

# ARROW OF LIGHT ADVENTURES

5th Grade

## Earn the Arrow of Light Badge of Rank

To earn the Arrow of Light badge of rank, you must complete six required Adventures and any two elective Adventures.

### Required Adventures



Character & Leadership

#### Bobcat Adventure

The Bobcat Adventure is designed to be the first required Adventure. Requirements for Bobcat include getting to know members of the den and the "How to Protect Your Children from Child Abuse: A Parent's Guide" which are important activities to do with your den early on.

[View Arrow of Light Bobcat](#)



Citizenship

Citizenship



Duty to God

Family & Reverence



First Aid

Personal Safety



Outdoor Adventurer

Outdoors



Personal Fitness

Personal Fitness

Must Complete All Six: Bobcat AOL, Citizenship, Duty to God, First Aid, Outdoor Adventurer, Personal Fitness

## Elective Adventures

You may complete as many elective Adventures as you wish.



Champions for  
Nature AOL



Cycling



Engineer



Estimations



Fishing



High Tech Outdoors



Into the Wild



Into the Woods



Knife Safety



Paddle Craft



Race Time AOL



Summertime Fun  
AOL



Swimming

Pick At Least Two: Champions for Nature AOL; Cycling; Engineer; Estimations; Fishing; High Tech Outdoors; Into the Wild; Into the Woods; Knife Safety; Paddle Craft; Race Time AOL; Summertime Fun AOL; Swimming

Arrow of Light – 5th Grade

# Bobcat Arrow Of Light

Character & Leadership

REQUIRED



## Snapshot Of Adventure

The Bobcat Adventure is the first required Adventure on your Trail and will get you and your patrol off to a great start. Once you have completed the Bobcat Adventure, you can work on the other Adventures in any order. In this Adventure, you'll learn about things like the Scout slogan and the patrol method. You'll find out about ranks in Scouts BSA and merit badges. And you'll visit a Scouts BSA troop.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Review [Age Appropriate Guidelines for Scouting Activities](#) before camping.

When camping:

- Basic Adult Leader Outdoor Orientation (BALOO) training is mandatory for a pack overnighter. At least one registered adult leader who will be present during the overnighter must complete BALOO training. BALOO training consists of an online prerequisite component in addition to an overnight hands-on practical. BSA's Cub Scout-level camping policies will be taught along with the discovery of the necessary tools to help units carry out a successful camping experience. Check with your local council when the next available BALOO Training will be conducted.
- Complete the online training "Hazardous Weather" training module that is part of the Position Specific Training for den leaders [my.scouting](#). If you have already completed den leader, Cubmaster, or pack committee chair training on-line, then you have completed this module.
- Watch the [Weather Related Safety Moment](#) video (1 minute 48 seconds).
- Review [Guide to Safe Scouting](#) for camping,
- If building a campfire, review [Behavior Around Campfires](#).

When camping with a Scouts BSA troop, Arrow of Light scouts abide by camping rules for Arrow of Light Scouts.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Bobcat Arrow of Light.

### **Requirement 1**

Demonstrate the patrol method by choosing a patrol name and electing a patrol leader. Discuss the benefits of using the patrol method.

### **Requirement 2**

Get to know members of your patrol.

### **Requirement 3**

Recite the Scout Oath and Scout Law with your patrol.

### **Requirement 4**

With your patrol create a Code of Conduct.

### **Requirement 5**

Demonstrate the Scout sign, Scout salute and Scout handshake used by Scouts BSA. Show how each are used.

### **Requirement 6**

Learn the Scouts BSA slogan and motto.

### **Requirement 7**

With your patrol, or with your parent/legal guardian, visit a Scouts BSA troop.

### **Requirement 8**

At home, with your parent or legal guardian do the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."

#### Requirement 1 Options:

Demonstrate the patrol method by choosing a patrol name and electing a patrol leader. Discuss the benefits of using the patrol method.

- Cub Scouts choose a patrol name and elect a patrol leader.

#### Requirement 2 Options:

Get to know members of your patrol.

- Cub Scouts get to know each other using a beach ball.
- Cub Scouts share compliments about each other.
- Cub Scouts create a patrol flag.

#### Requirement 3 Options:

Recite the Scout Oath and Scout Law with your patrol.

- Learn and reinforce the Scout Oath and the Scout Law by reciting it with your patrol.

#### Requirement 4 Options:

With your patrol create a Code of Conduct.

- Cub Scouts will be invested in their conduct when they help create their code of conduct.

#### Requirement 5 Options:

Demonstrate the Scout sign, Scout salute and Scout handshake used by Scouts BSA. Show how each is used.

- Cub Scouts learn the Scouts BSA sign, salute, and handshake and how each is used.

#### Requirement 6 Options:

Learn the Scouts BSA slogan and motto.

- Cub Scouts learn the Scouts BSA slogan and motto and how to use them.

#### Requirement 7 Options:

With your patrol, or with your parent/legal guardian, visit a Scouts BSA troop.

- Cub Scouts attend a daytime activity with a local Scouts BSA troop.
- During a visit with a Scouts BSA troop, Cub Scouts look for key elements and experiences of the troop meeting.
- Cub Scouts attend an overnight activity with a local Scouts BSA troop.

#### Requirement 8 Options:

At home, with your parent or legal guardian do the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."

- Review the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."

# Citizenship

Citizenship  
REQUIRED



## Snapshot Of Adventure

Volunteering to make your community and country better is part of being both a Scout and a good citizen. This Adventure may only have two requirements, but the goal is for you to take an active part in identifying and planning a service project, not just participating in one. This will help you in the future as you learn how to plan and conduct service projects in Scouts BSA.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Watch this video about [Service Projects in Cub Scouting](#) (6:44) Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Use the [Service Project Planning Checklist](#) to plan your den or pack service project.
- Review the [SAFE Project Tool Use](#) is an at-a-glance reference for service projects, not crafts. It includes age guidelines for tools and types of allowed activities allowed for service projects.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Citizenship .

