

SRI LANKA SCOUT ASSOCIATION

COLOMBO DISTRICT PROGRAMME TEAM



Requirement's for Membership Badge



2022 .03.30



SRI LANKA SCOUT ASSOCIATION - COLOMBO DISTRICT BRANCH

PROGRAMME TEAM



Purpose

The purpose of the Sri Lanka Scout Association is to contribute to the development of young persons in achieving their full physical, intellectual, emotional, social and spiritual potentials as individuals able to work in a team, as responsible citizens and as members of their local, national and international communities who contribute positively towards “Creating a Better World”.

Mission of Scouting

The mission of Scouting is to contribute to the education of young people, through a value system based on Scout Promise and Scout Law, to help build a better world where people are self-fulfilled as individuals and play a constructive role in society.

Educational Objectives of Scouting

Physical Development

To develop the ability of the Scout to be responsible for development and functionality of own body

Intellectual Development

To develop the ability of the Scout to think and innovate while adopting to new environments and utilise information innovatively and creatively.

Emotional Development

To develop the ability of the Scout to identify own emotions, achieve and maintain inner freedom, balanced mind and emotional maturity and to learn how to express such emotions in an orderly and appropriate manner.

Social Development

To develop the ability of the Scout to act in harmony through developing the concepts of mutual relationships, diversity and inclusion and to enhance the leadership skills.

Spiritual Development

To develop the ability of the Scout to understand and respect spiritual preferences of others, while understanding and inculcating a deep knowledge into spiritual heritage of own community and to make efforts to explore spiritual means and beliefs that bring spiritual respite.

Cultural Development

To develop the ability of the Scout to understand, respect and adhere to cultural heritage and make efforts to preserve such heritage for the next generation.

Sections and Age Groups

- | | |
|--------------------|---|
| 1. Singithi Scouts | : 05 years up to 07 years |
| 2. Cub Scouts | : 07 years up to 11 years |
| 3. Junior Scouts | : 10 years and 06 months up to 14 years and 06 months |
| 4. Senior Scouts | : 14 years and 06 months up to 18 years |
| 5. Rover Scouts | : 17 years and 6 months to 26 years |

- A boy/girl can join the Junior Scout Troop at a minimum age of 10 years and 06 months and he/she can be invested as a Junior Scout once he/she completes 03 months training period in the Junior Scout Troop.

- A boy/girl who has not been a member of the Scout Movement may join the Junior Scout Troop at the age of 10 years and 02 months, provided he/ she should:

- Complete the Pre-Membership Activity Programme (as given in the Syllabus)
- Obtain registration in the Junior Scout Troop at the age of 10 years and 06 months, and
- Complete 02 months of training period after registering in the Junior Scout Troop, while completing activities under the Membership Badge not completed under the Pre-Membership Activity Programme.

1. MEMBERSHIP BADGE

1. Scout Promise and Law

- Know the Scout Promise and Scout Law and be able to recite them by memory and show that he / she uses it in day to day work
- Know what to do when taking the Scout Promise
- Understand that the Scout Promise is the basis of Scouting

2. National Anthem

- Be able to sing the National anthem alone.
- Know what should be done when singing the National Anthem.
- Know about the composer and the history of the National Anthem
- Know the meaning of the National Anthem

3. Scout Sign and Methods of Saluting

- Know the meaning of the Scout sign, Scout salute, and the left hand shake
- Be able to make the Scout sign with the hand.
- Know when to use them
- Know when to salute

4. Founder

- Know about the founder of the Scout Movement
- Know the important events of the life of Lord Baden Powell
- Know about the founder of Sri Lanka Scouting and the year when Scouting was started in Sri Lanka

5. Scout Whistle and Hand Signals

- Whistle signals: Know the under mentioned whistle signals and be able to act accordingly:
 - Silence /Attention/Await my next signal o Rally Call
 - Disperse/Spread out
 - Danger
 - Calling Patrol Leaders
- Hand signals – Know the under mentioned hand signals and be able to act accordingly.
 - Horse Shoe
 - Parallel Lines
 - Open Columns
 - Closed Columns
 - Circle
 - Open Square/Open Box
 - Straight line shoulder to shoulder facing the person giving the command

6. Knots and Whipping 1

- Know how to make following knots and whipping and be able to explain their uses.
 - Reef Knot
 - Sheet Bend
 - Clove Hitch
 - Sheep Shank
 - Bowline
 - Round Turn and Two Half Hitches
 - Simple whipping the end of a rope

7. Smartness and Good Order 1

- Show the ability to obey the under mentioned commands:
 - Attention/Alert
 - At Ease
 - Right turn and left turn
 - About turn
 - Salute
 - Disperse

8. Log Book 1

- Start maintaining a daily log of his/her Scout activities on his/her own with the guidance of the Scout Leader.
- Understand that the Log Book should be the story of the Scout life of the Scout

9. Rules of Health 1

- Know the importance of applying health guidelines as given by the Ministry of Health during a Epidemic/pandemic

10. Safe from Harm 7

- The Scout should know his/her name, number, address and parents' names, telephone numbers and how to contact them and work place of parents.
- Walk alone if parents have told you to do so, and it must be in a route that they have trained you to walk.
- Recognise good touch bad touch - How to report bad touch to the leader (who, what, when, where, how often)
- Understands the importance of not associating with strangers or speaking to them – never divulge any personal information to any stranger. How to report if this occurs.

- Know about types of Physical Abuse that may occur to Scouts and be able to report this correctly (who, what, when, where, how often).
- Know when the Scout becomes mentally uncomfortable in situations and and to be able to tell the Leader specifics of the situation (who, what, when, where, how often)
- Recognise Bullying - Be able to report if they think someone is Bullying them (who, what, when, where, how often)

11. Thrift – Savings Account 1

- Know what thrift is
- Opening/maintaining a savings account

12. Good Habits 1

- Do a good deed every day. It may be a small thing like saving an insect from drowning. Write one sentence in the Log Book about what the Scout has done. (Try to do at least 5 good deeds every week. This should continue throughout, even after the Scout had left the Scout Troop. It should become a life long habit).

Self-assessment - Every night before you go to sleep, think of the Good Deed that you had done that day. If you had not done any good deed for that day, try to do two Good Deeds the next day.

Get into the habit of getting the blessings of your parents before leaving Home. This should be done according to your culture, religion etc. whenever a parent is not available for this, please seek the advice of your Scout Master about what procedure to follow.

13. First Aid 1

- Know the reasons for giving First Aid
- Know how to clean and dress a simple wound

14. Wood Craft Signs

- Do a treasure hunt using the Wood Craft signs as given in Scouting for Boys and with a few obstacles (about 500 meters)

Training Period of Three (03) Months

- The earliest age to join the Junior Scout Troop is 10 years 06 months. However, Scouting can be commenced at the age of 10 years 02 months provided that the Scout completes the requirements of the Pre-Membership Activity Programme.
- Gold Star winners can be invested after 01 month of he/she joining the Junior Scout Troop when they complete the specified requirement of the syllabus.
- Silver Star winners can be invested after 02 months of he/she joining the Junior Scout Troop when they complete the specified requirement of the syllabus.

♣ Proficiency Badges – None

♣ Interviewer - Scout Leader

♣ Uniform – Standard Scout Uniform



PROGRAMME TEAM

1. Scout Promise and Law

- Know the Scout Promise and Scout Law and be able to recite them by memory and show that he /she uses it in day to day work
- Know what to do when taking the Scout Promise
- Understand that the Scout Promise is the basis of Scouting

The Scout Promise

On my honour, I promise to do my best, to do my duty to my religion and country, to help other people at all times, and to obey the Scout Law.

The Scout Law

1. A Scout is trustworthy.
2. A Scout is loyal.
3. A Scout is friendly and considerate.
4. A Scout is a brother to every other scout.
5. A Scout is courageous.
6. A Scout is kind to animals.
7. A Scout is cooperative.
8. A Scout is cheerful.
9. A Scout is thrifty.
10. A Scout is clean in thought, word, and deed



PROGRAMME TEAM

2. National Anthem

- Be able to sing the National anthem alone.
- Know what should be done when singing the National Anthem.
- Know about the composer and the history of the National Anthem
- Know the meaning of the National Anthem

Sri Lanka Matha was first performed at an official ceremony on 4 February 1949 at the Independence Memorial Hall in Torrington Square during the national day ceremony. The anthem was given full constitutional recognition in the 1978 Second Republican Constitution.

