

BALHAM PATHFINDER CLUB

VOYAGER WORKBOOK



VOYAGER NAME:

TEACHER:

YEAR:



Voyager Contents / Requirement Sheet

GENERAL

(pgs 5 - 9)

Requirement	(-)	Date	Signature
1. Be 14 years old.			
2. Be an active member of the Pathfinder Club.			
3. Through memorization and discussion, explain the meaning of the Adventist Youth Pledge.			
4. Select and read 3 books of your choice from the Teen Book Club List.			

SPIRITUAL DISCOVERY

(pgs 10 - 15)

Requirement	(-)	Date	Signature
1. Study the personal work of the Holy Spirit as it relates to mankind, and discuss His involvement in spiritual growth.			
2. By study and group discussion increase your knowledge of last day events that lead up to the second advent.			
3. Through study and discussion of Bible evidence discover the true meaning of Sabbath keeping.			
4. Have a current Memory Gem Certificate.			

Serving Others

(pgs 16 -17)

Requirement		Date	Signature
1. As a group or individually, invite a friend to at least one of your church or conference Teen/Youth Fellowship activities.			
2. As a group or individually, help organize and participate in a project of service to others.			
3. Discuss how a Christian Adventist youth relates to people in every-day situations, contacts and associations.			

Friendship Development

(pg 18 - 19)

Requirement		Date	Signature
1. In group discussion and by personal inquiry examine your attitudes toward two of the following topics: a. Self Concept b. Human Relationships - Parents, Family, and Others. c. Earning and Spending Money. d. Peer Pressure.			
2. List and discuss the needs of the handicapped, and help plan and participate in a party for them.			



Voyager Contents / Requirement Sheet

Health and Fitness

(pgs 20 -23)

Requirement		Date	Signature
1. Choose and complete any two requirements from the Temperance Honour.			
i.			
ii.			
2. Organize a Health Party. Include health principles, talks, displays, etc.			

Organization and Leadership Development

(pgs 24 - 31)

Requirement		Date	Signature
1. Discuss and prepare a flow chart on local church organization, and list the departmental functions.			
2. Participate in local church programs on two occasions each, in two departments of the church.			
3. Fulfil Requirements 3, 5, and 6 of the Stewardship Honour			
4. Complete the Drilling and Marching Honour			

Nature Study

(pgs 32- 35)

Requirement		Date	Signature
1. Review the story of Nicodemus and relate it to the life cycle of the butterfly, or draw a life-cycle chart of the caterpillar giving the Spiritual significance.			
2. Complete a Nature Honour not previously earned.			



41 Voyager Contents / Requirement Sheet

Outdoor Life

(pgs 35-40)

Requirement		Date	Signature
1. With a party of not less than four, including an experienced adult counsellor, hike 25 kms in a rural wilderness area, including one night in the open or in tents. The expedition planning should be a joint effort of the party and all food needed should be carried. From notes taken, participate in a group discussion led by your counsellor, on the terrain, flora and fauna, as observed on the hike.			
2. Complete one Recreational honour not previously earned.			
3. Past a test in Voyager First Aid.			

Lifestyle Enrichment

(pg 41)

Requirement		Date	Signature
1. Complete one Honour in Outreach Ministries, Health and Science, Household Arts, Outdoor Industry, or Vocational categories not previously earned.			



Personal Details

Paste your photo here

My Name is.....

My Address is

Email address.....

My Date of Birth is

I am Years Old.

I confirm that I am an **ACTIVE MEMBER** of the Balham
Pathfinder Club.

Club Member Signature _____ Date _____

Pathfinder Leader Signature _____ Date _____

Pathfinder Aim

The Advent Message To All The World In My Generation.

Pathfinder Motto

"The Love of Christ Constrains Me"

Pathfinder Pledge

By the grace of God,
I will be pure,
I will be kind,
I will be true
I will keep the Pathfinder Law
I will be a servant of God
I will be a friend of man

Meaning of the pledge:

By the grace of God.

Only as we rely on God to help us can we do His will.

I will be pure

I will fill my mind with everything that is right and true and spend time in activities that will build a strong, clean character.

I will be kind

I will not only be considerate and kind to my fellow men, but also to all of God's creation.

I will be true

I will be honest and upright in study, work, and play; and can always be counted upon to do my very best.

I will keep the Pathfinder Law

I will seek to understand the meaning of the Law and will strive to live up to its spirit, realizing that obedience to law is essential in any organization.

I will be a servant of God

I will pledge myself to serve God first, last, and best in everything I am called upon to be or do.

I will be a friend to man

I will live to bless others and do unto them as I would have them do unto me.

Pathfinder Law

The Pathfinder Law is for me to:

Keep the morning watch
Do my honest part
Care for my body
Keep a level eye
Be courteous and obedient
Walk softly in the sanctuary
Keep a song in my heart
Go on God's errands

Meaning of the Law:

Keep the Morning Watch.

I will have prayer and personal Bible Study each day.