### **Requirement 1**

Identify a community service project that your patrol or pack could accomplish. Use the BSA SAFE Checklist and develop a plan to conduct the service project safely.

### **Requirement 2**

Participate in a service project for a minimum of two hours or multiple service projects for a total of two hours.

#### Requirement 1 Options:

Identify a community service project that your patrol or pack could accomplish. Use the BSA SAFE Checklist and develop a plan to conduct the service project safely.

- Cub Scouts learn how to safely plan a service project.

#### Requirement 2 Options:

Participate in a service project for a minimum of two hours or multiple service projects for a total of two hours.

- Participate in your Council-sponsored Scouting for Food event.
- Cub Scouts do a Good Turn by raking leaves or shoveling snow for a neighbor in need.
- Cub Scouts build a little free library from recycled materials and fill it with books to support their community.
- Cub Scouts participate in a service project with a Scouts BSA troop.

# Duty To God

Family & Reverence

REQUIRED



## Snapshot Of Adventure

It is important to know that the BSA has a religious element as a part of the program as stated in the Scout Oath and Scout Law. However, the BSA is absolutely nonsectarian in its attitude toward a member's religion or faith. The BSA policy is that the home and organization or group with which the member is connected shall give definite attention to religious life.

Duty to God ... Your family and religious leaders teach you about God and the ways you can serve. You can do your duty to God by following the wisdom of those teachings and by defending the rights of others to practice their own beliefs. The BSA is absolutely nonsectarian (not affiliated with or restricted to a particular faith or religious group) Reverent means that a Scout is faithful in their religious duties and respects the beliefs of others. No matter what the religious faith of a Scout may be, this fundamental of good citizenship should be kept before them.

*This Adventure is commonly done at home with the Cub Scout's family. If it is being done as a den, ensure that every parent and guardian is aware of the content and the activities that the den will do and allow parents to opt out of doing it as a den activity and choose to complete the requirement at home.*

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

### Complete the following requirements

Family & Reverence Adventure - This Adventure may be earned by completing the requirements below OR by completing a Religious Emblem of the Cub Scouts family's choosing. Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Duty to God.

### **Requirement 1**

Discuss with your parent or legal guardian your family's faith traditions or one of your choosing. Choose a view or value of that faith tradition that is related to the Scout Law. Discuss with your family how each family member demonstrates this value.

### **Requirement 2**

Meet with a representative of a faith-based organization in your local community who provides a service that assists people in crisis regardless of their faith. Identify who they help and how.

### **Requirement 3**

Discuss with your parent, legal guardian, or an adult leader what "Duty to God" means to you. Tell how you practice your Duty to God in your daily life.

#### Requirement 1 Options:

Discuss with your parent or legal guardian your family's faith traditions or one of your choosing. Choose a view or value of that faith tradition that is related to the Scout Law. Discuss with your family how each family member demonstrates this value.

- Cub Scouts discuss their family's faith traditions and values and how they relate to the Scout Law with their parents or legal guardians.

#### Requirement 2 Options:

Meet with a representative of a faith-based organization in your local community who provides a service that assists people in crisis regardless of their faith. Identify who they help and how.

- Invite a leader of a faith-based organization to learn how they provide service to those in crisis.

#### Requirement 3 Options:

Discuss with your parent, legal guardian, or an adult leader what "Duty to God" means to you. Tell how you practice your Duty to God in your daily life.

- Cub Scouts discuss with their parent or legal guardian what "Duty to God" means to their family and how they practice that in their daily life.

# First Aid

Personal Safety

REQUIRED



## Snapshot Of Adventure

In this Adventure, you will learn how to protect yourself and how to help others when they have been hurt. The skills you learn in this Adventure could help someone in trouble or even save a life. Your patrol may have a trained professional like an emergency medical technician (EMT), medical doctor, or registered nurse provide instruction for this Adventure.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review the [BSA Youth Protection](#) content.
- Review the [Protect Yourself Rules-Arrow of Light](#) video.
- Requirement 1 may be completed at home or as a den. Prior to the meeting inform parents, legal guardians, and adult partners of the Adventure and content. See the document “Arrow of Light First Aid 1 Parent Notification” found in the Additional Resources section for Requirement 1.
- Review the content for First Aid and become familiar with it to ensure proper information and techniques are being taught.
- If you need assistance, you can seek help from a Scouts BSA Troop adult leader who has Wilderness First Aid or Standard First Aid Certification, or a medical professional, EMT, or other adult who has formal first aid training. Share with them the content for the Adventure to ensure that the content remains age-appropriate.
- Consider becoming certified in Red Cross First Aid, learn more about the [American Red Cross and BSA Training Agreement](#).

During the Adventure:

- There is a chance that a child may disclose a situation that causes suspicion of abuse. If you suspect a child is being abused follow the reporting guidelines found on the [BSA Youth Protection](#) site.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete First Aid.

### **Requirement 1**

With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Arrow of Light rank.

### **Requirement 2**

Explain what you should do if you encounter someone in need of first aid.

### **Requirement 3**

Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.

### **Requirement 4**

Demonstrate how to help a choking victim.

### **Requirement 5**

Demonstrate how to treat shock.

### **Requirement 6**

Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleed.

### **Requirement 7**

Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit.

#### Requirement 1 Options:

With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Arrow of Light rank.

- Watch the Protect Yourself Rules video with your parent or legal guardian.

#### Requirement 2 Options:

Explain what you should do if you encounter someone in need of first aid.

- Cub Scouts explain what to do if they encounter someone who needs first aid.

#### Requirement 3 Options:

Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.

- Cub Scouts demonstrate what to do for first aid “hurry” cases.
- Visit an emergency services station and do some hands-on learning from a professional

Requirement 4 Options:

Demonstrate how to help a choking victim.

- Cub Scouts demonstrate how to perform the Heimlich maneuver.

Requirement 5 Options:

Demonstrate how to treat shock.

