order to reduce the risk of infections. When one has a splinter the most important thing is to try to remove it either by tweezers or by a needle.

Someone faints because there is insufficient supply of oxygen to the brain. Oxygen is carried to the brain via blood. Thus the main objective is to get enough oxygen to the brain. This is done by laying the patient down on the floor and try to elevate his/her legs. Leave enough space for the patient to breathe and check that s/he is breathing well (no obstructions). Lose any tight clothes that the patient may have. Stay with the patient until s/he is gaining consciousness again.



FISHERMAN

Requirements:

1. Hold the Swimmer Badge (Stage 1).
2. Know the seasons of two different fish and the importance of not catching young fish.
3. Take part in and keep a logbook of at least five fishing trips. The log is to contain a note of water conditions, weather, wind directions and strength, species and numbers of fish caught and baits which prove successful.
4. Know how to remove a hook from a fish's mouth without damaging the fish and how to kill the fish properly.
5. Recognize six different fish from photographs.
6. Know the best baits to use for any four fish, the places in which they lie and the best way to fish for them.
7. Find out some information about any fishing laws present in your country.

HANDYMAN



Requirements:

1. With adult assistance, know what to do in the event of a burst water pipe or gas leak. Know what to do in an electricity power cut and how to turn off the electricity supply at home. Specify the dangers of water and electricity.
2. Demonstrate the use of and how to take care of the following tools: hammer, saw, spanner, pliers, hand-drill, and glue gun.
3. Make a useful articles. The following are some examples:
 - A bird table
 - A box for storing tools, pencils etc.
 - A rack for keys, mugs, etc.
 - Book ends or a bookstand
 - A shoe rack
 - A notice board for camp
 - A letter holder
 - A towel rail
4. Demonstrate how to prepare and paint a vertical surface and how to clean a paint brush.

HOBBIES



Requirements:

1. Demonstrate to the leader how you pursue your hobby and what equipment, materials and background information you use.
2. Show a continuing interest and progress over a period of at least three months and be able to demonstrate your hobby and / or discuss it with the leader.

NB: No sport games, playing of instruments or collections are acceptable for this badge. Suitable hobbies could include ballet, drama, model making or gardening.

MUSICIAN



Requirements:

Choose 4 of the following:

1. Show ability in playing a musical instrument. Play two pieces of your choice which show different styles and tempos. Discuss these pieces with the examiner (composer, time, key etc.)
2. Name the parts of your musical instrument and describe its routine maintenance and how you care for it.
3. Explain the major symbols on a music score and give the correct meaning of common musical terms.
4. Listen to a piece of music and name some of the musical instruments heard.
5. Use your talents to enhance a Group activity such as a camp-fire.

PET CARE



Requirements:

1. Own and take care of a pet.
2. Know the correct foods to give it and describe its feeding habits.
3. Describe to the leader which common illnesses might affect your pet, how to recognize them and how to treat them. It is crucial to say why it is important to take your pet for regular checkups to the vet.
4. Show that you know how to take good care of your pet. Mention the cleaning routine of its home, the necessary vaccinations, what exercise it needs, its preferred environment, its friends and its enemies etc.
5. Introduce your pet to your Pack. This can be done with photos or by bringing the pet to a Pack meeting.

N.B. *If the Cub does not own a pet, this badge cannot be awarded.*

PHOTOGRAPHER



Requirements:

