

SRI LANKA SCOUT ASSOCIATION
COLOMBO DISTRICT PROGRAMME TEAM



Requirement's for
Prime Minister's Scout Award



2023 .02.15



PROGRAMME TEAM

1. Promise and Law

- Should develop his understanding of the Scout Law and the Scout Promise and teach a new recruit (if possible recruited by the Scout passing the test) the Scout Promise and the Scout Law. This to be done under the supervision of the Scout Leader.

2. Structure of the WOSM

- Have knowledge of the basic structure of the World Organisation of the Scout Movement (WOSM), know about the 6 Scout regions, about the Asia Pacific Region and generally about international Scouting



National Scout Organizations

Scouting is a global movement with over 54 million Scouts worldwide, all part of recognised National Scout Organizations (NSOs) of WOSM (also known as Member Organizations). The role of the NSO is to support and develop Scouting in that country, and facilitate contacts with other NSOs and the World Organization. To become a member of WOSM, NSOs must gain recognition from the World Scout Conference. There can only be one NSO per country. In the case of a country having more than one National Scout Association (NSA), a federation is formed for the purpose of national coordination and world membership.

There are currently 172 Member Organizations in the world. In addition to the 172 Member Organizations, local Scouting activities exist in at least another 52 countries and territories worldwide.

Potential Member Countries

There are 14 countries where Scouting exists (be it embryonic or widespread) but where there is no National Scout Organization that is yet a member of WOSM.

Albania, Central African Republic, Congo, Djibouti, Equatorial Guinea, Eritrea, Iran, Kyrgyzstan, Mali, Nauru, Samoa, Somalia, Turkmenistan, Uzbekistan

WOSM maintains official contacts with French Polynesia, which is an associate member of the Asia-Pacific Scout Region.

Countries with no Scouting There are five countries where Scouting, to WOSM's knowledge, does not exist; in some it would not be allowed. These are:

- Andorra
- People's Republic of China,
- Cuba
- Democratic People's Republic of Korea
- Lao People's Democratic Republic.

World Scout Conference

The **World Scout Conference** (WSC) is the governing body and meets every three years, preceded by the World Scout Youth Forum. The World Scout Conference is the general assembly of Scouting and is composed of six delegates from each of the member Scout associations. If a country has more than one association, the associations form a federation for coordination and world representation. The basis for recognition and membership in the World Scout Conference includes adherence to the aims and principles of the World Organization of the Scout Movement, and independence from political involvement on the part of each member association.

The Conference meets every three years and is hosted by a member association. At the World Scout Conference basic cooperative efforts are agreed upon and a plan of mutual coordination is adopted.

World Scout Committee

The **World Scout Committee** is the executive body of the World Scout Conference and is composed of elected volunteers and one appointed Secretary General. The World Scout Committee represents World Scout Conference between the meetings of the full conference. The World Scout Committee is responsible for the implementation of the resolutions of the World Scout Conference and for acting on its behalf between its meetings. The Committee meets twice a year, usually in Geneva. It's Steering Committee, consisting of the Chairman, two Vice-Chairmen, a Youth Advisor and the Secretary General, meet as needed.

The committee has 21 members. Twelve, each from a different country, are elected for three-year terms by the World Scout Conference. The members, elected without regard to their nationality, repre

sent the interests of the movement as a whole, not those of their country. The Secretary

General, the Treasurer of WOSM and a representative member of the board of the World Scout Foundation and the chairmen of the regional Scout committees are *ex-officio* members of the committee. The six Youth Advisors to the WSC are elected by the World Scout Youth Forum are participating in all of the WSC meetings and are also part of the governing structure between the meetings.

The World Scout Committee has set up work streams to address the top strategic priorities, as defined by the World Scout Conference, which at present include:

- Youth involvement
- Volunteers in Scouting
- Scouting's profile (communications, partnerships, resources)

Standing committees include:

- Audit
- Budget
- Constitutions
- Ethics
- Honours and Awards

World Scout Bureau

The World Scout Bureau is headquartered in Kuala Lumpur, Malaysia and has offices in six regional divisions

The **World Scout Bureau** (WSB, formerly the **International Bureau**) is the secretariat that carries out the instructions of the World Scout Conference and the World Scout Committee. The WSB is administered by the secretary general, who is supported by a small staff of technical resource personnel. The bureau staff helps associations improve and broaden their Scouting by training professionals and volunteers, establishing finance policies and money-raising techniques, improving community facilities and procedures, and assisting in marshaling the national resources of each country behind Scouting.

The staff also helps arrange global events such as the World Scout Jamborees, encourages regional events, and acts as a liaison between the Scouting Movement and other international organizations. A major effort in the emerging nations is the extension of the universal Good Turn into an organization-wide effort for community development

6 Scout Regions

Region	Headquarters located
1 Inter-American Region	Panama City, Republic of Panama
2 European Region	Geneva, Switzerland & Brussels, Belgium
3 Africa Region	Nairobi, Kenya & Cape Town, S.Africa
4 Arab Region	Cairo, Egypt
5 Asia Pacific Region	Manila, Philippines (Makati City)
6 Eurasia Region	Kiev, Ukraine



Regional Logos



Inter America Region



European Region



Africa Region



Arab Region



Asia Pacific Region



Eurasia Region



SRI LANKA SCOUT ASSOCIATION - COLOMBO DISTRICT BRANCH

PROGRAMME TEAM



3. Thrift - Savings Account 3

- Continue to maintain the savings account and prove to the Scout Leader that there is an increase in regular savings





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PROGRAMME TEAM



4. Public Consciousness and Protection of Public Property

- Understand the bad effects of anti-social acts. Collect data about this theme from Mass media, and prepare a report according to the Scout Law and Scout Promise and with photographs etc. This report to be of about one. A4 size page (approximately 250 words).





PROGRAMME TEAM

5. Skills in Arts and Hobbies

- Show a progress in the Art/ Hobbies that the Scout had selected for the Scout Award/Chief Commissioner's Award to the satisfaction of the Scout Leader
- Take part in a Variety Entertainment, Art Exhibition, Public Show Or
- Present the Scout's skill in the selected field, to the Scout Troop





PROGRAMME TEAM

6. Backwoodsman Cooking

- Be able to do Backwoodsman Cooking with the Patrol to the satisfaction of the Scout Leader

Backwoods Cooking

The secret to successful backwoods cooking is to build a good fire that will provide hot embers, for it is on embers that we cook – not flames. One of the problems with embers is that they tend to become cool after a short while. The keyhole fire solves this problem. A 50mm bed of ashes is required for successful backwoods cooking. Use beech or oak logs, as these will give longer lasting embers. Charcoal can also be used and it will retain the heat. Longer than wood embers.

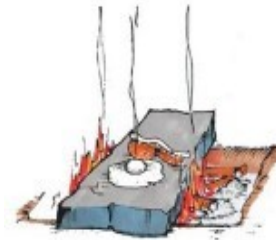
Aluminum foil can be used if you want to take the easy way out. With it, it is possible to construct pots and pans for cooking food or you can place your food in an aluminum foil envelope. The pioneers and backwoodsmen of the past used only those materials that could be found locally, for creating cooking utensils.

They often used leaves and clay as well as ingenious cooking spits and holders made from green twigs and branches (green twigs and branches are less likely to go on fire and are pliable, so they can be worked)

Hygiene

Although backwoods cooking is considered to be primitive in approach, your food hygiene methods should not be. Wash all food before use and keep covered until you intend to use it. Take care not to burn food and avoid cooking the food quickly in a flame. Quick cooking will cause the food to cook on the outside and be raw inside. Make sure all the food is properly cooked, thus the need for slow cooking over embers.

Clean up the area used when you are finished and dispose of all food scraps carefully. Don't forget to clean your hands also when you have finished cooking. It is traditional to eat using your hands to hold the food.



Frying

You will need some form of pan or grill base, usually a flat stone which is placed in the fire to heat it up, the stone is then cleaned off so food can be fried on it. It may be necessary to place small pieces of twig around such things as eggs to stop them rolling off the stone

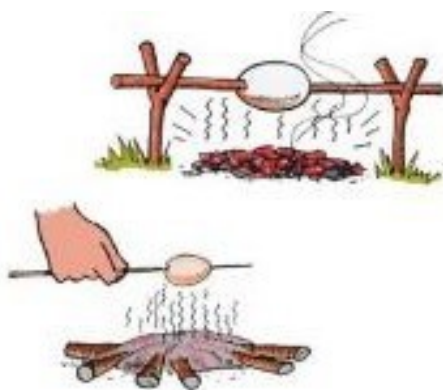


Container cooking

It is possible to use food as cooking containers, such as, orange skins in which eggs can be cooked. Onion shell created by cutting an onion in half, scooping out the core and leaving three or four skins in place to form a container. You can also use potatoes or pineapples in the same manner.