- Cub Scouts demonstrate how to treat shock.

Requirement 6 Options:

Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleed.

- Cub Scouts learn how to treat common first aid needs.

Requirement 7 Options:

Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit.

- Cub Scouts make and demonstrate the use of a first aid kit.

Arrow of Light – 5th Grade

# Outdoor Adventurer

Outdoors

REQUIRED



## Snapshot Of Adventure

There's nothing like the great outdoors. In this Adventure, you will plan and participate in a campout with your Arrow of Light patrol or a Scouts BSA troop. You'll learn how to pack, help plan using the BSA SAFE Checklist, set up camp, and discover how Scouts camp.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#). Review [Age Appropriate Guidelines for Scouting Activities](#) before camping.

When camping:

- BALOO training is mandatory for a MINIMUM OF ONE adult on a pack or and Arrow of Light den campout . BALOO training consists of an online pre-requisite component in addition to an overnight hand on practical. BSA's Cub Scout level camping policies will be taught along with the discovery of the necessary tools to help units carry out a successful camping experience.
- Complete the on-line training "Hazardous Weather" training module that is part of the Position Specific Training for den leaders [my.scouting](#). If you have already completed den leader, Cubmaster, or pack committee chair training on-line, then you have completed this module.
- Watch the [Weather Related Safety Moment](#) video (1 minute 48 seconds).
- Review [Guide to Safe Scouting](#) for camping,
- If building a campfire, review [Behavior Around Campfires](#).

When camping with a Scouts BSA troop, Arrow of Light scouts abide by Arrow of Light Cub Scout camping rules.

Before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [BSA Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- If there is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Outdoor Adventurer .

### **Requirement 1**

Learn about the Scout Basic Essentials.

### **Requirement 2**

Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.

### **Requirement 3**

Review the four points of the BSA SAFE Checklist and how you will apply them. on the campout.

### **Requirement 4**

Locate the campsite where you will be camping on a map.

### **Requirement 5**

With your patrol or a Scouts BSA troop, participate in a campout.

### **Requirement 6**

Upon arrival at the campout determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.

### **Requirement 7**

Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.

### **Requirement 8**

After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave Not Trace Principles for Kids.

### Requirement 1 Options:

Learn about the Scout Basic Essentials.

- Cub Scouts learn the Scout Basic Essentials.
- Cub Scouts play a relay game to learn about the Scout Basic Essentials.
- Cub Scouts learn the Scout Basic Essentials from a Scouts BSA member.

### Requirement 2 Options:

Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.

- Cub Scouts have a camping gear shakedown with an IOLS (Introduction to Outdoor Leader Skills) trained leader.
- Cub Scouts attend a Scout BSA troop meeting for a camping gear shakedown

### Requirement 3 Options:

Review the four points of the BSA SAFE Checklist and how you will apply them. on the campout.

- Cub Scouts apply the points of the BSA SAFE checklist to their campout.

### Requirement 4 Options:

Locate the campsite where you will be camping on a map.

- Cub Scouts locate their campground using a digital device.
- Cub Scouts locate their campsite on a paper map.

### Requirement 5 Options:

With your patrol or a Scouts BSA troop, participate in a campout.

- Cub Scouts camp with their den.
- Cub Scouts camp with a Scouts BSA troop.

### Requirement 6 Options:

Upon arrival at the campout determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.

- Cub Scouts set up their campsite.

### Requirement 7 Options:

Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.

- Cub Scouts learn about safe food handling and use the three-pot method for meal clean up. method for cleaning

### Requirement 8 Options:

After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave Not Trace Principles for Kids.

- Cub Scouts assess their campout using Start, Stop, Continue.

# Personal Fitness

Personal Fitness

REQUIRED



## Snapshot Of Adventure

In the Scout Oath we promise to keep ourselves physically strong. Proper nutrition, staying active with group activities, and personal exercises are key to being physically strong. You are now old enough to also know about your personal BSA Health and Medical Record.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [BSA Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- there is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

When cooking and using a knife, the Knife Safety Adventure must be completed first.

For requirement 3, if choosing to go cycling:

- Review and become familiar with Bicycle Safety guidelines found on the [BSA Sports and Activities](#) page.

During the Adventure:

- Conduct an “ABC Quick Check” on the bicycles before riding. The Pedestrian and Bicycle Information Center has a [checklist](#) for air, brakes, and cranks, chain, and cogs.
- If conducting a bike ride away from your regular meeting location make sure to have everyone complete an [Activity Consent](#) form.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Personal Fitness .

### **Requirement 1**

Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout.

### **Requirement 2**

Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically strong.

### **Requirement 3**

Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving.

### **Requirement 4**

Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities.

#### Requirement 1 Options:

Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout.

- Cub Scouts prepare a pizza on a campout.
- Cub Scouts prepare a meal for a picnic.

#### Requirement 2 Options:

Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically strong.

- Cub Scouts track their physical fitness for 14 days.

#### Requirement 3 Options:

Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving.

- Cub Scouts go on a bike ride.
- Cub Scouts participate in a school or extracurricular sport.
- Cub Scouts play kickball.

#### Requirement 4 Options:

Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities.

- Cub Scouts review their BSA Annual Health and Medical Records with their parent or legal guardian.

# Champions For Nature

## AOL

ELECTIVE



## Snapshot Of Adventure

About half of the land on Earth is being used for some type of agriculture. Agriculture is often in the form of a farm. How we farm, either growing crops or raising animals for food, has an impact on our planet. The country of India has the most land mass used for agriculture. The United States is second. Combined, these two countries account for 22% of the land on the planet being used for agriculture. How the United States grows, distributes, and uses food has an impact on the world. In this Adventure, you will explore food and ways to conserve it, and the resources used to produce food.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Watch this video about [Service Projects in Cub Scouting](#) (6:44) Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Use the [Service Project Planning Checklist](#) to plan your den or pack service project.
- Review the [SAFE Project Tool Use](#) is an at-a-glance reference for service projects, not crafts. It includes age guidelines for tools and types of allowed activities allowed for service projects.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

Before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [BSA Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- There is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on anaphylaxis.
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Champions for Nature AOL.

