SRI LANKA SCOUT ASSOCIATION

COLOMBO DISTRICT PROGRAMME TEAM

Requirement's for

Chief Commissioner's Award

2022 .06.30

CHIEF COMMISSIONER'S AWARD

1. Thrift - Savings Account 2
   - Show proof that the Scout has continued to maintain the savings account that was started at the Membership Badge

SAVING

First and foremost, **saving** money is **important** because it helps protect you in the event of a financial emergency. Additionally, **saving** money can help you pay for large purchases, avoid debt, reduce your financial stress, leave a financial legacy, and provide you with a greater sense of financial freedom.

The Importance of Saving Money

1. **Freedom to Pursue Your Dream Career**
2. **Long-Term Security**
3. **Saving For Fun**
4. **Emergencies**
5. **Stress Reduction**
6. **Helping Others**
7. **Education**
8. **Big Purchases**
9. **Major Life Events**
10. **Financial Independence**

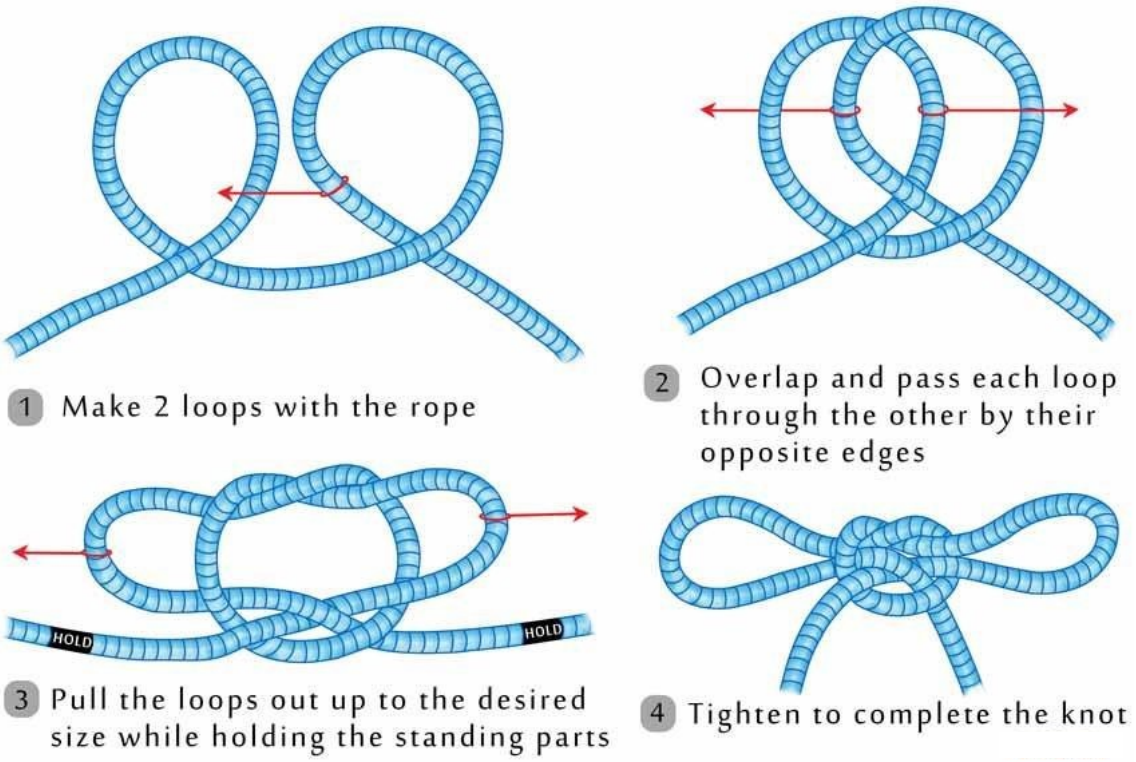
2. Art and Hobbies

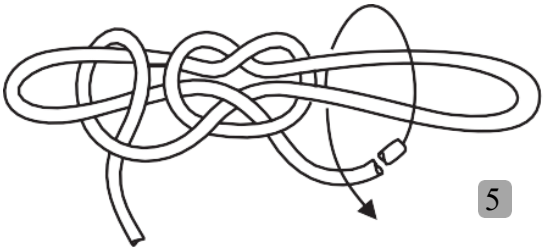
- Show or explain to the satisfaction of the Scout Leader the Scout's ability in one of the following. Singing, Playing a musical Instrument, Dancing, Acting, Drawing, Painting, Sculpturing, Graphic Designing, Video Editing, Music Composing, Animations, Power Point Presentations or any other hobby (the Scout may do so by even showing certificates received by the Scout, in the selected field).

Knots and Whipping 3

- Be able to do the following and explain their practical usage:
  - Fireman's Chair Knot
  - Rolling Hitch
  - Double Sheet Bend
  - Bowline on a Bight
  - Highwayman's Hitch
  - Sail maker's whipping

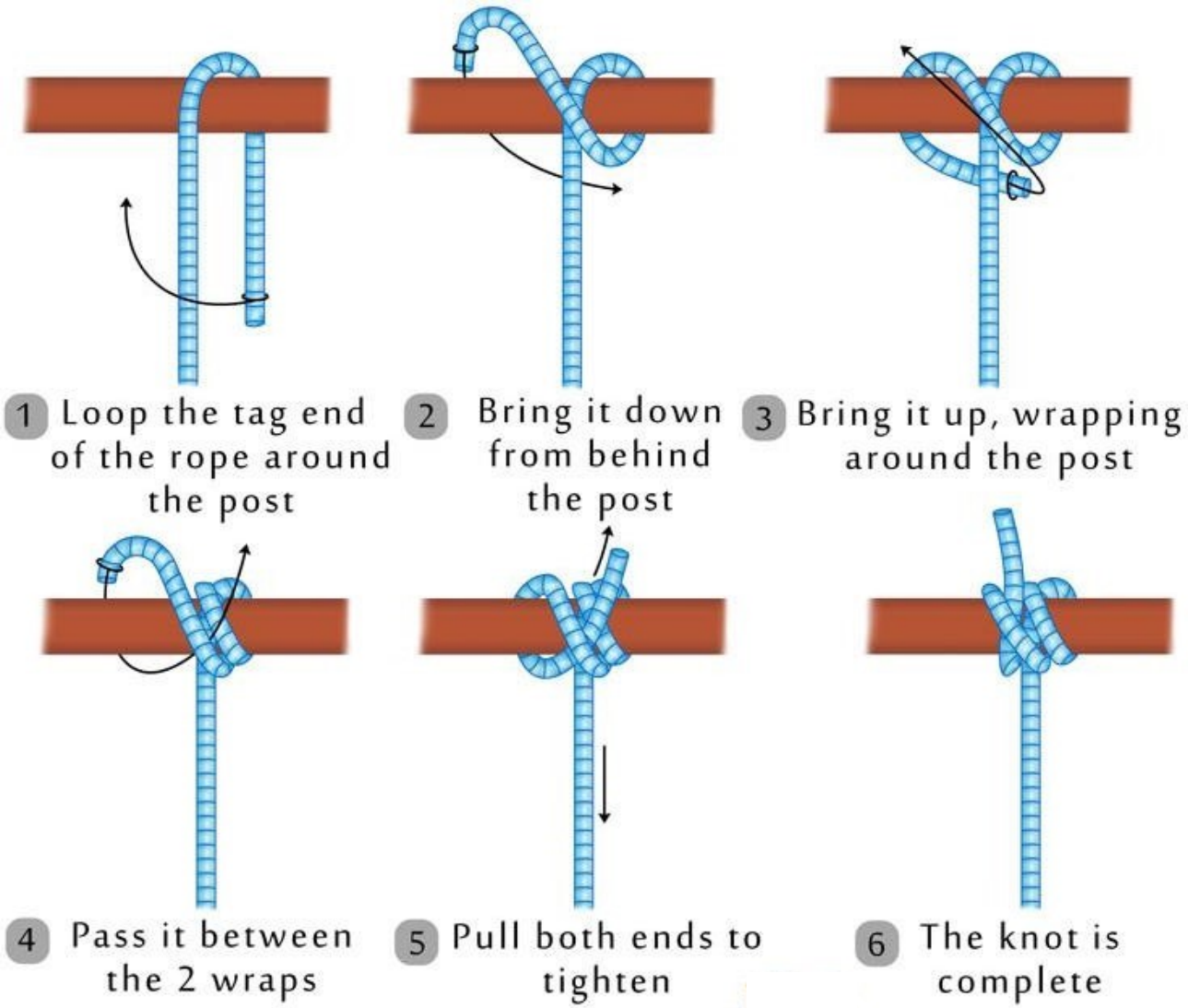
Fireman's Chair Knot





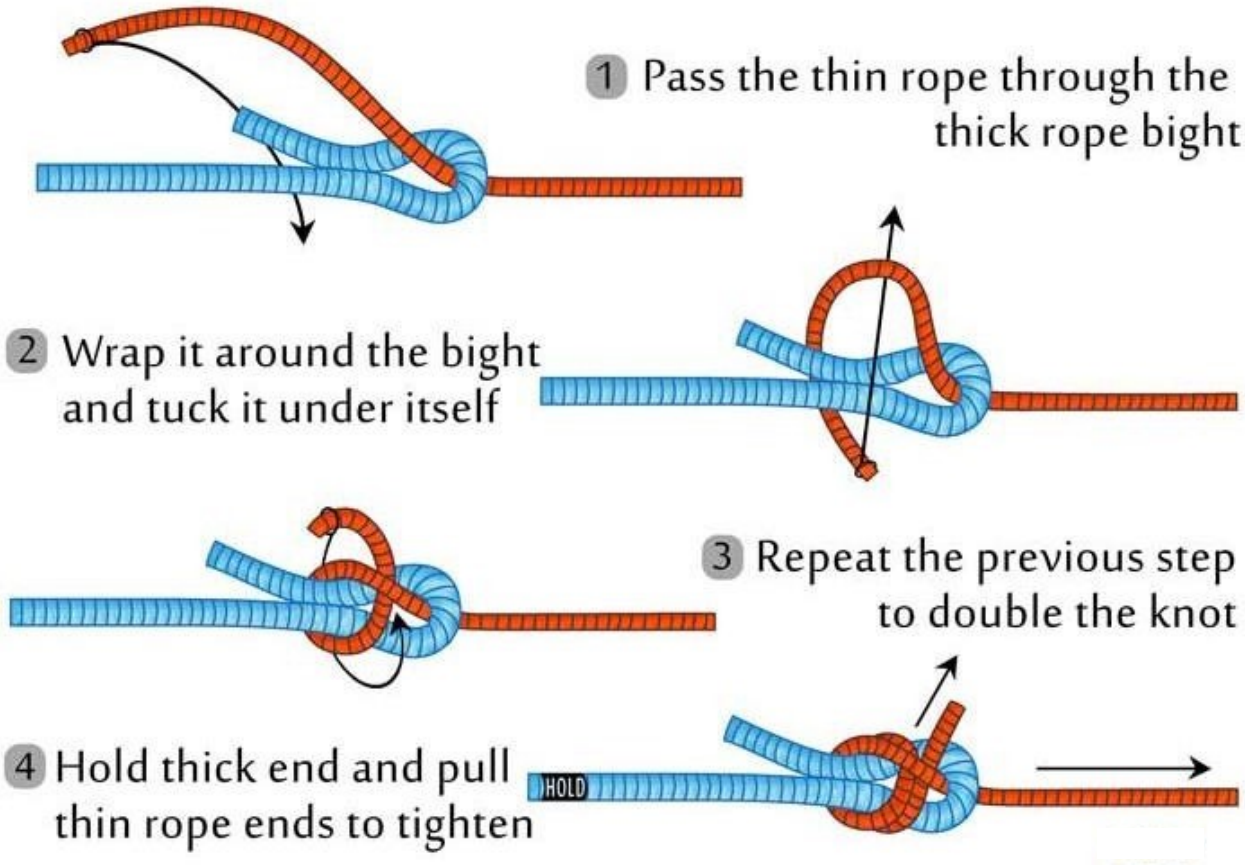
Made with suitable rope by qualified personnel this **knot** can be **used** as a rescue harness capable of supporting a person while being hoisted or lowered to safety.

Rolling Hitch



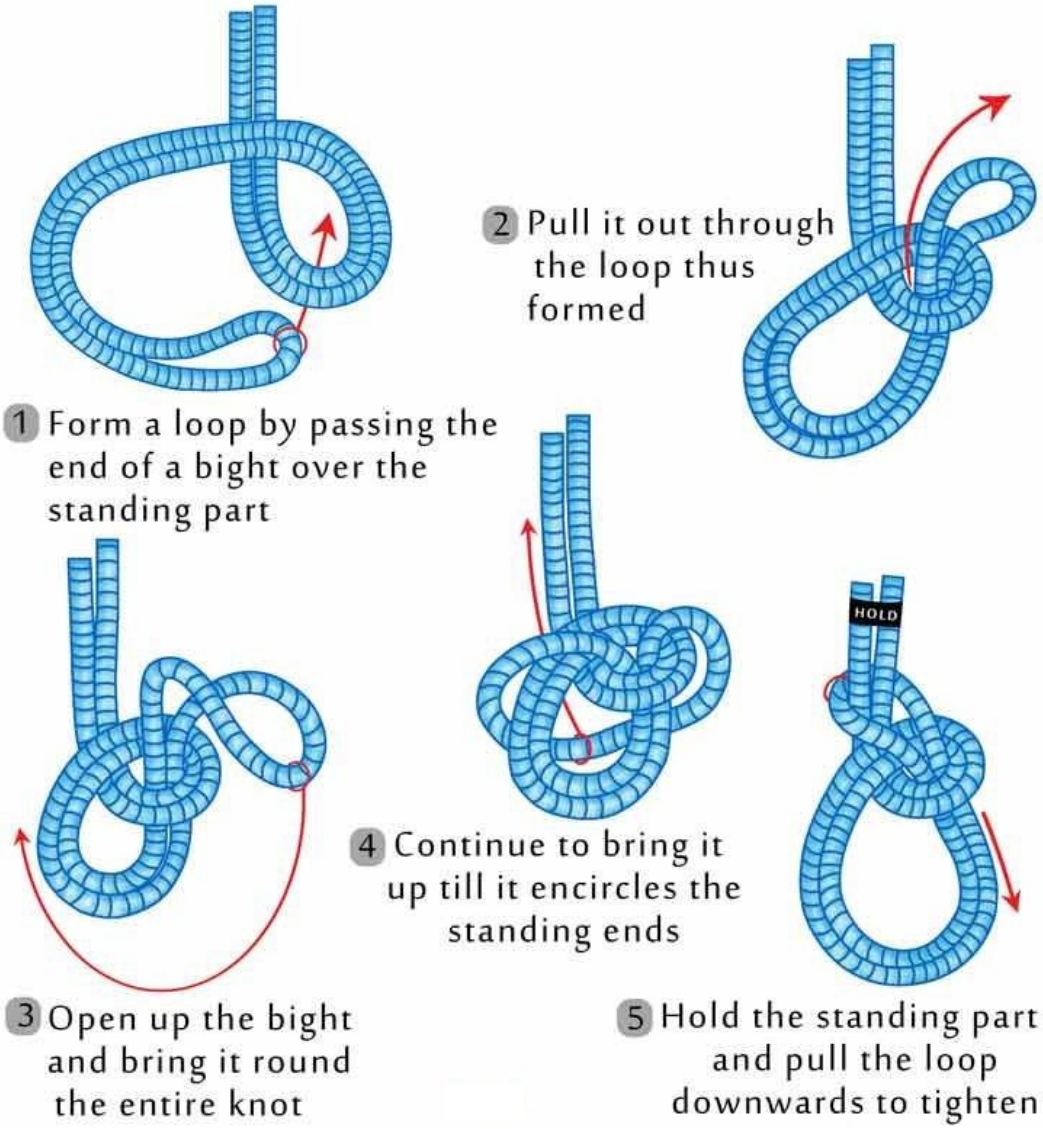
The rolling hitch is a knot (see also Magnus hitch) used to attach a rope to a rod, pole, or another rope.