Spud egg

Halve a large potato. Hollow one half. Break an egg into the hollow. Pin two halves of potato together with small sticks and roast in hot embers.



Orange eggs

Cut an orange in half and eat the contents without breaking the skin. Break an egg into the orange shell and place on embers and allow to cook. When done, eat from the container

Baked potato

This is perhaps the easiest to cook backwoods style. Take a potato and place it in the embers of the fire. When it is cooked, after about 25 -30 mins slice open the skin and place a piece of cheese or butter on top.

Onion eggs

Cut the onion in half Remove internal contents except for the remaining three outer layers. Break egg into the onion shell and place on embers. When cooked, eat the onion container as well as its contents, after you have removed the outer scorched layer.



Meat and burgers

Meat and burgers can be cooked by a number of methods, such as the kebab method, or the wrapped in cabbage leaves. Meat may also be cooked using a broiler or



Boiling method – Construct a broiler as shown and place your fish in it. Cook over hot embers turning regularly

Fish

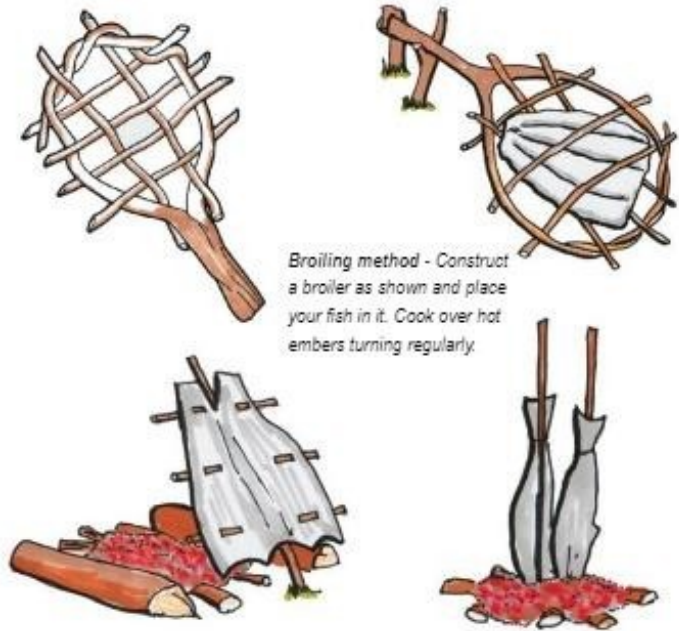
Fish is an excellent backwoods food. It needs some preparation if caught in the wild and is easy to cook. You can buy some fish in your local supermarket and bring it with you, but it is so much better to catch your own.

Planked method- pin the fish, flesh side forward, on a plank or piece of wood. Add a knob of butter on the fish when it is cooking and later a splash of lemon – delicious

Burgers in leaves

Place three layers of cabbage leaves directly onto the hot embers and put the burgers or mince patties on top of them. After approx. 10 minutes, turn the meat over, putting it onto three new cabbage leaves. Repeat this process until the meat is cooked.

Note: Cabbage leaves can replace foil in most instances when using backwoods cooking recipes. It is important that at no time should rhubarb leaves be used, as they contain a highly toxic substance.



Wrap method – wrap fish in grass and cover in mud and place on the fire, or wrap fish in cabbage leaf and pin together with small twigs and place on the fire



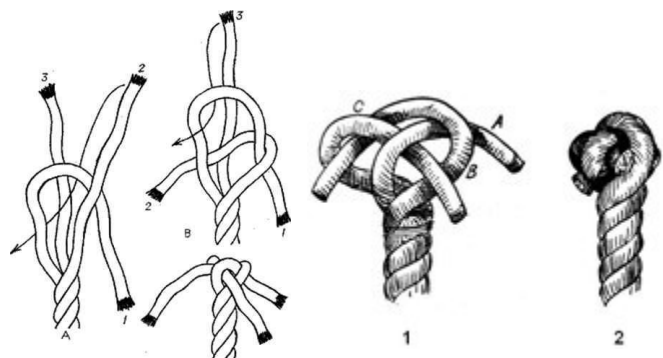


PROGRAMME TEAM

7. Splicing

- Show with the aid of ropes, back splicing, Eye splicing, and short splicing and know what they are used for

Back splice (or end splice) – A splice where the strands of the end of the rope are spliced directly back into the end without forming a loop. It is **used to finish off the end of the rope to keep it from fraying**. The end of the rope with the splice is about twice the thickness of the rest of the rope.



Crown knot

Long splice – A splice used to join two rope ends forming one rope the length of the total of the two ropes.....It does this by replacing two of the strands of each rope end with those from the other, and cutting off some of the extra strands that result.

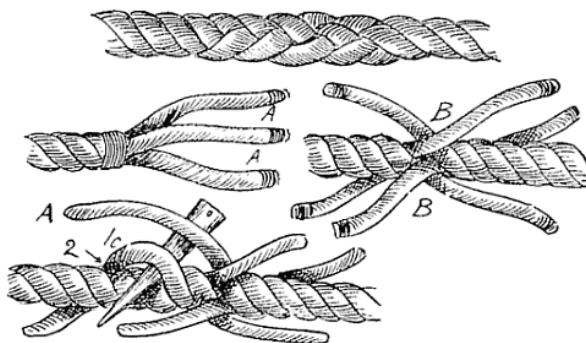
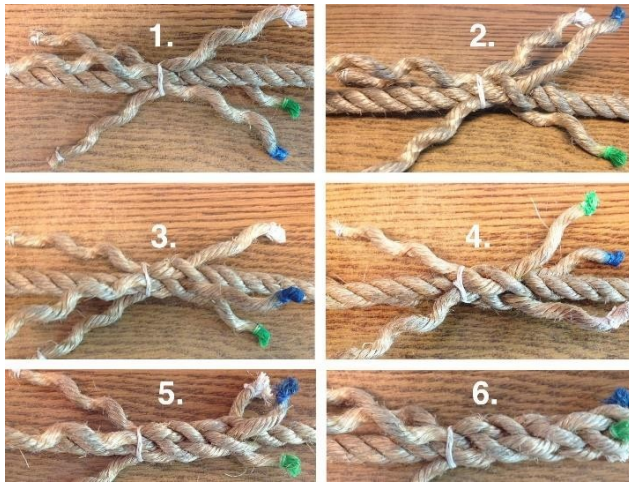


FIG. 106.—Short splice.

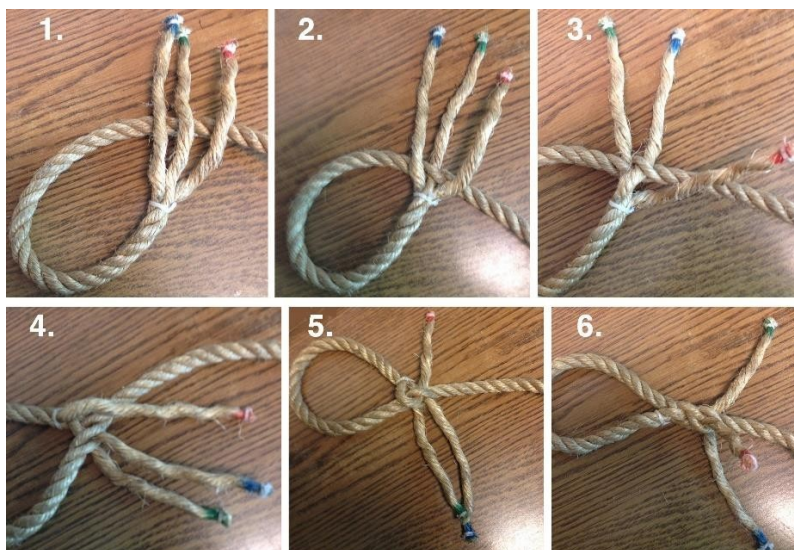
Short splice

In a **SHORT SPLICE**, the ends of a line are joined together or the ends of two different lines are joined, causing an increase in the diameter of the line for a short distance. This splice should **NOT** be used **where the increase in the diameter of the line would affect operation**.



How strong is an eye splice?