### **Requirement 1**

Identify foods grown or processed in your state.

### **Requirement 2**

Determine the benefits of purchasing food that is locally grown or processed.

### **Requirement 3**

Explore the concept of a food desert.

### **Requirement 4**

Explore the concept of a food oasis.

### **Requirement 5**

Learn how individuals can reduce food waste.

### **Requirement 6**

Participate in a conservation service project.

#### Requirement 1 Options:

Identify foods grown or processed in your state.

- Cub Scouts learn about food grown and processed in their state.
- Visit a grocery store and talk to store manager about where food comes from.
- Cub Scouts talk to a local grower about food grown in their state.

#### Requirement 2 Options:

Determine the benefits of purchasing food that is locally grown or processed.

- Cub Scouts calculate miles food traveled from source to table.
- Cub Scouts calculate the miles that fruit has traveled for their fruit salad.

#### Requirement 3 Options:

Explore the concept of a food desert.

- Cub Scouts determine if they live in a food desert.
- Cub Scouts find nearby food deserts.

#### Requirement 4 Options:

Explore the concept of a food oasis.

- Cub Scouts determine if they live in a food oasis.
- Cub Scouts find a nearby food oasis.

Requirement 5 Options:

Learn how individuals can reduce food waste.

- Cub Scouts preserve food to reduce waste.
- Cub Scouts plan a meal that minimizes food waste.
- Cub Scouts will learn how they can reduce food waste.

Requirement 6 Options:

Participate in a conservation service project.

- Cub Scouts assist with a local community garden.
- Cub Scouts collect leftover pumpkins and deliver them to a local farm or animal rescue.
- Cub Scouts assist with trash cleanup in their community.
- Explore the World Organization for the Scouting Movement's conservation efforts.

# Cycling

ELECTIVE



## Snapshot Of Adventure

Are you ready for a 10-mile bike ride? Gather your Scout Basic Essentials, check your bike and safety gear, and get ready to hit the open road or trail. Cycling is a wonderful way to travel and a great hobby to stay physically strong.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review and become familiar with Bicycle Safety guidelines found on the [BSA Sports and Activities](#) page.

During the Adventure:

- Conduct an “ABC Quick Check” on the bicycles before riding. The Pedestrian and Bicycle Information Center has a [checklist](#) for air, brakes, and cranks, chain, and cogs.
- If conducting a bike ride away from your regular meeting location make sure to have everyone complete an [Activity Consent](#) form.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Cycling.

#### Requirement 1

Decide on gear and supplies you should bring might bring for a long bike ride. Determine how to safely carry the gear.

**Requirement 2**

Discover how multi-gear bicycles work and their benefit.

**Requirement 3**

Show how to lubricate a chain.

**Requirement 4**

Review different bicycle locks. Demonstrate the operation of locks and, how to secure your bicycle with a lock.

**Requirement 5**

Repair a flat tire.

**Requirement 6**

With your patrol, pack, or family, use a map and plan a bicycle ride that is at least 10 miles.

**Requirement 7**

With your patrol, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 10 miles.

Requirement 1 Options:

Decide on gear and supplies you should bring might bring for a long bike ride. Determine how to safely carry the gear.

- Cub Scouts learn about and determine gear needed for a long bike ride and how to carry that gear.

Requirement 2 Options:

Discover how multi-gear bicycles work and their benefit.

- Cub Scouts learn about multi-gear bikes.

Requirement 3 Options:

Show how to lubricate a chain.

- Cub Scouts learn how to maintain their bike chain.

Requirement 4 Options:

Review different bicycle locks. Demonstrate the operation of locks and, how to secure your bicycle with a lock.

- Cub Scouts learn about different types of bike locks and how to open them.

Requirement 5 Options:

Repair a flat tire.

- Cub Scouts learn how to repair a flat tire on a bike.

Requirement 6 Options:

With your patrol, pack, or family, use a map and plan a bicycle ride that is at least 10 miles.

- Cub Scouts use a paper map or online tool or app to plan a route of 10 miles or more.

Requirement 7 Options:

With your patrol, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 10 miles.

- Cub Scouts and adults go on a 10-mile bike ride.

# Engineer

ELECTIVE



## Snapshot Of Adventure

Lots of people have great ideas: flying to the moon, tunneling under rivers, building robots that walk and talk, or making triple-loop rollercoasters. Engineers turn those ideas into reality. They use science, math, and creative thinking to improve people's lives. In this Adventure, you will learn what engineers do. Even better, you can do some engineering projects of your own. So put on your thinking cap and get ready to think like an engineer!

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities before starting a project](#).
- Cub Scouts are allowed to use common craft tools, such as paintbrushes, scissors, hammers, and screw drivers.
- Know the proper use of the tools that will be used for the project, by any youth or adult.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Engineer.

### **Requirement 1**

Learn the focus, related sciences, and products of civil, electrical, and mechanical engineers.

### **Requirement 2**

Pick one of the engineering fields from requirement 1 to complete the following requirements.

### **Requirement 3**

Examine a set of blueprints or specifications used by your choice of engineer.

### **Requirement 4**

Identify a project that you would like to build.

### **Requirement 5**

Using the engineering process, build your project.

#### Requirement 1 Options:

Learn the focus, related sciences, and products of civil, electrical, and mechanical engineers.

- Cub Scouts learn a basic understanding of the engineering world: what an engineer does and the impact of engineering on our daily lives.

#### Requirement 2 Options:

Pick one of the engineering fields from requirement 1 to complete the following requirements.

- Cub Scouts decide as a den which engineering field to focus on.

#### Requirement 3 Options:

Examine a set of blueprints or specifications used by your choice of engineer.

- Examine a set of blueprints for a community building.
- Examine a set of blueprints from an engineer.
- Examine a set of blueprints at a historical archive.