Double Sheet Bend



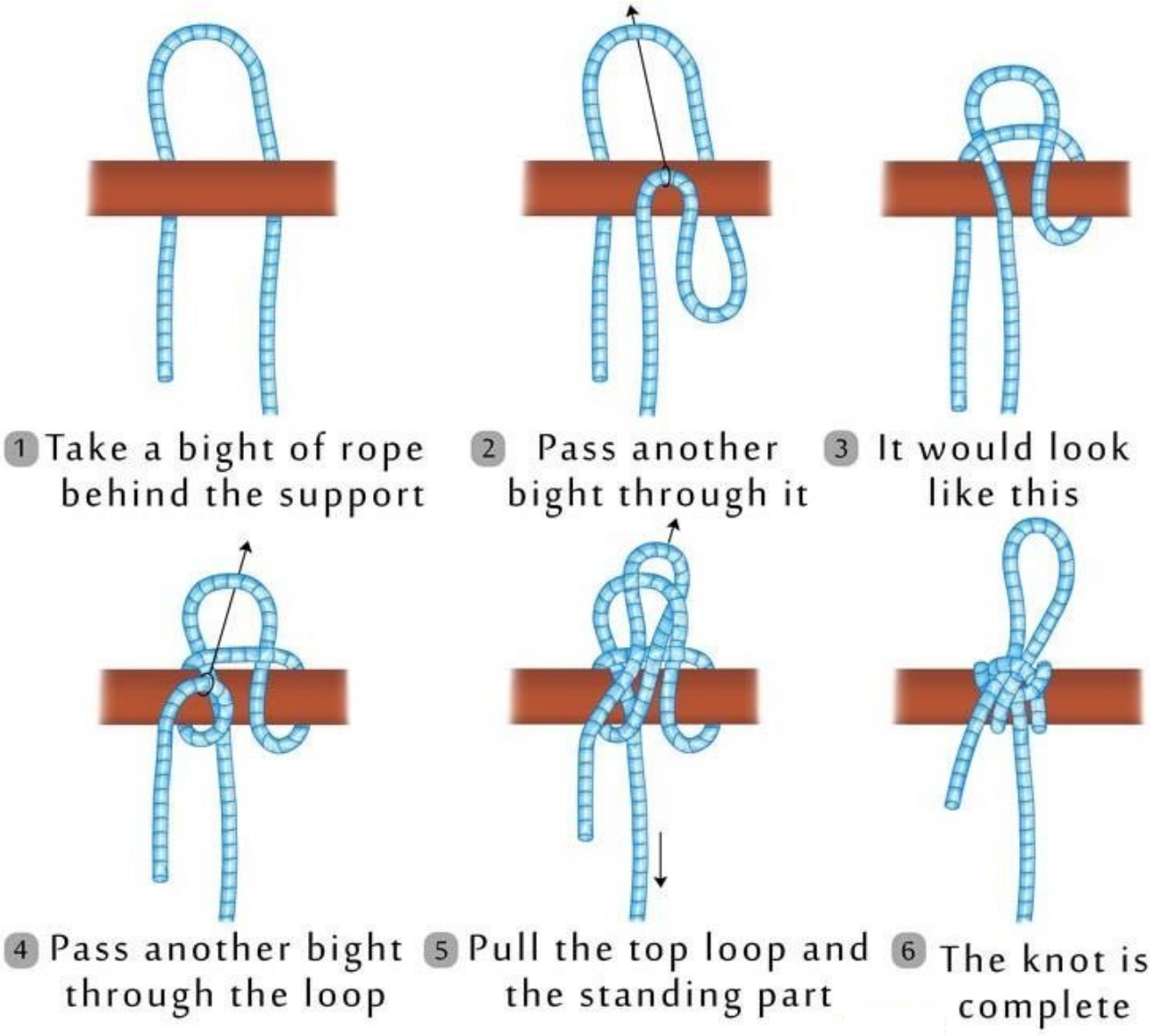
The addition of an extra turn round the bight prevents slipping in the case of extra smooth ropes. For maximum strength, the free ends should land up on the same side of the double sheet bend knot.

Bowline on a Bight



Forming a loop in the middle of a length of rope. The Bowline on a bight is a knot that makes a pair of fixed-size loops in the middle of a rope. Its advantage is that it is reasonably easy to untie after being exposed to load. This knot can replace the figure-eight loop knot when tying into a climbing harness.

Highwayman’s Hitch



The Highwayman's hitch is a quick-release draw hitch used for temporarily securing a load that will need to be released easily and cleanly. It can be untied just with a single tug at the working end, even when the rope is under tension.

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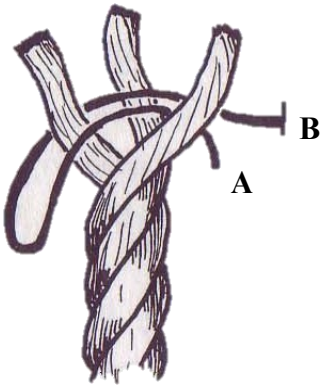
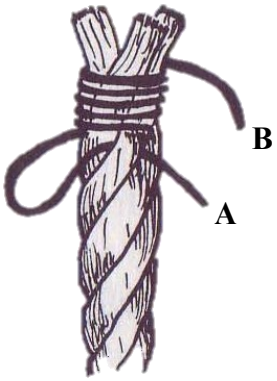
Sail maker's whipping



From a bight about 3" from the end of the whipping cord. Then lay the running ends (A) and (B) between the opposite strands of the rope



Make wraps, moving clockwise, around the rope. Keep the wraps tight against each other.

Loop the bight over its strand and tighten it by pulling on end (A). Then finish by tying a square knot (Reef knot), pulling it tight between the strands of the rope.

The Sail maker's whipping is the most secure whipping. When using a single frapping turn, the short end must be left outside the whipping turns and then threaded up outside the whipping and through the rope to trap the long end.

4. Types of Fire Places
   - Know how to maintain and safely use LP gas cookers
   - Know about the dangers and safety precautions to be taken when using them
   - Know the uses of the following types of fire places:

     ✓ Altar Fire
     ✓ Star Fire
     ✓ Tripod Fire
     ✓ Crane Fire
     ✓ Reflector Fire
     ✓ Trench Fire

Risks associated with Gas

Even though considered stable and safe, LPG still possesses a certain degree of danger, just like any type of fuel. The most common types of hazards associated with the use of it include explosions, fire and inhaling carbon monoxide.
The source of these risks usually are:

- poor hose connections
- damaged or corroded cylinders/Inadequate maintenance
- placing a cylinder near a source of heat
- incorrect storage of the cylinder.

When gas does not burn properly or is used in an area without adequate ventilation, it produces excess carbon monoxide (CO) – a colourless, odourless gas. When inhaled, carbon monoxide binds to the haemoglobin in the blood. This reduces the blood's ability to carry oxygen, starving the body of oxygen and poisoning it.

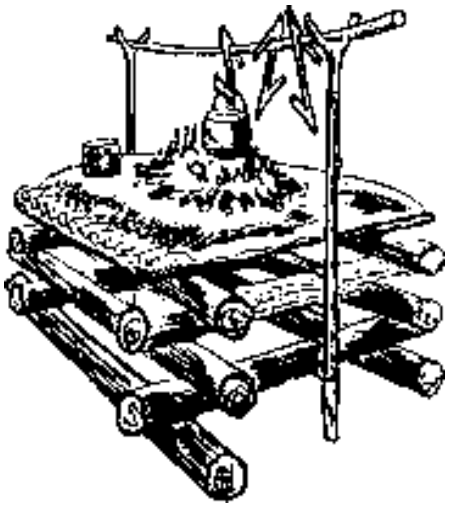
This could lead to:

- In extreme cases, death [Carbon monoxide poisoning can kill within a matter of hours.]
- Tiredness/ Drowsiness
- Breathlessness
- Headaches
- Nausea and chest and stomach pains.
- Dizziness
- Collapsing and loss of consciousness

Gas Stove Safety Tips

1. Managing the Flame.
2. Maintaining the **Stove**.
3. **Using** the Right Utensils.
4. Monitoring Carbon Monoxide.
5. Proactive and Careful Cooking.
6. Preventing **Gas** Leaks and Fire **Hazards**.
7. Keeping Inflammable Objects Away.
8. Access to Emergency Equipment and Services.

ALTAR FIRE

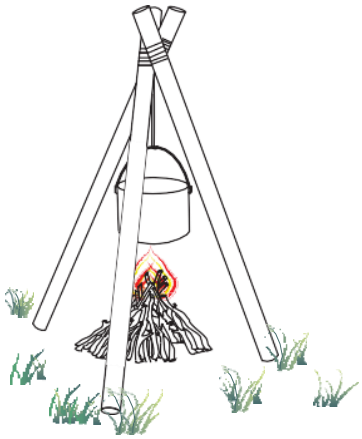


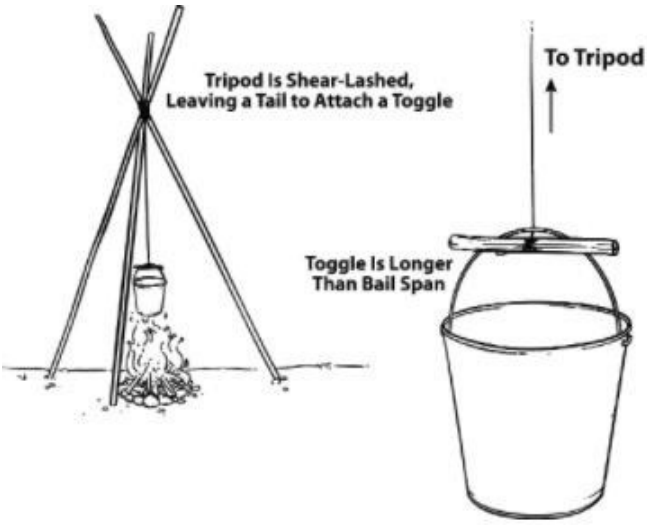
The **Altar Fire** (or alter **fire**) in its simplest form is a **fire** that is built on a structure raising it off of the ground. The Alter **Fire** is what needs to be built when you are cooking in areas **with** peat, wet ground such as mud or marshes, and sometimes even snow.

Star Fire

This is basically one of the simplest fires to make.

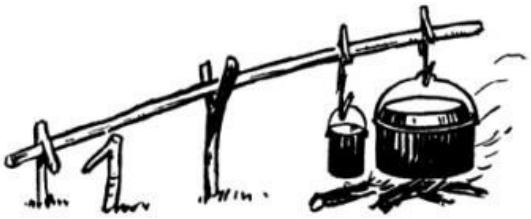
TRIPOD FIRE





The tripod is the most simple freestanding pioneering structure. It is most often used to raise items off the ground. A well-built tripod can safely suspend a pot over a cooking fire

CRANE FIRE



Recreation use including camping, hiking and is well known for hunting opportunities.

REFLECTOR FIRE

The reflector fire essentially is the fire of your choice then a wall erected on one side to reflect back the heat to create a hotter cook area. This method is often used if trying to cook something like a cake or similar on an open fire.

This fire style is accommodating to windy areas as it keeps the fire tucked below ground level and the dirt removed from the trench can also be used as an additional windbreak. ....A trench fire is good for cooking multi-pot meals including boiling, grilling, frying, and braising


ON A CAMPSITE WITH PLENTY OF ROCKS, YOU CAN MAKE A FIREPLACE BY LINING UP TWO ROWS OF ROCKS CLOSE ENOUGH TOGETHER FOR POTS AND PANS TO REST ON THEM.
FOR A SINGLE-POT MEAL OR FOR A SINGLE PAN, THREE ROCKS OF EVEN SIZE OR THREE METAL TENT PEGS MAKE A GOOD FIREPLACE.
TRENCH FIREPLACE IS DUG IN THE GROUND. MAKE IT NARROW SO THAT POTS CAN REST ON THE EDGES. OR, IF WIDE, USE METAL RODS TO SUPPORT POTS.
HUNTER'S FIRE IS MADE BY PLACING TWO LOGS CLOSE TOGETHER. IF NECESSARY, PLACE STICK FOR DRAFT UNDER ONE OF THE LOGS.
WESTERN "KEYHOLE" FIREPLACE IS AN ALL-PURPOSE FIREPLACE FOR COOKING AND FOR CAMPFIRE CHEER.
A FORKED STICK, NOTCHED OR WITH A NAIL, MAKES A HOLDER FOR HANGING A POT.
wind direction
YOU CAN BUILD A CRANE OVER YOUR HUNTER'S FIRE FOR HANGING YOUR POTS.
INDIAN FIREPLACE WAS USED ON THE PRAIRIE TO PRODUCE BED OF COALS. PLACE SODS AND DUG-UP SOIL AS SHOWN.
DAKOTA FIREPLACE IS WHITE MAN'S PRAIRIE FIRE FOR COOKING WITH A POT. "CHIMNEY" AT SIDE GIVES NECESSARY DRAFT.
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5. Pioneering Project 2

- Understand what is meant by a Pioneering project in Scouting
- Acquire the basic skills necessary to do a Pioneering project
- Know about different types of ropes
- Know How to care, protect and store ropes
- Show the skills in constructing the three basic structures necessary in Scout Pioneering Projects (i.e. Tripod, Trestle, 'A' frame).
- Should have actively taken part in building camp gateways, camp utility gadgets, etc. at camps, district rallies etc.

Pioneering project in Scouting

Pioneering is the art of using ropes and wooden spars joined by lashings and knots to create a structure. Pioneering can be used for constructing small items such as camp gadgets up to larger structures such as bridges and towers. These may be recreational, decorative, or functional.

Pioneering projects

Acquire the basic skills necessary to do a Pioneering project

Pioneering is used to teach practical skills, teamwork and problem solving. It is widely used in Scouting and Girl Guiding. Many Scout and Guide groups train their members in pioneering skills and construct projects, both small and large. In camp, they may construct functional items like tables, camp dressers, and gadgets, as well as decorative camp gateways.

1. Pioneering skills include
2. Knot tying (tying ropes together),
3. Lashing (tying spars together with rope),
4. Whipping (binding the end of a rope with thin twine),
5. Splicing (joining or binding the end of a rope using its own fibers)
6. Skills related to the use
7. Care and storage of ropes
8. Spars and related pioneering equipment.

Know about different types of ropes

Common natural fibers for rope are Manila hemp, hemp, linen, cotton, coir, jute, straw, and sisal. Synthetic fibers in use for rope-making include polypropylene, nylon, polyesters (e.g. PET, LCP, Vectran), polyethylene (e.g. Dyneema and Spectra), Aramids (e.g. Twaron, Technora, and Kevlar), and acrylics (e.g. Dralon).

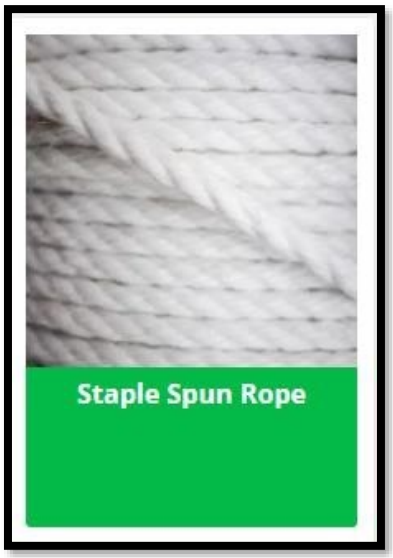
Ropes for Commercial & Domestic Use

- Cotton Rope.
- Jute Rope.
- Leaded Polysteel Rope.
- Manila Rope.
- Natural Hemp Rope.
- Nylon Rope.
- Polyester Rope.
- Polyethylene Rope.
- Polypropylene Rope.


Cotton Rope
(Very soft natural fibre rope)
Jute Rope
(Soft, furry, natural fibre rope. Often used in hanicrafts)
Leaded Polysteel Rope
(Heavy rope that sinks. Often used for pottting and commercial fishing)


Manila Rope
(Grade 1 natural Manila rope)
Natural Hemp Rope
Nylon Rope


Polyester Rope
Polyethylene Rope
Polypropylene Rope



What are the strongest ropes?
NYLON. Nylon rope is the strongest of all common use ropes. It is carries excellent working qualities and has superior shock absorbency.

How many types of rope are there?
21 Different Types of Rope. Get familiar with the different types of rope that vary in style, construction, material, and color and stretch out your knowledge on each type of rope's use and benefits.

What are the three basic types of ropes?

Type

- Natural. The natural rope is usually made of cotton, sisal, coir, hemp, or other natural fibers.
- Synthetic. This type of rope is constructed of synthetic materials such as polyester, polypropylene, and nylon.
- Plaited.
- Single-Braid.
- Double-Braid
- Twisted.
- Diamond-Braid
- Hollow.

Know How to care, protect and store ropes

Do not dry your rope in direct sunlight. Do not dry it in a dryer. Store your rope away from heat, sunlight and chemicals. Protect your rope from all compounds containing acids, alkalis and oxidizing agents.

How do you protect a rope?

1. Use a rope bag. When the rope is in contact with the ground, dirt gets into the rope and accelerates wear. ...
2. A rope should not be stored wet. ...
3. Do not store a rope in a car trunk in the heat.
4. Keep your rope far away from chemicals.

If your rope does get dirty, wash it in cold water with mild soap. Rinse with cold water to get the soap off. Hang up and let the air dry. Don't put the rope in the sun to dry or use heaters to speed the process

How do you wrap rope?

1

2

3

4

5

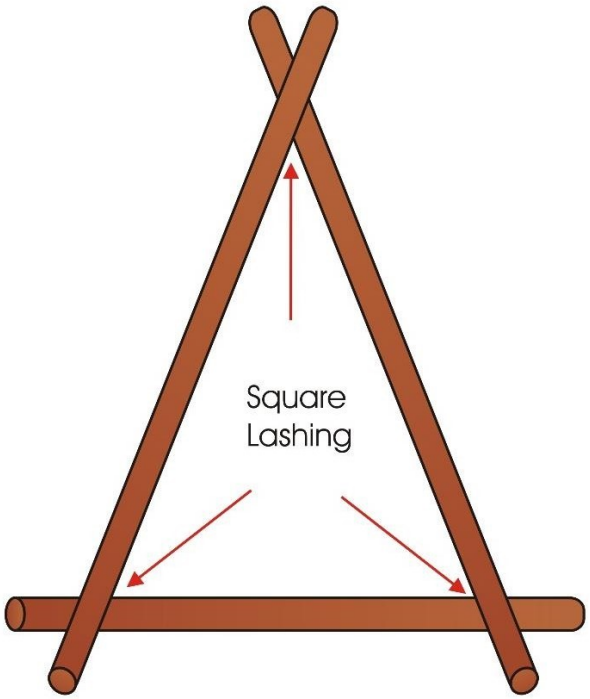
6

7

Store the rope in a cool, dry, dark place.

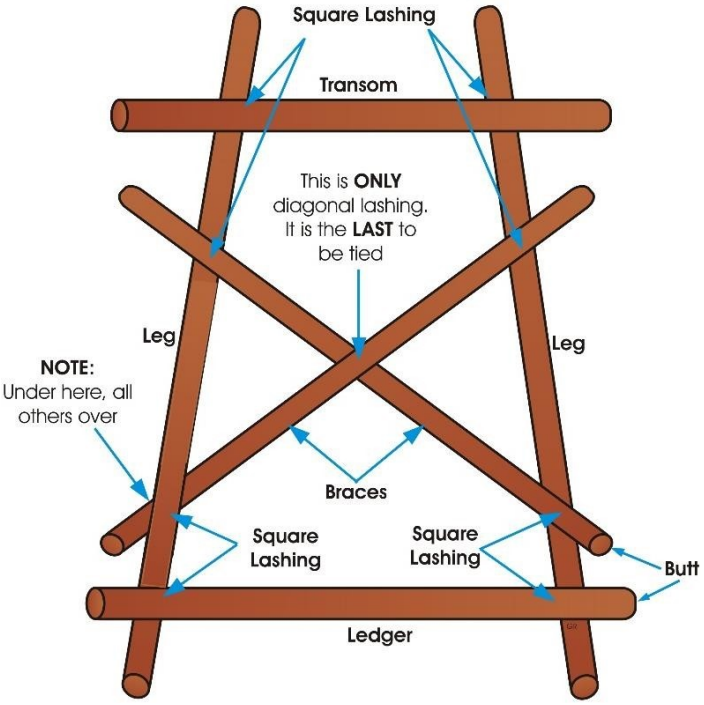
1. Put your **rope** in a dark area where sunlight won't break it down over time, such as in a closet, garage, or shed.
2. If the place where you **store** your **rope** is damp, the fibers will shrink and the **rope** will stretch more than it should, which could snap it.