Ananda Samarakoon

The national anthem, 'Sri Lanka Matha'. The anthem was written and composed by Ananda Samarakoon, most probably in 1939-40, while he was Tagore's disciple at Visva-Bharati University.

Lyrics & Music by – Ananada Samarakoon



Mr. Ananda Samarakoon



PROGRAMME TEAM

3. Scout Sign and Methods of Saluting

- Know the meaning of the Scout sign, Scout salute, and the left hand shake
- Be able to make the Scout sign with the hand.
- Know when to use them
- Know when to salute



The **three-finger salute** is used by members of Scout and Guide organizations around the world when greeting other Scouts and in respect of a national flag at ceremonies. In most situations, the salute is made with the right hand, palm face out, the thumb holding down the little finger, and with the fingertips on the brow of the head. There are some variations of the salute between national Scouting organizations and also within some programme sections.

A "half-salute", known as the Scout Sign, is also used in certain situations. The hand is still held palm facing out, and the thumb holding the little finger, but the hand is held at the shoulder instead.

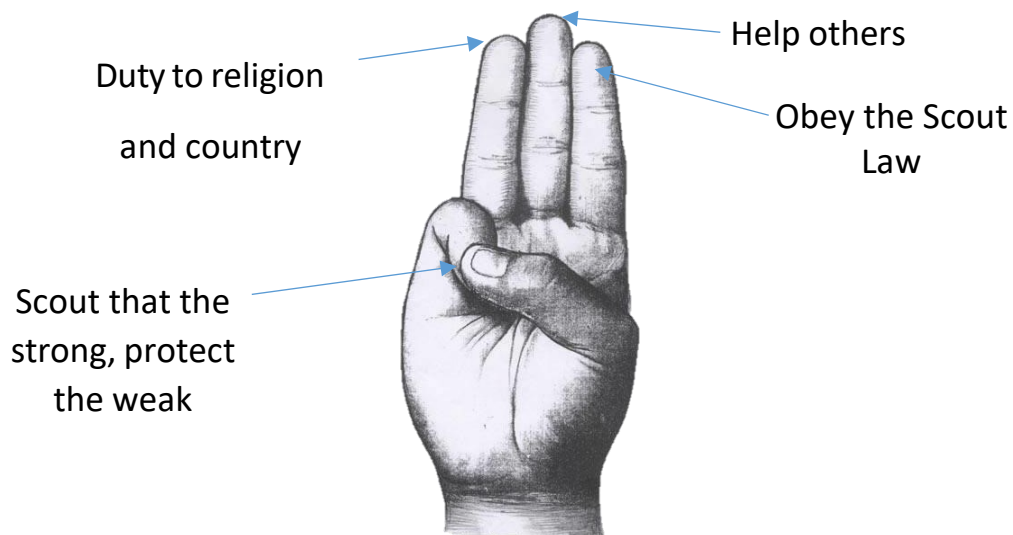


When Scouts shake hands they use their left hands. This is a sign of trust and friendship. Warriors used to carry their spears in their right hand and their shields in their left hand. To offer your shield hand to another

the person leaves you open to attack, and to do so is a great sign of trust.

It is also said that your left hand is closer to your heart, and that may also be a sign of friendship.

SCOUT SIGN



The three fingers held up like the three points of the Scout badge remind a Scout of the three parts of his promise:

- His duty to religion and country
- To help others
- To obey the Scout Law

The thumb over the little finger reminds a Scout that the strong, protect the weak.



WORLD SCOUT LOGO



COLOMBO DISTRICT
SCOUT LOGO



SRI LANKA SCOUT LOGO

Stave Salute



SCOUT SIGN



Using **Left Hand**

Salute

The salute and the badge also look like the arrow head on an old compass – always pointing in the right direction.

The salute is made with the right hand, which is brought to a position just in front and above the right ear, when a hat or beret is worn the fingers should just touch the edge of the hat. For a smart salute the hand is brought up into position slowly, in a wide arc and then at the end of the salute straight down by your side (longest way up, shortest way down).

When parading with a Scout stave, the salute is made with the left hand and the stave in the right hand. Bend the left elbow at a right angle, and with the palm downwards just touch the fingertips to the stave.



PROGRAMME TEAM

4. Founder

- Know about the founder of the Scout Movement
- Know the important events of the life of Lord Baden Powell
- Know about the founder of Sri Lanka Scouting and the year when Scouting was started in Sri Lanka



Founder of the Scout Movement

Robert Stephenson Smyth Baden Powell

The Founder – Robert Baden-Powell

Robert Baden-Powell (BP) was born as Robert Stephenson Smyth Powell in London on 22 February 1857. BP was the youngest of 7 children. His father died when he was 3 years old and his mother subsequently changed the name of her children to Baden-Powell. He was the seventh of eight sons among ten children from the third marriage of **Reverend Baden Powell** (1776–1860), Baden-Powell was raised by his mother, **Henrietta Grace Powell** née Smyth (1824–1914).

1857 Feb 22 Bone at 9 Stanhope Street, PaddingtonLandon,England.

1876 Feb 20 Joined the British army appointed as Sub-lietenant for the 13th Hussars in Lucknow, India,and specialised in scouting,map-making and feconnnaissance.

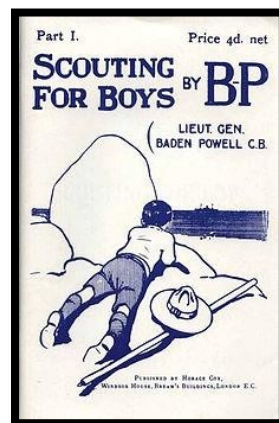


1899 Feb 22 Declared a hero for successfully defending the Mafeking Town during the Boer War and was promoted to Major-General by Queen Victoria

1907 Aug 01 Heald a seven day experiment camp for 20 boys on Brownsea Island, Dorest, England



1908 BP's Scouting for Boys was published in six instalments



1910 Feb 22

Badon Powell Retired from army as Lieutenant General and focused on the Scout Movement



1912 Feb 22

Married Olave St Clair Soames and subsequently had three children - Arthur , Heather and Betty



1913 Feb 19

Started Gilwell Park Training Centre for Scout Leaders in London, England

1920 Jul 30

Baden Powell Acclaimed Chief Scout of the World at the 1st World Scout Jamboree in London , England



1925 Feb 22

Opened the International Scout Chalet in Kanderateg, Switzerland (now known as the Kandersteg International Scout Centre)



1929 Feb 22 Made Loard Baden Powell, 1st Baron of Gilwell, by King George v

1937 At the 5th World Scout Jamboree in, BP retired from public Scouting Life

1939 BP moved to a cottage he had commissioned in Nyeri, Kenya, near Mount Kenya



1941 Jan 08 BP died and was buried in Nyeri, Kenya





PROGRAMME TEAM



Founder Scouting in Sri Lanka

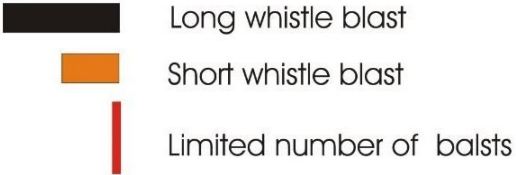





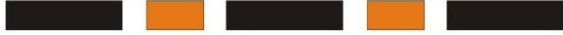
Francis George Stevens

- Francis George Stevens - born Tavistock, Devon, England 2 June 1891 son of Mr. and Mrs. Lambert Stevens of Liverpool. He was a British civil engine
- In **1912, Stevens founded the first recorded Scout troop at Christ Church College, Matale.**
- In 1914 he established the 1st Galle Mahinda Scout Group at Mahinda College, Galle.
- Following the appointment of Stevens as the colonial commissioner, the British Scout Association Ceylon Branch was recognized in 1914.
- Stevens arrived in Ceylon in 1911 as an Engineer in the Public Works Department.
- Stevens was recognized in 1917 when Lord Baden-Powell awarded him the Silver Wolf on the eve of his departure to Egypt on War Service.
- In 1919, Stevens married Miss Gladys Crockwell of Court Netherleigh, Torquay, and they returned to Ceylon in 1920.
- In 1939 he returned to active Scouting and accepted the post of President and Chairman of the Association. He was given the rank of Honorary Chief Scout Commissioner.
- He left Ceylon in 1945