Splices average **25-40% of rope strength decay**, which is low compared to even the strongest knots. Literature and reference sources typically attribute only a 5% strength decay for a properly tied splice.

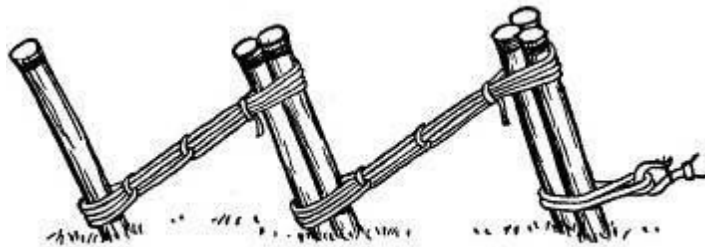




PROGRAMME TEAM

8. Pioneering 3

- Demonstrate straining of ropes, Hold fasts, Anchorages, and Handy Billy pulley system.
- Get actively involved in pioneering projects with the Patrol



THE THREE TWO ONE HOLD FAST

Single Picket Anchorage

We know its capacity: not more than seven hundredweights. In very heavy holding ground such as solid clay, it can adequately support a tower or the sheer legs of a monkey bridge, but I would regard it as inadequate and therefore hazardous in loose soil, in support of an aerial runway, or in support of anything where I expected the strain to be considerable. The single picket I would use, but use seldom.

The angle at which to set it is about 60° to the ground. It should slant away from the object it is anchoring.

The Two and One Hold Fast

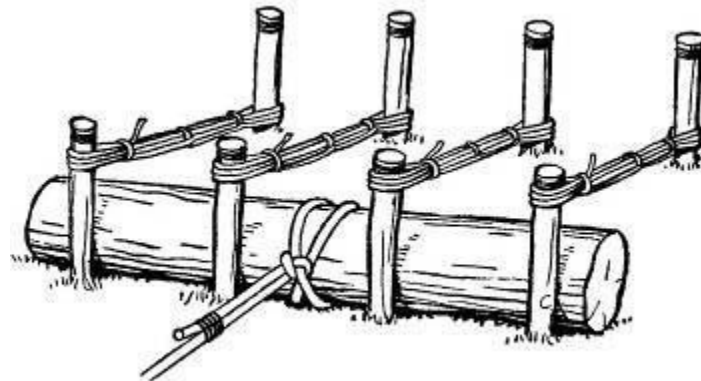
Two pickets driven side by side supported by one picket to the rear. Its potential is considerable and we know it to be a ton. From near the top of the two pickets we take a lashing to near the foot of the single picket. The angle between the lashing and the picket should be 90° , and the pickets at 60° to the ground.

The Three Two One Hold Fast

In the right soil conditions this is about the strongest anchorage you can build; three pickets nearest the object you are anchoring, supported by two and supported again by one. Strength: Two tons. As in the two and one lashing from the top of one set to near the base of the next.

Make sure that the rope lashings are a little above the ground. If you are building a Pioneering project and taking it down again almost immediately it will not matter, but if it is going to stay up for a few days then don't let the rope have the chance to absorb water from

the ground and, equally, give the rope a chance to shed any rain water on to the ground. A small point, but good Pioneering is made up of small points.



THE LOG AND PICKET HOLD FAST

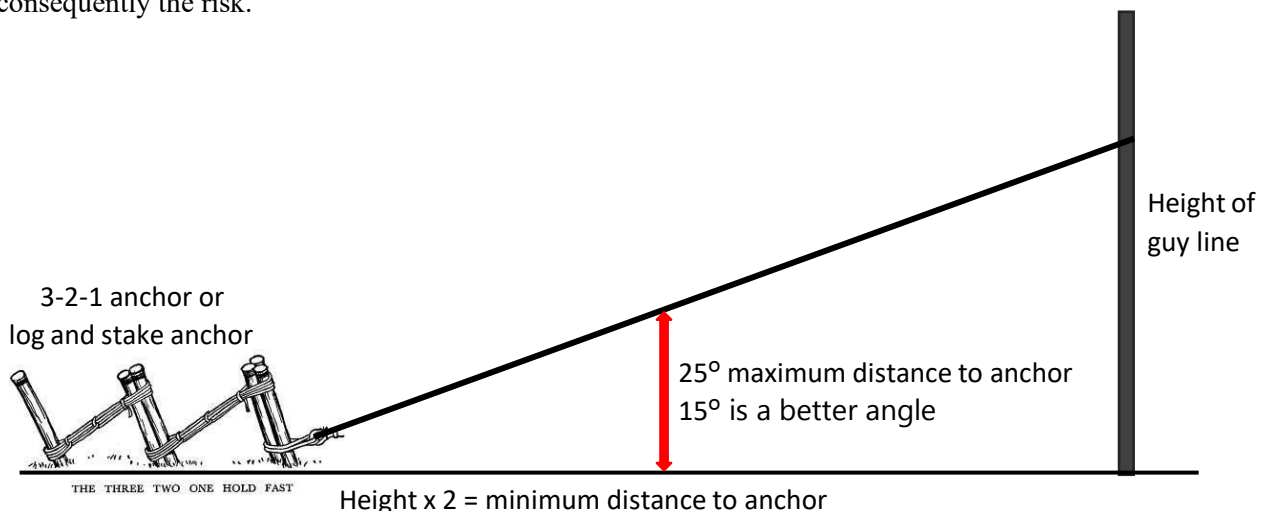
The Log and Picket Hold Fast

This is very easily made. The theoretical strength is twelve hundredweights for every pair of pickets. You will see from the illustration that the first requirement in addition to the pickets is a good heavy log which should be placed directly at right angles to the line of strain. Fasten a strop round the log and fix the straining rope to the strop. Try to avoid fixing the straining rope direct to the log as this is inefficient.

It is worth taking the top spit off the ground immediately under the resting place of the log as it does add strength and prevents the log riding up the pickets. In this anchorage the pickets are often put in almost upright, although I personally prefer the supporting pickets to be set slightly at an angle. It will be obvious that we must have the same number of pickets on each side of the straining rope.

In this anchorage and, indeed, in most, a very common failing is to put the anchorage too close to the project. The angle between the ground and the straining rope should never be more than 30°.

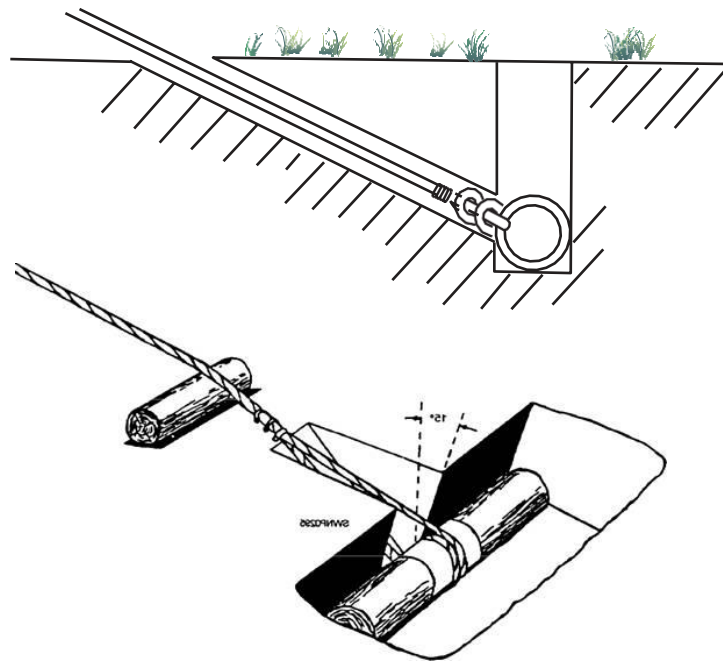
This log and picket hold fast can be used in heavy soil as the three-two-one, but it is particularly valuable in marshy ground or in any situation where it is desirable to spread the load and consequently the risk.



Dead Man's Anchorage

This is a semi permanent affair. We bury a heavy weight such as a log or a rock, and with a secure strop round that dead weight we have something really solid on which to anchor. It is almost as though we had a little man under the ground holding the rope for us. A channel should be made from the "dead man" to give the straining rope a true line and so that it does not have to cut over a corner. I would strongly recommend using a wire strop instead of a rope, particularly if the anchorage is going to be used for any length of time, and do remember that half the security of the Dead Man's Anchorage is the tamping down of the ground over the dead man, making it as hard and firm as you can manage.