The " A " Frame

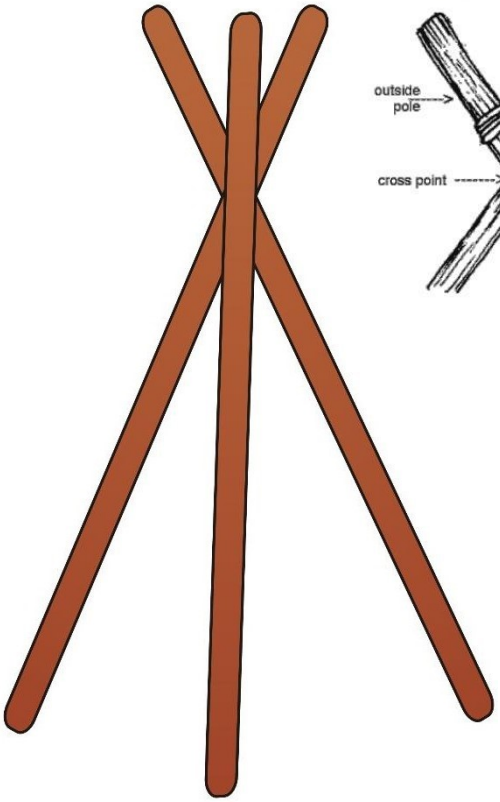


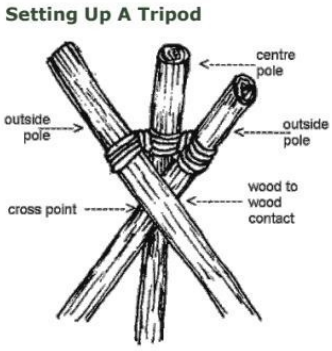
THE TRESTLE

the trestle is the Basic unit of nearly all Pioneering Projects. All lashings must be pulled tight and well finished

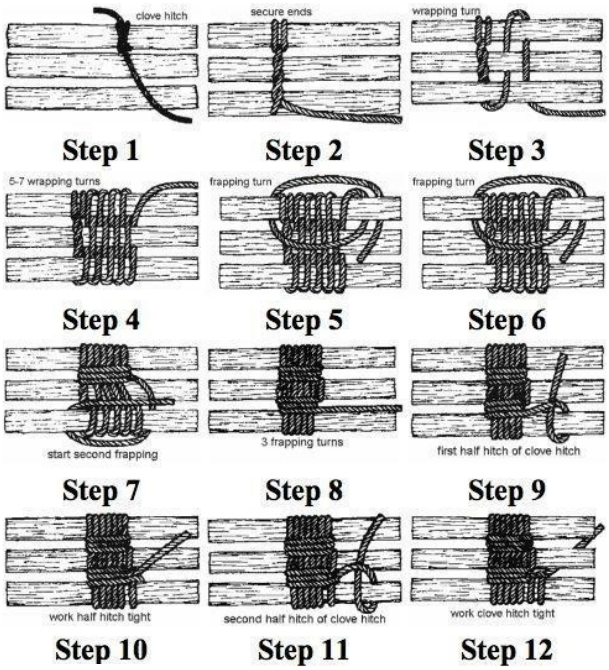


Tripod





Tripod Lashing



6. Tracks

- Be able to identify parts of a human foot print/ shoe print/ animal or bird foot prints as per the 'Scouting for Boys'
- Be able to observe foot prints on different surfaces and be able to explain what had caused these foot prints/ the story behind it
- Make a plaster cast of foot print of an animal or a bird using plaster of paris
- Have knowledge of tracking as given in Camp Fire Yarn of the Scouting for Boys

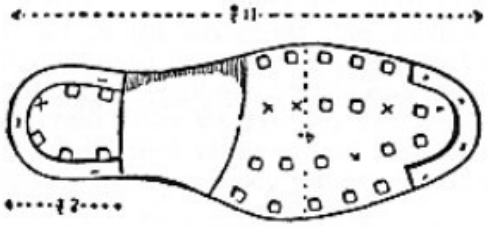
Men's Tracks

First of all you must be able to distinguish one man's foot-mark from that of another, by its size, shape, and nails, etc. And, similarly, the prints of horses and other animals.

From a man's track, that is, from the size of his foot and the length of his stride, you can tell, to a certain extent, his height.

In taking notes of a track you should pick out a well-marked print, very carefully measure its length, length of heel, width of sole, width at instep, width of heel, number of rows of nails, and number of nails in each row, heel and toe-plates or nails, shape of nail-heads, nails missing, etc.

It is best to make a diagram of the foot-print thus.



Notice the length of the shoe, the width of the sole, the length of the heel, as well as details. X indicates missing nails.

You should also measure very carefully the length of the man's step from the heel of one foot to the heel of the other.

A man was once found drowned in a river. It was supposed that he must have fallen in accidentally, and that the cuts on his head were caused by stones, etc., in the river. But someone took a drawing of his boots, and after searching the river-bank came on his tracks, and followed them up to a spot where there had evidently been a struggle: The ground was much trampled

Differences Between Bare-Foot Tracks

It is very puzzling for a beginner to tell the difference between a lot of footmarks of bare feet—they all look so much alike—but this is the way that the Indian police trackers do it:

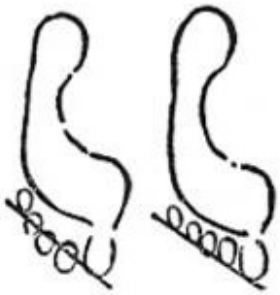
When measuring the footprint of the man you are after draw a line from the tip of the big toe to the tip of the little toe, and then notice where the other toes come with regard to this line, and put it down in your note-book. Then when you come to a number of tracks you have only to try this same line on one or two of them till you find the one you want. All people vary a little in the position of their toes.

Try it with the other Scouts in your Patrol, each of you making a footprint with his bare foot, and then noting how it is different from the others when the toe line is drawn.

The Pace of Tracks

A Scout must learn to recognize at a glance at what pace the maker of the tracks was going.

A man walking puts the whole flat of his foot on the ground, each foot a little under a yard from the other. In running, the toes are more deeply dug into the ground, and a little dirt is kicked up, and the feet are more than a yard apart. Sometimes men walk backwards in order to deceive anyone who may be tracking, but a good scout can generally tell this at once by the stride being shorter, the toes more turned in, and the heel marks deeper.



To distinguish between bare-foot tracks, draw a line from tip of big toe to tip of little toe, then notice how the other toes lie.

With animals, if they are moving fast, their toes are more deeply dug into the ground, and they kick up the dirt, and their paces are longer than when going slowly.

You ought to be able to tell the place at which a horse has been going directly you see the tracks.

At a walk the horse makes two pairs of hoof prints—the near (left) hind foot close in front of near fore foot mark, and the off (right) fore foot similarly just behind the print of the off hind foot. At a trot the track is similar, but the stride is longer.

The hind feet are generally longer and narrower in shape than the fore feet.

It was a trick with highwaymen of old, and with horse stealers, to put their horses' shoes on wrong way round in order to deceive trackers who might try to follow them up. But a good tracker would not be taken in. Similarly, thieves often walk backwards for the same reason, but a clever tracker will very soon recognize the deception.

Wheel tracks should also be studied till you can tell the difference between the tracks of motor-cars or bicycles, *and the direction they were going.*

CAMP FIRE YARN NO. 12

SPOORING

Men's Tracks - Animals' Tracks - The Age of Tracks Hints on "Spooring"

GENERAL DODGE, OF THE AMERICAN ARMY, describes how he once had to pursue a party of Red Indians who had murdered some people.

The murderers had nearly a week's start, and had gone away on horseback. Except for one, they were all riding unshod horses.

General Dodge got a splendid tracking-scout named Espinosa to help him. After tracking the Indians for many miles, Espinosa suddenly got off his horse and pulled four horseshoes out of a hidden crevice in the rocks. The rider of the shod horse had evidently pulled them off so that they should not leave a track.

For six days Dodge and his men pursued the band, and for a great part of the time there was no sign visible to an ordinary eye. After going for 150 miles they eventually overtook and captured the whole party. It was entirely due to Espinosa ~ good tracking.

How to Make Animal Track Molds

Once you have all of your materials together, it's time to take a walk in an area with animal track activity. This can be a wild animal area or area for domestic dog walking. Look for an area with a loose, sandy soil. Clay soil tends to lead to broken animal footprint molds.

Once you locate your animal tracks, it's time to make casts. You will need to work relatively quickly, as the plaster sets up in about ten minutes or less.

1. First, set your plastic ring over the animal track and press it into the soil.

2. Then, mix the plaster powder with water in a container you brought or in a plastic bag until it is the consistency of pancake mix. Pour this into the animal track and wait for it to set. The length of time depends on the consistency of your plaster of Paris.

3. Once the plaster has set, use the shovel to lift the animal casts out of the soil. Place in a bag to transport home.

4. When you get home, wash the soil off the casts of animal tracks and cut off the plastic ring.

That's it! This animal track activity is as simple as it gets. If you are going to a wildlife area, be sure to arm yourself with a book on animal tracks to aid in identification and, of course, be safe!

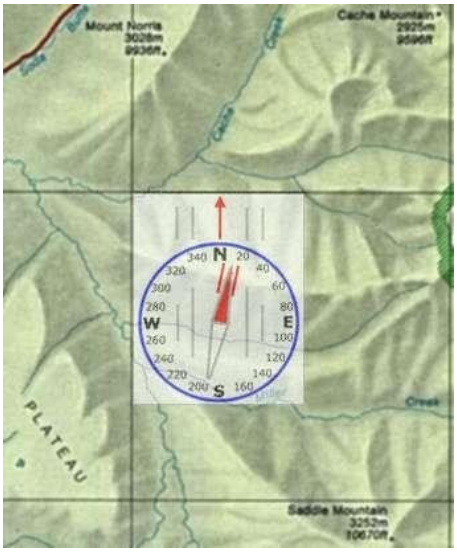
7. Compass and Mapping 2
   Be able to show ability about the undermentioned:
   Setting a map
   Make a rough map to scale using map making by triangulation (using a compass or Otherwise including GPS technology)

Orienting a Map

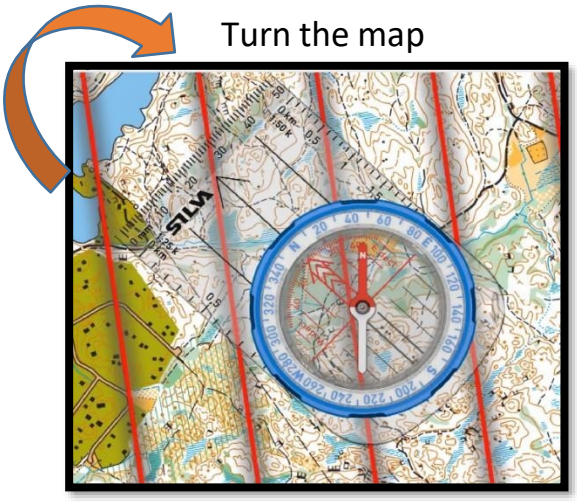
A map represents the real world. By orienting a map, you are positioning it so its North is actually pointing north. When you orient a map and know where you are on the map, you can look in a certain direction and see a real landmark and find it on the map.

Orienting, or aligning, the map is really easy with just 3 steps:

- Lay your map out on a relatively flat, smooth surface.
- Turn your **declination-adjusted compass** dial so due North is at the index pointer.
- Place your compass on your map with the edge of the baseplate parallel to the north-south **meridians** on the map. Notice the orienteering lines and direction-of-travel arrow are all parallel with the map lines.
- Turn the map and compass together until the compass needle is "boxed" in the **orienting arrow** (**Red in the Shed**).

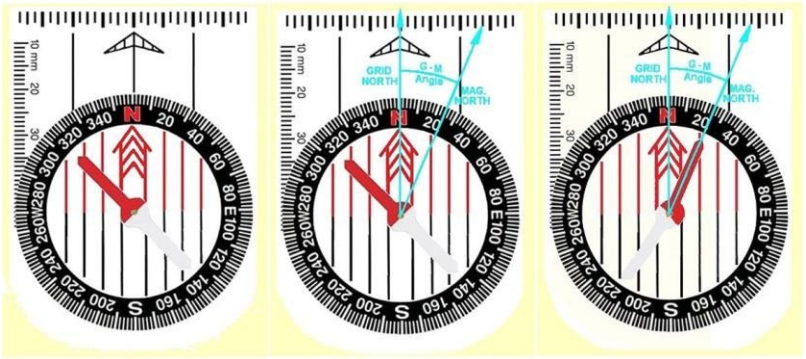


Step 1



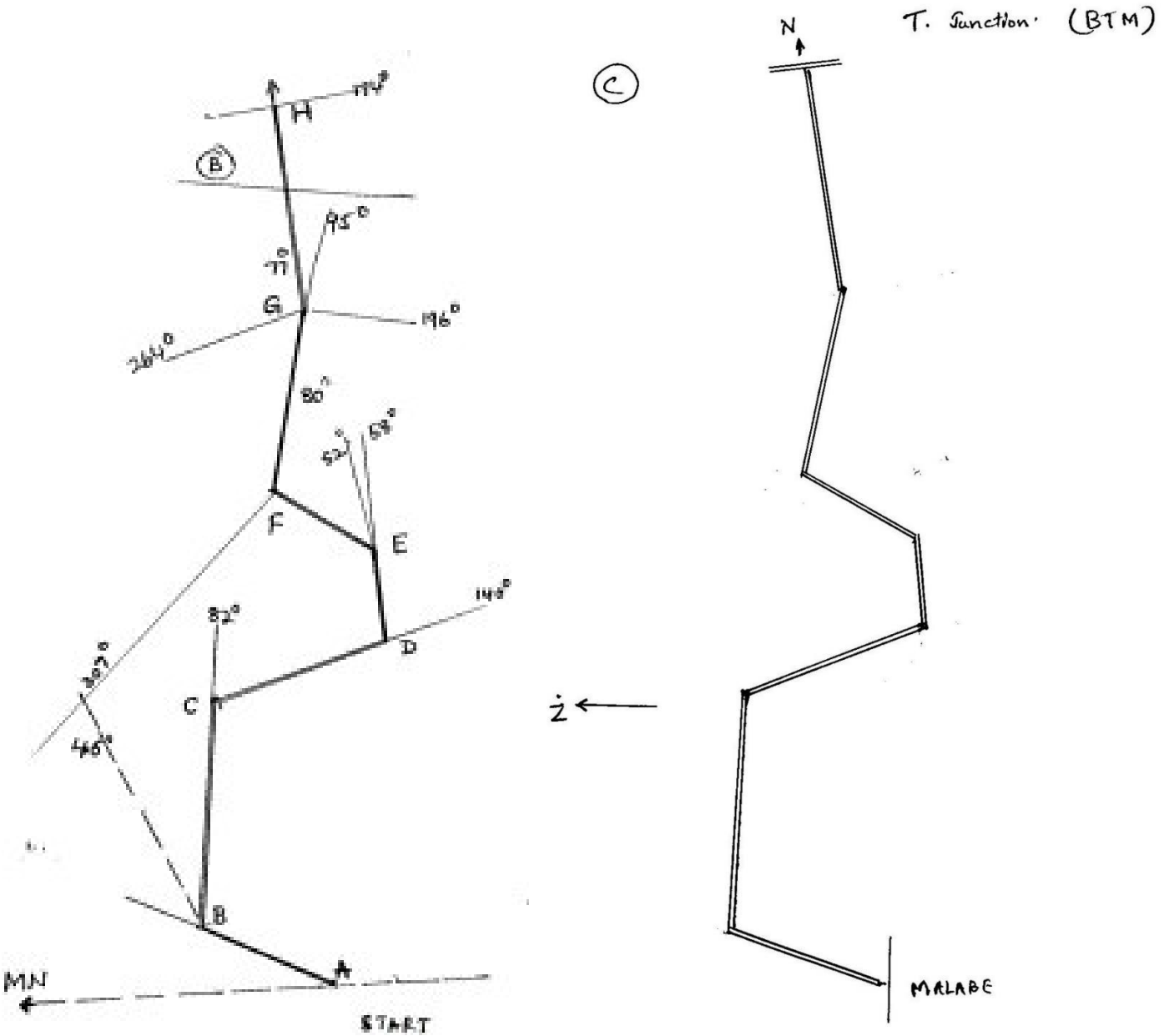
Step 2

Step 3



Now, the map is oriented to the real world. If you know where you are on the map, you should be able to look in any direction and see the objects represented on the map in the same direction.