PROGRAMME TEAM


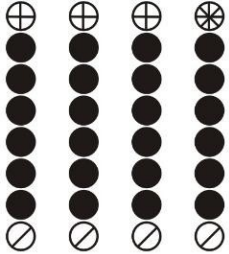
Whistle Signals

	
 Long whistle blast - 1	Silence / Attention / Await my next signal
 Few Short whistle blast (more than 3)	Rally Call
 Short whistle blasts - 3 Long whistle blast - 1	Calling Patrol Leaders
 Long whistle blast - 1 Short whistle blasts - 2	Calling Duty Patrol Leader
 Few Long whistle blast (not fast)	Disperse / Spread out
 Few long and short whistle blasting alternately	Danger



While the long blast shown at the top indicates silence /attention / await next signal, it is not part of the other signals

HAND SIGNALS


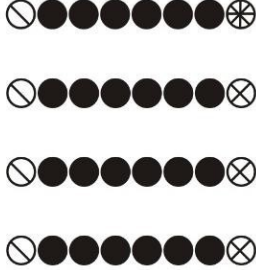
LINES


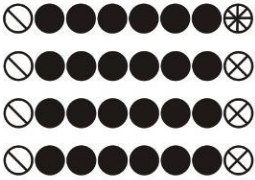
LINE


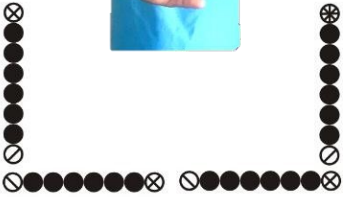
OPEN COLUMN


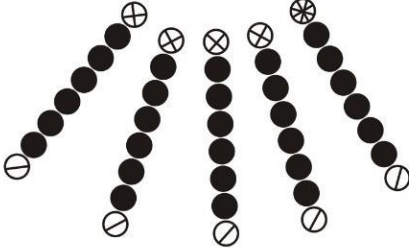
CLOSE COLUMN


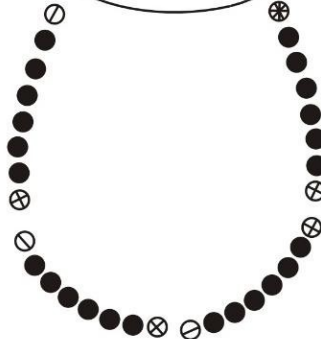
OPEN BOX


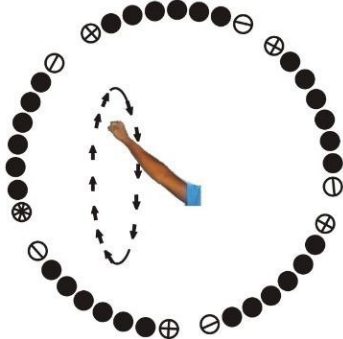
CART WHEEL

HORSE SHOE

CIRCLE

-  Duty Patrol Leader
-  Patrol Leader
-  Asst. Patrol Leader
-  Scouts

- In a single row / column / horseshoe / open box / circle, the patrol leader should always be on the right side of the patrol and the assistant patrol leader on the left side.
- When making cart wheels / rows, etc., the patrol leader should be in front of the patrol and the deputy leader behind.
- The duty patrol should be to the right or ahead of the other patrols, depending on the hand signal provided.
- When there are patrols according to a horseshoe and open box, the duty patrol should be in the left-hand corner of the scout leader and the next service group should be in the right-hand corner of the scout leader.
- Between patrol, patrols should be shown separately, leaving one space blank.
- Normally when horseshoes, open box, single row, the gap between the members should be at elbow length.



SRI LANKA SCOUT ASSOCIATION - COLOMBO DISTRICT BRANCH

PROGRAMME TEAM



Lines



Close Column



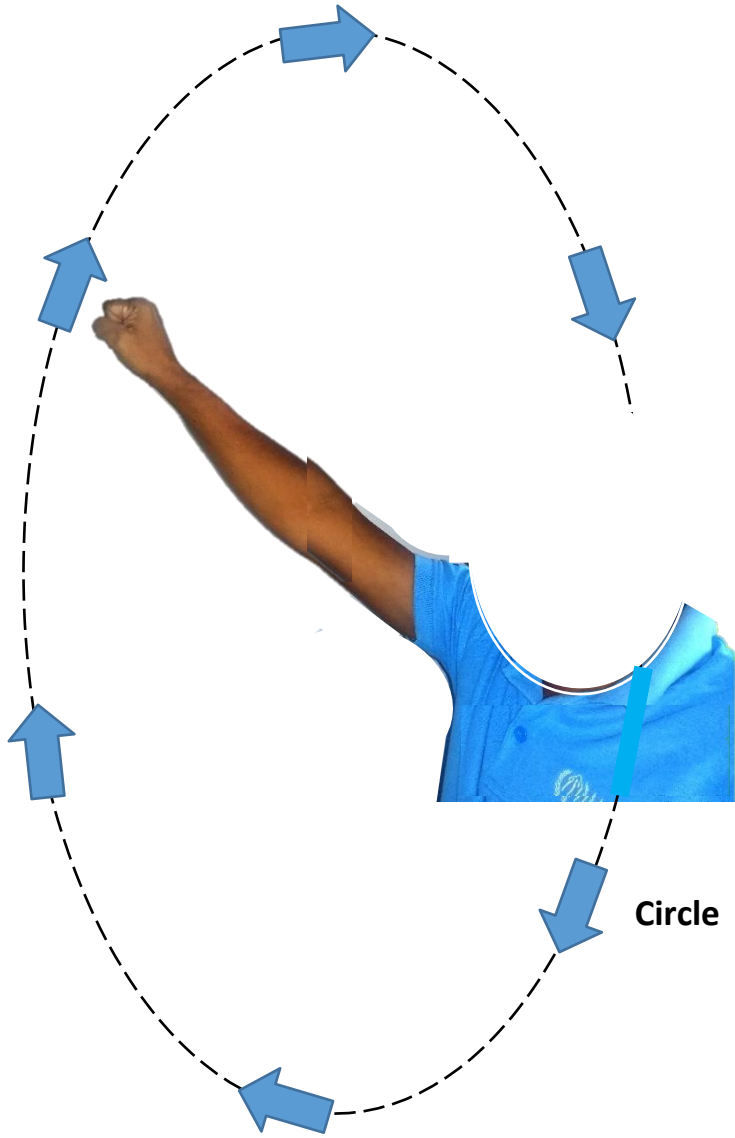
Line



Open Column



Open Box



Cart Wheel

i



Horse Shoe

ii





6. Knots and Whipping 1

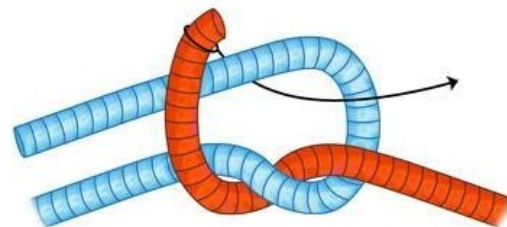
- Know how to make following knots and whipping and be able to explain their uses.

- Reef Knot
- Sheet Bend
- Clove Hitch
- Sheep Shank
- Bowline
- Round Turn and Two Half Hitches
- Simple whipping the end of a rope