#### Requirement 4 Options:

Identify a project that you would like to build.

- Cub Scouts pick a project to build.

#### Requirement 5 Options:

Using the engineering process, build your project.

- Cub Scouts build a paper roller coaster.
- Cub Scouts build a display table.
- Cub Scouts build speakers from a yogurt cup.

# Estimations

ELECTIVE



## Snapshot Of Adventure

There are times when we need to be exact, like when building a model or baking from a recipe. When we do not need to be exact, or we only need a general idea of something or its cost, we can estimate. There are some simple ways to estimate things like the time of day or even the height of an object.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [BSA Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- There is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food,

Review [safety guidelines](#) when viewing the sun.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Estimations.

#### Requirement 1

Estimate food measurements.

**Requirement 2**

Estimate the time of day.

**Requirement 3**

Estimate the height of a distant object.

**Requirement 4**

Estimate the distance between two points.

Requirement 1 Options:

Estimate food measurements.

- Calculate ingredients needed for a campout meal.
- Cub Scouts estimate serving sizes of different foods.

Requirement 2 Options:

Estimate the time of day.

- Estimate time using your hands and the position of the sun in the sky.
- Create a sundial to estimate the time of day.

Requirement 3 Options:

Estimate the height of a distant object.

- Use a stick to estimate the height of a tall object.
- Create a theodolite to estimate the height of an object.

Requirement 4 Options:

Estimate the distance between two points.

- Find the distance between two points on a known map.

# Fishing

ELECTIVE



## Snapshot Of Adventure

You may have gone fishing before and know some basics. In this Adventure, you will learn how to plan a fishing experience using the BSA SAFE Checklist. This will help you be prepared for future adventures in Scouts BSA.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting the Adventure:

- Review content about [fishing](#) on Scouting.org.
- Check state requirements for fishing licenses or permits for youth and adults.
- Secure additional adult supervision that can assist Cub Scouts during the activity.
- Get permission to fish where you plan to fish.
- Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
- If fishing in freshwater, review Fishing Basics [PowerPoint presentation](#) and [Instructor's Guide](#) to teach freshwater fishing.
- Additional fishing resources can be found at [Scout Life Magazine](#).

During the Adventure:

- Use the buddy system.
- Give plenty of room to others who are fishing nearby.
- Never fish where people are swimming.

Once you know your local fishing rules and regulations, here are the 6 things to know to keep you and others safe:

1. Fish with proper adult supervision.
2. Get permission to fish where you plan to fish.
3. Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
4. Use the buddy system. You must be able to see them.
5. Give plenty of room to others who are fishing nearby.
6. Never fish where people are swimming.

Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Fishing.

### **Requirement 1**

Make a plan to go fishing. Determine where you will go and what type of fish you plan to catch. All of the following requirements are to be completed based on your choice.

### **Requirement 2**

Use the BSA SAFE Checklist to plan what you need for your fishing experience.

### **Requirement 3**

Describe the environment where the fish might be found.

### **Requirement 4**

Make a list of the equipment and materials you will need to fish.

### **Requirement 5**

Determine the best type of knot to tie your hook to your line and tie it.

### **Requirement 6**

On your own, choose the appropriate type of fishing rod and tackle you will be using. Have an adult review your gear.

### **Requirement 7**

Using what you have learned about fish and fishing equipment, spend at least one hour fishing following local guidelines and regulations.

#### Requirement 1 Options:

Make a plan to go fishing. Determine where you will go and what type of fish you plan to catch. All of the following requirements are to be completed based on your choice.

- Cub Scouts plan their fishing adventure.

#### Requirement 2 Options:

Use the BSA SAFE Checklist to plan what you need for your fishing experience.

- Cub Scouts use the BSA SAFE checklist for their fishing adventure.

#### Requirement 3 Options:

Describe the environment where the fish might be found.

- Cub Scouts create a flyer to advertise local aquatic ecosystems and fish habitats.
- Cub Scouts learn about local fish from a guest speaker.

- Cub Scouts make a model of a local fish habitat.

Requirement 4 Options:

Make a list of the equipment and materials you will need to fish.

- Cub Scouts learn what equipment and materials should be included in a personal tackle box.

Requirement 5 Options:

Determine the best type of knot to tie your hook to your line and tie it.

- Cub Scouts practice fishing knots by doing stations around the meeting space.

Requirement 6 Options:

On your own, choose the appropriate type of fishing rod and tackle you will be using. Have an adult review your gear.

- Cub Scouts have their fishing gear checked by an adult leader.

Requirement 7 Options:

Using what you have learned about fish and fishing equipment, spend at least one hour fishing following local guidelines and regulations.

- Cub Scouts go fishing for at least one hour.

# High Tech Outdoors

ELECTIVE



## Snapshot Of Adventure

Long ago, tents were made from cotton canvas. They were heavy and were not waterproof. If you put them away wet, they could mold and rot. Today, tents are made using synthetic (human-made) materials that are waterproof, lightweight, breathable, and resistant to mold and rot. Not only has technology improved tents, but it's also given us digital devices that help us navigate, learn, and stay safe.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#). Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.)

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete High Tech Outdoors.

#### Requirement 1

With an adult, use a weather app or website to see the forecast for an outdoor activity and discuss any preparation needed to accommodate the weather.

#### Requirement 2

With an adult, find a knot-tying app. Select one knot to learn, and tie it using the app.

#### Requirement 3

Discuss how technology has improved camping gear.

#### Requirement 4

Think of a way technology can improve camping gear used on one of your outdoor activities.

### Requirement 1 Options:

With an adult, use a weather app or website to see the forecast for an outdoor activity and discuss any preparation needed to accommodate the weather.

- Cub Scouts use a weather app to prep for an outing.

### Requirement 2 Options:

With an adult, find a knot-tying app. Select one knot to learn, and tie it using the app.

- Cub Scouts learn to tie knots.

