



# Brownsea Challenge

## Tenderfoot Rank

|   |   |   |  |  |  |  |  |
|---|---|---|--|--|--|--|--|
| <p><b>All activities must be approved by your Scoutmaster. Make sure to record all your work.</b></p> | <p><b>Complete at least 30 minutes of physical activity daily!</b></p>  | <p><b>Be sure to record your fitness activity everyday!</b></p>   | <p><b>1</b></p> <p>Conduct your 1st fitness test.</p> <ul style="list-style-type: none"> <li>• pushups in 1 min.</li> <li>• Situps in 1 min.</li> <li>• Back-saver-sit &amp; reach</li> <li>• 1 mile run/walk</li> </ul> | <p><b>2</b></p> <p>Develop &amp; describe a plan for improvement in each of the fitness activities.</p>          | <p><b>3</b></p> <p>Assemble a First Aid Kit. Explain each item.</p>  | <p><b>4</b></p> <p>Explain &amp; show First Aid for: simple cuts &amp; scrapes, &amp; simple blisters on hands and feet.</p> |  |
|   | <p><b>5</b></p> <p>Explain Show First Aid for: minor burns (thermal/heat) or scalds (superficial/1st degree).</p> | <p><b>6</b></p> <p>Explain Show First Aid for: insect &amp; tick bites or stings, venomous snakebite.</p> | <p><b>7</b></p> <p>Explain Show First Aid for: nosebleeds, frostbite &amp; sunburn, &amp; chocking.</p>  | <p><b>8</b></p> <p>Describe common poisonous or hazardous plants. Identify any that grow in your local area.</p> | <p><b>9</b></p> <p><b>Attend the Virtual Camporee. Explain what you learned. You can use anything you learned as completions for requirements.</b></p> | <p><b>10</b></p> <p>Describe what to do if you were exposed to poisonous or hazardous plants.</p>                            | <p><b>11</b></p> <p>Explain how to reduce &amp; prevent injury or exposure from any of the previously mentioned.</p> |
|   | <p><b>12</b></p> <p>Assemble a personal camping gear kit. Show the right way to pack and carry your gear.</p>     | <p><b>13</b></p> <p>Explain the importance of the Outdoor Code &amp; how to put it to use.</p>            | <p><b>14</b></p> <p>Explain the importance of the Buddy System and how to put it to use.</p>   | <p><b>15</b></p> <p>Demonstrate practical a practical use of the square knot.</p>                                | <p><b>16</b></p> <p>.Demonstrate a practical use for the two half-hitches knot.</p>  | <p><b>17</b></p> <p>Demonstrate a practical use for the taut-line hitch knot.</p>  | <p><b>18</b></p> <p>Demonstrate proper care, sharpening, &amp; use of a knife. Describe its uses.</p>                |
|   | <p><b>19</b></p> <p>Demonstrate proper care, sharpening, &amp; use of a saw. Describe its uses.</p>               | <p><b>20</b></p> <p>Demonstrate proper care, sharpening, &amp; use of an ax. Describe its uses.</p>       | <p><b>21</b></p> <p>Describe the EDGE Method and how its used. Use the EDGE Method to teach someone how to tie a square knot</p>   | <p><b>22</b></p> <p>. Describe what to do if you become lost on a hike or campout.</p>                           | <p><b>23</b></p> <p>Explain the rules of safe hiking on highway during day &amp; night.</p>  | <p><b>24</b></p> <p>Explain the rules of safe hiking in the country/rural areas during the day &amp; night.</p>              | <p><b>25</b></p> <p>Explain how you have lived 1 of 4 points of the Scout Law.</p>                                   |
|   | <p><b>26</b></p> <p>Explain how you have lived the 2nd of 4 points of the Scout Law.</p>                          | <p><b>27</b></p> <p>Explain how you have lived 3rd of 4 points of the Scout Law.</p>                      | <p><b>28</b></p> <p>Explain how you have lived 4th of 4 points of the Scout Law.</p>   | <p><b>29</b></p> <p>Describe how you have performed your Duty to God this month.</p>                             | <p><b>30</b></p> <p>Perform a 2nd fitness test.</p>  | <p><b>SCOUTS</b><br/>BSA</p>   |  |