From a very exciting but hazardous personal experience I can assure you that it is not just the weight of the dead man that matters. I was invited to try an aerial runway that some Scouts had built on a playing field. They assured me that they had a splendid Dead Man's Anchorage and, indeed, they thought they had. They had buried the cricket ground roller and had covered it well with earth. It had a proper strop on it and the straining rope was correctly fastened to the strop. As I came down the runway my weight was sufficient to make the roller mobile and out of the ground it rose, looking like some prehistoric beast. It is bad enough when a runway collapses and you come down with a nasty bump, but when, in addition, there is a half-ton roller advancing upon you it is a moment to remember and one to avoid repeating. So make sure that your "dead man" is really dead.



https://youtu.be/POYz_9Kr7VE (For More Information's)

What is a Handy Billy?

Simply put a Handy Billy is a simple device made up with a piece of line and a number of blocks that allow you to gain mechanical advantage when lifting or moving heavy loads. The number of pulleys increases the mechanical advantage.

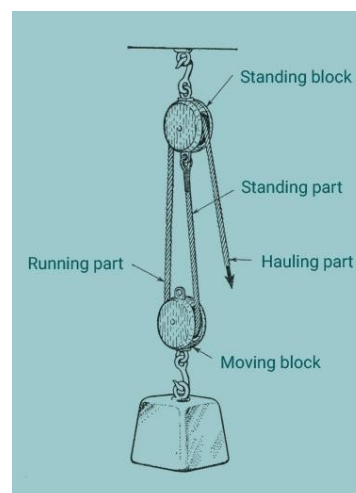
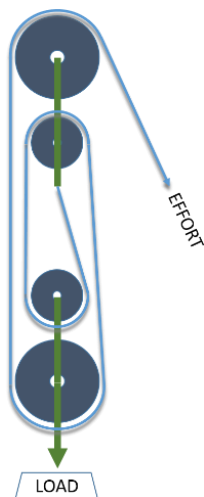
What can I use a Handy Billy for?

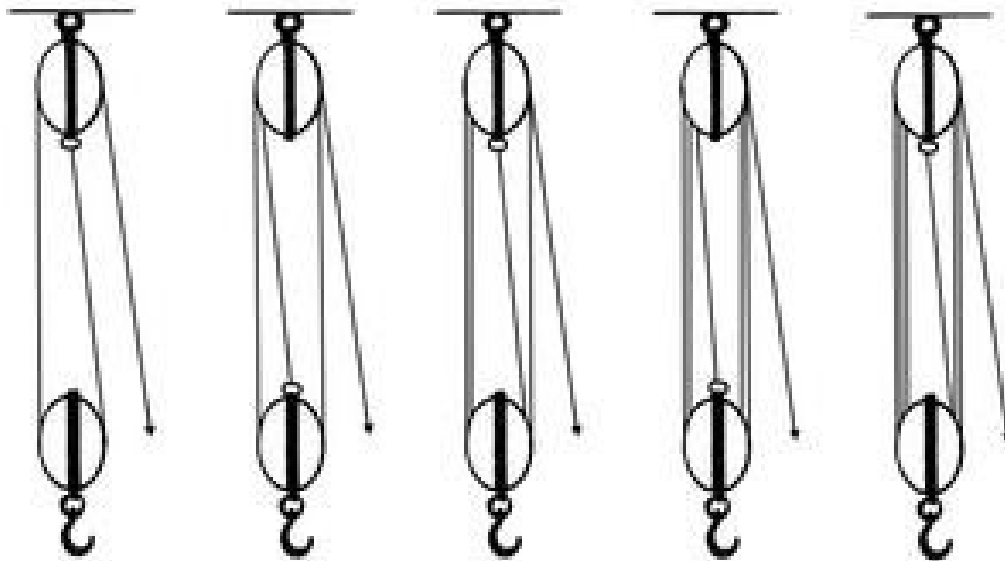
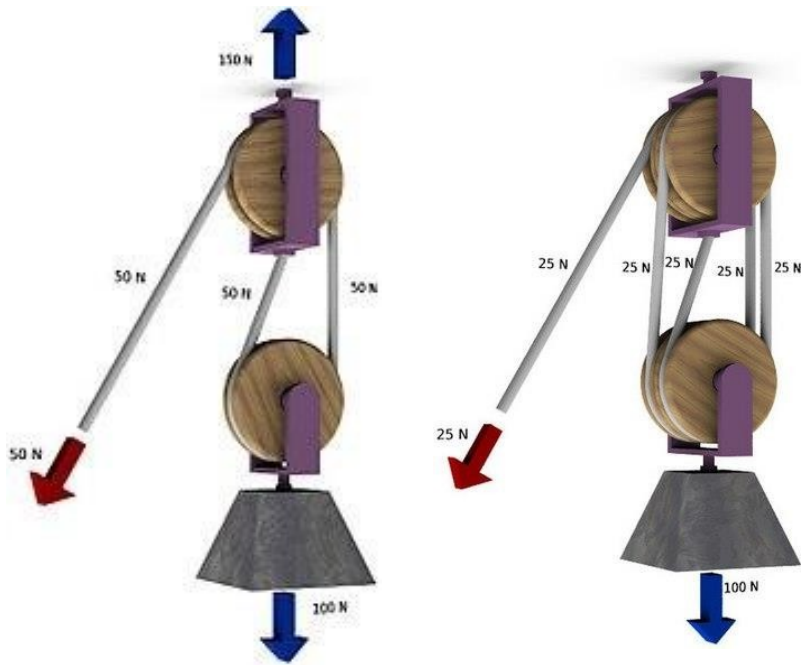
There is a number of situations when a Handy Billy can help you! To name just a few:

- Attached to a strong point on the boom to move a life raft off the deck and into the cockpit or pontoon
- Attached to a Halyard to assist in the recovery of a Man Over Board
- To lift or lower heavy objects up and down the companionway. Engine parts for example
- Lifting large loads on board (Spare fuel, water, supplies etc)

What do I need to make a Handy Billy?

- A length of old line – ideally at least 8 meters in length and rated strong enough for what you intend to lift. 12mm line works well
- 2 quick release shackles or carabiners
- 2 fiddle blocks with becketts (one fitted with a cam cleat to enable you to lock of the load)





Gun Tackle

Luff or Watch Tackle

Double Tackle

Gyn Tackle

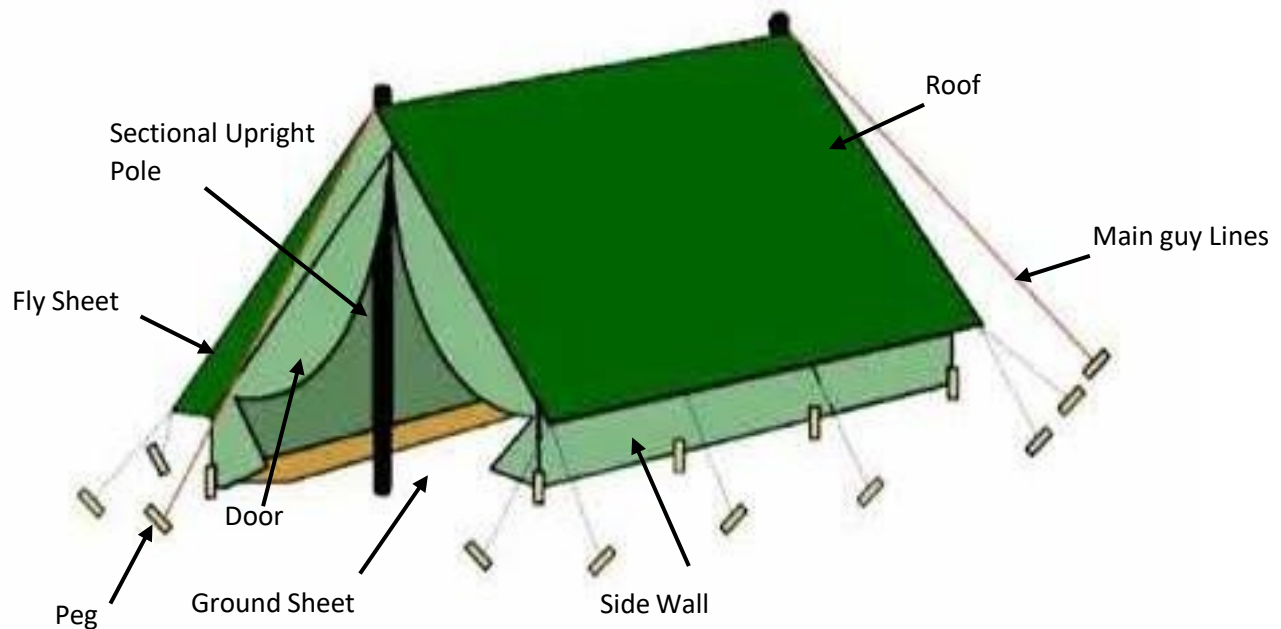
Three Fold Purchase



PROGRAMME TEAM

9. Tents and Other Equipment's

- Be able to name the parts of a wall tent and other equipment's
- Be able to pitch a tent, remove, clean and properly fold and pack a tent with the help of the Patrol





Mallet & Pegs



Poles

Tent Pitching

1. Check the ground you're pitching on. You're looking for level, slightly soft ground with no overhead hazards. Check there's no litter, stones or equipment like tent pegs left behind by previous campers. These can all damage the bottom of your tent, so you'll want to do a good check of your surroundings.