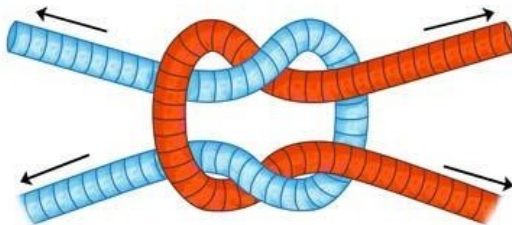
Square (Reef) Knot Instructions



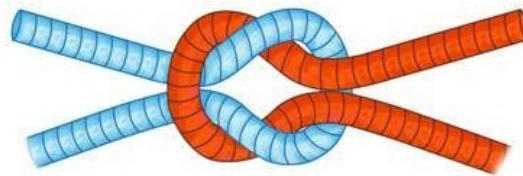
1 Cross the blue and red ends



2 Pass the red end through the blue loop



3 Pull the ends to tighten



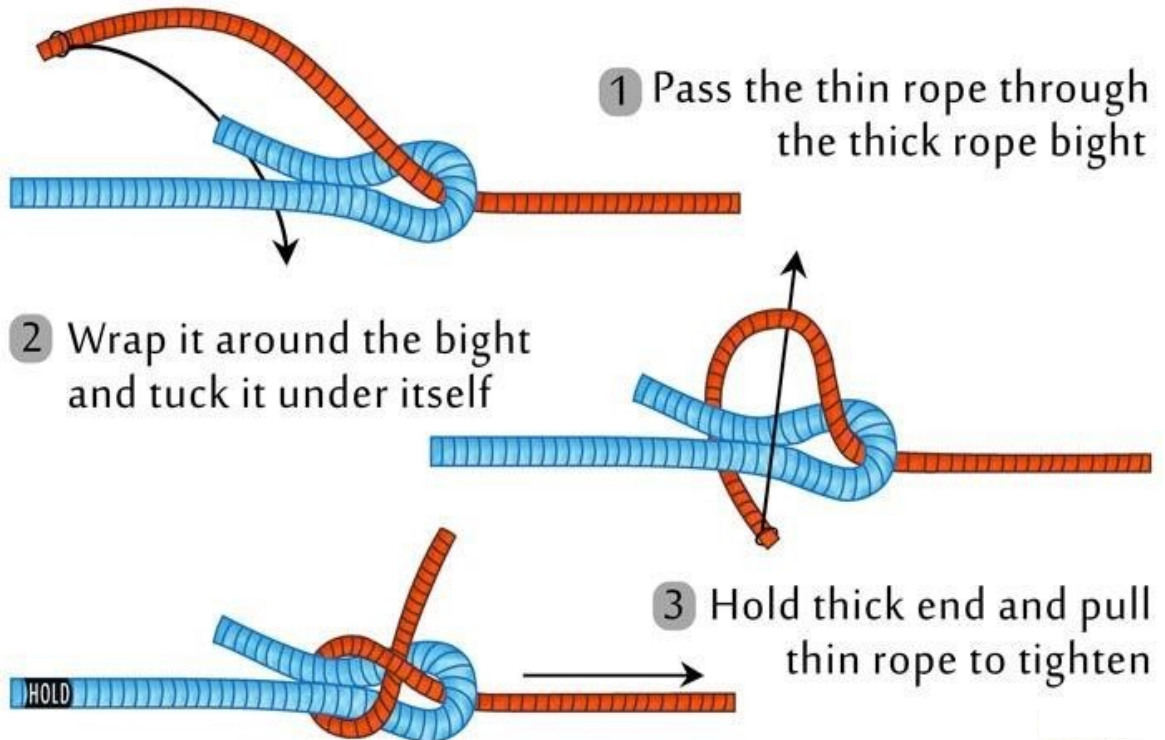
4 The knot is complete

This most common knot is used to tie together two working ends of the same material same size.

This most common knot is used to tie together two working ends of the same material same size.



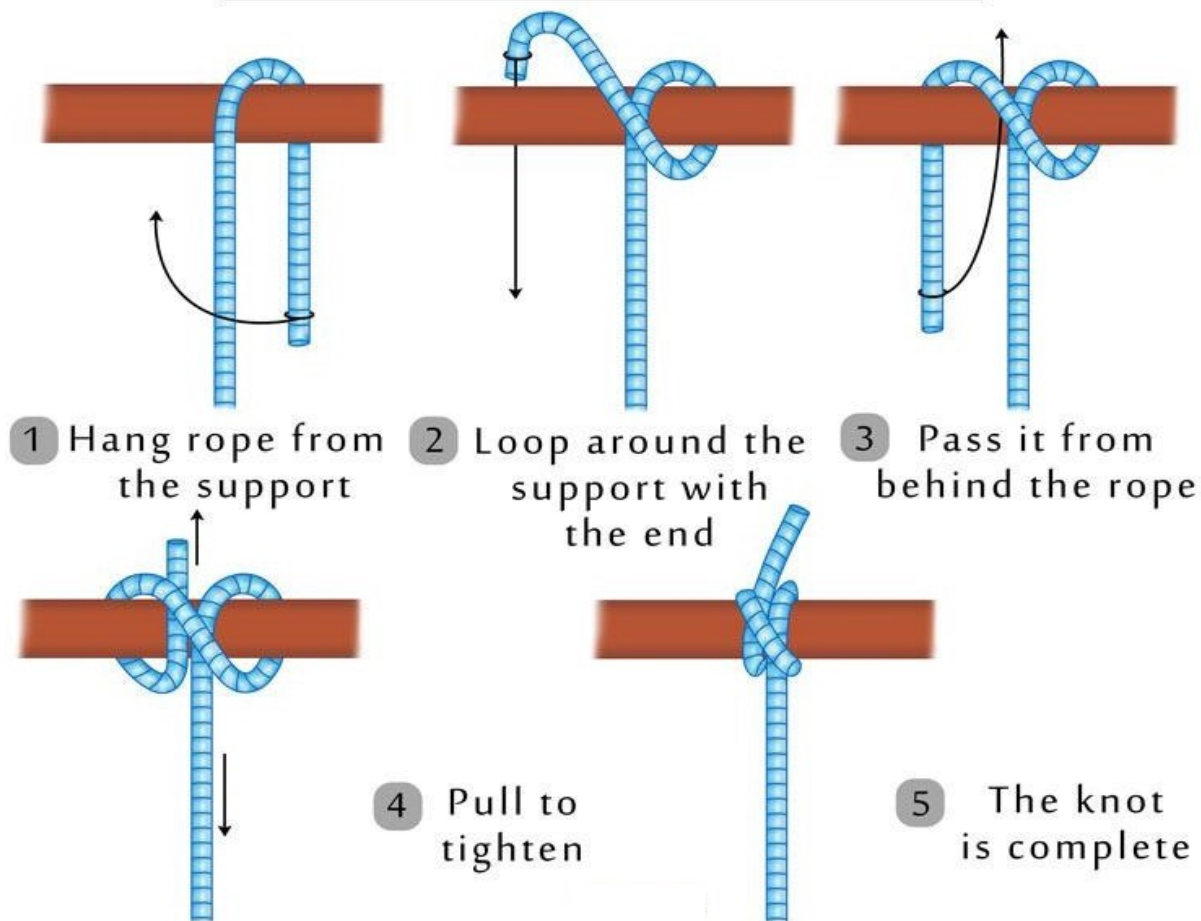
Sheet Bend Step By Step



The 'sheet' is the sailor's name for a rope. The sheet bend is used to tie together two ropes of different types or unequal thicknesses.



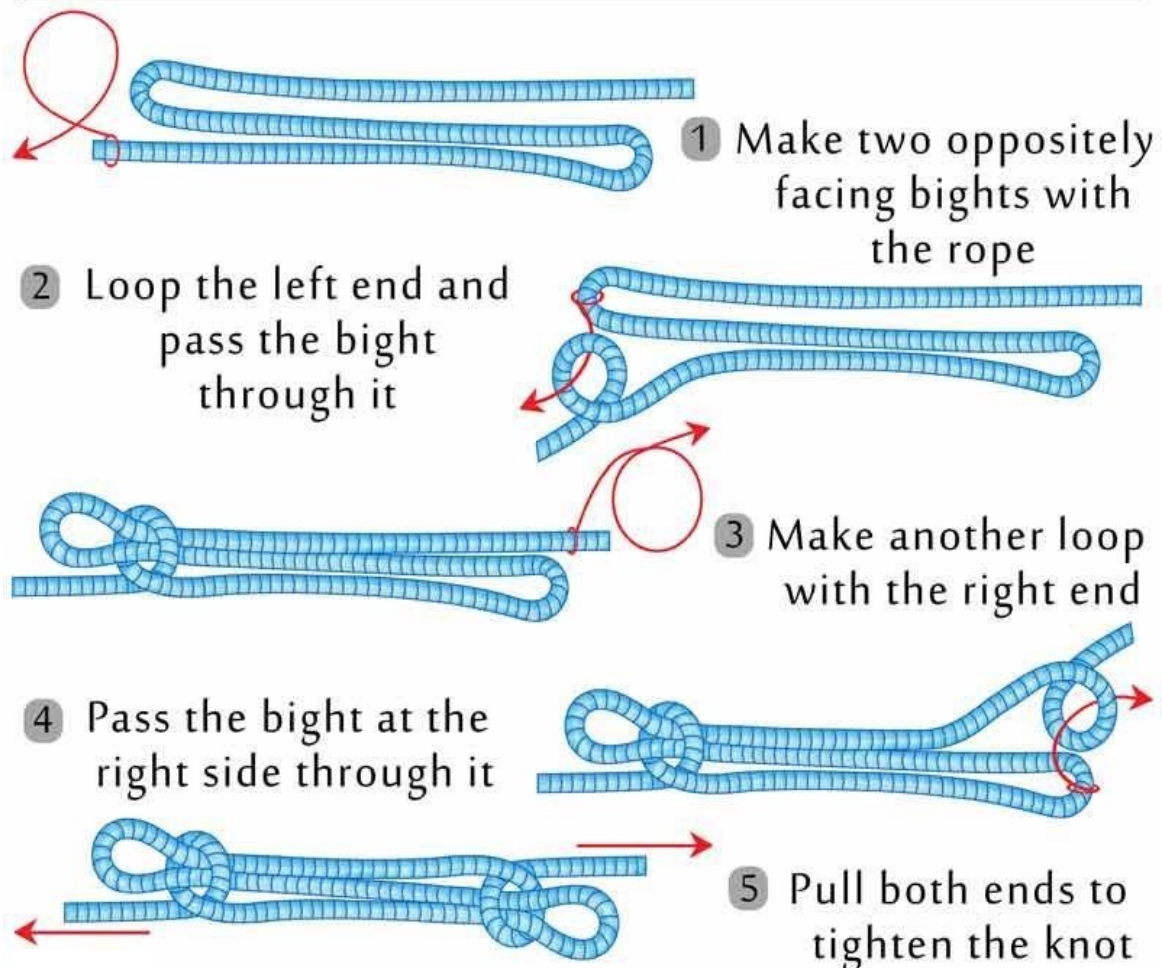
Clove Hitch Tutorial



The clove hitch is another method of 'hitching' a rope to a post. It is often used to begin other hitches and lashings.