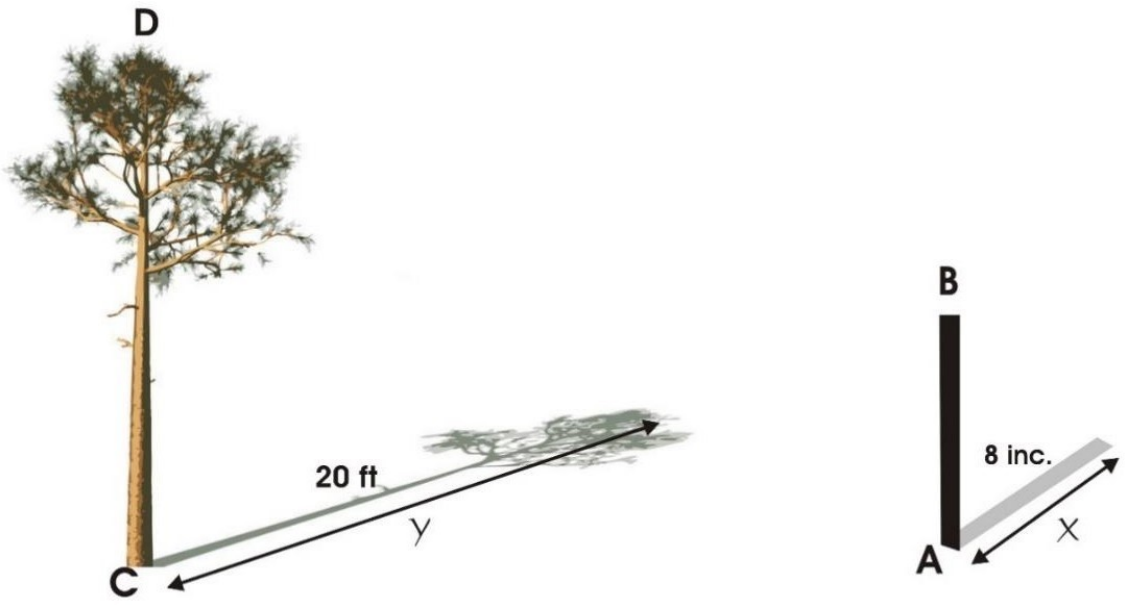
If you know where you are on your map, you can also orient your map by distant features. If you can see a known mountain in one direction and a lake off another way, then just lay the map out and turn it so the corresponding marks on the map align with the distant features.



8. Estimation of Heights, Lengths, Weights

- Know the length of the Scout's hand, fingers, foot etc. which could be used to make measurements when other instruments are not available
- Be able to use the "Shadow method,10:1 method, and one other method to estimate a height
- Use Triangle method or Napoleon method and estimate a length
- Be able to estimate a weight (that the Scout could lift without difficulty) approximately

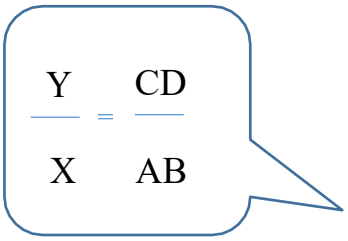
Shadow method



The method can be used only if the sun is able to cast a shadow.

First is we measure the shadow cast by the tree (from the base of the tree to the shadow of its top), we label this length as (y).

We then measure the shadow cast by someone or an object of known height,
(here a foot rule (12")is used) we label this as (x).



$$\frac{\text{(y) Shadow cast by the tree}}{\text{(x) Shadow cast by the foot rule}} = \frac{\text{(CD)The actual height of the tree}}{\text{(AB) The actual height of the foot rule}}$$

$$\frac{20}{8} = \frac{CD}{12}$$

$$12 \times \frac{20}{8} = CD$$

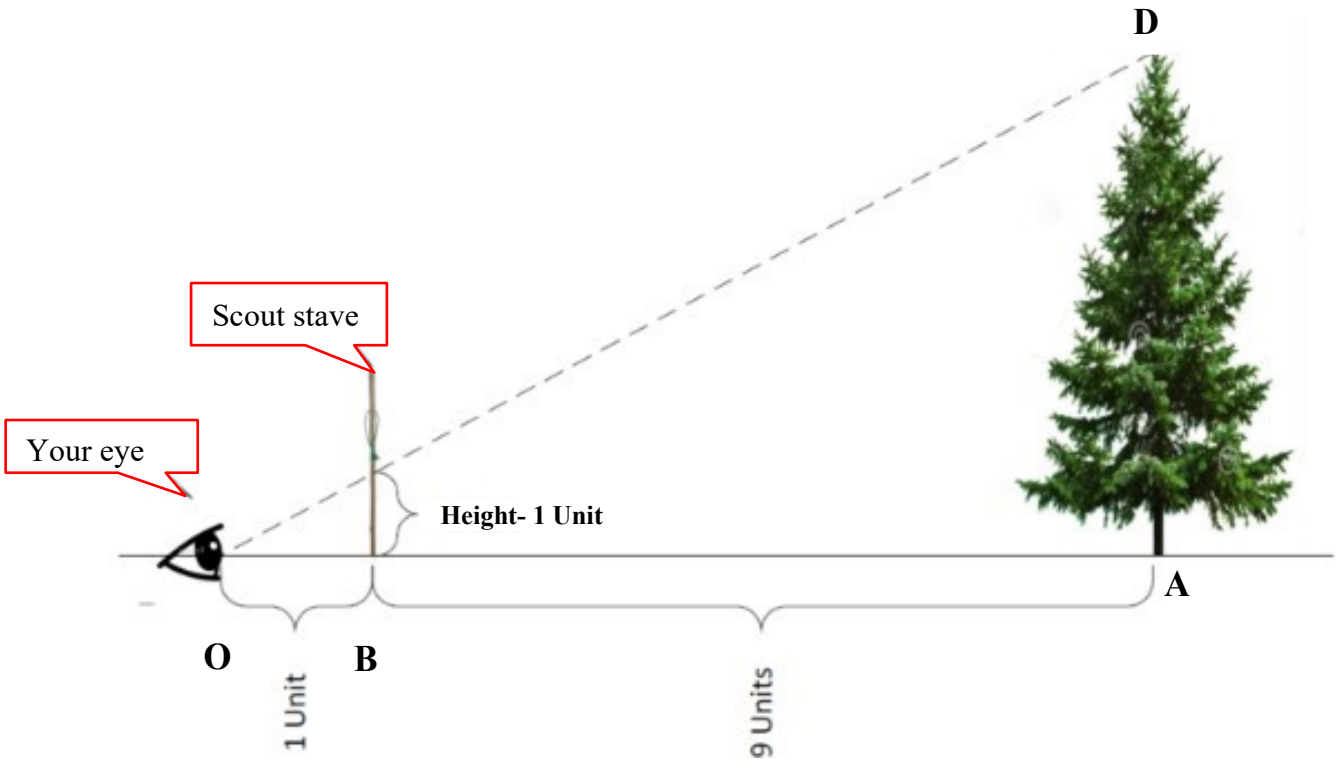
$$3 \times \frac{20}{2} = CD$$

(Height of the tree) $CD = 30$ feet

1-in-10 method

This is a great method of height estimation when the ground is level and the object for which you need to determine the height is fairly upright and perpendicular to the ground.

1. From the object measure a distance of 9 units along the ground. The units can be anything, paces, stave lengths, meters or even the height of one of your scouts.
2. Place an upright stave in the ground at the 9 unit distance.
3. Mark a point in the ground, 1 further unit back, using the same unit that you used to measure the 9 units from the object.
4. At the point that you have just marked on the ground, place your eye as close as possible to the ground and look up at the top of the object.
5. Ask a fellow scout to put a finger on the stave and move it up or down on the stave until your eye, the finger and the top of the object are in line.
6. Once they are in line measure the distance to the ground from the scout's finger, Height A in the diagram above.
7. The height of the object is 10 times what you have measured in Height A.



Note: You may have to adjust the size of the unit you choose, to obtain an easy determination of the object height.

$$\frac{DA}{CB} = \frac{OA}{OB}$$

$$\frac{h}{1} = \frac{10}{1}$$

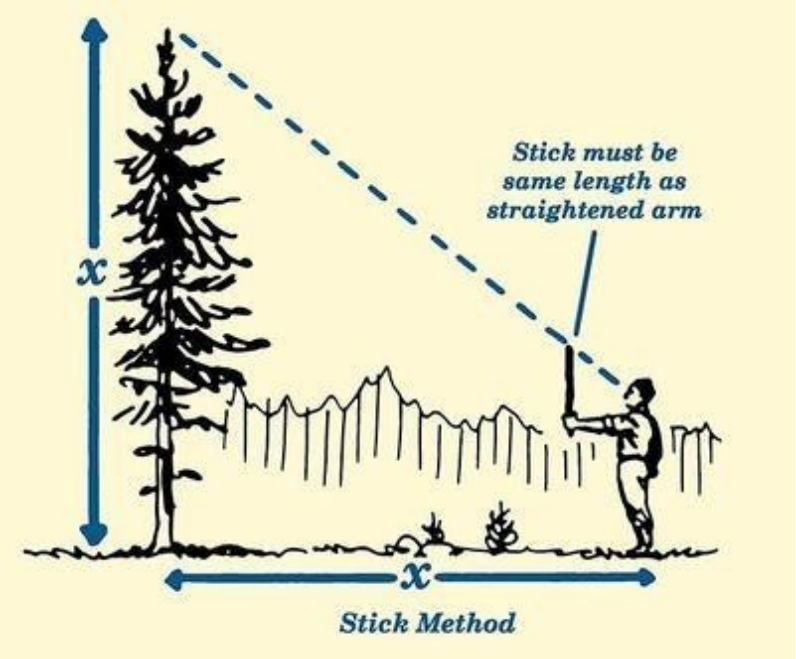
$$h = \frac{10}{1} X\ 1$$

$$h = 10 \text{ Units}$$

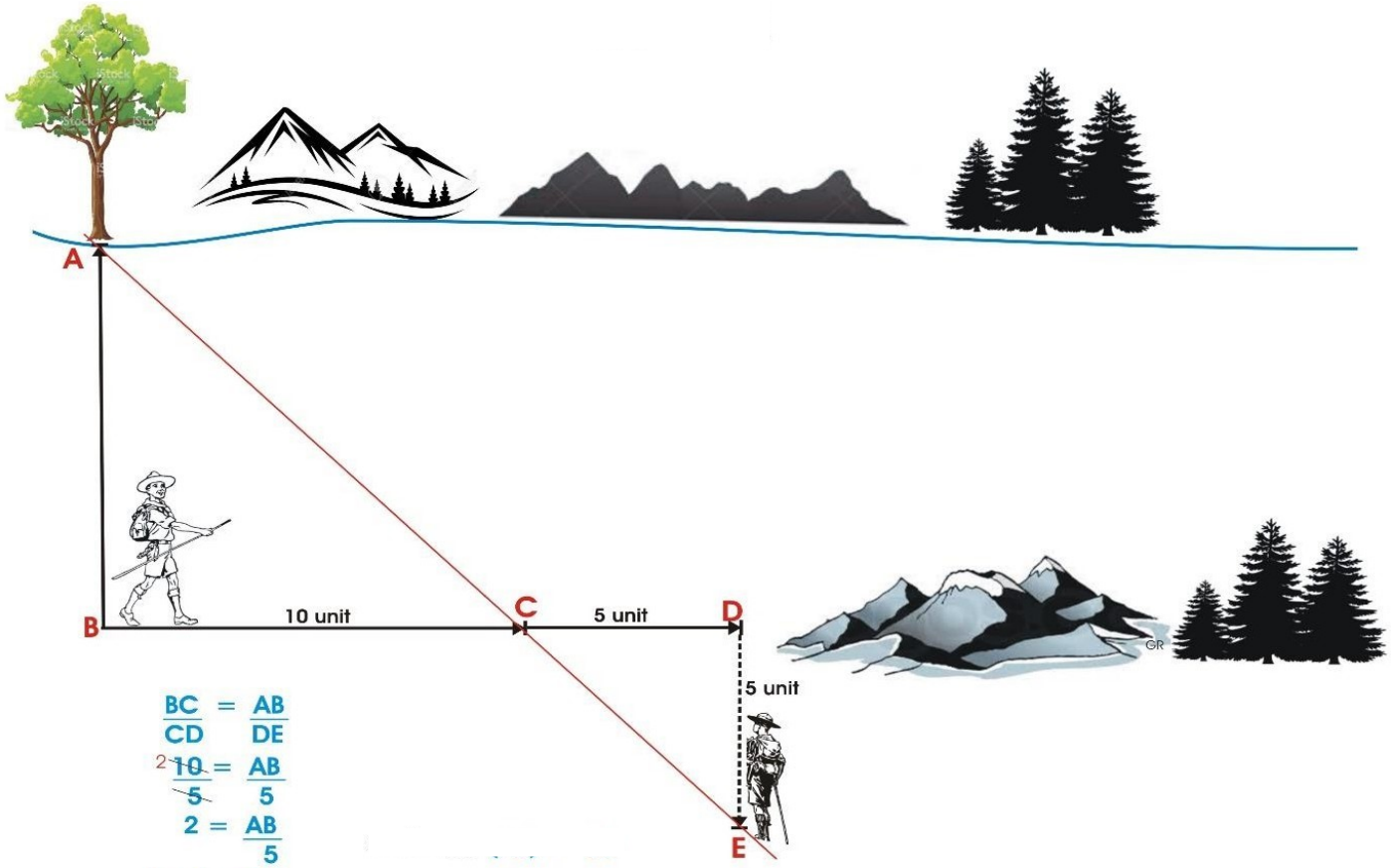
Stick method

This method is most probably the easiest and quickest method, but also the least accurate. Perhaps you can figure out why?

1. Look for a straight stick the same length as your straightened arm.
2. Hold the stick up in a perpendicular position at the end of your extended arm as per the diagram.
3. While holding this pose, step backwards away from the object whose height needs to be determined until you eye, the top of the stick and the top of the object are in line.
4. The height of the object is then determined by your distance from the tree.



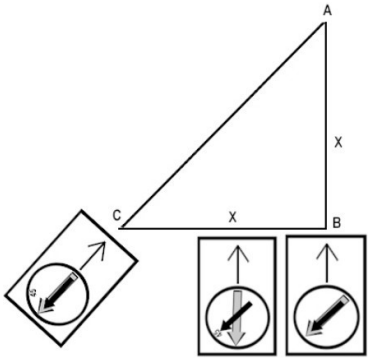
Stick Method

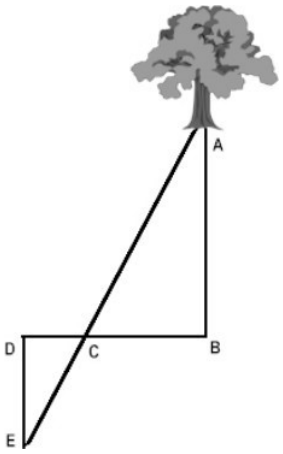


The width of the river (AB) = 10

Measuring Widths - Compass Method

Locate an object on the other side of a river. Stand on your side and point the direction-of-travel arrow towards the object. Align the magnetic needle to 45O indicator of the compass housing. Pace the line BC while pointing the direction-of-travel arrow towards the object all the time. Point C is marked when the compass is oriented (magnetic needle is directly above the orienteering arrow). The distance BC is a rough estimate of distance AC. You have just formed a 45-45-90 triangle, which has two of its sides equal to each other.





9. Use of Different Tools
   - Be able to use safely, and maintain the under mentioned tools. Hand axe, saw, knife, hammer, mallet, etc.

Knives

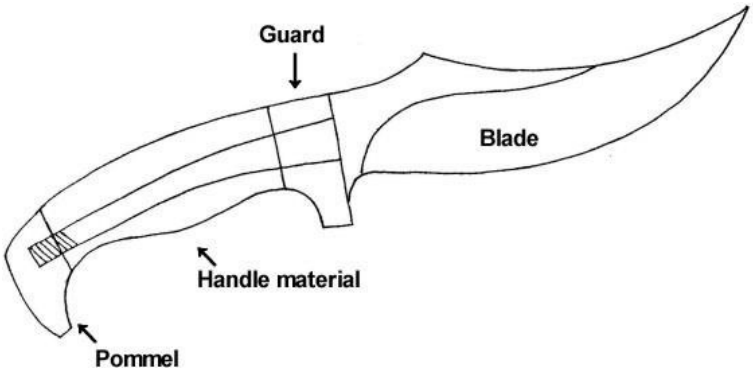
Types of Knives

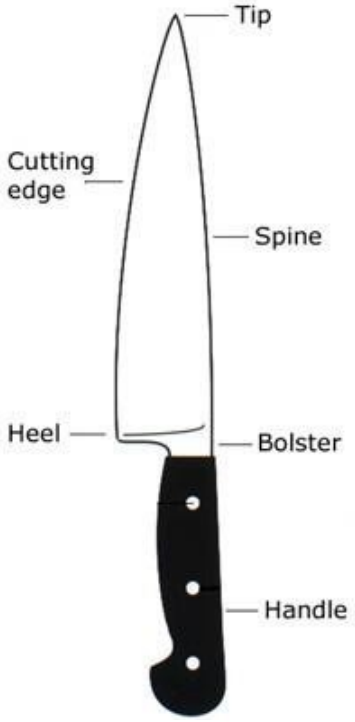
- **Folding Knives.**
  - This are generally multi-function knives like Swiss Army knives

- Lock Knives.
  - These are general purpose working knives, normally with a single locking blade. This means when the blade is open it locks into that position, and the locking release button must be pressed to allow the user fold away the blade.

- Straight Blade Knives.
  - This type of knives generally have a very specific use, i.e. for hunting, for use by the Army etc. These knives have a blade that is fixed out and is stored in a Sheath when not in use. These knives tend to be the strongest of all knives as there is no folding mechanism to get broken.

Parts of a Knife





Knife Safety, Sharpening and Maintenance

Humans have made and used knives as tools for millions of years. Today's designs and materials are more sophisticated and complex than ever before and continue to evolve. Reduced to its basic elements, a knife has one or more blades that are protected by a handle or sheath when not being used.