2. Lay it all out. Place all of your components on the ground so you can see everything.



3. Recruit a partner. Pitching a tent can be a struggle if you attempt it alone. Make sure you work as a team and accept help if it's offered.



4. Treat your tent poles with care. Most tent poles are made of aluminium or fibreglass sections threaded with elastic which clip together. When putting your poles together, be careful not to swing them around and make sure you do it on the ground to avoid hitting anyone.

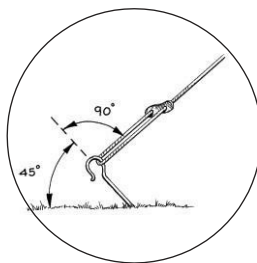
5. Don't force anything. With most tents, you'll need to thread the poles through fabric sleeves to form the structure of the tent. Don't force the poles or you'll risk tearing the tent or breaking a pole. Some tents have clips to attach the poles to. Take care of every element of your tent, including the door zips to extend its life.

6. Zip your doors before pegging the corners. You need a good amount of tension when you peg the corners of your tent. If you do this with the doors open, you likely won't be able to zip them up so we'd always recommend zipping up your doors before putting your corner pegs in.

7. Always use a mallet for your tent pegs. Never use your foot to drive tent pegs into the ground.



8. Respect the 45° angle. Your tent pegs should be driven into the ground at a 45° angle inward, towards the tent. This helps to prevent your tent from coming out of the ground in high winds or when extra tensions added to it.



9. Get your tension right. As you peg the corners of your tent, you'll want enough tension to keep your tent secure but not too much that they're pulling on the pegs. Guy lines hanging from the side of the tent should be pegged out last, to add security in high winds.



Whether you're checking over before heading off on a trip or getting ready to come home from your adventures, you need to know how to pack away your tent.

Tents come in all shapes and sizes, so each has their own trick for packing away. So, you need to make sure you pack your tent away correctly or you could end up regretting it on your next camp.

Why is it so important to pack your tent away properly?

The long and short of it is that if you don't pack away your tent correctly, then, when you come to get it out for next camp, it could be broken or have other issues with it that it's too late to fix.

Any problems that your tent has when it gets packed away will still be there, and it may well have developed new ones in the process.

Dry your tent before it's packed away

You saw a bit of rain during your holiday. If you were really unlucky then you may even have had to pack up your tent in the rain, which is never fun. It's also really not great for your tent.

If you leave your tent wet in its bag, then there's a good chance it will be covered in mould or mildew when you next get it out. This will mean having to thoroughly clean the tent, which may well delay your camping holiday hopes



Therefore, if you do pack it away wet, then you need to dry and air it out as soon as possible when you get home. And make sure that the whole of the tent is dry, including areas such as the pegging points and guy lines.

If you're sat there remembering that your tent was wet, then go and unpack it again and dry it out

Check for rips, tears & breaks

Modern tents are pretty strong and can withstand a fair amount of wear and tear. But they're not indestructible, and sometimes they may pick up the odd rip.

Therefore, it's important that you deal with these before you pack your tent away. Not only could the rips become worse over time, but the last thing you want is to get to your campsite, try and pitch the tent and then realise you have a broken pole or a hole in your groundsheet.



Fold or roll your tent properly

It may be tempting to just try and squash your tent into its bag, but this will do more harm than good. You could damage both the tent and the bag, which could result in having to buy a brand new tent.

It could also ruin the natural shape of the tent, making it more difficult to pitch next time around.

Bag pegs and poles

Your tent pegs and poles should come with their own little bag to store them in, and it's there for a reason.



Make sure that you store all your pegs and poles (and anything else that's a bit sharp) in their correct bags, or they could damage your tent when packed away. You don't want to pierce the tent having checked it all over or bought it new.

If you can't find the bags then just use anything else you have to wrap them up and protect your tent from the sharp points.

How to care for a tent - Tent Tips

- **Air it out:** before taking your tent down, open it up and air it out for a couple of hours.
- **Sweep and clean:** you'll need to clean any debris, dust and dirt out from inside your tent.
- **Don't zip it up:** partially zip the tent doors to leave some room for air to escape when folding it up.
- **Duct tape:** this is a camper's best friend, ensure you have some for patching holes or small rips and fixing poles until you get a replacement.
- **Footprints:** a removable groundsheet to protect the underside of your tent from wet ground or debris.
- **Seam sealant:** if you find a leaking seam, just re-cover it with sealant and leave it to take to the material.
- **Storage:** avoid placing the tent on its end when storing it as this can damage the poles, just lay it flat.



SRI LANKA SCOUT ASSOCIATION - COLOMBO DISTRICT BRANCH

PROGRAMME TEAM



10. Smartness and Good Order 4

- Be able to do the following with the Patrol. March, mark time, Halt, Mark time while marching, Carrying the staff/ flag while marching, Salute while marching



Salute while marching



Flag while marching



Marking time is a **military step in which soldiers march in place**, moving their legs as in marching, but without stepping forward. The military drill command is "Mark Time!" to change from standing at attention to 'Marking Time' or to change from marching at 'Quick Time' to

'Marking Time'. 1

Learn basic marching information. Even when learning the steps for an individual marcher, it's best to become acquainted with the basic marching information that the entire squad will be expected to know. This will help you with both your individual marching steps and with a group formation.

- Any movements that you execute from the Halt command should be initiated with the Position of Attention.
- All marching movements except Route Step March and At Ease March are executed while marching at Attention.
- Marching at Attention combines the Position of Attention with the prescribed marching steps, performed simultaneously.
- If performing steps executed from the Halt, every movement except Right Step begins on your left foot.
- One step is considered the distance from one of your heels to the other.
- All marching steps are carried out in Quick Time, meaning 120 steps per minute. The only exception is the 30-inch step, which you may be commanded to carry out in 180 steps per minute if given the command, "Double Time, MARCH."

Part 2 Performing Marching Steps for Individuals



2

Perform the 30-inch step. If you are performing the 30-inch step from a Halt, you will be given the command, "Forward, MARCH." It is a two-part movement. When given the command, "Forward," shift your weight slightly to the right foot. On the "MARCH"

command, step forward 30 inches, leading with your left foot. Continue to take 30-inch steps forward, alternating feet depending on which step you are on.

- Do not bend your elbows, and do not exaggerate your movements.
- Let your arms swing in a natural motion. Aim for approximately nine inches ahead of you and six inches behind you as you swing your arms.
- Keep your eyes and head facing forward.
- Make sure your fingers remain curled, as in the Position of Attention.



3

Halt from a march. Before you are about to receive the Halt command, you will be given the preparatory command, either "Squad" or "Platoon," while one of your feet strikes the ground. The final command, "Halt," will be given the next time that foot strikes the ground.

- Bring your trailing foot alongside your lead foot.
- Assume the Position of Attention.
- Cease any further movement until you are given a command.





PROGRAMME TEAM

11. Balanced Meal

- Collect data about preparing a balanced meal
- Be able to prepare a balanced meal for a Person of the Scout's age.
- Explain to the Scout Leader the dangers of eating junk food.



Eating junk food on a regular basis can lead to an increased risk of **obesity and chronic diseases** like cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease and some cancers

What Are The Effects Of Eating Junk Food?





SRI LANKA SCOUT ASSOCIATION - COLOMBO DISTRICT BRANCH

PROGRAMME TEAM



12. Productivity Concept

- Have a general understanding of productivity concepts such as quality circle, 5S, suggestion schemes (group Kaizen) and personal Kaizen

5S Explanation



1 SEIRI Sort 2 SEITON Set In Order 3 SEISO Shine 4 SEIKETSU Standardize 5 SHITSUKE Sustain





Kaizen is a Japanese business philosophy that focuses **on gradually improving productivity by involving all employees and by making the work environment more efficient**. Kaizen translates to "change for the better" or "continuous improvement."