Do my honest part.

By the power of God, I will help others and do my duty and my honest share wherever may be.

Care for my body.

I will be temperate in all things and strive to reach a high standard of physical fitness.

Keep a level eye.

I will not lie, cheat, or deceive and will despise dirty talk or evil thinking.

Be courteous and obedient.

I will be kind and thoughtful of others, reflecting the love of Jesus in all my association with others.

Walk softly in the sanctuary.

In any devotional exercise I will be quiet, prayerful, and reverent.

Keep a song in my heart.

I will be cheerful and happy and let the influence of my life be as sunshine to others.

Go on God's errands.

I will always be ready to share my faith and go about doing good as did Jesus.

Individual Honour Record		Date	Date	Date	Date	Date	Date	Date	Date
		Plaster Craft	Cartl	Cattle Husbandry	Kites	Kites	Plumbing	Printing	Date
		Plastics	Cats	Dairying	Knot Tying	Knot Tying	Plumbing	Printing	
		Pottery	Dog Care & Training	Flower Culture	Navigation	Navigation	Radio	Radio	
		Sculpturing	Dogs	Fruit Growing	Orienteering	Orienteering	Radio - Advanced	Radio Electronics	
		Silk Screen Painting	Domestic Animals	Gardening	Outdoor Leadership	Outdoor Leadership	Shoe Repair	Shoe Electronics	
		Silk Screen - Advanced	Ecology	Goat Husbandry	Outdoor L'ship - Advanced	Outdoor L'ship - Advanced	Shorthand	Shorthand	
		Soap Craft	Ecology - Advanced	Horse Husbandry	Physical Fitness	Physical Fitness	Small Engines	Small Engines	
		Soap Craft - Advanced	Edible Wild Plants	Pigeon Raising	Pioneering	Pioneering	Teaching	Teaching	
		Stamps	Environmental Conservation	Poultry Raising	Rock Climbing	Rock Climbing	Typewriting	Typewriting	
		String Art	Ferries	Sheep Husbandry	Rowing	Rowing	Welding	Welding	
		Textile Painting	Fishes	Small Fruit Growing	Sailing	Sailing	Woodworking	Woodworking	
		Typewriting	Flowers	OUTREACH MINISTRIES					
		Weaving	Flowers - Advanced	Adventure for Christ	Scuba Diving	Scuba Diving			
		Wood Carving	Fossils	Adventure for Christ - Adv.	Scuba Diving - Advanced	Scuba Diving - Advanced			
		Wood Handicraft	Fungi	Christian Citizenship	Springboard Diving	Springboard Diving			
		HEALTH & SCIENCE HON.	Geology	Christian Grooming/Manners	Beginners Swimming	Beginners Swimming			
		Basic Rescue	Geology - Advanced	Christian Storytelling	Beg. Swimming - Adv.	Beg. Swimming - Adv.			
		Chemistry	Grasses	Family Life	Intermediate Swimming	Intermediate Swimming			
		CPR	House Plants	Junior Wifness	Swimming	Swimming			
		First Aid - Basic	Insects	Junior Youth Leadership	Swimming - Advanced	Swimming - Advanced			
		First Aid - Standard	Insects - Advanced	Language Study	Track & Field	Track & Field			
		First Aid - Advanced	Lichens/Liverworts/Mosses	Literature Evangelist	Tumbling & Balancing	Tumbling & Balancing			
		Health & Healing	Livestock	People of Other Lands	Tumbling & Bal - Adv.	Tumbling & Bal - Adv.			
		Home Nursing	Mammals	Personal Evangelism	Water Skiing	Water Skiing			
		Optics	Mammals - Advanced	Sign Language	Water Skiing - Advanced	Water Skiing - Advanced			
		Physics	Marine Algae	Sign Language - Advanced	Wilderness Leadership	Wilderness Leadership			
		Red Alert	Marine Invertebrates	Stewardship	Wilderness Living	Wilderness Living			
		HOUSEHOLD ARTS	Marine Mammals	Temperance	Wind Surfing	Wind Surfing			
		Baking	Moths & Butterflies	RECREATION HONOURS					
		Basic Sewing	Orchids	Archery	Winter Camping	Winter Camping			
		Cooking	Poultry	Archery - Advanced	VOCATIONAL HONOURS	VOCATIONAL HONOURS			
		Cooking - Advanced	Reptiles	Backpacking	Accounting	Accounting			
		Dressmaking	Rocks & Minerals	Camp Craft	Automobile Mechanic	Automobile Mechanic			
		Dressmaking - Advanced	Rocks & Minerals - Advanced	Camping Skills - I	Auto. Mech. - Adv.	Auto. Mech. - Adv.			
		Food Drying	Sand	Camping Skills - II	Bible Evangelism	Bible Evangelism			
		Food Freezing	Seeds	Camping Skills - III	Book-binding	Book-binding			
		Housekeeping	Seeds - Advanced	Camping Skills - IV	Book-keeping	Book-keeping			
		Laundering	Shells	Canoeling	Carpentry	Carpentry			
		Macramé	Shells - Advanced	Caving	Christian Salesmanship	Christian Salesmanship			
		Metal Craft	Shrubs	Caving - Advanced	Communications	Communications			
		Model Boats	Small Mammal Pets	Community Water Safety	Communications - Adv.	Communications - Adv.			
		Preserving	Spiders	Comm. Water Safety - Adv.	Computers	Computers			
		Quilting	Stars	Cycling	Computers - Advanced	Computers - Advanced			
		Tailoring	Stars - Advanced	Cycling - Advanced	Electricity	Electricity			
		NATURE HONOURS	Weather	Down Hill Skiing	House Painting	House Painting			
		Amphibians	Weather - Advanced	Drilling & Marching	Interior House Painting	Interior House Painting			
		Animal Tracking	OUTDOOR INDUSTRIES	Fire Bldg & Camp Cookery	Journalism	Journalism			
		Bird Pets	Agriculture	Hiking	Masonry	Masonry			
		Birds	Beekkeeping	Horsemanship	Paper Hanging	Paper Hanging			
		Birds - Advanced							