Cut Away From You

Knives are among the safest of tools if used properly and respected. The first rule of knife safety is always to cut away from your body or from another person. There is always the possibility of an accident or the blade sticking or slipping. Observe the same rule when sharpening blades. Cut away from you. Knife accidents also happen when the object being cut is not firmly secured. Always cut on a firm surface. Do not hold an object so another person can cut it unless you are both facing away from the potential arc of the blade or blade tip. Remember that knives are typically made for cutting. They are not hammers. If used as a hammer, the force of the blow can cause your hand to slip up and along the blade. Or you can miss the object you're aiming at and strike your fingers or wrist on the object. Chopping or hammering with a knife can also cause pieces of the object to fly in all directions, maybe even into your eye or the eye of a companion. Knives are not screwdrivers or pry bars. A blade that is stressed by twisting can slip or snap, possibly injuring the user. Use the right tool for the job.

Sharper is Safer

Sharp blades are actually safe blades. It takes less energy to make a cut with a sharp blade. And a sharp blade is less likely to stick. When a blade sticks, the natural instinct is to apply more force or pressure. That's when slips occur and the user gets cut. The other danger of using a dull blade is that the force of the cut can chip or bend the blade if it hits a hard object.

More Safety Tips

When opening a knife, keep your fingers away from the arc of the blade. Don't carry unsheathed straight knives or folding knives in the open position in your pocket. A fall could cause a nasty puncture wound or sever an artery. And don't climb or run with any knife in the open position. If you fall, the knife will follow you, ready to stick into a vital body part when you land.

Keep It Oiled, Store Dry

Knife blades and handles are made from a variety of materials. Some of them resist rust. Some don't, especially if the knife gets rained on. Even "stainless" steels can be harmed by water and some chemicals. Salt water is especially corrosive. If your knife gets a lot of use, a light oil applied to the folding mechanism will keep it operating smoothly. Take a good look at it every few months and clean any dirt out of the handle or on the blades. A toothpick works well and won't damage the metal. Then re-apply a light coat of oil to keep water off the metal.

Sharpening Secrets

If there's a sharpening secret, it's this. Do it more often. Certain alloy combinations and forging processes will create a steel that holds a sharper blade edge for a longer time. We take off thin, uniform layers of steel at a sharp angle to recreate that sharp edge. The recommended sharpening angle is 10-15 degrees.

When sharpening a blade, always push the blade away from you. And if you take five strokes off one side of the blade, you will need to take five strokes at equal pressure at the same angle on the opposite side. Keep you knife clean and sharp. Use it safely and responsibly. It will be a valuable, even life-saving tool for many years.

The Axe

Types of Axe

The axe is an essential tool for all camps where open fires are used. Like any tool, the axe should only be used for its correct purpose, the safety guidelines followed, it should be properly cared for and should always be treated with respect.

There are mainly two types of Axe used in Scouting, these are the Hand Axe and a Felling Axe. Each of these has a specific use and should only be used as such.

Which axe?

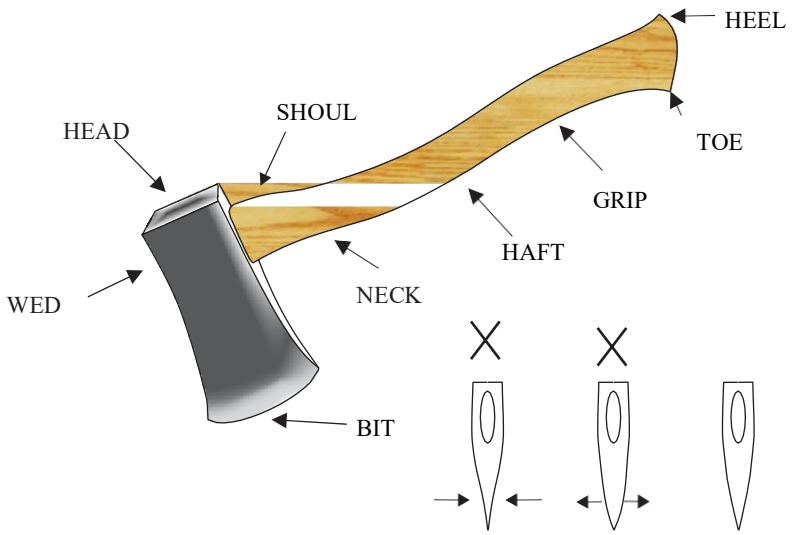
Each axe or saw is designed to do a different job and should only be used for their intended purpose. It should never be used to do the job more suited to another type of axe, saw, knife, mallet, hammer and so on.

Hand Axe.

For use with one hand, it is used to cut and trim small firewood, thin branches and twigs and should not be used on live wood. Any wood larger than three inches in diameter (about the size of your wrist) should be cut using a bow saw.

The main parts of the hand-axe are:

Hand-axes may have either wooden or metal hafts. Those with metal hafts are one-piece and have a rubber handle around the grip. All hand- axes should have an accompanying mask, which covers the blade and fits securely round the back of the head.



Felling axe

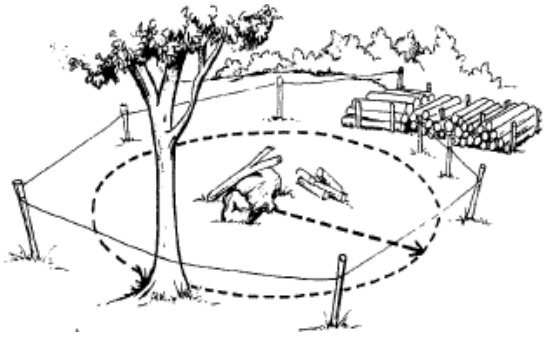
This is for use with both hands, is larger than the hand-axe and is used for felling upright, live trees. It is important that the correct size and weight of axe is chosen. It is difficult (and dangerous) to try and control one of an inappropriate size. No one should attempt to use a -felling axe until they are competent with a hand axe.

Care of the axe

- Mask the axe when not in use, using a correctly fitting mask and not by sticking it in the ground. An axe may be masked temporarily in the chopping block but make sure that the blade follows the grain of the wood, is secure in the wood, and that the haft is not overhanging the block and can trip anyone.
- In camp, keep all axes dry. Never leave them out overnight. Fit the mask or sheath and keep them out of the way in a store tent (but not just inside where someone might kneel or step on them going into the tent!).
- Sharpen the axe with a round carborundum stone (available in different grades of coarseness). You should start with a coarse stone and then finish with a fine stone depending on how much sharpening the axe requires. (It should be used with oil.) Move the stone round in small circles on each side of the axe face. Keep your fingers away from the bit.
- Keep the axe head greased to prevent it rusting and oil a wooden handle regularly with linseed oil.
- Replace a damaged haft with a new one never attempt to repair it.

Safety guidelines

- To prevent the axe being snared in clothing you should not wear scarves, ties, lanyards or any loose clothing.
- Wear strong leather boots, rather than trainers or soft shoes.
- Clear the ground nearby and make sure there are no overhanging branches, ropes, people or other obstructions within three axe lengths of you (that is one outstretched arm and the length of three axes). Never ask anyone to hold the wood you are cutting.

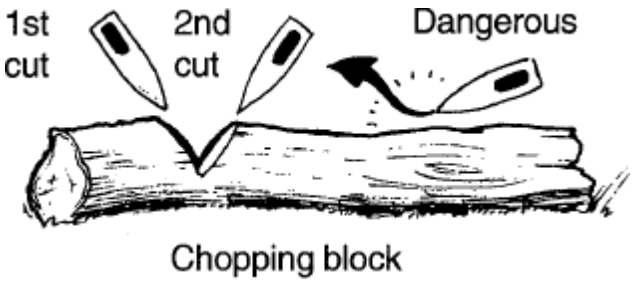


- Inspect the axe before use. Never use it if the head and haft do not line up straight, if the haft is split, chipped or otherwise damaged or broken, or if the head is loose.
- Never use a blunt axe - it can slip or bounce off of wood yet can still penetrate flesh.
- Always use a chopping block below the wood to be chopped and don't let the axe go into the ground.
- Chop directly over the chopping block. The part to be cut should be resting on the block.
- Always stop when feeling tired. If you carry on, you are more likely to miss and cause a serious injury.
- Mask the axe when not in use.
- Carry the axe cradled upside down in your hand with your arm by your side. Make sure the axe bit is facing forward with your fingers out of the way so that if you fall the axe would go into the ground.
- Pass the axe to someone else by standing side by side, facing the same direction. Pass the head first

- Always use an axe within the marked out chopping area. Don't take it along to the source of wood. A bow saw would be more effective here.
- Enforce the chopping area as a 'no go' area for anyone not properly trained or clothed.
- Chop enough wood to keep the fire wood pile stocked but do not over stock the pile.

How to use an Axe

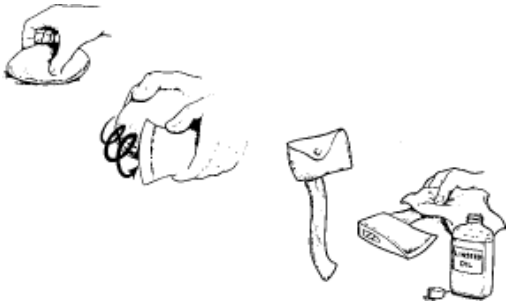
- Crouch (or kneel on one knee) behind the chopping block.
- Hold the wood to be chopped with one hand.
- With the other hand grip the hand-axe on the lower part of the haft, on the 'grip'. Hold the axe firmly but not rigidly. Note: only hold the hand-axe with one hand.
- Chop the wood by keeping the axe and the lower part of the arm straight and bending your arm at the elbow rather than the wrist or shoulder. Chop at 45 degree angles to the length of the wood making alternate left and right cuts to create a small 'V'. The 'V' will get wider as you cut through the wood, creating the chippings, until it is cut in half. Do not try to cut at right angles to the length of the wood; this will make the axe bounce.



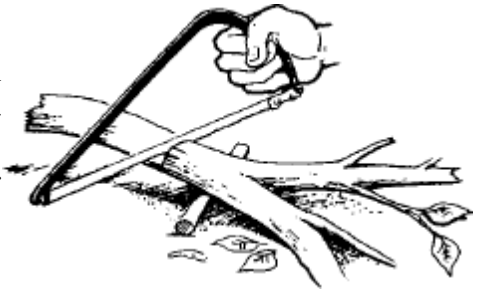
- Always watch the point at which you are aiming. Indeed, when practising, it is a good idea to put a chalk mark on the log and try to hit that.
- Clear chippings away regularly and use them for kindling (that is, small pieces of wood suitable for starting a fire).

Sharpening an axe

Sharpen the axe with a round carborundum stone. Hold the stone so that your fingers don't protrude onto the blade. If you put the stone flat on a table or other flat surface, then lift it with your fingers and use the face which was on the table for sharpening, your fingers should always be clear of the blade! Move the stone round in small circles on each side of the axe face. For extensive sharpening, lay the axe, bit upwards, against a grindstone and rotate the grindstone slowly towards the bit. It should become good practice to sharpen the axe after use and before storing.



The Bow Saw

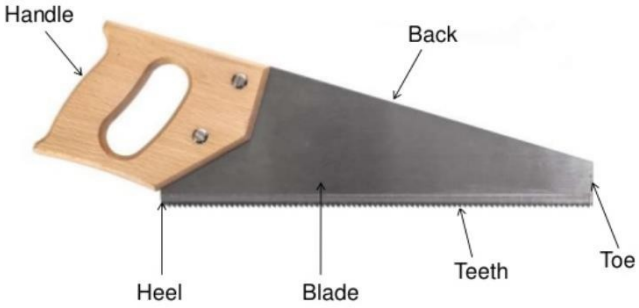


Not strictly an axe of course, but often used in conjunction with axes for preparing firewood. You may come across a variation of the bow saw, for example, the bush or 'sandvic' saw. Bow saws are used for wood too large for using a hand-axe and are often safer and easier than the felling axe for cutting small timber. They should be greased to prevent them from rusting and, as blades are relatively cheap, it is advisable to replace the blades rather than attempting to sharpen them!

Using a bow saw

- Make sure that the wood is held firmly - if you must use your hand for this, keep it well away from the blade.
- Start slowly, pulling the blade backward towards you until the blade is well into the wood. Then push and pull in a steady rhythm using the whole length of the blade.
- Always mask the saw after use - either use a plastic 'clip-on' mask or tie a length of sacking around the blade.

Hand Saw



A **mallet** is a block on a handle, which is usually **used for** driving chisels. The head on a rubber **mallet** is made of rubber. These types of hammers deliver softer impact than hammers with metal heads. They are essential if your work needs to be free of impact marks.

Mallet

10. Ten Common Birds
    - Observe 10 types of birds in the area that the Scouts lives.
    - Collect data about their colours, body sizes, warbling sounds,

their habitat, colour of eggs, shape of their feet, shapes of their beaks etc. and write in the log book.

Example: Woodpecker

Woodpeckers are part of the family Picidae, that also includes the piculets, wrynecks, and sapsuckers. Members of this family are found worldwide, except for Australia, New Guinea, New Zealand, Madagascar, and the extreme polar regions. Most species live in forests or woodland habitats, although a few species are known that live in treeless areas, such as rocky hillsides and deserts, and the Gila woodpecker specialises in exploiting cacti.

Members of this family are chiefly known for their characteristic behaviour. They mostly forage for insect prey on the trunks and branches of trees, and often communicate by drumming with their beak, producing a reverberatory sound that can be heard at some distance. Some species vary their diet with fruits, birds' eggs, small animals, tree sap, human scraps, and carrion. They mostly nest and roost in holes that they excavate in tree trunks, and their abandoned holes are of importance to other cavity-nesting birds. They sometimes come into conflict with humans when

they make holes in buildings or feed on fruit crops, but perform a useful service by their removal of insect pests on trees.

The Picidae are one of nine living families in the order Piciformes, the others being barbets (comprising three families), toucans, toucan-barbets, and honey guides which (along with woodpeckers) comprise the clade Pici, and the jacamars and puffbirds in the clade Galbuli. DNA sequencing has confirmed the sister relationships of these two groups. The family Picidae includes about 240 species arranged in 35 genera. Almost 20 species are threatened with extinction due to loss of habitat or habitat fragmentation, with one, the Bermuda flicker, being extinct and a further two possibly being so.

Scientific classification	
Kingdom:	Animalia
Phylum:	Chordata
Class:	Aves
Order:	Piciformes
Infraorder:	Picides
Family:	Picidae Leach, 1820

Birds' eggs

Birds' nests

How birds grow up

Cuckoos

Feathers

How a bird hatches

11. Swimming/Alternate Skill
    - Swim 50 meters or, do Sportsman/Master Sportsman or Athlete/Senior. Athlete or one badge from the Farmer, or Explorer or Education Group.
    - Air Scouts may do a badge from the Airman Group instead.
    - Sea Scouts will not have this option and swimming would be compulsory.

Swim 50 meters or,

Or Do Sportsman/Master Sportsman or Athlete/Senior. Athlete

Or one badge from the Farmer, Explorer or Education Group.

Farmer Group

COLOMBO PROGRAMME TEAM – CC'S AWARD

Explorer Group

Education Group

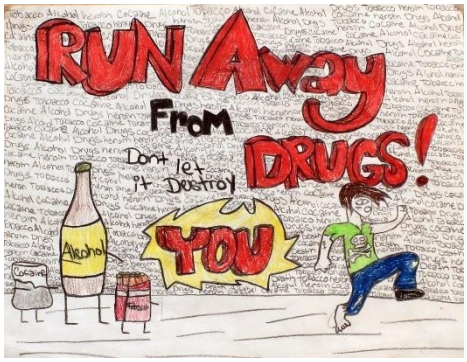
Air Scouts may do a badge from the Airman Group instead.

Airman Group

12. Smartness and Good Order 3
    - Be able to march 200 meters correctly with the Patrol, while saluting and eyes right
    - Partipcate in a squad while giving a street line/guard of honour to welcome a guest at Troop/Group/District/National level

13. Social Health 2

- Plan and carry out a Patrol activity in preventing smoking, use of alcohol, drug abuse etc.



14. Highway Code
    - Know the Highway Code as indicated in the rules put out by the Department of Motor Traffic and know how to follow them.

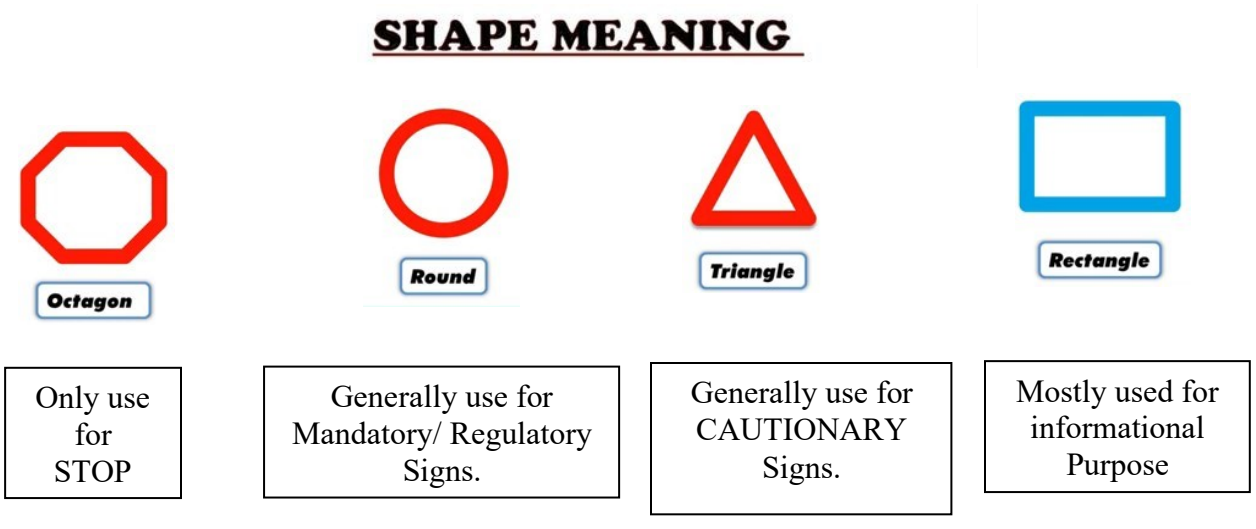
Types of traffic signs

There are several hundreds of traffic signs available covering wide variety of traffic situations. They can be classified into three main categories.