PROGRAMME TEAM

13. IT Literacy 3

- Basic knowledge on PowerPoint presentations/animations
- Create a personal e-mail address and use it
- Registration at www.scout.org website (optional)



Opera

Google Accounts

accounts.google.com/SignUp

Google Sign in

Create your Google Account

Name
Rahul Kalotra

Choose your username
rahulkalotra20@gmail.com

Create a password

Confirm your password

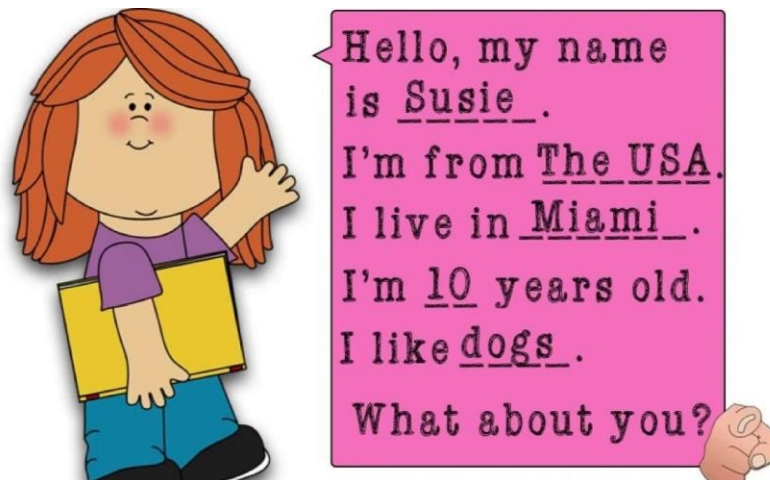
Birthday
August 18 1989

Gender



14. Link Language Skills 3

- Do a self- introduction in all three languages in at least 2 minutes.
- Ability to write undermentioned in all three languages:
- Name, Address, Country, Name of the School, Hobbies

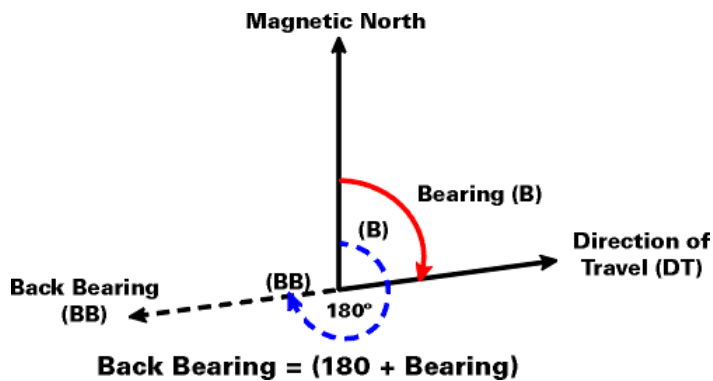




PROGRAMME TEAM

15. Compass and Mapping 3

- Be able to show ability about undermentioned:
 - Forward bearing using the compass
 - Triangulation (Resection and intersection)
 - Know how to identify the position of the Scout using a map and triangulation
- Be able to identify landmarks visible, using the land marks indicated in the map
- Know how to plot a hike route taking into a count the contour lines indicated in a map



Triangulation

Triangulation is the process of pinpointing the location of something by taking bearings to it from two remote points.

Forest fire lookout towers used triangulation to locate spot fires.

A ranger at **Tower A** would see smoke in the distance and take a bearing to it on his compass. This single line was not enough information to locate the fire because it could be anywhere along that line, close or many miles away.

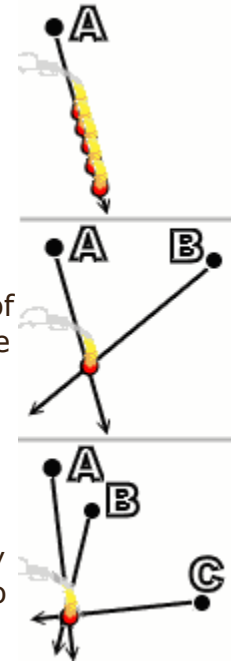
The ranger would radio **Tower B** and tell him the general direction of the fire. Tower B would then find the fire from his viewpoint and take a bearing. Where the two bearings crossed would pinpoint the fire and firefighters could be efficiently dispatched to put it out.

Sometimes, a third tower would be used to verify the location, but two readings are all that is usually necessary. If a fire occurs directly between two towers or off in a direction that causes their bearings to be similar, then a third bearing is necessary.

This type of triangulation is used by two fixed spots to find a third unknown spot. What you need to do while in the outdoors is similar, but you need to find out where you are, not where something else is.

Finding Yourself

In order to successfully triangulate, known features must exist on your map. In other words, you must have some idea of where you are or be able to identify a well-known landmark from your viewpoint.





PROGRAMME TEAM

16. Camp Equipment

- Be able to properly use camping equipment such as tents. Know how to repair, clean and maintain them.

How do you repair a hole in a tent?



You can fix a hole in your tent several ways.

1. Use Seam Grip WP for permanent tent hole repair. Seam Grip WP permanently repairs common pinholes and tears in your tent.
2. Use tape backing to repair larger holes and tears.
3. Fix a Tear with Tenacious Tape.
4. Use a Tenacious Tape to Repair Mosquito Netting

Had Saw



- Keep the saw dry: It's best to keep or store it in a dry place or in a toolbox. Keeping it dry will ensure that it won't get rusted over time from being exposed to water or other forms of moisture.
- Lubricate the blade: You can grease it using gun oil, paste wax, or WD-40 after using the tool and before storing it. While gun oil or WD-40 is used with a piece of cloth to wipe the blade, the paste wax needs to sit on the blade for a few minutes before it is completely wiped off.
- Remember to oil the handle: It's necessary to frequently oil the handle of the saw, particularly if it's wooden. You can use some boiled linseed oil to do this to prevent moisture and dirt build-up. Also, make sure to remove the handle and clean out the slot if the part attached to the blade shows signs of rust. You can then use steel wool or fine sandpaper to smoothen the rough finish and get rid of stains on the handle.
- Use a razor to get rid of blade rust: First, remove the handle and put the blade on a flat surface before you start scraping the blade using a razor blade. Make sure to go up and down the blade's length with the razor at a low angle. After this, you can use steel wool or sandpaper to rub any stubborn spots. Finally, be sure to wipe it dry and finish it with an oil or wax.



