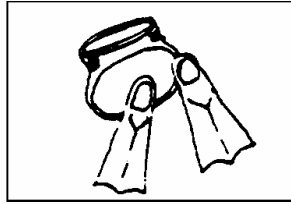


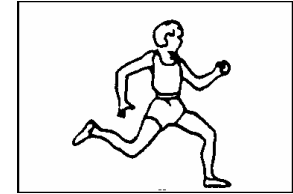
AQUANAUT



Requirements:

1. Swim 200m freestyle.
2. Do any THREE of the following:
 - a. Do a surface dive in approximately 1.5m of water in shirt and shorts. Remove clothing while in the water without touching the bottom or sides of the pool.
 - b. With safe equipment swim on the surface for 50m using a mask, flippers, and snorkel; submerge and swim underwater for approximately 20m.
 - c. Commencing from the shallow end, swim 50m in shirt and shorts using one type of stroke only. Tread water for one minute.
 - d. Explain and demonstrate a rescue method and mouth-to-mouth resuscitation using a one-way valve.

ATHLETE

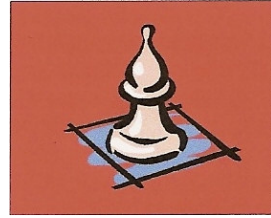


Requirements:

Do any SIX of the following:

1. Run 50m in 9.5 seconds or less.
2. Long jump (standing) 1.5m.
3. Throw a cricket ball 27m or more.
4. High jump 0.85m.
5. Long jump (running) 2.5m.
6. Run 200m in 40 seconds or less.
7. Lie on your back. Hold your feet under something heavy and do 40 sit-ups.
8. Do three pull-ups on a bar and 10 push-ups from the ground or floor.

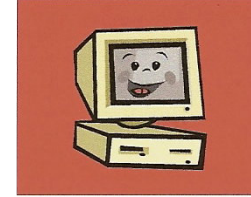
CHESS



Requirements:

1. Show the examiner that you know how to set up a chess board correctly.
2. Know all the names of the pieces and their moves.
3. Explain to the examiner what the terms stale mate and check mate mean.
4. Know the two ways to castle and when to castle.
5. Play three games of chess, one of which must be against the examiner.
6. Use your knowledge of the game to teach someone how to play chess.

COMPUTER

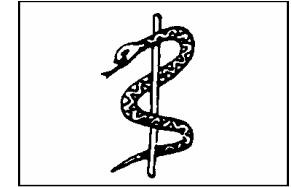


Requirements:

1. Know the various parts of a computer and demonstrate what they are used for:
 - Hard drive and cd rom
 - Keyboard
 - Screen
 - Printer
 - Mouse
 - Speakers
 - Modem
2. Show a basic knowledge of a computer keyboard and its functions.
3. Explain how to care for a computer and compact disks.
4. List five uses of a computer in your school and/or home.
5. Show a person who has never used a computer before how to start a computer, open an application, save work, exit an application and turn off the computer.
6. Explain the functions of five commands (ie cut & paste) in any application.
7. Choose (a) or (b):

- a. Write an article for your Pack Log book using a word processing application on the computer. Print a draft article then the final report explaining the changes you made.
- b. Using a computer design one of the following:
 - A flyer/poster advertising Cubs
 - A new Cub badge
8. Under supervision, search for information on the internet and show how to send and receive e-mail.

FIRST AID AND HEALTH



Requirements:

(You must have passed your 10th birthday before you start on this badge)

1. Show that you clearly understand:
 - a) the limitations of your knowledge as a First Aider;
 - b) the importance of summoning adult help in the case of accidents;
 - c) how to activate the Emergency Medical Services in your neighbourhood; OR know and explain how and where to obtain help in an emergency.
 - d) why it is important to use rubber gloves or plastic bags when dealing with open wounds.
2. Do the following:
 - a) Demonstrate how to control bleeding by direct pressure with the finger or hand using a rubber glove or plastic bag.
 - b) Demonstrate how to stop a nose bleed.
 - c) Demonstrate what to do if your clothes or another person's clothes catch fire.
 - d) Demonstrate how to use your scarf for an arm sling and knee or elbow bandage.

- e) Using a one-way valve, explain and show what you would do if an accident victim has stopped breathing. This includes knowing how to help someone who is choking on inhaled food.
- f) Explain two dangers to health of each of the following: smoking; drinking alcohol.
- g) Explain how to help a child who appears to have drowned.

PETS

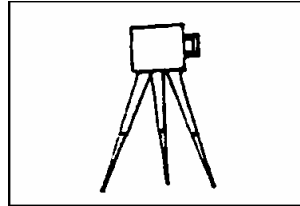


Requirements:

1. Care for an animal or pet for one month and plan with your parents or another adult, how best to feed and care for the animal or pet.
2. Find out about two diseases that could affect your animal or pet and how to prevent them.
3. Identify six kinds of animals and explain the purpose for which each is raised.
4. Learn something about an animal or pet and explain what you have learnt.

(Note: A letter must be produced from a parent of other adult for No 1)

PHOTOGRAPHY



Requirements:

FILM CAMERA

1. Know how to care for a camera.
2. Show how to load, hold, and trigger a camera and how to use the view-finder.
3. Learn the light limitations of a camera and film by taking one subject in any three of the following conditions.
 - a. in direct sun with direct light;
 - b. in direct sun with side light;
 - c. in direct sun with back light;
 - d. on a sunny day, the subject in the shade;
 - e. on a cloudy day.
4. Take three clear photographs in each of two of the following groups: animals, birds, flowers, landscapes, people, buildings. Neatly mount and title the photographs in an album or on a card.

OR

Take at least six photographs of a Cub event that can be displayed to advertise Cubbing. Neatly mount and title the photographs in an album or on a card.