1. **Regulatory signs**: These signs require the driver to obey the signs for the safety of other road users.
   (Red or blue circle, depending on prohibition or regulation)

2. **Warning signs**:These signs are for the safety of oneself who is driving and advice the drivers to obey these signs.
   (Black characters and **symbols** on yellow diamond),

3. **Informative(Guidance)signs**: These signs provide information to the driver about the facilities available ahead, and the route and distance to reach the specific destinations
   (White characters on blue in general – on green in expressways)



Regulatory sig

No Entry

No Left Turn

Vehicle's Prohibited in both Direction

No Parking

Truck Prohibited

All motor vehicles Prohibited

U – Turn Prohibited

Cycle Prohibited

Length Limit

Maximum Speed Limit

Warning sign

Left Bend Ahead

Right Bend Ahead

Double Bend to Left Ahead

Double Bend to Right Ahead

Hair pin Bend to Left Ahead

Hair pin Bend to Right Ahead

Dual Carriageway Ends Ahead

Road Narrows Ahead

Cross Roads Ahead

Staggered Junction with First Side Road to Left

Staggered Junction with First Side Road to Right

"T" Junction Ahead

Informative (Guidance) signs

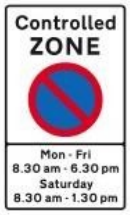
Lane designated for use by high occupancy vehicles (HOV) - see rule 142

Advance warning of restriction or prohibition ahead

End of motorway

Start of motorway and point from which motorway regulations apply

With-flow bus lane ahead which pedal cycles and taxis may also use



Entrance to controlled parking zone

15. IT Literacy 2

- Basic knowledge on word processing and spreadsheets
- Discuss with the Scout Leader about the safety precautions that should be taken when using the internet, and about the etiquette when using the internet.

Word processing software is used to manipulate a text document, such as a resume or a report. You typically enter text by typing, and the software provides tools for copying, deleting and various types of formatting. Some of the functions of word processing software include:

- Creating, editing, saving and printing documents.
- Copying, pasting, moving and deleting text within a document.
- Formatting text, such as font type, bolding, underlining or italicizing.
- Creating and editing tables.
- Inserting elements from other software, such as illustrations or photographs.
- Correcting spelling and grammar.

Word Processing Software

There are a number of different word processing applications. One of the most widely used ones is Word, which is part of Microsoft Office. Another widely used one is WordPerfect by the Corel Corporation. A third one is Writer, which is part of Open Office by Apache. While the first two are commercial software, Open Office is open source and can be downloaded and used free of charge. Finally, there is Pages, which is part of iWork by Apple.

Spreadsheet software is a **software application** capable of organizing, storing and analyzing data in tabular form. The **application** can provide digital simulation of paper accounting worksheets. ... **Spreadsheet software** is also known as a **spreadsheet program** or **spreadsheet application**.

Best spreadsheet software options

- Microsoft Excel.
- Apple Numbers.
- Quip.
- EtherCalc.
- Zoho Sheets.
- LibreOffice.
- Apache Open Office Calc.
- Smartsheet.

Examples of word processor programs

- Abiword.
- Apple iWork - Pages.
- Apple TextEdit - Apple macOS included **word processor**.
- Corel WordPerfect.
- Dropbox Paper (online and free).
- Google Docs (online and free).
- LibreOffice -> Writer (free).
- Microsoft Office -> Microsoft **Word**.

Top 10 Internet Safety Rules & What Not to Do Online

1. Keep Personal Information Professional and Limited

Potential employers or customers don't need to know your personal relationship status or your home address. They do need to know about your expertise and professional background, and how to get in touch with you. You wouldn't hand purely personal information out to strangers individually—don't hand it out to millions of people online.

2. Keep Your Privacy Settings On

Marketers love to know all about you, and so do hackers. Both can learn a lot from your browsing and social media usage. But you can take charge of your information. As noted by Life hacker, both web browsers and mobile operating systems have settings available to protect your privacy online. Major websites like Facebook also have privacy-enhancing settings available. These settings are sometimes (deliberately) hard to find because companies want your personal information for its marketing value. Make sure you have enabled these privacy safeguards, and keep them enabled.

3. Practice Safe Browsing

You wouldn't choose to walk through a dangerous neighborhood—don't visit dangerous neighborhoods online. Cybercriminals use lurid content as bait. They know people are sometimes tempted by dubious content and may let their guard down when searching for it. The Internet's demimonde is filled with hard-to-see pitfalls, where one careless click could expose personal data or infect your device with malware. By resisting the urge, you don't even give the hackers a chance.

4. Make Sure Your Internet Connection is Secure. Use a Secure VPN Connection

When you go online in a public place, for example by using a public Wi-Fi connection, PCMag notes you have no direct control over its security. Corporate cybersecurity experts worry about "endpoints"—the places where a private network connects to the outside world. Your vulnerable endpoint is your local Internet connection. Make sure your device is secure, and when in doubt, wait for a better time (i.e., until you're able to connect to a secure Wi-Fi network) before providing information such as your bank account number.
To further improve your Internet browsing safety, use secure VPN connection (virtual private network). VPN enables you to have a secure connection between your device and an Internet server that no one can monitor or access the data that you're exchanging. Read more about what is VPN

5. Be Careful What You Download

A top goal of cybercriminals is to trick you into downloading malware—programs or apps that carry malware or try to steal information. This malware can be disguised as an app: anything from a popular game to something that checks traffic or the weather. As PCWorld advises, don't download apps that look suspicious or come from a site you don't trust.

6. Choose Strong Passwords

Passwords are one of the biggest weak spots in the whole Internet security structure, but there's currently no way around them. And the problem with passwords is that people tend to choose easy ones to remember (such as "password" and "123456"), which are also easy for cyber thieves to guess. Select strong passwords that are harder for cybercriminals to demystify. Password manager software can help you to manage multiple passwords so that you don't forget them. A strong password is one that is unique and complex—at least 15 characters long, mixing letters, numbers and special characters.

7. Make Online Purchases from Secure Sites

Any time you make a purchase online, you need to provide credit card or bank account information—just what cybercriminals are most eager to get their hands on. Only supply this information to sites that provide secure, encrypted connections. As Boston University notes, you can identify secure sites by looking for an address that starts with *https:* (the S stands for *secure*) rather than simply *http:* They may also be marked by a padlock icon next to the address bar.

8. Be Careful What You Post

The Internet does not have a delete key, as that young candidate in New Hampshire found out. Any comment or image you post online may stay online forever because removing the original (say, from Twitter) does not remove any copies that other people made. There is no way for you to "take back" a remark you wish you hadn't made, or get rid of that embarrassing selfie you took at a party. Don't put anything online that you wouldn't want your mom or a prospective employer to see.

9. Be Careful Who You Meet Online

People you meet online are not always who they claim to be. Indeed, they may not even be real. As InfoWorld reports, fake social media profiles are a popular way for hackers to cozy up to unwary Web users and pick their cyber pockets. Be as cautious and sensible in your online social life as you are in your in-person social life.

10. Keep Your Antivirus Program Up To Date

Internet security software cannot protect against every threat, but it will detect and remove most malware—though you should make sure it's to date. Be sure to stay current with your operating system's updates and updates to applications you use. They provide a vital layer of security.

Keep these 10 basic Internet safety rules in mind and you'll avoid many of the nasty surprises that lurk online for the careless.

10 Basic Rules of Netiquette or Internet Etiquette

1. Make Real People a Priority

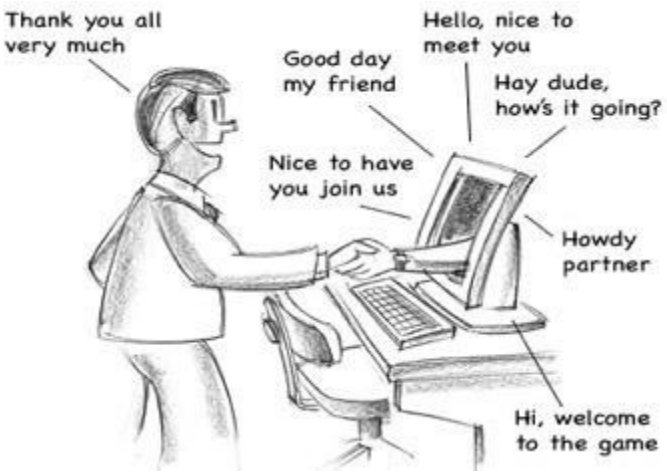
Nothing is more irritating than trying to have a conversation with someone who is engrossed in their phone or computer. If someone is in the room with you, stop what you are doing and look at them. Don't answer your cell phone unless it is to tell the person on the other end that you will call them right back.

If you are expecting an important call or email, let the person with you know upfront, and apologize for taking the call.

This is doubly true if the person you are with is your date, partner, or child. Constantly checking your email, voicemail, or Facebook while you are with them gives them the message that you don't care about them. And it is extremely annoying to be with someone who is having a conversation that you are not part of.

This is also true of public places, such as restaurants, public transit, stores, elevators, and libraries. Avoid taking phone calls and having conversations in these shared spaces.

2. Use Respectful Language



Name-calling, cursing, expressing deliberately offensive opinions—if you wouldn't do it to the face of anyone who might conceivably see what you write, don't write it. This goes for any social media site, forum, chat room, or email message, even if you think it can't be traced back to you. It can.

And it's not just what you say, but how you say it. Either take the trouble to use the shift key for capital letters, or write in all lower case, but don't use caps lock. Text in all caps is generally perceived as yelling. Please don't forget to say please and thank you as appropriate.

3. Share with Discretion

Avoid sending naked sext pictures, drunk pictures, drug use pictures or unedited home video. If you would have a problem with your boss, your parents, or your kids seeing it now, or at any point in the future, don't post it online.

The same goes for phone conversations in public places. Just because you can't see the person you are talking to doesn't mean everyone around you can't see and hear you.

4. Don’t Exclude Others

If you have an in-joke to share with one other person, or a small number of people in a larger online group, send them a private message. Don't make everyone else feel left out by posting an obscure comment to your Facebook status, forum, or Instagram story.

The same goes for laughing at texted or emailed jokes when you are in the presence of others. If you don't want to share the joke, save it for later.

5.Choose Friends Wisely

It is insulting to be dropped from someone's friend list on a social media site. So, think about it before sending a friend request or accepting an invitation. If you don't want to be in touch with someone, don't add them in the first place.

If you want to stay in touch with a colleague for professional reasons, tell them you only use Facebook for close personal friendships. Then join LinkedIn or another professional networking site for more distant contacts.

The obvious exception to this is if you "friend" someone while you are getting along, and then you have a disagreement. Then, by all means, unfriend them if the relationship is beyond repair. But don't torture them with on-again-off-again friending.

6. Don’t Email Large Files

You might think that sequence of nature pictures with inspirational statements is wonderfully moving. It might even give you a sense of serenity. But that is the last thing it will give the person you email it to if it crashes their server, or depletes their inbox quota. Post large files to your own space and send people a link. Don't attach it to an email.

And if you reply to a message, delete all but the most recent correspondence from the sender, otherwise, the message gets really, really long. One of you will be upset if you have to print it out one day, and the whole conversation uses up 20 pages.

7. Respect People's Privacy

Don't forward information sent to you without checking with the original sender first. Use BCC (blind carbon copy) rather than CC (carbon copy) if you are sending something out to more than one person. You might think that we are all friends online, but your friends may not want their names and or email addresses publicized to people they do not even know.

The same goes for uploading photos or videos that include other people to public space or sending them out to your own contacts. And remember, if you tag people on Facebook, others can access pictures of those people, unless they have adjusted their privacy settings.

Finally, don't sign up for newsletters and other communications using someone else's email address.

8. Fact Check Before Reposting

That cure for cancer might sound pretty impressive, but it will just cause upset if it is a hoax. And urban myths add to the noise of the internet and waste people's time. If you aren't sure of the facts, email it to someone who does know or can find out. Or do a search on Google or snopes.com.

Don't forget that many viruses are circulated via chain letters and invitations to send some seemingly pertinent piece of information to ten of your friends, or everyone in your address book. So don't be naive. Forwarding that message will not bring you good luck, just bad karma.

9. Respond to Emails Promptly

By all means, ignore and delete spam, unsolicited messages, and crazy stuff. But if you have given someone your email address or if you are in a position where people could reasonably be expected to contact you by email and your email address is public, have the courtesy to reply to their message within a few days. If it is going to take longer to reply, email them and tell them that.

Don't simply ignore a question because you don't want to give the answer. Write back saying that it is a difficult question and they might be better off seeking the information elsewhere.

10.Update Online Information

Don't leave inaccurate information online just because you can't be bothered to update your website. If you are going to be unavailable, for example, don't leave your hours of operation online indicating you will be available. If you can't keep your website up to date, take it down.

16. Knowledge of the Area Around 2

- Draw a rough sketch map of the area within one K.M. radius from the Scout's home and mark not less than 10 important places (Scout can mention the direction with compass bearing and can compare with the Google Map to check accuracy)

17. Scout Vision and Mission
    - Be able to write or explain the Vision/Purpose statement of the Sri Lanka Scout Association
    - Be able to write or explain the Mission statement of the World Scout Organisation

Vision/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.

18. First Aid 3

- Know how to give First Aid in following situations. Shock, Fainting, Bleeding from the nose, stings and bites, minor cuts, Burns, scalding, drowning, control of sudden fire, electric shock,

Know when and where Automated External Defibrillator (AED) is used for First Aid

Shock

In the case of a serious injury or illness, it's important to look out for signs of shock (see below).

Shock is a life-threatening condition that occurs when the circulatory system fails to provide enough oxygenated blood to the body and, as a result, deprives the vital organs of oxygen.

This is usually due to severe blood loss, but it can also occur after severe burns, severe vomiting, a heart attack, bacterial infection or a severe allergic reaction (anaphylaxis).

The type of shock described here isn't the same as the emotional response of feeling shocked, which can also occur after an accident.

Signs of shock include:

Signs of shock include:

- pale, cold, clammy skin
- sweating
- rapid, shallow breathing
- weakness and dizziness
- feeling sick and possibly vomiting
- thirst
- yawning
- sighing

Seek medical help immediately if you notice that someone has any of the above signs of shock. If they do, you should:

- dial 1990 or 119 as soon as possible and ask for an ambulance
- treat any obvious injuries
- lie the person down if their injuries allow you to and, if possible, raise and support their legs
- use a coat or blanket to keep them warm
- don't give them anything to eat or drink
- give them lots of comfort and reassurance
- monitor the person – if they stop breathing, start CPR and re-alert the emergency services

Fainting

Fainting is a brief episode of unconsciousness caused by a sudden drop in blood pressure. The most likely cause of this sudden drop will either be some change in the blood vessels or the heartbeat itself.

Blood vessels continually adjust their width to ensure a constant blood pressure. For instance, the vessels constrict (tighten) when we stand up to counteract the effects of gravity. Temporary low blood pressure can be caused by various events that prompt blood vessels to dilate (expand), including extreme heat, emotional distress or pain. The lack of blood to the brain causes loss of consciousness.

Most fainting will pass quickly and won't be serious. Usually, a fainting episode will only last a few seconds, although it will make the person feel unwell and recovery may take several minutes. If a person doesn't recover quickly, always seek urgent medical attention.

Symptoms of fainting

The symptoms of a faint include:

- Dizziness
- Light-headedness
- A pale face
- Perspiration
- Heightened anxiety and restlessness
- Nausea
- Collapse
- Unconsciousness, for a few seconds
- Full recovery after a few minutes.

Occasionally, a collapse may be caused by a more serious event such as a stroke or a disturbance in the normal heart rhythm. A faint might be telling you something is wrong and further examination is sometimes important.

If a person complains of breathlessness, chest pains or heart palpitations, or if the pulse is faster or slower than expected, the person should see a doctor. Similarly, slurred speech, facial droop or weakness in any limbs are signs of a serious problem.

Causes of a drop in blood pressure

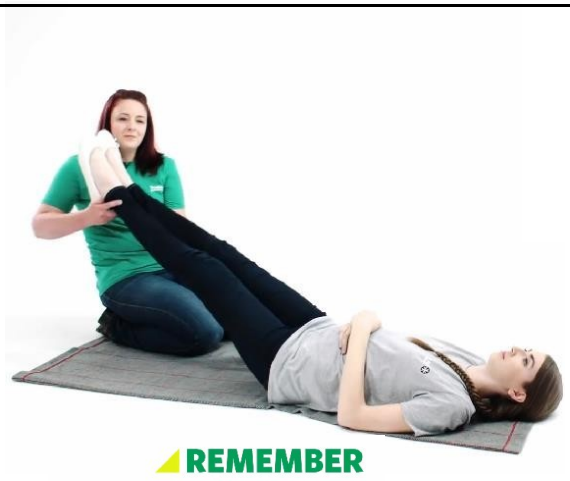
A temporary drop in blood pressure can be caused by different factors, including:

- Prolonged standing
- Extreme heat, which pushes blood away from the main circulatory system and into the vessels of the skin
- Emotional distress
- Severe pain
- The sight of blood
- The sight of a hypodermic needle
- Other events that a person may find distressing.

First aid and fainting

First aid treatment for a person who has fainted includes:

- Help the person lie down. A person who has fainted in a chair should be helped to the ground.
- If the person is unconscious, roll them on their side. Check they are breathing and that they have a pulse.
- If possible, elevate the person's feet above the height of their head.
- If the fainting episode was brought on by heat, remove or loosen clothes, and try to cool the person down by wiping them with a wet cloth or fanning them.
- Assess the person for any potential injuries if they have fallen.
- In an emergency, always call 1990 for an ambulance if the person has not regained consciousness within a few seconds or recovered in a few minutes.



REMEMBER

- **LIE THEM DOWN**
- **RAISE THEIR LEGS**
- **GIVE THEM FRESH AIR**
- **HELP THEM SIT UP SLOWLY**
- **PREPARE TO TREAT SOMEONE WHO'S UNRESPONSIVE**

Bleeding from the nose

How do I treat a nosebleed?