### Requirement 3 Options:

Discuss how technology has improved camping gear.

- Invite an outdoor expert to a den meeting to talk improvements in camping gear.
- Visit a retailer that specializes in the outdoors and talk camping gear.

### Requirement 4 Options:

Think of a way technology can improve camping gear used on one of your outdoor activities.

- Cub Scouts model their own improvement of camping gear.
- Cub Scouts create drawings of their own improvement of camping gear.
- Cub Scouts create a video describing their own improvement of camping gear.

# Into The Wild

ELECTIVE



## Snapshot Of Adventure

When you go “into the wild,” you will begin to learn about some of the mammals, birds, reptiles, amphibians, and insects that live with us day and night and how they contribute to the world in which we live.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before conducting a craft activity, review the [Craft Tips](#) video (2 minutes 34 seconds.) Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Into the Wild.

#### Requirement 1

Visit a place with a variety of wild animals. Select one of the animals and observe its behavior. Use your selected animal to complete the remaining requirements.

#### Requirement 2

Create a model of your animal’s ecosystem.

#### Requirement 3

Investigate how your animal coexists with other animals in the wild.

#### Requirement 4

Describe how humans interact with your chosen animal’s ecosystem.

#### Requirement 5

Discover how wildlife management benefits your animal.

#### Requirement 1 Options:

Visit a place with a variety of wild animals. Select one of the animals and observe its behavior.

Use your selected animal to complete the remaining requirements.

- Walk along a trail and search for the perfect animal.
- Visit a wildlife park and search for the perfect animal.
- Visit a zoo and search for the perfect animal.

#### Requirement 2 Options:

Create a model of your animal's ecosystem.

- Cub Scouts create their animal's ecosystem using clay.
- Cub Scouts create a diorama showing their animal's ecosystem.

#### Requirement 3 Options:

Investigate how your animal coexists with other animals in the wild.

- Cub Scouts play a game to learn the web of life.

#### Requirement 4 Options:

Describe how humans interact with your chosen animal's ecosystem.

- Cub Scouts add human interaction to their animal ecosystem.

#### Requirement 5 Options:

Discover how wildlife management benefits your animal.

- Visit a wildlife recovery center.
- Invite a wildlife expert to speak at a den meeting.

# Into The Woods

ELECTIVE



## Snapshot Of Adventure

Trees and plants play important roles in nature. In this Adventure, you will get to learn about the plants and trees in your community by exploring your area on a walk or visit to a local nature center, tree farm, or park.

If you have ever stood beneath a towering redwood, enjoyed the colors of fall leaves, or watched pine trees swaying in the wind, you know that trees and plants are beautiful. But they are also important to life on Earth. As you go into the woods, you will learn what trees and plants do for us and for animals, and why taking care of them is important to our planet's well-being.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Before starting this Adventure, review [Digital Safety and Online Scouting Activities](#).

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Into the Woods.

#### Requirement 1

Visit an area with trees and plants and conduct a tree inventory. Select one tree and complete the remaining requirements based on that tree.

#### Requirement 2

Determine if your tree is deciduous or evergreen.

#### Requirement 3

Determine if your tree is native or was introduced to your area.

**Requirement 4**

Find out how your tree deals with wildfire.

**Requirement 5**

Learn how wildlife uses your tree.

Requirement 1 Options:

Visit an area with trees and plants and conduct a tree inventory. Select one tree and complete the remaining requirements based on that tree.

- Cub Scouts visit a park to conduct a tree inventory and select a tree to study.

Requirement 2 Options:

Determine if your tree is deciduous or evergreen.

- Cub Scouts make a rubbing of the leaf or needles from their chosen tree.
- Cub Scouts photograph their leaf and enlarge the image to determine if it is deciduous or coniferous.
- Cub Scouts use a pocket microscope to examine their leaf.

Requirement 3 Options:

Determine if your tree is native or was introduced to your area.

- Cub Scouts determine whether their tree is native, introduced, or invasive.

Requirement 4 Options:

Find out how your tree deals with wildfire.

- Cub Scouts will observe how different types of wood burn.
- Cub Scouts talk with a Fire Management Officer to learn about wildfires and prescribed burns.

Requirement 5 Options:

Learn how wildlife uses your tree.

- Cub Scouts investigate the relationships between trees and wildlife.

# Knife Safety

ELECTIVE



## Snapshot Of Adventure

### Adventure Snapshot

A knife is a tool. A pocketknife or multipurpose tool is one of the Scout Basic Essentials. On campouts, you will be preparing your own food. It's more than likely you'll use a kitchen knife. In this Adventure, you will learn the safety rules about using a knife and some basic instructions on how to use a pocketknife and kitchen knife.

This Adventure allows you as an Arrow of Light Scout to use a knife, with adult permission, during Cub Scout activities. Your pocket certificate for this Adventure may serve as proof you have heard this Adventure.

**If you earned the Whittling Adventure as a Bear and/or the Chef's Knife Adventure as a Webelos, you must earn the Knife Safety Adventure as an Arrow of Light Scout to earn the privilege of using a knife during a Cub Scout activity.**

**When joining a Scouts BSA troop, you will be asked to share what you need to know about pocketknife safety for your first rank, Scout. You will also be required to earn the Totin' Chip certification to earn the privilege of using a knife during a Scouts BSA activity. The Totin' Chip also covers the proper use of a saw and ax.**

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure

- Watch the [Cub Scout Knife Safety Adventures](#) video.
- Confirm that your meeting location will permit pocketknives or kitchen knives.
- Know the Cub Scout knife safety rules.

- Stop – make sure no one else is within arm's reach
- Away – always cut away from your finger or other body parts
- Sharp – a sharp, clean knife is a safe knife
- Store – knives closed, in a sheath or knife block
- Secure additional adult supervision as needed.

During the Adventure

- Review the Cub Scout knife safety rules.
- Check that all knives being used are sharp and in good condition.