OR

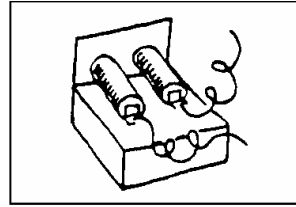
DIGITAL CAMERA

1. Know how to care for a camera.
2. Know how to load a memory card, hold and trigger a camera and how to frame a picture in the viewfinder/display screen.
3. Learn to take photographs in the following lighting conditions:
 - a) in direct sun with direct light;
 - b) in direct sun with side light;
 - c) in direct sun with back light;
 - d) on a sunny day, the subject in the shade;
 - e) on a cloudy day.
4. Take three clear photographs in each of four of the following groups: animals, birds, flowers, landscapes, people, buildings. Print, mount and title the photographs in an album or on a card.

OR

5. Take at least 25 photographs of a Cub event and make a slide show or neatly mount the photographs. Use your presentation to advertise Cubbing.

PROJECTS



Requirements:

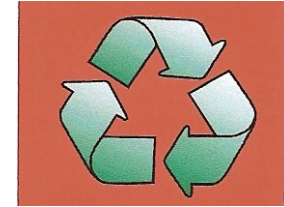
Do any THREE of the following:

1. Wire a buzzer or a doorbell.
2. Make a simple bar or horseshoe electromagnet.
3. Make a model crane with an electromagnet lift.
4. Make an electric buzzer game

(Note: for each of these, batteries are to be used NOT main supply)

5. Make and use a crystal set.
6. Make and use a steam-propelled boat.

RECYCLING

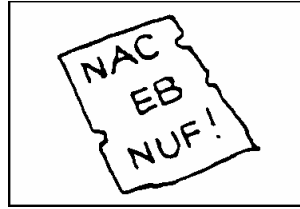


Requirements:

Do any FOUR of the following:

1. Choose something that you currently throw away and come up with a new idea on how to reuse it.
2. Show your Pack three products that are made with recycled materials.
3. With your Pack participate in a recycling project such as a glass, tin, plastic or paper drive.
4. Visit or learn about a company that is involved in recycling.
5. Make a list of ten items that display the recycling symbol.
6. Using old newspaper, make your own fire lighters.

SECRET CODES

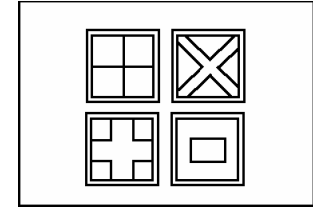


Requirements:

Do any THREE of the following:

1. Think up and use a secret code.
2. Write a message in invisible ink.
3. Decipher a message of not less than twelve words which has been written in a simple code.
4. Make a cipher wheel and use it to write a message of no less than ten words.

SIGNALING

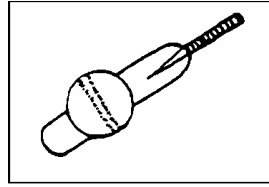


Requirements:

Do any THREE of the following:

1. Make a set of paper, cardboard, or cloth flags of the international alphabet in colour. By using this set, or by making a series of drawings, spell out a simple message of about six words.
2. Know the alphabet in semaphore, using small flags, and send correctly a message of no fewer than eight words.
3. Know the deaf alphabet and use it to communicate your name.
4. Demonstrate five simple phrases using sign language and know their meaning.

SPORTS



Requirements:

1. Show reasonable proficiency and take an active part in at least one team sport and one individual sport.
2. Know the rules and how to score.
3. Know the equipment used and how to care for it.
4. Know the safety rules.
5. Show a good sporting spirit in all Cub activities.
6. Know the importance of taking a shower after games, if possible, or at least changing out of the clothes worn during the game. Know the importance of good care of the feet.

(Note: a letter must be produced from the sports master, coach, Akela or other adult for No 1, and from Akela for No 5).

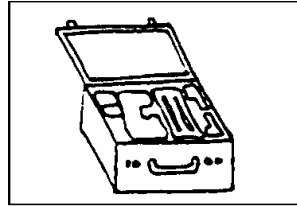
TEAM SPORTS

Baseball
Basketball
Cricket
Hockey
Netball
Rugby
Soccer
Softball
Volleyball

INDIVIDUAL SPORTS

Archery
Badminton
Cross country
Diving
Fishing
Golf
Gymnastics
Horse riding
Ice skating
Jukskei
Martial Arts
Roller skating
Sailing
Skate Boarding
Skiing
Squash
Surfing
Swimming
Table Tennis
Water skiing

TRAVELLER



Requirements:

Do any FIVE of the following:

1. Obtain a map or timetable from the railway or bus/taxi company or airline serving your town or city and discover some places they go to.
2. Use timetables to plan a trip from your home to another city or town by train, bus, taxi, aircraft, boat, or a combination of these.
3. Find out what it costs per kilometre to travel by bus, taxi, train, airline, or boat to another city or town.
4. List four short trips you would like to take with your parents. Plan and lay out the trips on a road map. Using the map, act as navigator on one of these trips of t least 40km.
5. Pack a suitcase for a three-day trip away from home.
6. Check the first aid kit in the family car.

(Note: A letter must be produced from the driver for No. 4)

WORLD FRIENDSHIP



Requirements:

Do any FOUR of the following:

1. Be a pen friend to a Cub from another country.
2. Recognise the flags from 10 countries around the world.
3. Collect 3 coins, stamps and postcards from 3 different countries around the world.
4. Write a prayer about world peace and friendship.
5. Mark a world map to show where all the World Jamborees have been held.
6. Find out about an international charity or organization that helps around the world and tell your findings to the rest of the Pack.
7. Find out about traditions, culture, food and other interesting things about a country other than your own.