Nosebleeds usually look a lot worse than they are. Most of the time you can stop the flow with a few simple steps:

- Lean the head slightly forward, so blood doesn't run down the throat.
- With a tissue or washcloth, gently press the nostrils together to stop the bleeding.
- Hold the nose for at least 5 minutes. Then check to see if the bleeding has stopped. If it hasn't stopped, gently squeeze for another 10 minutes.

Snake bites

Protect the Person

While waiting for medical help:

Move the person beyond striking distance of the snake.

Have the person lie down with wound below the heart.

Keep the person calm and at rest, remaining as still as possible to keep venom from spreading.

Cover the wound with loose, sterile bandage.

Remove any jewelry from the area that was bitten.

Remove shoes if the leg or foot was bitten.

Do Not

- Cut a bite wound
- Attempt to suck out venom
- Apply tourniquet, ice, or water
- Give the person alcohol or caffeinated drinks or any other medications

How to Treat Minor Cuts and Scrapes

Get immediate medical attention for a wound that is deep, bleeds heavily, or has something embedded in it. If it's a minor cut or scrape, here's what to do:

Clean the Cut

First wash your hands with soap and water.

Then rinse the cut or scrape with cool water to remove dirt and debris. Hold the area under running water or pour clean water over it from a cup.

You don't need to use stronger cleaning solutions -- such as hydrogen peroxide, iodine, or rubbing alcohol -- to treat minor cuts and scrapes, as they may irritate the wound. Cool clean water should be fine for cleaning the wound.

Stop the Bleeding

A small amount of blood can help clean out the wound. Smaller cuts and abrasions usually stop bleeding on their own. A cut to the head or hand may bleed more because those areas have a lot of blood vessels.

To stop the bleeding, gently apply firm, direct pressure using a clean cloth or gauze. Continue to hold the pressure steadily.

Don’t raise the cloth or gauze to check on the wound, because that could cause the wound to start bleeding again. If blood seeps through the dressing, just put more on top and keep applying pressure.

If the cut is on your hand or arm, you can help slow the bleeding by raising it above your head.

If the cut spurts blood or if it doesn’t stop bleeding, get medical help right away.

First aid for burns

Stop the burning process as soon as possible. This may mean removing the person from the area, dousing flames with water, or smothering flames with a blanket. Do not put yourself at risk of getting burnt as well.

Remove any clothing or jewellery near the burnt area of skin, including babies' nappies. But do not try to remove anything that's stuck to the burnt skin, as this could cause more damage.

Cool the burn with cool or lukewarm running water for 20 minutes as soon as possible after the injury. Never use ice, iced water, or any creams or greasy substances like butter.

Keep yourself or the person warm. Use a blanket or layers of clothing, but avoid putting them on the injured area. Keeping warm will prevent hypothermia, where a person's body temperature drops below 35C (95F). This is a risk if you're cooling a large burnt area, particularly in young children and elderly people.

Cover the burn with cling film. Put the cling film in a layer over the burn, rather than wrapping it around a limb. A clean clear plastic bag can be used for burns on your hand.

First aid for drowning

If you pull someone from the water and they are unresponsive follow these steps:

1. Check for breathing. Tilt their head back and look, listen and feel for breaths. If they are not breathing, move on to the following steps.
2. Tell someone to call 1990 for emergency help.
3. Give five rescue breaths: tilt their head back, sealing your mouth over their mouth. Pinch their nose and blow into their mouth. Repeat this five times.
4. Give 30 chest compressions. Push firmly in the middle of their chest and then release. Repeat this 30 times.
5. Give two rescue breaths then continue with cycles of 30 chest compressions and two rescue breaths until help arrives.

What to Do in Case of a Fire

1. Immediately pull the nearest fire alarm pull station as you exit the building.
2. When evacuating the building, be sure to feel doors for heat before opening them to be sure there is no fire danger on the other side.
3. If there is smoke in the air, stay low to the ground, especially your head, to reduce inhalation exposure. Keep on hand on the wall to prevent disorientation and crawl to the nearest exit.
4. Once away and clear from danger, call your report contact and inform them of the fire.
5. Go to your refuge area and await further instructions from emergency personnel.

Note: Resident staff will not go into every room to search for individuals.

Who to Contact in Case of a Fire

In order to ensure that the proper authorities are notified of a fire when the opportunity arises once you are safe from imminent danger, call any of the following:

Colombo 0112 422 222

Dehiwala 0112 714 444

Kotte 0112 879 444

Ambulance 1990

Fire Safety Do's
DO remain in your room if you are unable to exit the building safely because of smoke or fire. Keep the door closed and await assistance from the fire department. If smoke is entering under or around the door, stuff damp sheets or blankets in the spaces to help keep smoke out. If possible, open a window and waive or hang a brightly colored towel or garment to notify rescue personnel of your location.
DO close the doors behind you if it is safe to leave your room.
DO become aware of your neighbors and note if they have not evacuated and tell authorities they are missing and may need assistance.

DON'T assume that a fire alarm is a test or burned microwave popcorn. Any alarm could be the result of a dangerous fire. DON'T waste time collecting personnel items. Take your keys and yourself to safety as soon as possible. DON'T use the elevators during a fire emergency; always use the stairs.

Fire Extinguisher Chart

Extinguisher		Type of Fire			
Color	Type	Solids (paper)	Flammable Liquids	Flammable Gas	Electrical Equipment
	WATER	✓ Yes	✗ No	✗ No	✗ No
	FOAM	✓ Yes	✓ Yes	✗ No	✗ No
	Dry Powder	✓ Yes	✓ Yes	✓ Yes	✓ Yes
	Carbon Dioxide (CO^2)	✗ No	✓ Yes	✗ No	✓ Yes

SafetyBanners.ORG

COLOMBO PROGRAMME TEAM – CC'S AWARD

HOW TO USE AN AED

(Automated External Defibrillator)

WHAT TO DO

FOLLOW AED INSTRUCTIONS WHILE CPR IS CONTINUED

WHAT TO DO

APPLY PADS WITH MINIMAL INTERRUPTIONS TO CPR

WHAT TO DO

ONE PAD ON THE RIGHT SIDE UNDER COLLARBONE

WHAT TO DO

FOLLOW AED INSTRUCTIONS WHILE CPR IS CONTINUED

COLOMBO PROGRAMME TEAM – CC'S AWARD

WHAT TO DO

ONE PAD ON THE RIGHT SIDE UNDER COLLARBONE

WHAT TO DO

SECOND PAD ON THE LEFT SIDE BELOW ARMPIT

WHAT TO DO

ASK EVERYONE TO STAND BACK

WHAT TO DO

AED WILL ANALYSE HEART RHYTHM

WHAT TO DO

- **FOLLOW AED INSTRUCTIONS**
- **IF THEY BECOME RESPONSIVE, PLACE IN THE RECOVERY POSITION**
- **LEAVE AED ATTACHED**

19. Safe from Harm 9
    - Be able to help a lost child by calling their parents
    - How do you tell someone if you are in trouble (what, where, when, how many, other relevant conditions)
    - Know the Emergency Ambulance number, the Emergency Police number and the Fire Rescue Service number.
    - The Scout Should be Aware of the School Emergency Procedures
    - Handling Emergency Situations at Home
    - Be able to explain comprehensively with examples what risky behavior is, and what could be done to prevent risky behavior byother Scouts in the Troop

1. Kitchen fire.

The most common culprit of a kitchen fire is an inattentive cook. It's never a good idea to leave your stovetop or oven unattended when food is cooking. Prevent kitchen fires by cooking during times when you won't need to step away from the kitchen.

If a kitchen fire happens, take these steps:

- For a small grease fire, try smothering it with baking soda or sliding a metal lid over the pan to suffocate the fire. Turn off the stove. Never use water to put out a grease fire; it can be dangerous and make the situation worse.
- For an oven fire, keep the oven door closed and turn off the oven.
- If the fire continues, help everyone to evacuate the house, close the door behind you and call 110 from a safe distance from your home.

Also, remember to regularly check your smoke detectors. Put a reminder on your calendar to test all the smoke detectors in your home monthly, and promptly replace batteries when needed. Consider replacing all your smoke detectors every 10 years.

2. Water leak.

Whether it's a slow drip or a steady stream, the best thing you can do is know where your home's main water valve is located — typically it's in the basement or near the front of the house — which controls the flow of water into your home and learn how to turn off your water in an emergency to prevent water damage to your home. Then you will need to call a plumber for assistance.

If your ceiling is leaking, gather buckets or plastic sheets under the leak to help prevent water damage. Then try to track down the source of the leak. If it's likely a roofing issue, it's best to call a professional right away to assess the situation and help with repairs.
Finally, take steps to insulate your pipes before the weather turns cold to prevent pipes from freezing and bursting.

3. Water overflow.
Anything that holds a lot of water in your house can potentially overflow into the surrounding area. Here's how to handle a water overflow:

- When a toilet overflows, find the valve behind the toilet near the wall and turn it off to stop the flow of water. Then, quickly mop up any standing water. Finally, try to determine the cause. Look for issues with the fill tube and float as well as for clogs or other issues that could be keeping the toilet from draining. If you're still stumped, call your plumber for assistance.
- When your bathtub or sink overflows, first stop the flow of water — whether it's as simple as turning off the faucet or by shutting off the main water valve to your home if the faucet is broken. Then, quickly mop up standing water to prevent further damage. If the faucet is broken, make necessary repairs before using that sink or bathtub again.

4. Flooded basement.
Whatever the cause, if your basement is flooded with water, the most important thing is that you NEVER enter a flooded basement. For your own health and safety call your utility companies first, and stay away until they have turned off the electricity and gas. Then, it's best to hire a professional to help you clean up, mitigate the damage to your home and help prevent you and your family from becoming sick. You will need to throw out anything the flood water reached unless it can be thoroughly cleaned and disinfected.

5. Power outage.
When the power goes out, check to see if nearby homes and streetlights still have power. If their lights are still on, check your breakers. If the neighborhood is dark too, then call your power company, or visit their website, to report the power outage and ask for an estimated repair time.

Stay safe by following these steps:

- Use flashlights. Don't light candles. Keep your flashlights in an easy-to-find location, test them monthly, and keep spare batteries in a known and accessible location. If you don't have a flashlight, your cell phone can help provide some light to help guide you safely through your home.
- Keep your refrigerator door closed. Food can spoil in a refrigerator after the power has been out for more than 4 hours.
- Turn off or unplug electronics. If the lights were on or you were using any electrical equipment, like a computer, when the power went out, switch your lights off and unplug your electronics.

If you anticipate having a power outage that lasts for days, such as after a hurricane, consider investing in a generator that can help provide electricity to essential things in your home, like a refrigerator or freezer. Be sure to follow all safety instructions while using it.

6. Carbon monoxide.

Carbon monoxide is a clear, odorless gas that can cause severe illness or even death. The symptoms are often like the flu without a fever. If you think you have carbon monoxide poisoning, call 110.

The best way to prevent a carbon monoxide emergency is to:

- Use carbon monoxide detectors and test them once a month to make sure they're in good working order. Check the manufacturer's instructions to learn how often to replace your carbon monoxide detectors.
- Have gas appliances inspected at least once a year.
- Properly vent all gas furnaces, water heaters and fireplaces.
- Follow all safety instructions for gas-powered appliances, such as space heaters and generators.

7. Gas leak.

When a natural gas line leaks, you may smell gas (it smells a lot like rotten eggs). While natural gas lines don't leak often, you should always take it seriously if it does. A gas leak inside your home can make you sick or even lead to an explosion.

If you notice the smell of natural gas inside your home:

- Go outside IMMEDIATELY and call the utility company and 110.
- Don't try to find the leak.
- Don't turn on or off any electrical appliances.
- Don't smoke or have any open flames nearby.

8. Broken glass.

Whether it's a cracked window or a smashed dinner plate, broken glass can be a difficult mess to clean up. Whenever possible, take actions to prevent it, such as closing shutters, blinds and curtains ahead of severe weather or handling glass objects with care. But when it happens, here's how to clean up broken glass safely:

- Don't handle glass with your bare hands. Put on thick or rubber gloves if you have them or use a tool like a piece of cardboard or stiff paper to help you scoop up the large pieces of glass.
- Next, use large tape, like duct tape, to help you pick up smaller pieces of glass. Because broken glass can travel farther than you might expect, be sure to use your large tape on the surrounding area, too.

- Finally, mop or wipe up the entire area with wet wipes or doubled-up paper towels. If the glass is in your carpet, thoroughly vacuum the area using a hose attachment and move it in different angles and directions to get as much glass out of the carpet fibers as possible.
- If the window is broken, you can seal it temporarily by taking a trash bag and cutting it with scissors to fit the window. Tape several layers of this plastic bag to the window's frame with duct tape. Then immediately schedule a window repair or replacement.

When an emergency occurs

Steps to take when an emergency occurs:

- Take a deep breath.
- Count to 10. Tell yourself you can handle the situation.
- Check for danger. Protect yourself and the injured person from fire, explosions, or other hazards.
- Try to look at the situation as a whole.
    - What is the most serious problem and what do you need to do first? The most obvious problem is not always the most serious.
    - **Treat the most life-threatening** problems like bleeding or shock first.
    - If you think the person has a spinal injury, **do not move** him or her unless the danger is great.
    - **Check** for broken bones and other injuries.

If the person is unconscious or does not respond to your voice or touch, be ready to start CPR **Call 1990 or other emergency services**, such as the local fire department, police, or hospital, if you need help.

20. Environment Protection Activity

- Learn the 5R method in environment conservation, collect data on that and be able to explain about it verbally.

✓ Refuse- Unnecessary wrappings, leaflets, plastic bags etc.
✓ Repair- Clothes, electrical items, etc.
✓ Reduce- Waste, buy only things that are really needed
✓ Reuse- Purchase second hand things, give away things that would not be used, etc.
✓ Recycle- whenever possible buy only things that could be recycled, recycle whenever possible

How to implement the 5 R's of Waste Management

If you want to positively impact the outcome of your recycling program by reducing the amount of waste in your home produces, this is the process you really need to consider. Always remember to treat recycling as a last resort and always try to follow the R pyramid in order to ensure that you can be as efficient as possible with your home waste

Refuse

We can refuse to use products which are harmful to the environment

Example - We should say no to single use plastic bags

REFUSE

No to using products
which harm the Environment

Repurpose (or Recover)

It means converting waste into resources

Example - Waste plastic bottles can be used to make boat

Reduce

This means that we should use less.

For Example

- Save Electricity by switching off un-necessary lights and fans
- Save water by repairing leaky taps
- Do not waste food

Reuse

Reusing means using the same thing again and again.

So,

- Instead of throwing papers, we can reverse it and use it again
- Plastic bottles can be used again to store items
- We can take polythene bags wih us while going to market and ask shopkeeper to put goods in that polythene bag instead of using new one.

Recycle

This means we should collect items like plastic, paper, glass, metal and use these materials to make new products, instead of using new plastic, or new metals.

Example

- We should use the kind of plastics which can be recycled to make new products, like Thermoplastics

Making **new product** from waste materials

The 10-R's of Sustainability

RESPECT: It all starts with respect as weighty regard to first have esteem for one's self, then others, property, our natural, physical, cultural, social and economic environments; and our earth's delicate ecosystem. Without this, one cannot see beyond their nose and accomplish the good needed.

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REFUSE: Reject the idea of utilizing anything that may cause harm to oneself, someone else or our delicate ecosystem. Refuse to use food items and products that are falsely represented and not certified correctly. Refuse to do what is wrong.

REDUCE: Decrease, cut, lessen or to diminish the utilization of raw or natural resources, and consumption of the same in a finished product or good, or in the transportation of products or goods including but not limited to food or such products made from chemicals or minerals.

REUSE: Reclaim or reprocess items that have been used so as not to become totally spent beyond use again.

RENEW: Repair, rebuild, reconstruct items we have used so they can have or serve a useful purpose once again; to repurpose.

RECYCLE: Reclaim or reprocess items that have expired from their serviceable purpose, so they may once again be made into something useful, and reduce the need for raw materials and expending energy to make new products.

RESPONSIBILITY: Mental, moral, or legal accountability to individuals, business and governmental actions with a view to transparency.

RETHINK: To change one's mind thought, and their figurative heart condition so they will not take the wrong course of action and cause harm to another, or to our environment; collectively business and government have to change their dismal pattern of thinking.

REPLANT: To replace vegetation on land and waterways, that has been removed for any reason, and to prevent degradation or deforestation.

RESTORE: Return damaged systems to their original or better condition than previously recorded, to ensure they can recover, mature and grow without further hindrance or harm.

When one thinks of Earth Month, it is a month of activities, bringing about awareness and sharing of knowledge about environmental and social-economic issues in any given area or region by its intrinsic needs. A month of such activities broadens a time period with the hope that such activities will continue throughout the year. It is not a political issue! Return to Nature and utilize The 10-R's of Sustainability© to the fullest.

So go out, work hard and have fun, enjoy yourself and our wonderful environment by improving it. Along the way, you will touch others and be better for it.

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21. Link Language Skills 2
    - Construct 20 simple sentences using other two languages (from Sinhala, Tamil and English) other than the Scout's own.

TABLE I. TENSES AND EXAMPLES

Tense		Sinhala	Tamil
Past tense	I studied	මම ඉගෙන ගත්තෙමි	நான் படித்தேன்
Present tense	I am studying/ I study	මම ඉගෙන ගනිමි/ ගන්නෙමි	நான் படிக்கிறேன்
Future tense	I will study	මම ඉගෙන ගනිමි/ ගන්නෙමි	நான் படிப்பேன்

22. Introducing a New Member
    - Introduce a new member to the Scout Movement.

23. Two Nights Camping

- Take part in a week- end camp (with the Patrol or Troop) of at least two nights and enter the camp log in the Log Book.