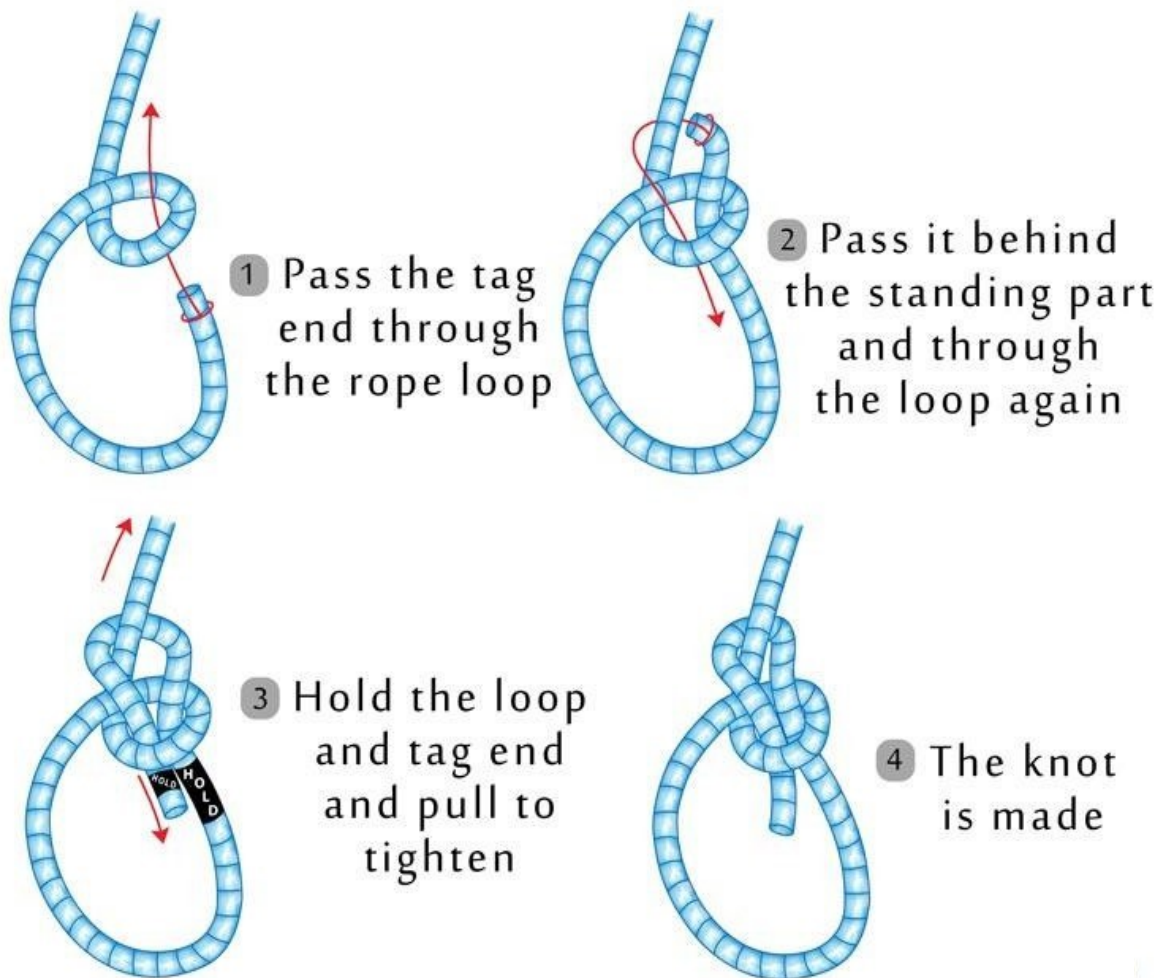
Sheepshank Knot Instructions



This knot is used to shorten a rope, or to bridge a damaged length, without cutting the rope. It can be tied in the middle of the rope without needing the ends.



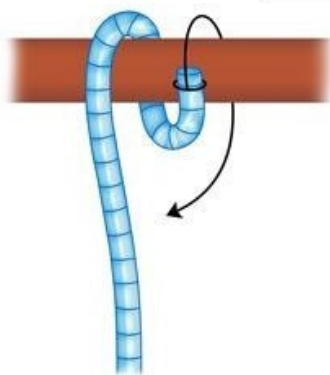
Bowline Knot Directions



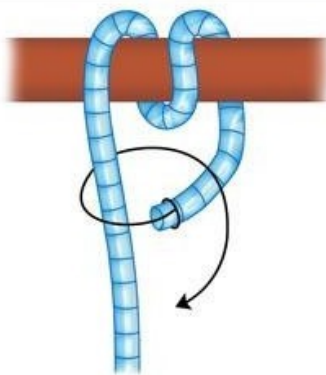
The bowline is used to form a non-slip loop in the end of a rope. It was traditionally the climbers' waist knot before harnesses were used.



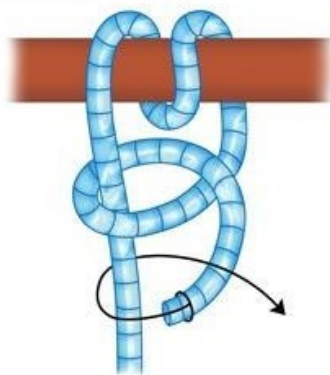
Round Turn and Two Half Hitches Tying Instructions



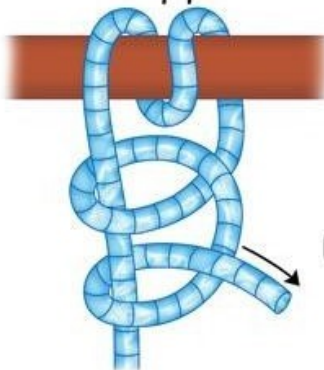
1 Wrap the end around the support



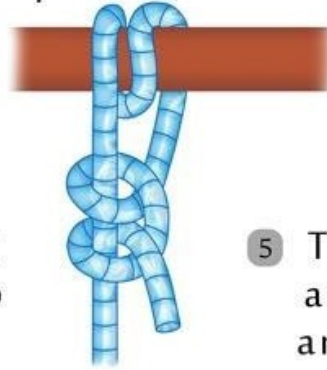
2 Wrap it around the standing part of the rope



