# 30 Day Scout Rank Challenge

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<td><strong>Repeat from memory the:</strong></td>
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<td><strong>Repeat from memory the:</strong></td>
<td><strong>Explain what Scout spirit is &amp; what it means to you.</strong></td>
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<tr>
<td>- Scout Oath</td>
<td>- Scout Law</td>
<td>- Scout Motto</td>
<td>- Scout Slogan</td>
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<td>- In your own words, explain its meaning.</td>
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6. **Describe some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, Scout motto, and Scout slogan.**

7. **Demonstrate the:**
   - Scout Sign
   - Explain when it should be used.

8. **Demonstrate the:**
   - Scout Salute
   - Explain when it should be used

9. **Demonstrate the:**
   - Scout Handshake
   - Explain when it should be used

10. **Describe the First Class Scout badge:**
    - Tell what each part stands for.
    - Explain the significance of the badge.

11. **Repeat from memory the:**
    - Outdoor Code.
    - Explain what it means to you.

12. **Repeat from memory the:**
    - Pledge of Allegiance.
    - Explain its meaning.

13. **Describe how the Scouts in the troop provide its leadership.**

14. **Describe the four steps of Scouts BSA advancement**

15. **Explain what a Scoutmaster Conference is and how you get one.**

16. **Describe what the Scouts BSA ranks are and how they are earned.**

17. **Describe what a merit badge is.**
    - What is needed to earn one.

18. **Explain the patrol method.**
    - Describe the types of patrols that are used in your troop.

19. **Explain how the patrol name, emblem, flag, and yell can create patrol spirit.**

20. **Demonstrate how to tie a square knot.**
    - Explain uses for it.

21. **Demonstrate how to tie a half-hitches.**
    - Explain uses for it.

22. **Demonstrate how to tie a taut-line hitch.**
    - Explain uses for it.

23. **Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.**

24. **Demonstrate your knowledge of pocketknife safety.**

25. **With your Guardian, complete the exercises in the pamphlet How to Protect Your Children from Child Abuse: A Parent’s Guide.**

26. **Earn the Cyber Chip Award for your grade.**

27. **Repeat from memory the Pledge of Allegiance with scout salute.**

28. **Repeat from memory the Scout Oath & Scout Law with Scout Sign.**

29. **Repeat from memory the Scout motto, and Scout slogan.**

30. **Repeat from memory the Outdoor Code.**
### 30 Day Tenderfoot Challenge

| Record your best in:  | (First Test)  | 1. Develop and describe a plan for improvement in each of the fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day. | 2. Record fitness activities. Assemble a personal first-aid kit. Explain the uses of each item. | 4. Record fitness activities. Explain & Show first-aid for:  
• Simple cuts and scrapes  
• Blisters on the hand and foot  
• Minor burns (thermal/heat) or scalds (superficial, or first degree) |
| Keep track of your activity for at least 30 days  
• Pushups  
• Back-saver sit-and-reach (Record the distance stretched.)  
• 1 mile walk/run (Record the time)  | 7. Record fitness activities. Describe common poisonous or hazardous plants; identify any that grow in your local area. | 8. Record fitness activities. Describe what to do if you become exposed to poisonous or hazardous plants. | 9. Record fitness activities. Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously. | 5. Record fitness activities. Explain & Show first-aid for:  
• Bites or stings of insects and ticks  
• Venomous snakebite |
| (Record the number done correctly in 60 seconds for both pushups & situps.)  | 13. Record fitness activities. Demonstrate a practical use of the square knot. Explain uses for it. | 14. Record fitness activities. Demonstrate a practical use of the two half-hitches. Explain uses for it. | 15. Second Test, record fitness activities improvements.  
| 16. Record fitness activities. Demonstrate a practical use of the taut-line hitch. Explain uses for it. | 17. Record fitness activities. Demonstrate proper care, sharpening, and use of the knife.  
| 18. Record fitness activities. Demonstrate proper care, sharpening, and use of the saw.  
| 19. Record fitness activities. Demonstrate proper care, sharpening, and use of the ax.  
| 20. Record fitness activities. Describe all the uses of a knife, a saw and an ax.  
| 21. Record fitness activities. Describe the steps in Scouting’s Training EDGE method and how they are used.  
| 22. Record fitness activities. Using the Edge method teach someone how to tie a Square knot.  
| 23. Record fitness activities. Describe what to do if you become lost on a hike or campout.  
| 24. Record fitness activities. Explain the rules of safe hiking on the highway during the day & night.  
| 25. Record fitness activities. Explain the rules of safe hiking across country during the day & night.  
| 26. Record fitness activities. Explain how you have lived 1 of 4 points of the Scout Law________.  
| 27. Do your fitness activities. Explain how you have lived 2nd of 4 points of the Scout Law________.  
| 28. Do your fitness activities. Explain how you have lived 3rd of 4 points of the Scout Law________.  
| 29. Do your fitness activities. Explain how you have lived the 4th point of the Scout Law________.  
| 30. Improvement test for fitness activities. Explain how you have done your Duty to God for this month.  
| All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.) |
# 30 Day Second Class Challenge