SRI LANKA SCOUT ASSOCIATION - COLOMBO DISTRICT BRANCH

PROGRAMME TEAM



17. Adventure Skills

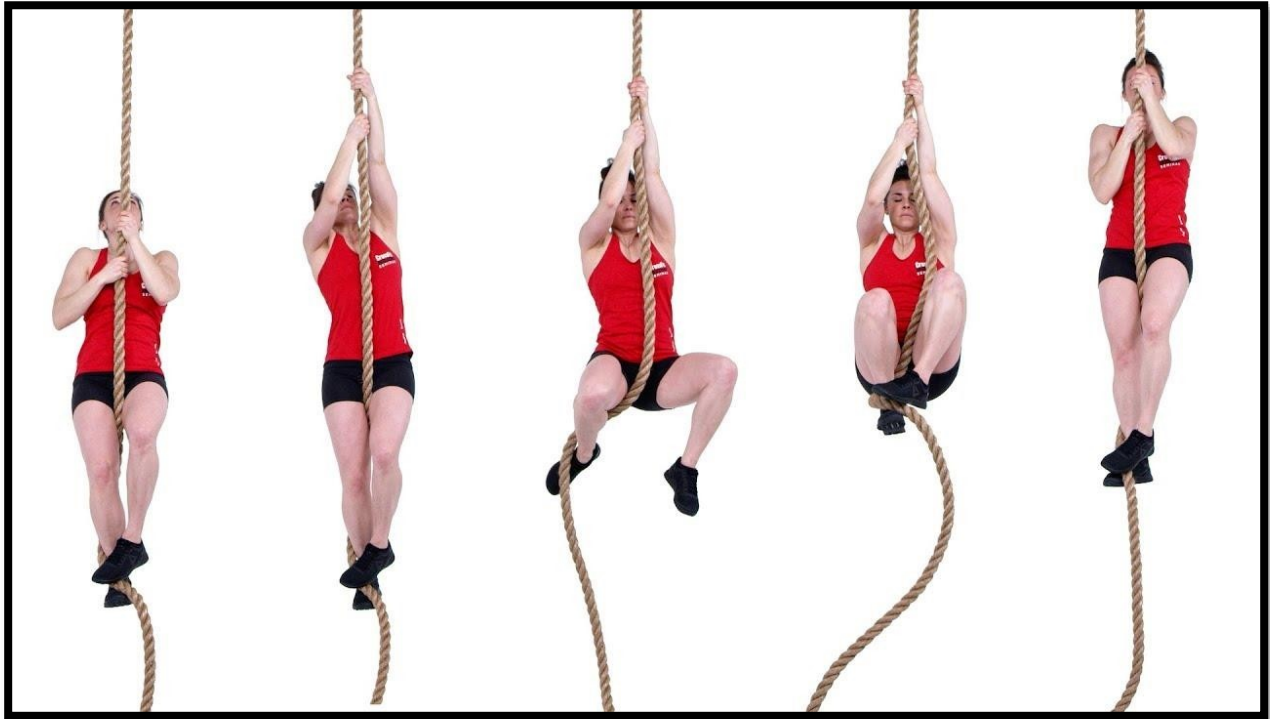
- Be able to complete at least four of the following:
 - o Tarzan Jump
 - o Rope climbing
 - o Tree climbing
 - o Crossing commando bridge and monkey bridge
 - o Crossing the tope (Athura)
 - o Climbing (three perfect grips)
- Know about how to use the bowline/bowline on a bite
- Know how to prepare for an Adventure Hike, Expedition and Safety Precautions

N.B.: These adventure skills will be covered at the National Level Leadership Training Course for Senior Scouts Organized by the National Programme Department of the Sri Lanka Scout Association, while adopting required safety precautions.



Tarzan Jump





Rope Climbing



Tree Climbing



Crossing Commando Bridge



Crossing Monkey Bridge

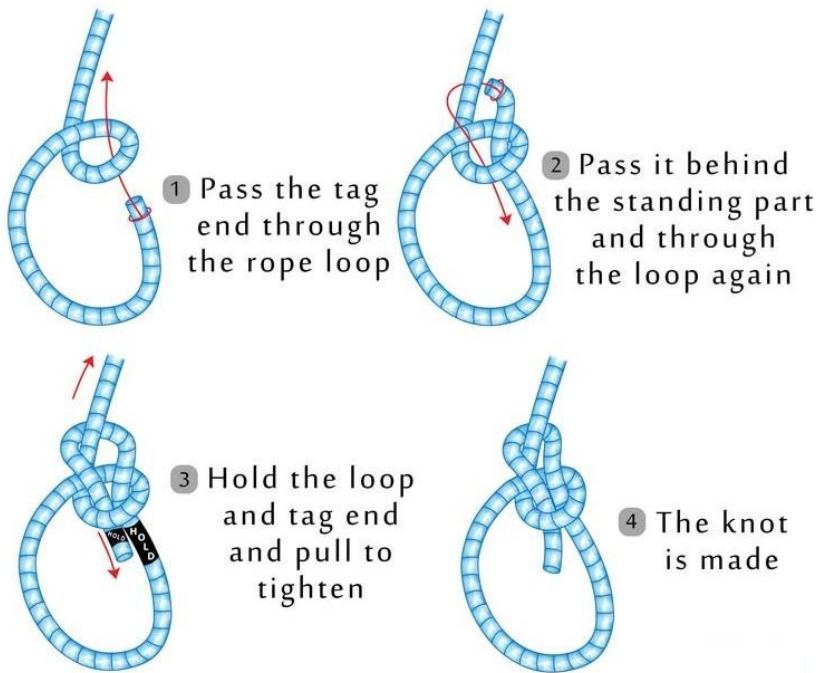


Crossing the Rope

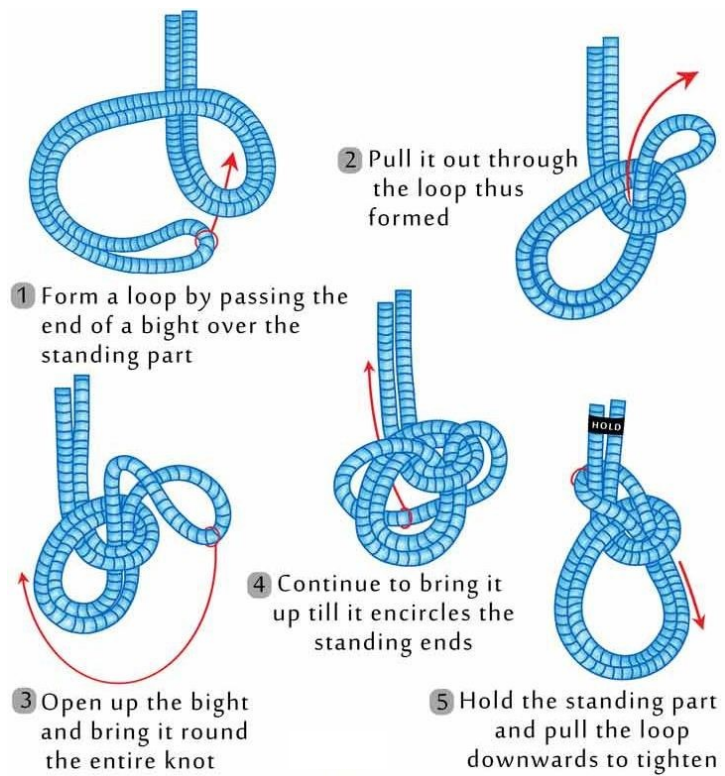


Claiming

Bowline



Bowline on a Bight



14 Essential Hiking Safety Tips You Should Always Follow

1. Consult a park ranger.
2. Bring at least one friend.
3. Create an itinerary and share it with someone outside of the group.
4. Prepare for the weather.
5. Agree on an emergency plan.
6. Pack the 10 Essentials.
7. Customize your first aid kit.
8. Buy proper hiking boots and socks.
9. Protect yourself from the sun.
10. Bring extra water or a purification system.
11. Stay on the trail.
12. Go for a small trial hike before taking on a major one.
13. Be extra careful on the second half of the hike.
14. Be ready to turn back.

The 10 Essentials:

1. First aid kit
2. Navigation: map, compass, and GPS
3. Sun protection: sunscreen, sunglasses, and hat
4. Insulation: jacket/raincoat, extra layers
5. Illumination: flashlight, lantern, or headlamp
6. Fire: matches, lighter, fire starters
7. Repair kit: duct tape and multifunctional tool
8. Nutrition: at least an extra day's supply of no-cook, nutritious food
9. Hydration: water and/or means of water purification
10. Emergency shelter: tent, space blanket, tarp (as in, emergency shelter for a sleeping bag)





PROGRAMME TEAM

18. Time Management

- Have a knowledge of the basic Time Management concepts such as: Understanding of a) Important and Urgent tasks b) Important Not Urgent tasks c) Urgent but Not Important tasks d) Not Important & Not Urgent tasks
- Learn how to group all the Work to be done into these four groups and treat them as necessary

What Is Time Management?

“Time management” refers to the way that you organize and plan how long you spend on specific activities.

It may seem counter-intuitive to dedicate precious time to learning about time management, instead of using it to get on with your work, but the benefits are enormous:

- Greater productivity and efficiency.
- A better professional reputation.
- Less stress.
- Increased opportunities for advancement.
- Greater opportunities to achieve important life and career goals.

Failing to manage your time effectively can have some very undesirable consequences:

- Missed deadlines.
- Inefficient work flow.
- Poor work quality.
- A poor professional reputation and a stalled career.
- Higher stress levels.

Spending a little time learning about time-management techniques will have huge benefits now – and throughout your career.

List of Tips for Effective Time Management

- Set goals correctly. Set goals that are achievable and measurable.
- Prioritize wisely. Prioritize tasks based on importance and urgency.
- Set a time limit to complete a task.
- Take a break between tasks.
- Organize yourself.
- Remove non-essential tasks/activities.
- Plan ahead.