3 Make another turn



4 Take it out of the loop

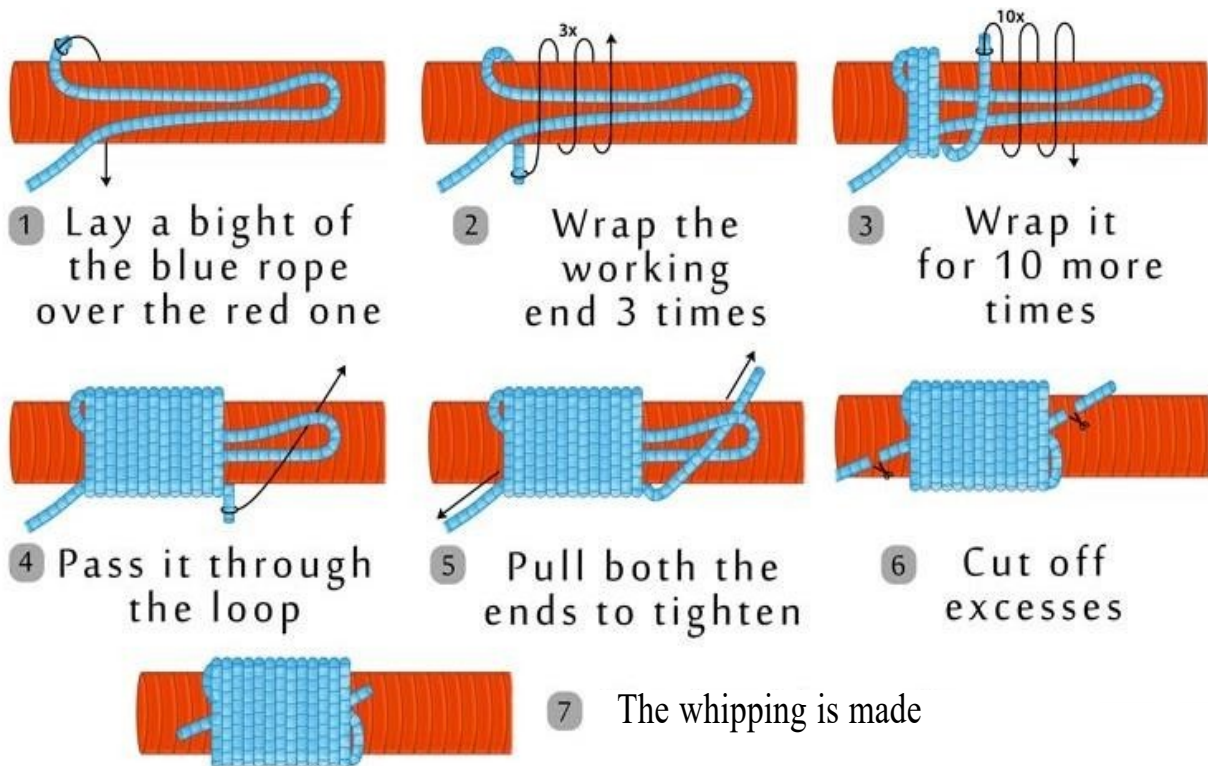


5 Tighten and you are done

This is a long name for a simple hitch used to attach a rope to a post, spar, and so on. It is a composite knot formed from two simple knots



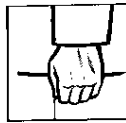
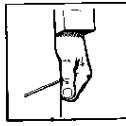
Simple Whipping Instructions



Rope are made up of a number of strands twisted together. If the cut end is left un-whipped, the rope will fray or untwist, and loose strength. Being Scouts, “Whip” or bind the ends of ropes, this prevents fraying and prolongs the life of the rope.

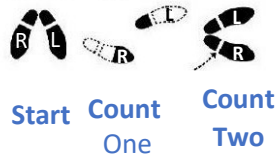
7. Smartness and Good Order 1

- Show the ability to obey the under mentioned commands:
 - Attention/Alert
 - At Ease
 - Right turn and left turn
 - About turn
 - Salute
 - Disperse



Attention/Alert

Left turn



Start Count One Count Two

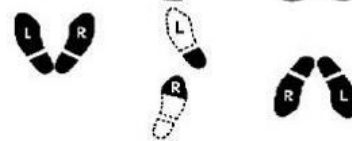
Right turn



Count Two Count One Start



Attention/Alert



About turn



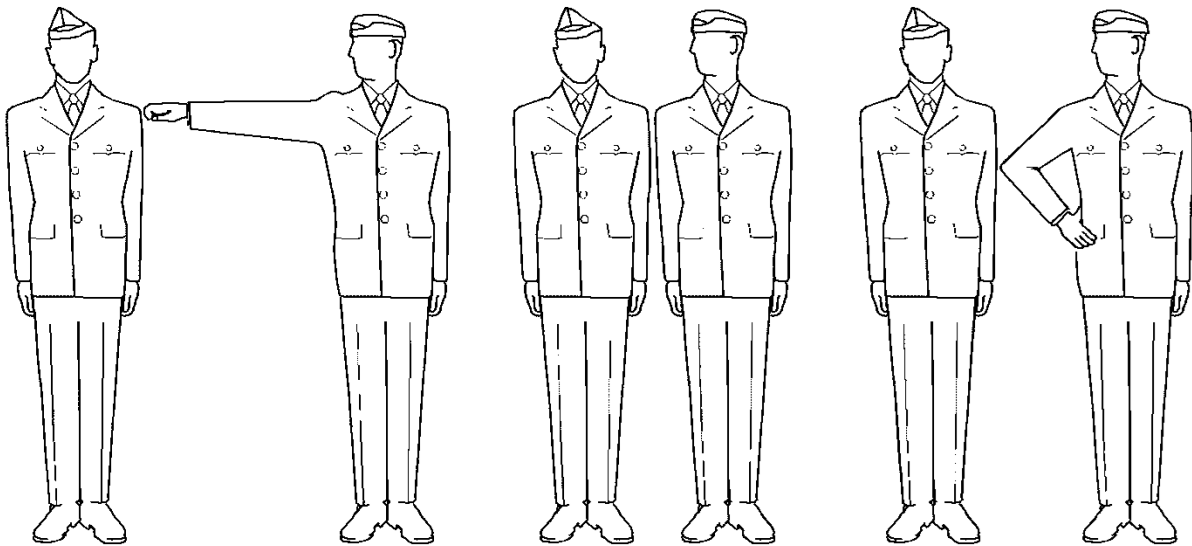
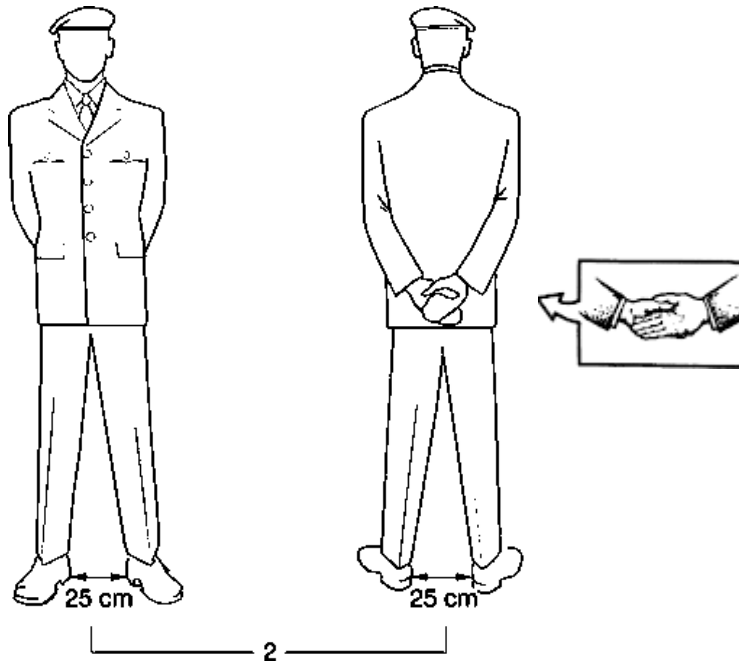
Command: Attention

- Your weight should be distributed equally on the heels and balls of your feet. When you come to attention, bring your heels together smartly with your toes forming a 45 degree angle.
- Keep your legs straight without locking your knees. Hold your body with your hips level, your chest lifted, and your shoulders square and even. Your arms should hang straight, but not stiff, with the backs of your hands outward. Curl your fingers so that the tips of your thumbs are alongside and touching the first joint of the forefingers. Your thumbs should be straight and along the seams of your trousers or skirt. The first joint of your forefingers should touch the trousers or skirt. Keep your head erect, and look straight to the front.

Command: About Turn

- On the command About turn, the right foot is lifted from the hip (knee straight) so it barely clears the ground.
- The ball of the right foot is placed half a shoe length behind and slightly to the left of the left heel, with unbent knees.
- You will want to distribute the weight of your body on your left heel and the ball of the right foot.
- Your legs should be straight but not stiff and your foot position is unchanged. This completes count one of the movement.
- For count two, you keep your upper body in the position of attention, suspending arm swing, while pivoting 180 degrees to the right using a twisting motion of the hips, balancing on the ball of the right foot and heel of the left foot.
- When the pivot is complete, your heels should be together and in line and your feet should form a 45-degree angle. The body remains at attention.

