

Personal Development-Voyageur Level



Spiritual

1. Lead an opening or closing spiritual activity in a troop setting (e.g. readings, prayer, grace.)
2. Participate in planning and conducting a Scouts' Own.
3. Attend the faith service of your choice, and/or participate in a troop Scouts' Own.

Social

1. Record ways that you have used the Scout Promise and Law in your daily living, THEN,
2. Discuss with your Troop Scouter, and members of your patrol, what you have done over a one-week period.
3. Demonstrate the effects of peer pressure. Describe how peer pressure affects you.
4. Participate in a discussion about the affects of alcohol, tobacco, drugs.

Intellectual

1. Explain the importance of goal-setting.
2. Demonstrate setting persona goals, including the steps that will be required in order to achieve your goal.
3. Discuss your goals with your Scout leader and family.

Physical

1. Show that you understand the follow aspects of personal health and hygiene as the pertain to a camping environment:
 - a) Care of skin, hair and nails;
 - b) Care of eyes, ears and teeth;
 - c) Proper amount of sleep;
 - d) Functions of the main organs of the body; and
 - e) Care of allergies.
2. Understand general public health measures, which include water treatment and immunization.
3. Explain the value of exercise.
4. Participate in, and show ability in individual or team sport.
5. Demonstrate basic fitness level in five different exercise areas:
 - a) Push-ups (5);
 - b) Shuttle run (14 seconds);
 - c) Partial curl-ups (17);
 - d) Standing long jump (1.35m);
 - e) 50m run (10 sec.); and
 - f) Endurance run (1600 metres, 10 min, 15 sec).

or

6. Show successful participation in an appropriate physical fitness program.

Personal Development- Pathfinder Level

Spiritual

1. Understand the role of your religion, spiritual belief, and/ or church. Discuss your beliefs with the faith leader of your choice. (Religion in life at appropriate level.)

2. Prepare and perform a leading role in a Scouts' Own.

Social

1. Explore the are of social interaction with others. Subjects might include: dating, behaviour in public, sexually transmitted disease, and abusive behaviour.

2. Know and demonstrate good personally grooming habits.

3. Explore at least two issues of public health. This might include topics like: AIDS, contagious disease, blood supply, Medicare.

4. Explore at least two issues of public safety and security. This might include topics like: Neighborhood Watch, Block Parents, "swarming", the homeless, public facility safety, safety inspectors.

5. Research and report on the effects of alcohol, tobacco and drugs.

Intellectual

1. Review your goals made for the Voyageur level, and:

- a) evaluate your progress towards goals set in the Voyageur level;
- and**
- b) set new goals based on your progress in the Voyageur level.

Physical

1. Demonstrate knowledge of emergency treatments and first aid by qualifying at the St. John's "Emergency First Aid" level, or the Red Cross "Emergency level".

or

2. By demonstration, discussion or participation, show good knowledge of the following:

- a) How to treat shock and choking;
- b) Demonstrate not less than five (5) bandaging techniques using triangular bandages. (Scouts must demonstrate at least one method of stabilizing fractures.)
- c) The meaning of first aid, and the management of a case;
- d) The types of wounds, and dangers of infections;
- e) The general rules for treating fractures and poisons, as well as bleeding wounds;
- f) How to control bleeding;
- g) How to make a stretcher and splints from items found at the site on an accident.
- h) How to treat an arm for a cut, burn, and scald; and
- i) CPR
