



30 Day Second Class Challenge

All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.)

<p>Be physically active at least 30 minutes each day for five days a week for four weeks.</p>	<p>Keep track of your activities.</p>	<p>1. Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.</p>	<p>2. Record fitness activities. Explain & Show first-aid for: • Object in the eye • Bite of a warm-blooded animal</p>	<p>3. Record fitness activities Explain & Show first-aid for: • Puncture wounds from a splinter, nail, and fishhook</p>	<p>4. Record fitness activities. Explain & Show first-aid for: • Serious burns (partial thickness, or second-degree)</p>	<p>5. Record fitness activities Explain & Show first-aid for: • Heat exhaustion • Shock</p>
<p>6. Explain & Show first-aid for: • Heatstroke • Dehydration • Hypothermia • Hyperventilation</p>	<p>7. Record fitness activities Show what to do for "hurry" cases of: • Stopped breathing • Stroke</p>	<p>8. Record fitness activities Show what to do for "hurry" cases of: • Severe bleeding • Ingested poisoning</p>	<p>9. Record fitness activities Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously.</p>	<p>10. Record fitness activities Explain what to do in case of accidents that require EMS response in the home & backcountry.</p>	<p>11. Record fitness activities Explain what constitutes an emergency & what information you will need to provide to a responder.</p>	<p>12. Tell how you should respond if you come upon the scene of a vehicular accident.</p>
<p>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.</p>	<p>14. Record fitness activities Develop a written plan to earn the amount agreed upon and follow that plan.</p>	<p>15. Record fitness activities Contact at least three locations, compare the cost of your chosen item, determine the best place to purchase it.</p>	<p>16. Record fitness activities Discuss any changes made to your original plan and whether you met your goal.</p>	<p>17. Record fitness activities Demonstrate a practical use of the sheet bend knot. Explain uses for it.</p>	<p>18. Record fitness activities Demonstrate a practical use of the bowline knot. Explain uses for it.</p>	<p>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.</p>
<p>20. Record fitness activities Using a compass and map together, take a 5-mile hike (or 10 miles by bike)</p>	<p>21. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area.</p>	<p>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.</p>	<p>23. Record fitness activities Demonstrate how to find directions during the day and at night without using a compass or an electronic device.</p>	<p>24. Record fitness activities Describe bullying, tell what the appropriate response is to someone who is bullying you or another person.</p>	<p>25. Share your fitness challenges and successes once completing 4 weeks. Explain the three R's of personal safety and protection.</p>	<p>26. Explain how you have lived 1 of 4 points of the Scout Law_____. (Do not use the same ones from Tenderfoot)</p>
<p>27. Explain how you have lived 2nd of 4 points of the Scout Law_____.</p>	<p>28. Explain how you have lived 3rd of 4 points of the Scout Law_____.</p>	<p>29. Explain how you have lived the 4th point of the Scout Law_____.</p>	<p>30. Explain how you have done your Duty to God for this month.</p>			