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| Be physically active at least 30 minutes each day for five days a week for four weeks. | Keep track of your activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day. 1. Record fitness activities. Explain & Show first-aid for: • Object in the eye • Bite of a warm-blooded animal 2. Record fitness activities. Explain & Show first-aid for: • Puncture wounds from a splinter, nail, and fishhook 3. Record fitness activities. Explain & Show first-aid for: • Serious burns (partial thickness, or second-degree) 4. Record fitness activities. Explain & Show first-aid for: • Heat exhaustion • Shock 5. Record fitness activities Explain & Show first-aid for: 6. Explain & Show first-aid for: • Heatstroke • Dehydration • Hypothermia • Hyperventilation 7. Record fitness activities Show what to do for “hurry” cases of: • Stopped breathing • Stroke 8. Record fitness activities Show what to do for “hurry” cases of: • Severe bleeding • Ingested poisoning 9. Record fitness activities Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously. 10. Record fitness activities Explain what to do in case of accidents that require EMS response in the home & backcountry. 11. Record fitness activities Explain what constitutes an emergency & what information you will need to provide to a responder. 12. Tell how you should respond if you come upon the scene of a vehicular accident. 13. With your family, decide on an amount of money that you need to earn, based on the cost of a specific item you would like to purchase. 14. Record fitness activities Develop a written plan to earn the amount agreed upon and follow that plan. 15. Record fitness activities Contact at least three locations, compare the cost of your chosen item, determine the best place to purchase it. 16. Record fitness activities Discuss any changes made to your original plan and whether you met your goal. 17. Record fitness activities Demonstrate a practical use of the sheet bend knot. Explain uses for it. 18. Record fitness activities Demonstrate a practical use of the bowline knot. Explain uses for it. 19. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols. 20. Record fitness activities Using a compass and map together, take a 5-mile hike (or 10 miles by bike) 21. Record fitness activities Identify & show evidence of at least 10 kinds of wild animals found in your local area. 22. Record fitness activities Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them. 23. Record fitness activities Demonstrate how to find directions during the day and at night without using a compass or an electronic device. 24. Record fitness activities Describe bullying, tell what the appropriate response is to someone who is bullying you or another person. 25. Share your fitness challenges and successes once completing 4 weeks. Explain the three R’s of personal safety and protection. 26. Explain how you have lived 2nd of 4 points of the Scout Law________. 27. Explain how you have lived 3rd of 4 points of the Scout Law________. 28. Explain how you have lived 4th of 4 points of the Scout Law________. 29. Explain how you have done your Duty to God for this month. 30. Explain how you have done your Duty to God for this month. 31. Explain how you have done your Duty to God for this month. 32. Explain how you have done your Duty to God for this month. 33. Explain how you have done your Duty to God for this month. 34. Explain how you have done your Duty to God for this month. 35. Explain how you have done your Duty to God for this month. 36. Explain how you have done your Duty to God for this month. 37. Explain how you have done your Duty to God for this month. 38. Explain how you have done your Duty to God for this month. 39. Explain how you have done your Duty to God for this month. 40. Explain how you have done your Duty to God for this month. 41. Explain how you have done your Duty to God for this month. 42. Explain how you have done your Duty to God for this month. 43. Explain how you have done your Duty to God for this month. 44. Explain how you have done your Duty to God for this month. 45. Explain how you have done your Duty to God for this month. 46. Explain how you have done your Duty to God for this month. 47. Explain how you have done your Duty to God for this month. 48. Explain how you have done your Duty to God for this month. 49. Explain how you have done your Duty to God for this month. 50. Explain how you have done your Duty to God for this month.