Before starting this Adventure:

- Review the [Food Allergies](#) safety moment.
- Review each Cub Scouts [BSA Annual Health and Medical Record](#) for any food allergies or restrictions.
- Ask if any member of the den, youth, or adult, has any religious, or cultural dietary concerns.
- there is someone in the den, youth, or adults, who carries an EpiPen due to severe allergies make sure that at least one other adult knows how to administer the EpiPen. To learn more, review this Safety Moment on [anaphylaxis](#).
- Review the [Keep Your Food Safe](#) guide to properly keep, store, and prepare food.

## Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Knife Safety.

### Requirement 1

Know the safety rules for handling and using a knife.

### Requirement 2

Demonstrate the knife safety circle.

### Requirement 3

Demonstrate that you know how to care for and use a knife safely.

### Requirement 4

Demonstrate the proper use of a pocketknife to make a useful object on a campout.

### Requirement 5

Choose the correct cooking knife and demonstrate how to properly slice, chop, and mince.

#### Requirement 1 Options:

Know the safety rules for handling and using a knife.

- Cub Scouts learn and explain the knife safety rules.

#### Requirement 2 Options:

Demonstrate the knife safety circle.

- Cub Scouts practice the knife safety circle.

Requirement 3 Options:

Demonstrate that you know how to care for and use a knife safely.

- Cub Scouts demonstrate proper care of a kitchen knife.
- Cub Scouts practice sharpening their pocketknives.

Requirement 4 Options:

Demonstrate the proper use of a pocketknife to make a useful object on a campout.

- Cub Scouts use a pocketknife to decorate a walking stick.
- Cub Scouts use pocketknife to sharpen a stick for marshmallow roasting.

Requirement 5 Options:

Choose the correct cooking knife and demonstrate how to properly slice, chop, and mince.

- Cub Scouts practice their knife skills by preparing a foil packet meal.
- Cub Scouts practice their knife skills by cutting cooked meat.
- Cub Scouts practice their knife skills by cutting various fruits.

# Paddle Craft

ELECTIVE



## Snapshot Of Adventure

Getting out on the water and paddling around is a great way to enjoy the outdoors and go places that you can only get to with a paddle craft. The boundary waters of Minnesota, the shoals of the Florida Keys, and countless rivers and lakes across the United States are available to only those who choose to paddle there. In this Adventure, you can choose a canoe, kayak, or stand-up paddleboard to complete the requirements.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. Supervision by an adult, 21 or older, who is trained in BSA Safety Afloat. At least one leader must be trained in first aid which includes CPR. Any swimming done in conjunction with the activity must be within [BSA Safe Swim Defense](#) standards.

- Complete the BSA Safety Afloat (30 minutes) training on [my.scouting](#).
- Confirm enough adults who will serve as supervisors during the activity to maintain a ratio of one supervisor to every 5 Cub Scouts.
- Have buddy tags for everyone who will be near the water, youth, and adults.

During the Adventure:

- Give an overview and instruction on the points of Safety Afloat prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.

All participants, both Cub Scouts and adults, must wear a life jacket during boating activities.

Review the [Life Jackets / Personal Flotation Devices](#) Safety Moment.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Paddle Craft.

### **Requirement 1**

Before attempting requirements 5, 6, 7, 8 and 9 for this Adventure, you must pass the BSA swimmer test.

### **Requirement 2**

Pick a paddle craft for which to complete all requirements: canoe, kayak, or stand-up paddleboard.

### **Requirement 3**

Review Safety Afloat.

### **Requirement 4**

Demonstrate how to choose and properly wear a life jacket that is the correct size.

### **Requirement 5**

Jump feet first into water over your head while wearing a life jacket then swim 25 feet wearing the life jacket.

### **Requirement 6**

Demonstrate how to enter and exit a canoe, kayak, or stand-up paddleboard safely.

### **Requirement 7**

Discuss what to do if your canoe or kayak tips over or you fall off your stand-up paddleboard.

### **Requirement 8**

Learn how to pick a paddle that is the right size for you. Explore how the paddle craft responds to moving the paddle.

### **Requirement 9**

Have 30 minutes, or more, of canoe, kayak, or stand-up paddleboard paddle time.

#### Requirement 1 Options:

Before attempting requirements 5, 6, 7, 8 and 9 for this Adventure, you must pass the BSA swimmer test.

- Cub Scouts swim for the BSA swimmer test.

#### Requirement 2 Options:

Pick a paddle craft for which to complete all requirements: canoe, kayak, or stand-up paddleboard.

- Cub Scouts pick from one of the paddle crafts to complete remaining requirements.

#### Requirement 3 Options:

Review Safety Afloat.

- Cub Scouts review the attributes of being on the water safely.

#### Requirement 4 Options:

Demonstrate how to choose and properly wear a life jacket that is the correct size.

- Cub Scouts learn about life jackets.

#### Requirement 5 Options:

Jump feet first into water over your head while wearing a life jacket then swim 25 feet wearing the life jacket.

- Cub Scouts use life jacket in the water.

#### Requirement 6 Options:

Demonstrate how to enter and exit a canoe, kayak, or stand-up paddleboard safely.

- Cub Scouts practice how to enter and exit a canoe safely.
- Cub Scouts practice how to enter and exit a kayak safely.
- Cub Scouts practice how to enter and exit a stand-up paddle board safely.

#### Requirement 7 Options:

Discuss what to do if your canoe or kayak tips over or you fall off your stand-up paddleboard.

- Cub Scouts learn what to do if their canoe tips over.
- Cub Scouts learn what to do if their kayak tips over.
- Cub Scouts learn what to do if their paddle board tips over.

#### Requirement 8 Options:

Learn how to pick a paddle that is the right size for you. Explore how the paddle craft responds to moving the paddle.

- Cub Scouts pick a canoe paddle and learn how to use it.
- Cub Scouts pick a kayak paddle and learn how to use it.
- Cub Scouts pick a stand-up paddle board paddle and learn how to use it.