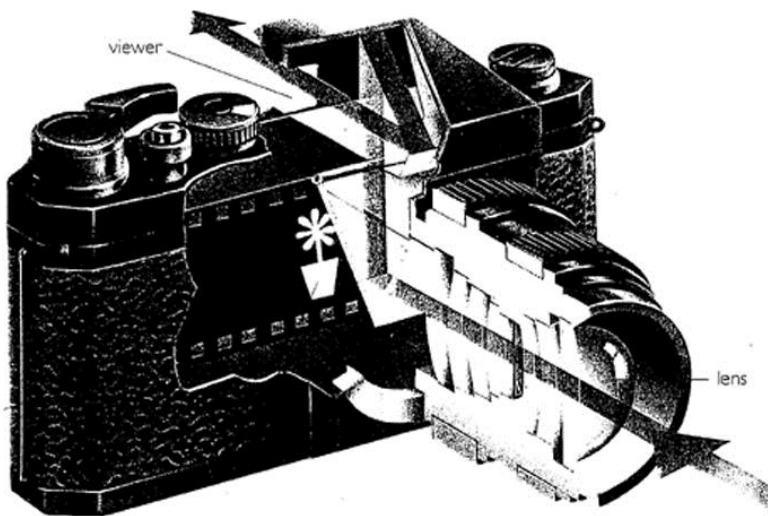
1. Discuss with the examiner the main features of a camera (i.e. shutter speeds, lens focusing and apertures). Be able to identify good practice and common mistakes in taking pictures.
2. Using the above skills take a set of twelve pictures describing an event or outing. These should include various subjects (e.g. landscapes, people and action shots) and may be in colour or black and white.
3. Mount the prints on a chart and use them to describe to other Cub Scouts the outing or event mentioned in point 2.

N.B. All twelve pictures need not necessarily be taken on one occasion.

Leader's Explanation:

General Knowledge:

The first person to take a photography was a Frenchman, Joseph Nicéphore Niepce, in 1822. However, as is often the case with new inventions, many other scientists had been experimenting with light, lenses and light-sensitive chemicals. Working with Niepce was a man called Louis Daguerre, who later improved on Niepce's process. Some early photographs were called 'daguerreotypes'.



How does an old camera work?

A camera is a lightproof box containing light-sensitive film. To take a picture, the photographer presses a button to open a shutter and let light pass through the aperture, a hole in the front of the camera. The camera's lens focuses the light so that it forms a sharp image on the photographic film, just as the lenses in our eyes focus the light onto our retinas. Then the shutter closes again so that no more light reaches the film. The whole process usually takes just a fraction of a second.

How is film developed?

After an image has been recorded on light-sensitive film in a camera, the film is moved along, so that the next photograph will be taken on a fresh piece of film. No more light must hit the exposed film until it is developed, or the picture would be spoiled. The development process then takes place in a dark room, or in a specially made machine.

How does a modern camera work?

Modern cameras use a grid (or an array) of photo sensors to record the incoming pattern of light. Each sensor returns an electrical current when it's struck by the incoming light.

Because the amount of current that's returned varies with the amount of light, your digital camera's electronic innards can combine the different current levels into a composite pattern of data that represents the incoming light — in other words, an image in the form of a binary file.

Although your eye can't see any image in the midst of all those ones and zeroes, your computer can display them as a photograph — and print the image.

Most digital cameras store the image. Different types of cameras use different methods of storing the image files:

RAM cards: Random access memory (RAM) cards (the most common storage method) are removable memory cards that function much like the memory modules used in a USB flash drive. Some memory cards are proprietary, but some cards are interchangeable with netbooks, smartphones, and tablet PCs. When the card is full of images, you either download the images from the card (presumably to your PC) to free up space or eject it and "reload" with a spare, empty card.

Hard drives: Some cameras have their own onboard hard drives, and others use tiny removable hard drives that are roughly the same size as RAM cards. Naturally, these can easily store hundreds of gigabytes of your images.

SCIENTIST



Requirements:

1. Demonstrate any two simple experiments of your own choice. Explain to the examiner what you are doing and what you have proved. (The experiments can be of anything that interest you and should be based on your own choice).