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| **Be physically active**  
  at least 30 minutes  
  each day for five  
  days a week for four  
  weeks. | **Keep track of your**  
  activities. | **1. Record fitness**  
  activities.  
  Demonstrate Scout  
  spirit by living the  
  Scout Oath and Law  
  for every day. | **2. Record fitness**  
  activities.  
  Demonstrate  
  bandages for:  
  - Sprained ankle  
  - Head Injuries  
  - Collarbone injuries | **3. Record fitness**  
  activities.  
  Demonstrate  
  bandages for:  
  - Sprained ankle  
  - Upper arm injuries  
  - Collarbone injuries | **4. Record fitness**  
  activities.  
  With a partner, show  
  how to:  
  - Transport a person  
  from a smoke-filled  
  room. | **5. Record fitness**  
  activities  
  With a partner, show  
  how to:  
  - Transport a person  
  with a sprained  
  ankle at least 25  
  yards. |
| **6. Explain the five most**  
  common symptoms of a  
  heart attack. | **7. Record fitness**  
  activities  
  Explain the steps  
  (procedures) in  
  cardiopulmonary  
  resuscitation (CPR). | **8. Record fitness**  
  activities  
  List utility services in  
  your home. Describe  
  potential hazards  
  with these utilities &  
  how to respond in  
  emergency situations. | **9. Record fitness**  
  activities  
  Develop an  
  emergency action  
  plan that includes  
  what to do in case  
  of fire, storm, power  
  outage, and water  
  outage. | **10. Record fitness**  
  activities  
  Explain how to  
  obtain potable  
  water in an  
  emergency. | **11. Record fitness**  
  activities  
  Visit a selected  
  individual approved  
  by your leader the  
  constitutional rights  
  and obligations as a  
  U.S. citizen. | **12. Investigate an**  
  environmental issue  
  affecting your  
  community.  
  Share what you  
  learned about that  
  issue with your patrol  
  or troop. |
| **13. Explain what, if**  
  anything, could be  
  done by you or your  
  community to address the  
  concern. | **14. Record fitness**  
  activities  
  On an outing, take  
  note of the trash  
  and garbage you  
  produce. | **15. Record fitness**  
  activities  
  2nd outing decide  
  how you can reduce,  
  recycle, or repurpose  
  what you take. Compare  
  your results. | **16. Record fitness**  
  activities  
  Use a map &  
  compass cover one  
  mile & measure the  
  height and/or width  
  of designated items. (Orienteering Course) | **17. Record fitness**  
  activities  
  Demonstrate how to  
  use a handheld GPS  
  unit. GPS app on a  
  smartphone, or other  
  electronic navigation system | **18. Record fitness**  
  activities  
  Using GPS find your  
  location, select a  
  destination, and  
  plan your route  
  there. | **19. Explain when you**  
  should and should  
  not use lashings.  
  Demonstrate tying the  
  timber hitch and  
  clove hitch. Explain uses for it. |
| **20. Record fitness**  
  activities  
  Demonstrate tying a  
  square, shear, and  
  diagonal lashings by  
  joining two or more  
  poles or slates  
  together. Explain their  
  uses. | **21. Record fitness**  
  activities  
  Use lashings to make  
  a useful camp  
  gadget or structure. | **22. Record fitness**  
  activities.  
  Identify & show  
  evidence of at least  
  10 kinds of wild  
  animals found in  
  your local area. | **23. Record fitness**  
  activities  
  Identify two ways to  
  obtain a weather  
  forecast. Explain why  
  weather forecasts are  
  important when  
  planning events. | **24. Record fitness**  
  activities  
  Describe at three  
  natural indicators of  
  impending hazardous  
  weather, the potential  
  dangers and the  
  actions to take. | **25. Share your fitness**  
  challenges and  
  successes once  
  completing 4 weeks. | **26. Explain how you**  
  have lived 1 of 4  
  points of the Scout  
  Law____.  
  (Do not use the  
  same ones from  
  Tenderfoot) |
| **27. Explain how you**  
  have lived 2 of 4  
  points of the Scout  
  Law____. | **28. Explain how you**  
  have lived 3 of 4  
  points of the Scout  
  Law____. | **29. Explain how you**  
  have lived the 4th  
  point of the Scout  
  Law____. | **30. Explain how you**  
  have done your  
  Duty to God for this  
  month. |