#### Requirement 9 Options:

Have 30 minutes, or more, of canoe, kayak, or stand-up paddleboard paddle time.

- Cub Scouts enjoy 30 minutes of paddle craft activity.

# Race Time AOL

ELECTIVE



## Snapshot Of Adventure

In this Adventure you will design and build your own Pinewood Derby car or Raingutter Regatta boat. As an Arrow of Light Scout, you will mentor younger Cub Scouts on design, building, and good sportsmanship.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

Before starting this Adventure complete the following:

- Review [Age Appropriate Guidelines for Scouting Activities](#) before starting a project.
- Cub Scouts are allowed to use common craft tools, such as paintbrushes, scissors, hammers, and screw drivers.
- Know the proper use of the tools that will be used for the project, by any youth or adult.

During the Adventure

- Give time for proper training on the use of the tools that will be used to complete the project to all youth and adults.
- Provide continuous, qualified adult supervision and discipline during the project.
- Following all manufacturer's literature and age and skill restrictions shall supersede the recommendations in the publication. If there is a conflict, leaders shall follow the most restrictive guidelines.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Race Time AOL.

**Requirement 1**

With adult supervision, build either a Pinewood Derby® car or a Raingutter Regatta™ boat.

**Requirement 2**

Learn the rules of the race for the vehicle chosen in requirement 1.

**Requirement 3**

Mentor a younger den to prepare for the race.

**Requirement 4**

Before the race, discuss with your patrol den how you will demonstrate good sportsmanship during the race.

**Requirement 5**

Participate in a Pinewood Derby or a Raingutter Regatta.

Requirement 1 Options:

With adult supervision, build either a Pinewood Derby® car or a Raingutter Regatta™ boat.

- Den or pack provides a build day for Cub Scouts.
- Den or pack provides a build day for Cub Scouts.

Requirement 2 Options:

Learn the rules of the race for the vehicle chosen in requirement 1.

- Learn the rules of the Pinewood Derby with a game of Connect Four.
- Learn the rules of the Raingutter Regatta with a game of Connect Four.

Requirement 3 Options:

Mentor a younger den to prepare for the race.

- Cub Scouts help out on pack build day.
- Arrow of Light Cub Scouts teach younger Cub Scouts how to display good sportsmanship.
- Arrow of Light Cub Scouts teach younger Cub Scouts how to display good sportsmanship.
- Cub Scouts help out at the vehicle check-in event.

Requirement 4 Options:

Before the race, discuss with your patrol den how you will demonstrate good sportsmanship during the race.

- Cub Scouts discuss good sportsmanship and how to demonstrate it during their racing event.

Requirement 5 Options:

Participate in a Pinewood Derby or a Raingutter Regatta.

- Conduct a Pinewood Derby car race.
- Conduct a Raingutter Regatta.

# Summertime Fun AOL

ELECTIVE



## Snapshot Of Adventure

Summertime is a great time to get together with your patrol or pack. The requirement for this Adventure is simple. Participate in three Cub Scout activities during the summer months. This can be at council-organized camps like day camp or resident camp, or it can be a patrol or pack get-together for a summertime picnic.

To earn this Adventure as an Arrow of Light Scout, you participate in summer activities during the summer after you have completed fourth grade. If you're just now learning about this Adventure, don't worry, this coming summer you'll be in Scouts BSA. You may attend Scouts BSA resident camp where you'll get to spend a week camping, earning merit badges, making new friends, and learning new skills.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Summertime Fun AOL.

#### Requirement 1

Anytime during May through August participate in a total of three Cub Scout activities.

#### Requirement 1 Options:

Anytime during May through August participate in a total of three Cub Scout activities.

- Participate in an activity with your council.
- Participate in an activity with your pack.
- Participate in an activity with your patrol.

Arrow of Light – 5th Grade

# Swimming

ELECTIVE



## Snapshot Of Adventure

As you get ready to join Scouts BSA, there are new aquatic activities that you will get the chance to do. Small-boat sailing, SCUBA, and overnight canoe treks are just some of the great adventures. To earn many of the aquatic-based merit badges in Scouts BSA, you will need to pass the BSA swimmer test.

**In this Adventure you do not have to pass the BSA swimmer test; you just need to attempt it.** If you do not pass the swimmer test for this Adventure, you can practice before you go to Scouts BSA summer camp or sign up for a session on how to swim at the camp you attend. As a swimmer you will have more

This elective Adventure may be earned by completing the requirements below **OR** passing the BSA Swimmer Test **OR** taking swimming lessons.

### Safety Moment

Prior to any activity, use the [BSA SAFE Checklist](#) to ensure the safety of all those involved. All participants in official BSA Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede BSA practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the BSA Safe Swim Defense training (26 minutes) on [my.scouting](#).
- Confirm enough adults who will serve as rescuers during the activity to maintain a ratio of one rescuer to every 10 Cub Scouts.
- Have buddy tags for everyone who will be in the water, youth, and adults.

During the Adventure:

- Give overview and instruction on the points of the Save Swim Defense prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.
- When swimming outdoors, ask that all the Cub Scouts apply sunscreen.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Swimming.

### **Requirement 1**

Review Safe Swim Defense.

### **Requirement 2**

Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue techniques from land.

### **Requirement 3**

Attempt the BSA swimmer test.

### **Requirement 4**

Have 30 minutes or more of free swim time during which you practice the buddy system and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour of swimming.

#### Requirement 1 Options:

Review Safe Swim Defense.

- Cub Scouts play a game to learn Safe Swim Defense.

#### Requirement 2 Options:

Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue techniques from land.

- Cub Scouts learn order of rescue and reach and throw rescue techniques.

#### Requirement 3 Options:

Attempt the BSA swimmer test.

- Cub Scouts attempt the BSA swimmer test.

#### Requirement 4 Options:

Have 30 minutes or more of free swim time during which you practice the buddy system and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour of swimming.

- Take your patrol and go swimming.