At Ease



ARM INTERVAL

SHOULDER

ELBOW



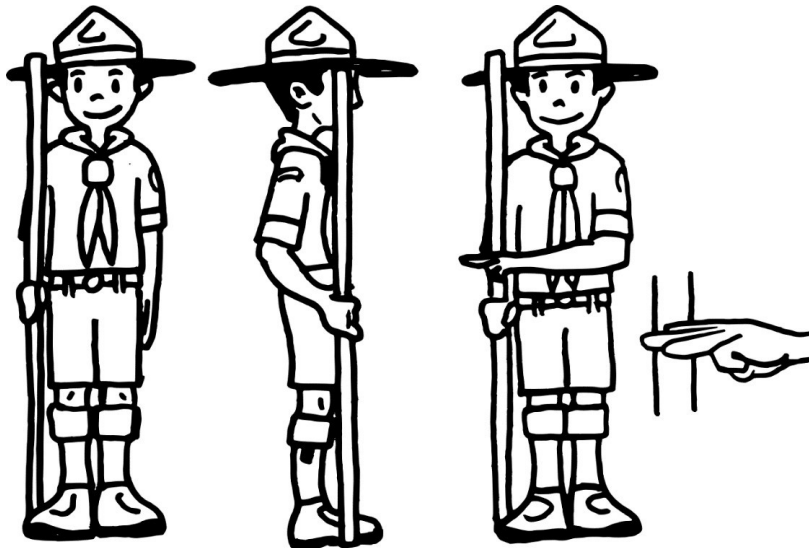
PROGRAMME TEAM



Salute



Salute with Stave



Salute with Stave



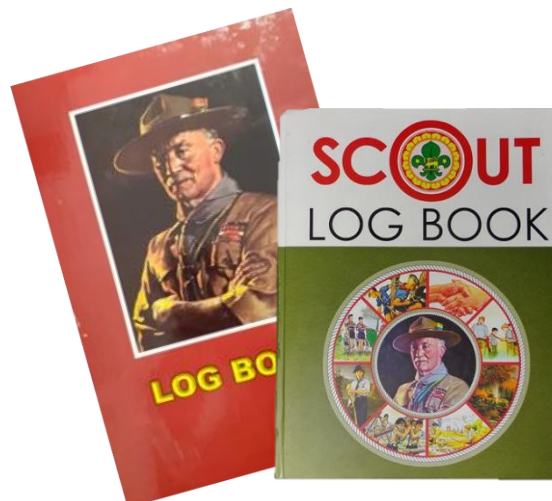
PROGRAMME TEAM

8. Log Book 1

- Start maintaining a daily log of his/her Scout activities on his/her own with the guidance of the Scout Leader.
- Understand that the Log Book should be the story of the Scout life of the Scout

Personal Log Book

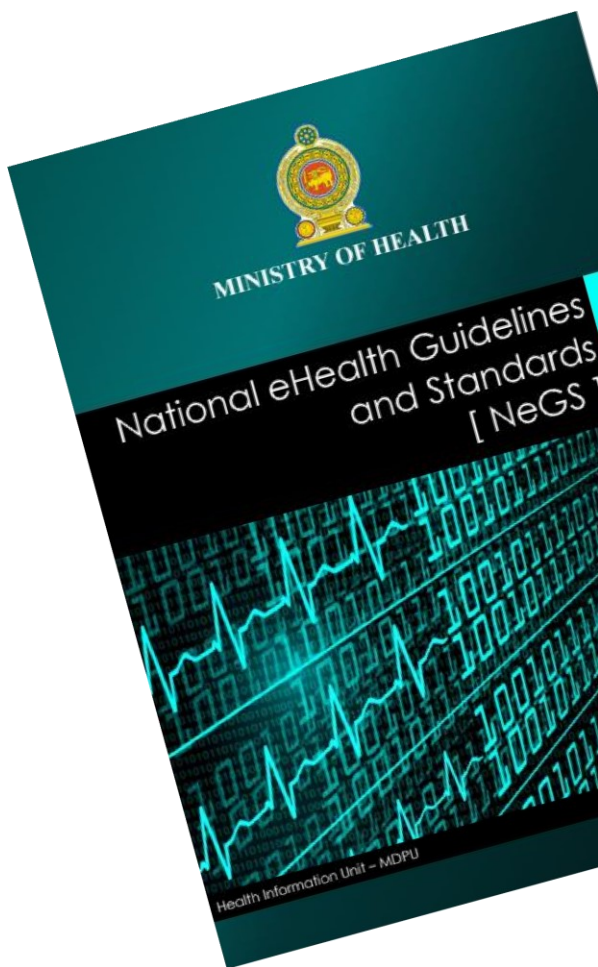
- Records of your daily scouting related activities must be entered in your Log Book, similar to maintaining a personal diary.
- Anything you learnt related to Scouting (E.g. Knots – Reef Knot), must be entered in the Log Book on that particular day, preferably with pictures or drawings etc. Activities that took place at your weekly Scout meetings must also be entered. (E.g. Brief description of the Opening Rally; Games played; what you learnt; Songs sung; Inspection Reports; Tests and badges passed like Membership Badge or Scout Masters Award including the Scout Leaders signature etc.)
- When doing any Proficiency Badge, write down the related syllabus and obtain the Badge Examiner's signature at the bottom, on the day of passing the badge. The relevant badge chit may be pasted there after all the appropriate signatures are appended.
- Log entries of camps, hikes and excursions must be made according to the dates of the events, along with related photographs, pictures or drawings etc.





9. Rules of Health 1

- Know the importance of applying health guidelines as given by the Ministry of Health during a Epidemic/pandemic



The National Institutes of Health • Office of Management • Office of Research Services • Division of Occupational Health and Safety

Prevent the Spread of
CORONAVIRUS

- 1 WASH**
Your hands often with soap and water for at least 20 seconds or use a 60% alcohol-based hand sanitizer.


- 2 AVOID**
Close contact by staying 6 feet apart to reduce risk of exposure and avoid close contact with people who are sick.


- COVER**
Your cough or sneeze with a tissue or cough or sneeze into your elbow and not your hand.


- 4 CLEAN AND DISINFECT**
Frequently touched surfaces and objects at least daily such as doorknobs, light switches, phones and keyboards.


- 5 STAY HOME**
And stay isolated if you are sick. If you develop COVID-19 symptoms at work, notify your supervisor and go home immediately.



Please contact Occupational Medical Service at <https://go.usa.gov/os085> for screening and more information or guidance.

NIH National Institutes of Health Keep Yourself and Others Safe!



10. Safe from Harm 7

- The Scout should know his/her name, number, address and parents' names, telephone numbers and how to contact them and work place of parents.
- Walk alone if parents have told you to do so, and it must be in a route that they have trained you to walk.
- Recognise good touch bad touch - How to report bad touch to the leader (who, what, when, where, how often)
- Understands the importance of not associating with strangers or speaking to them – never divulge any personal information to any stranger. How to report if this occurs.
- Know about types of Physical Abuse that may occur to Scouts and be able to report this correctly (who, what, when, where, how often).
- Know when the Scout becomes mentally uncomfortable in situations and and to be able to tell the Leader specifics of the situation (who, what, when, where, how often)
- Recognise Bullying - Be able to report if they think someone is Bullying them (who, what, when, where, how often)





11. Thrift – Savings Account 1

- Know what thrift is
- Opening/maintaining a savings account



How to Open a Savings Account

Compare banks

See if you're eligible for a credit union

Gather your documentation

Open an account online or in person

Add funds to the account

the balance



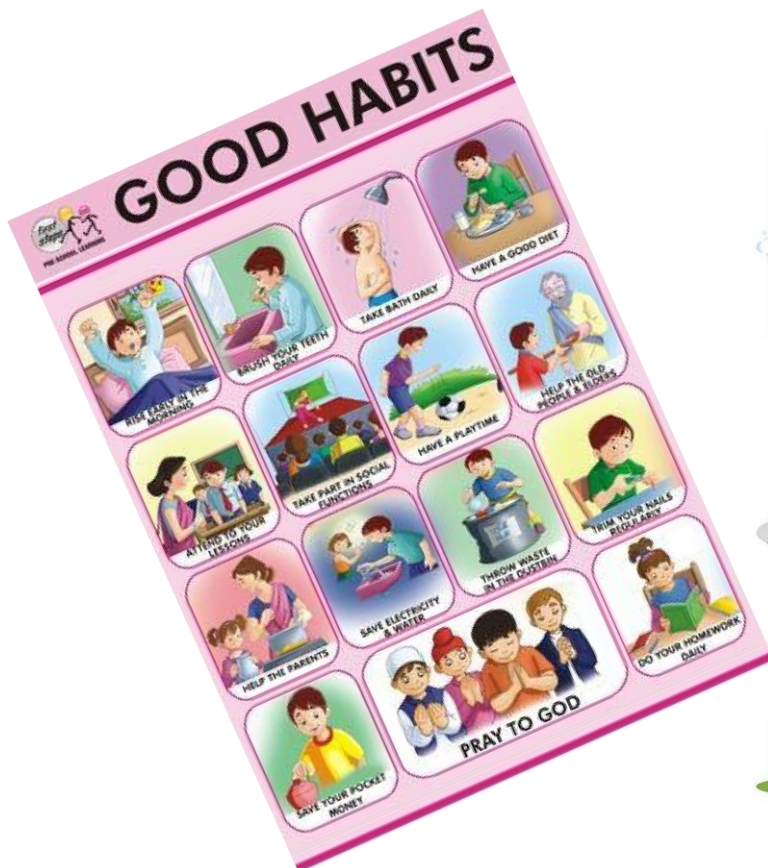
PROGRAMME TEAM

12. Good Habits 1

- Do a good deed every day. It may be a small thing like saving an insect from drowning. Write one sentence in the Log Book about what the Scout has done. (Try to do at least 5 good deeds every week. This should continue throughout, even after the Scout had left the Scout Troop. It should become a lifelong habit).