Complete one experiment from the following:

The Physical World

2. Make a simple switch from household items and demonstrate how it could be used to control a light bulb and battery.
3. Demonstrate that electrical currents produce magnetic, chemical and heating effects and explain what happens.
4. Show that hot air rises.
5. Make an artificial rainbow by splitting up a beam of white lighting.
6. Make a pin-hole camera and understand the principles of operation, e.g. size of hole.
7. Keep simple weather records over a month (e.g. rainfall, temperature, cloud cover, wind direction).
8. Make a simple compass and show the effects of metallic and magnetic materials upon it.
9. Make a simple periscope.
10. Demonstrate how to recover dissolved substances from sea water or river water.

Complete one experiment from the following:

The Living World

11. Make some yogurt or yeast dough and find out how living creatures are involved in the process.
12. Grow canary seed or 'gulbiena' (or a similar plant) and investigate what happens when light is excluded from it.
13. Use a net and jar to find out how many different creatures live in the water and mud at the edge of a pond.
14. Investigate what happens to your pulse rate before and after exercise.
15. Grow a bean or pea. When the root and shoot are visible investigate what happens when the seed is turned upside down and left to continue growing.
16. Collect seeds from various plants and discover how these are protected and dispersed.
17. Grow or make crystals or make crystal shapes from paper.

Note: Other experiments of comparable standard are acceptable if agreed with the examiner beforehand. Remember the rule Safety first.

SPORTSMAN



Requirements:

1. Have a broad knowledge of two sports such as football, cricket, basketball, hockey, rounders, horse riding, judo, archery, netball or volleyball. (You should know the rules of the game, the number of players in the team, the type of equipment needed and you should be able to describe the field of play).
2. Show a reasonable proficiency and participate regularly in at least one of the sports mentioned. Know the safety rules for the game selected.
3. Show that you know how to look after all the necessary equipment, including clothing, for the game selected in part 2, for example blowing a football and taking care of your football boots.
4. Show a good sportsmanlike spirit in all Cub Scout games and activities.
5. Know the importance of taking a shower or bath after games if possible, or at least changing out of the clothes worn during the game. Know also the importance of taking good care of the feet.

Note: Certificates for point 2 must be produced from the respective coach and for point 4 from the Cub Scout Leader.

SWIMMER



The Seven Safety Rules:

1. Always have an adult nearby.
2. The 'buddy' system: Never swim alone. Be ready to help each other but remember your own safety comes first.
3. Check the area where you are going to swim.
4. Stay in your depth. If you cannot swim, stay in water about one metre deep. Only very good swimmers may go in deep water.
5. Come out before you are too tired or cold. You could get a cramp.
6. Wait before going into the water after eating. You could get a cramp from this too.
7. Think of others. Never duck anyone. Make sure there is nobody in the way before you dive or jump.

Requirements:

Stage 1 - Perform the following:

1. Know the seven safety rules at sea listed above.
2. Jump or dive.
3. Breathing exercise.
4. Front glide.
5. Back glide.
6. Front paddle 10 metres.
7. Back paddle 10 metres.
8. 25 metres of either breast-stroke, front crawl or back crawl.

Stage 2 - Perform the following:

1. Know the seven safety rules at sea listed above.
2. From the shallow to the deep end swim 15 metres in shirt and shorts, without pause, using one stroke throughout. Tread water for one minute.
3. A surface dive into approximately 1.25 metres of water in shirt and shorts. Remove clothing while in the water, without touching the bottom or side.
4. Mushroom float.
5. Plunge (dive and glide) as far as possible.
6. A plain header with good stance, take-off, flight and entry.

Stage 3 - Perform the following in the order set out without a break:

1. Know the seven safety rules at sea listed below.
2. Commencing with the appropriate racing dive, swim 25 metres, breast, front or back crawl.
3. Dressed in trousers and shirt or pyjamas: jump from a height of not less than 2 metres; tread water for 3 minutes in a vertical position; undress in the water.
4. Swim 50 metres, surface diving once during the swim, and swimming at least 5 metres under water.
5. Climb out from deep water without assistance, use of steps, etc...