24. District Commissioner's Hike (One Night and 22km)

- The full responsibility of this hike is with the District Commissioner. This should be the last test to be completed for this Award.
- The District Commissioner may get the help of ADC (Programme) or if the ADC (Programme) is not available, may get the help of any other ADC/District Scout Leader or a Scout leader holding the Wood Badge.
- Only two Scouts who are qualified to do this hike should take part.
- Both Scouts may take this test together but should submit separate hike Reports
- In situations where two Scouts trying to pass this test are not available another Scout of same age could be used to assist the Scout passing.
- It is the duty of the District Commissioner to make sure that proper written instructions are given for the hike and to make sure that all necessary permission for the hike is obtained.

- The night should be spent in the tent and dinner and breakfast should be prepared by the participants.
- The hike report with the map should be submitted to the examiner within two weeks of completing the hike. The Scout should make debrief to the examiner while handing over the hike report.

- The Scout may use the help of the Google maps in checking the accuracy of the map that he had made prior to submitting it to the examiner.

- The common format to keep records and information for preparing the hike report is give below:

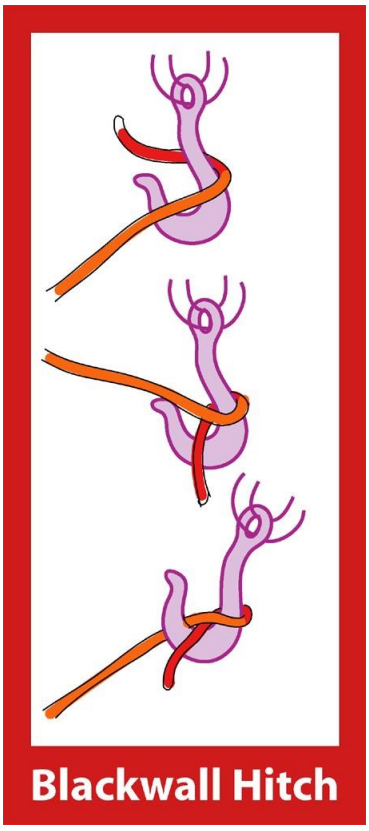
Time	Distance Hiked	Direction of Hiking	Description	Sketch Map

- Once the District Commissioner's Hike is completed, the Scout is eligible to wear the District Commissioner's Code irrespective of completing the proficiency badges under this Award.

25. Requirements for Sea Scouts and Air Scouts
- These tests are in addition to what is given in tests 1 – 24

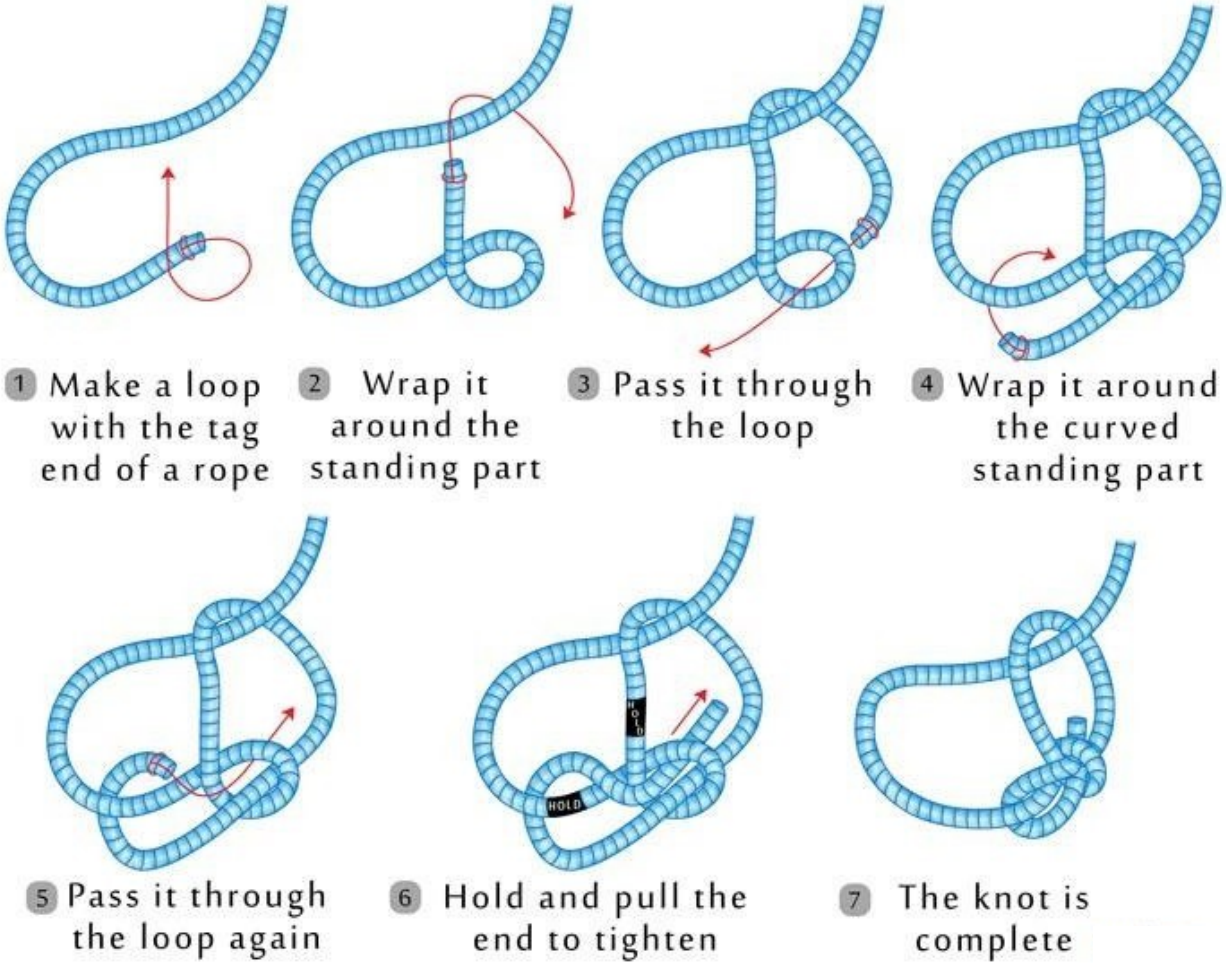
Requirements for Sea Scouts

- Demonstrate the Following and know their uses
- Running Bowline, Blackwall Hitch, Marlin spike Hitch
- Learn the phonetic alphabet

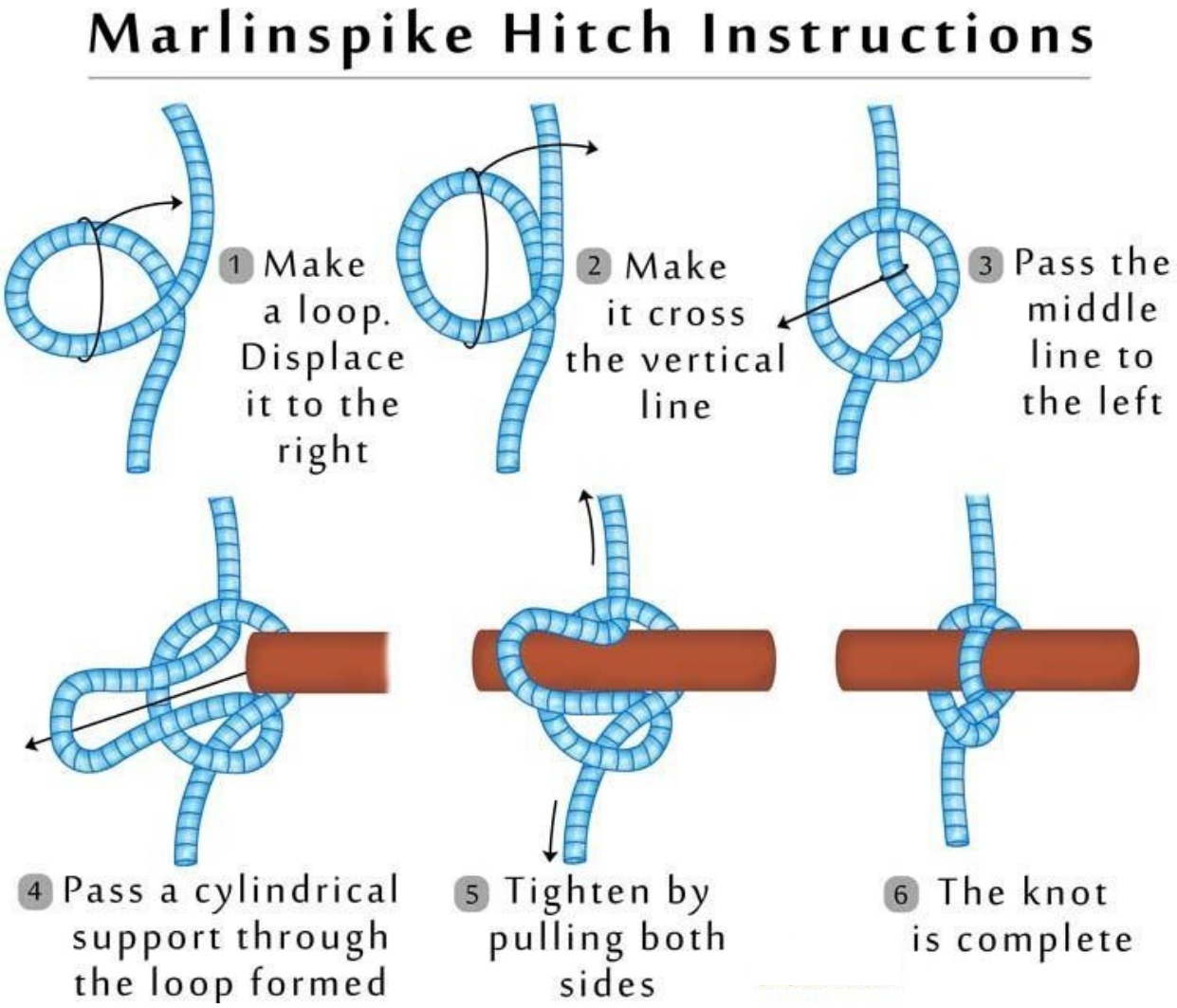


The **blackwall hitch** is a **temporary** means of **attaching a rope to a hook**. Made of a simple half **hitch** over the **hook**, it will only hold when subjected to constant tension. It is used when the **rope** and **hook** are of **equal size**, but it is likely to slip if subjected to more than ordinary tension.

Running Bowline Knot Instructions



The running bowline is a noose. It creates an adjustable loop that can be drawn up tight. The nice sliding knot can be tied around trees or posts. Based on the classic bowline knot this one is very secure. It works well in rigging situations. It serves the purpose of retrieving objects by throwing a large loop of the knot around them and cinching it down by pulling the standing line.



Also known as the lever hitch, the marlinspike is a temporary knot that attaches a rod to a rope making a handle in the process. A small modification serves as an alternative way to tie the bowline knot. It provides an excellent way to make a rope ladder. It ties quickly and is easy to release. It does not jam.

Requirements for Air Scouts

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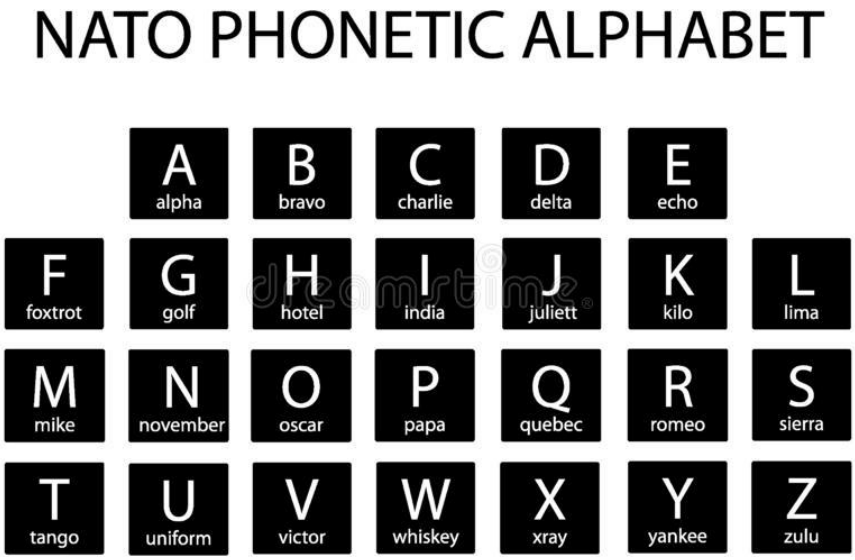
- Understand the ‘Phonetic Alphabet’
- Explain why it is used and demonstrate it in use

Why the Phonetic Alphabet is used by the Seamen

A phonetic alphabet is an alphabet that uses words to represent letters. It's used for communication in difficult circumstances, when regular pronunciation isn't possible, or for giving precise, simple, and intuitive instructions.

It was intended as an international system of phonetic transcription for oral languages, originally for pedagogical purposes. The Association was established in Paris in 1886 by French and British language teachers led by Paul Passy



To create a phonetic alphabet, you simply replace the letter that you want to say with a word that starts with the same letter, a concept which is called acrophony. For example: 'C' can be replaced by 'Charlie'. 'G' can be replaced by 'Golf ’.

For more information https://youtu.be/4p9baK8_8qo

- Training Period of Nine (09) Months
- Complete at least 09 months of training after completing the Scout Award.
- Time to start - After 11 years and 03 months and after completing Scout Award.

Proficiency Badges

- The Scouts should complete three (03) compulsory Proficiency Badges:

1. First Aider/ Ambulance
2. Missioner/Public Health
3. One Any Other Badge (from Practical Science/Camp Craft/Explorer-Seaman-Airman groups)

1. First Aider/ Ambulance

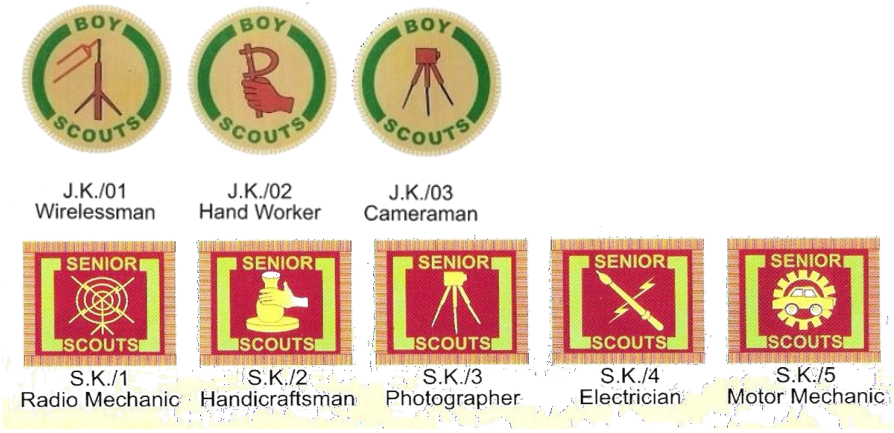
J.A./07 First Aid — S.A./07 Ambulance

2. Missioner/Public Health

J.A./02 Missoner — S.A./02 Public Health

3. One Any Other Badge (from Practical Science/Camp Craft/Explorer-Seaman-Airman groups)

Practical Science Group



J.K./01 Wirelessman — J.K./02 Hand Worker — J.K./03 Cameraman

S.K./1 Radio Mechanic — S.K./2 Handicraftsman — S.K./3 Photographer — S.K./4 Electrician — S.K./5 Motor Mechanic

Camp Craft Group

J.B./01 Camper | J.B/02 Cook | J.B./03 Woodcraftsman | J.B./04 Pioneer | J.B./05 Back Woodsman

S.B./1 Camp-Warden | S.B./2 Master-Cook | S.B./3 Naturalist | S.B./4 Senior-Pioneer | S.B./6 Quarter Master

Explorer Group

J.H./01 Observer | J.H./02 Stalker | J.H./03 Map Maker | J.H./04 Starman | J.H./05 Weatherman | J.H./06 Explorer

S.H./1 Tracker | S.H./2 Hiker | S.H./3 Surveyor | S.H./4 Astronomer | S.H./5 Meteorologist | S.H./6 Senior Expolorer | S.H./7 Archaeologist

Airman Group

J.J./01 Aircraft Modeller | J.J./02 Air Glider | J.J./03 Air spotter | J.J./04 Air Apprentice

S.J./1 Aircraft Constructor | S.J./2 Glider Pilot | S.J./3 Air-Observer | S.J./4 Air-Mechanic | S.J./5 Air Navigator

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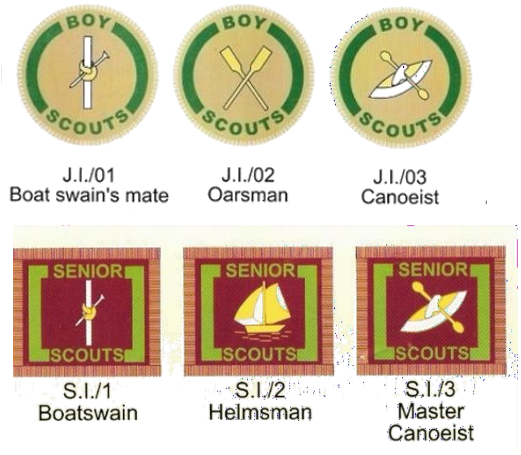
Mandatory for Sea Scouts

Seaman Group



- If a Scout starts work on this Award as a Junior Scout and completed the Award as a Senior Scout, any relevant Junior badges done as a Junior Scout would be accepted as qualifying badges (i.e. some Scouts might have done Junior as well as Senior Badges, depending on his/her age when he/she did those badges).

- If still a Junior Scout, he/she can do all other junior badges (if he/she wants) after completing the Chief Commissioner's Award

Once a Scout has completed the requirements for the Chief Commissioner's Award, he/she may attempt the international badges if he/she has not done so already.

- Minimum age to start – 11 years and 03 months
- Minimum training period – 09 months
- Earliest age of completion - 12 years
- Should complete before 18 years
- Interviewer - Zonal ADC/ADC nominated by DC