TIME MANAGEMENT TIPS FOR STUDENTS





PROGRAMME TEAM

19. Safe from Harm 10

- Be able to help lost children by calling their parents and know what to do if the parents are not contactable
 - What to do if no one answers when you are in trouble.
 - Know the Emergency Ambulance number, the Emergency Police number and the Fire Rescue Service number and Child helpline number.
 - Be able to explain how to improve psychological health
 - Be able to explain to the Patrol in council, three good safety strategies that you would take for Safe from Harm for each of the situations given below.
- o At weekly or special Scout meetings
 - o At camps
 - o At hikes and excursions
 - o At school
 - o At home
 - o At a place of a friend or relative
 - o During Job Week
 - o At a tuition class(mass or individual)
 - If detained after school as punishment



PROGRAMME TEAM

20. Four Nights Camping

- Have four nights camping in addition to the two nights done for the Chief Commissioner's Award (at a stretch or on a staggered basis)
- Participate and successfully complete the National Level Leadership Training Course for Senior Scouts organized by the National Programme Department of the Sri Lanka Scout Association during school vacations as a Senior Scout after reaching 15 years of age.





PROGRAMME TEAM

21. Community Service Project

- Get involved in a Community service project organized by the school, or any other organization for at least 6 hours and enter the log of that in the Log Book Or
- Identify a person who is very weak in studies, and carry out a programme alone or together with the Patrol or Troop to improve his studies and enter the log of that in the Log Book
- Observe a Development Project (putting up a housing scheme making roads or bridges, etc.) and present a brief written report prepared by self





SRI LANKA SCOUT ASSOCIATION - COLOMBO DISTRICT BRANCH

PROGRAMME TEAM



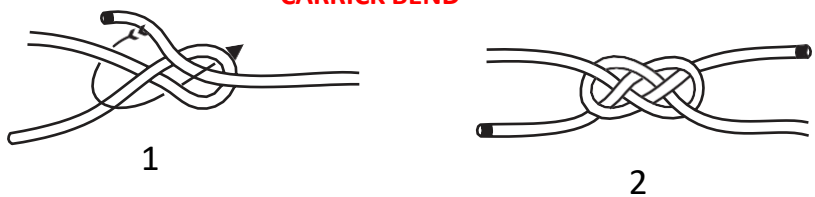
22. Make Efficiency Decoration

- The Scout should make his/her own Efficiency Decoration in presence of the ADC (Programme).
- Completing the Efficiency Decoration is compulsory for all Scouts including the Air Scouts and the Sea Scouts.
- The District Commissioner's Code is replaced by the Efficiency Decoration.

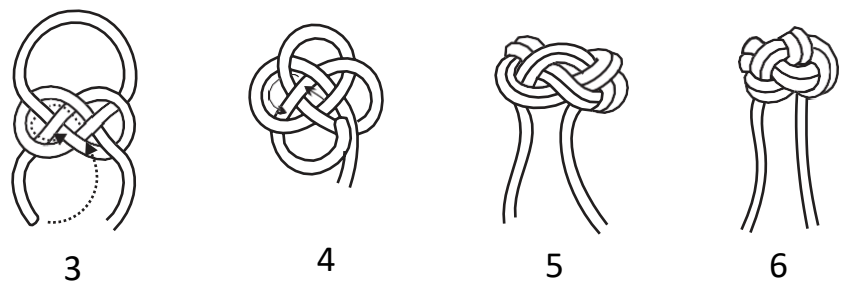


BUSHMAN'S THONG

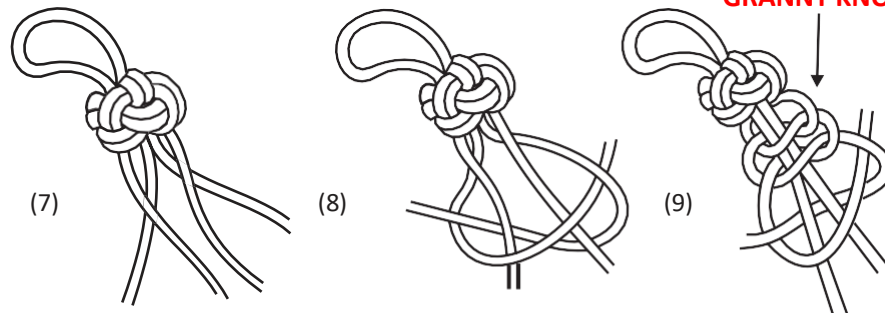
CARRICK BEND



TURK'S HEAD



GRANNY KNOT



BOTSWAIN'S PLATE





SRI LANKA SCOUT ASSOCIATION - COLOMBO DISTRICT BRANCH

PROGRAMME TEAM



Training Period of Nine (09) Months

- Starting age – The Scout could start work on the Efficiency Decoration only after he/she is over 14 years and 06 months of age and after completing the requirements for the Chief Commissioner’s Award.
- If a Scout has won the Chief Commissioner’s Award before the age of 14 years and 03 months, he/she is eligible to complete specified four (04) requirements (1- 4) of the Prime Minister’s Award while he/she is still a Junior Scout. He/she should also complete 09 months training period as a Senior Scout.

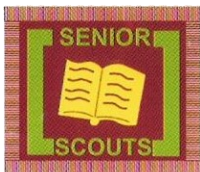
Proficiency Badges

- The Scouts should complete five (05) Proficiency Badges:
 1. One from either Education or Culture Group or the Senior Saver badge
 2. One from Sports Group
 3. One from Farmer Group
 4. Civics badge
 5. Venturer (this should be the last test to be done to complete the requirements for the Efficiency Decoration)
- All proficiency badges must be selected from the Senior Scout Section

05 Proficiency Badges:

1. One from either **Education** or **Culture** Group or the Senior **Saver** badge

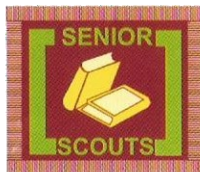
EDUCATION GROUP



S.C./1
Bookman



S.C./2
Orator



S.C./3
Senior Scholar



S.C./4
Clerk



S.C./5
Typist

CULTURE GROUP



S.F./1
Artist



S.F./2
Musician



S.F./3
Play Actor

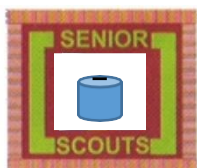


S.F./4
Sculptor



S.F./5
Folk Dancer

SENIOR SAVER BADGE



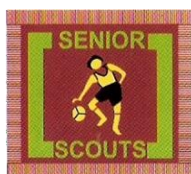
2. One Badge from Sport Group



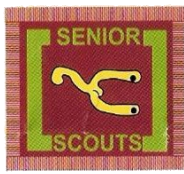
S.D./1
Senior Athlete



S.D./2
Master
Swimmer



S.D./3
Master
Sportsman



S.D./4
Horseman



S.D./5
Archery

3. One Badge from Farmer Group



S.G./1
Forester



S.G./2
Horticulturist



S.G./3
Fisherman



S.G./4
Poultryman

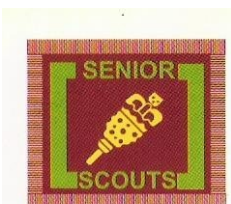


S.G./5
Dairyman



S.G./6
Paddy
Cultivator

4. Civics Badge



S.A./11
Civics

5. Venturer Badge



S.B./5
Venturer

Requirements for Sea Scouts

Before achieving the Efficiency Decoration:

- Sea Scouts should complete one badge from the Seaman's Group to achieve the Seaman's Award

SEAMAN GROUP



S.I./1
Boatswain



S.I./2
Helmsman



S.I./3
Master
Canoeist



Requirements for Air Scouts

Before achieving the Efficiency Decoration:

- Air Scouts should complete one badge from Airman's Group to achieve the Airman's Award.

AIRMAN GROUP



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

AIRMAN AWARD



- A Scout may complete any other senior proficiency badges (other than what is required under the President's Scout Award) after completing the Efficiency Decoration.

Guidelines for Venturer Hike (32km)

- The full responsibility of this hike is with the District Commissioner.
 - 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.
 - 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 Scouts.
 - The hike report with the map should be submitted to the examiner within 2 weeks of completing the hike.
 - Scouts can use the forward bearings which they took at the hike, directions with conventional signs to prepare the map while mentioning the North and the scale of the map which he/she prepared.
 - If they want they can compare the map with the Google Map to check the accuracy.
-
- **Minimum age to start – 14 years and 06 months after receiving the Chief Commissioner’s Award**
 - **Minimum training period – 09 months**
 - **Earliest age of completion - 15 years and 03 months**
 - **Should complete before 18 years**
 - **Interviewer - ADC (Programme) /ADC (Training) or any other ADC nominated by DC**