Self-assessment - Every night before you go to sleep, think of the Good Deed that you had done that day. If you had not done any good deed for that day, try to do two Good Deeds the next day.

Get into the habit of getting the blessings of your parents before leaving Home. This should be done according to your culture, religion etc. whenever a parent is not available for this, please seek the advice of your Scout Master about what procedure to follow.



GOOD HABITS



13. First Aid 1

- Know the reasons for giving First Aid
- Know how to clean and dress a simple wound

Ask any individual who has taken a first aid training program if it was worth it and their answer will be "Yes!" Having some basic first aid knowledge is essential and here are 5 reasons why.

1. It does more than help save lives.

It's true that having first aid training undoubtedly helps save lives. That's not all though; giving appropriate first aid immediately can help to reduce a person's recovery time and make the difference between the patients having a temporary or long-term disability. You'll learn how to remain calm in emergency situations and you'll learn simple acronyms to help you recall the steps you need to take. First aid training will make you confident and comfortable and therefore more effective and in control when you need to be.

2. It enables you to increase patient comfort.

Not all accidents, injuries, or illnesses require a trip to the hospital but it doesn't mean they don't cause pain and suffering to the patient. A child crying because of a bruised elbow or with a fever is in pain and is suffering. By knowing how to act – even just by employing simple techniques such as applying an ice pack correctly, or utilising appropriate bandaging, you'll help to relieve their discomfort. You'll also provide emotional support by remaining calm and collected which will make them feel more secure and reduce their anxiety levels.



3. It gives you tools to prevent the situation from becoming worse.

In some situations, if a patient doesn't receive basic first aid care immediately their situation will deteriorate – often rapidly. By being able to provide basic care you can stabilize a patient until emergency medical services arrive. You'll learn how to use basic household items as tools if a first aid kit is not available meaning that you'll be able to cope with many situations.

You'll also be trained in how to collect information and data about what happened and the patients' condition. This information will be passed on to the emergency services, which saves them time – you will be a valuable link in the chain of survival.

4. It creates the confidence to care.

Having basic first aid knowledge means that you'll be confident in your skills and abilities in relation to first aid administration. By taking first aid training, it helps you to reflect on yourself and how you and others react in certain situations. Having this understanding will boost your confidence in a wide range of non-medical day to day situations.

5. It encourages healthy and safe living.

One of the first things you will learn during your first aid training is that you must look after yourself and ensure your own safety as a priority. It's not being selfish, it's being practical. Keeping yourself safe means you are in a position to help others rather than needing help yourself. You will also learn about the importance of healthy living and how lifestyle habits and choices can increase or decrease your risks of developing problems such as coronary heart disease. Having this knowledge makes you more aware of your own health and alert to potential hazards posed by your surroundings.



The Emergency First Response Secondary Care program provides comprehensive first aid training

which will prepare you for a wide range of situations and give you the confidence and knowledge of how to deal with them quickly, correctly, and efficiently.

To make the first step towards becoming first aid trained check our EFR Course Finder to find details of Emergency First Response programs in your local area.



How to clean and dress a simple wound

If you get a cut, scrape, or burn, it's important to clean the wound properly right away to prevent infection. Here's how to do it in five easy steps.

Step 1. Wash Your Hands

Clean your hands using soap and water or hand sanitizer, then put on disposable gloves, if possible. Do this before you touch your wound or treat someone else's burn, cut, or scrape. Clean, covered hands help prevent infections.



Step 2. Apply Gentle Pressure

This step applies only if the wound is bleeding. Skip this step for burns.

Use a clean cloth or sterile gauze to gently press on the wound until bleeding stops (small cuts and scrapes may not require pressure). Elevate (raise) the affected part, if possible. If blood oozes through the cloth or gauze, leave the covering on the wound. Place another clean piece on top and continue to apply pressure. Seek medical attention right away if:



- The wound is on a child under a year old
- Bleeding is severe or doesn't stop with gentle pressure
- Your wound has jagged edges
- The cut is deep, gaping, or across a joint
- The wound was caused by a dirty object or was the result of a projectile or something impaling the skin
- The wound was caused by a human or animal bite
- The wound happened on the face or genital area

Step 3. Rinse with Water

You don't need hydrogen peroxide or iodine products to thoroughly clean a simple cut or scrape. Just follow these steps:

- Rinse the wound in clear water to loosen and remove dirt and debris.
- Use a soft washcloth and mild soap to clean around the wound. Don't place soap in the wound. That can hurt and cause irritation.
- Use tweezers to remove any dirt or debris that still appears after washing. Clean the tweezers first with isopropyl alcohol. Don't pick at the wound. If the wound can't be cleaned, call a doctor.



If you have a burn, rinse the area under cool (not cold) water for 10 to 15 minutes. Or, place a cool cloth on the burn for the same length of time. See your doctor if any large blisters form. Go to the emergency room right away if you have any major burns.

Step 4. Use an Antibiotic Cream or Ointment

Over-the-counter skin antibiotics, like Neosporin or Polysporin, help keep the skin moist and ward off infection. It's not always necessary to use these if you have a minor cut or scrape. But applying a thin layer can boost your body's natural healing process and reduce scarring. Doctors may recommend using a topical antibiotic if you have burn blisters that break open.



Some people are allergic to certain ingredients in these products. Stop using the cream or ointment if a rash appears.

Step 5. Bandage the Wound -- Sometimes

You don't need to bandage every boo-boo. If you have a minor scrape or cut, clean it and leave it alone. Otherwise, place a clean, sterile, nonstick bandage on the wound after cleaning it. This helps keep out germs. You can find a variety of bandages and local drugstore. Paper tape may be less sensitive skin. Change the bandage at least once when it's wet or dirty.

Be extra careful to cover any cuts or wounds on tend to get dirty or germ, like your hands or also want to bandage any wound that would rub clothing, such as a cut on your knee. Always wounds.



tape at your irritating to a day or areas that feet. You on cover large

After You Clean the Wound

Don't pick at any scabs -- they're part of the healing process. Picking at them can leave a scar.

Call your doctor if you notice any of the following symptoms. They could mean the wound is infected:

- Increased redness or swelling
- Pain that gets worse
- Skin around the wound feels warm
- Unpleasant odor when cleaning the wound
- Unusual or increased drainage
- Fever or chills

If you have a burn, or a wound that breaks the skin, check with your doctor to see if you need a tetanus booster.



PROGRAMME TEAM

14. Wood Craft Signs

- Do a treasure hunt using the Wood Craft signs as given in Scouting for Boys and with a few obstacles (about 500 meters)

Tracking Symbols

	THIS WAY	TURN LEFT	TURN RIGHT	PACES TO A NOTE	DANGER HELP	NOT THIS WAY	I HAVE GONE HOME
STICKS							
STONES							
GRASS							
MARKS					HELP		



PROGRAMME TEAM

Training Period of Three (03) Months

- The earliest age to join the Junior Scout Troop is 10 years 06 months. However, Scouting can be commenced at the age of 10 years 02 months provided that the Scout completes the requirements of the Pre-Membership Activity Programme.
 - Gold Star winners can be invested after 01 month of he/she joining the Junior Scout Troop when they complete the specified requirement of the syllabus.
 - Silver Star winners can be invested after 02 months of he/she joining the Junior Scout Troop when they complete the specified requirement of the syllabus.
- ❖ Proficiency Badges – None
 - ❖ Interviewer - Scout Leader
 - ❖ Uniform –Standard Scout Uniform