BOOK CLUB CERTIFICATE

[Compulsory Requirement]

1. Pathfinders are to read a minimum of 4 books every year. One book must be from each of the following categories:
 - a) Missions
 - b) Autobiography
 - c) Nature of Science
 - d) One book of personal choice (excluding fiction e.g novels, etc)
2. Juniors are to read a minimum of 40 pages.
3. Teens are to read a minimum of 80 pages.
4. Pathfinders must inform their Club Leaders/Counsellors about the choice of books BEFORE commencing to read so that the category of book and suitability can be decided upon. Club Leaders may choose to have a collection of books as reference but Pathfinders may have books at home that will fall into the categories listed above.
5. Upon completion, Pathfinders must prepare a summary of what they have read to include:
 - Title of Book
 - Author
 - Publisher and Year Published
 - Paraphrased, bulleted points or outline of main events or ideas.
6. Reports should be a minimum of 80 words for Juniors and 120 words for Teens, completed in their own time.
7. The Pathfinder and the Club Leader/Counsellor must date and sign each completed Book Club Certificate Report (sample Report in Leaders Book – copy as required).
8. The completed work must be kept in the Pathfinder's folder for inspection at the Evaluation Day.

Spiritual Discovery



The aim of this section is to discover the centrality of the Gospel in three of the major Christian Doctrines.

- 1. Study the personal work of the Holy Spirit as it relates to mankind, and discuss His involvement in spiritual growth.**



You will need a **BIBLE** for this requirement.

Using the scripture passages from John, make up an outline on the Holy Spirit's particular work as Christ's Ambassador to the earth. (See John 14:6; 16:7-15.)

Use the form as outlined below as the guide in studying the scripture passages.

The Holy Spirit

Ambassador to Planet Earth

Titles:

1. _____
2. _____
3. _____
4. _____

Sent By:

In the Name Of:

Special Duties:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Read Romans chapter 8, in any modern translation, and mark the texts that show how God the Father, Jesus and the Holy Spirit, work as a team to provide salvation and freedom for all of mankind.

Use the chart below to record your discoveries:

FATHER	SON	HOLY SPIRIT

In what way is the doctrine about the Holy Spirit, “Good News”?



2. By study and group discussion increase your knowledge of the last-day events that lead up to the second advent.

You are part of the editorial staff of the "Advent News". Together with your class decide the aims and objectives of your newspaper, as well as the kind of topics you want to cover.

Example: Who's Coming Back and Why?
 Signs of the Advent
 Preparing for the Advent

Consider:

1. Preparing a report on an interview with the church Pastor about getting ready for
2. the Advent.
3. A centre spread may be developed on Daniel 2
4. A collection of promises made by Jesus Himself about His return; a list of Second Advent, parables, etc.

Recommended Sources:

- Daniel 2
- Christ's Object Lessons (E.G White)
- Last Day Events (E.G White)



3. Through study and discussion of Bible evidence discover the true meaning of Sabbath keeping.

SABBATH TIME LINE

THE SABBATH	IN EDEN	BEFORE SINAI	AT MT. SINAI	AS ISAIAH SAW IT	AS EZEKIEL SAW IT	AS JESUS UNDERSTOOD IT	AS THE DISCIPLES KEPT IT	AS THE APOSTLES & EARLY CHRISTIANS KEPT IT	IN ETERNITY
BIBLE REFERENCE	Genesis 2:2,3	Exodus 14:4 Exodus 16:26-28	Exodus 31:13 Deut. 7:8,9 Exodus 31:17	Isaiah 58:13	Ezekiel 20:12 Ezekiel 20:20	Mark 2:27 Luke 4:16-19 Luke 23:50-56 Luke 24:1-8	Luke 23:56	Acts 13:44	Isaiah 66:22,23
MEANING OR PURPOSE <i>To be filled in by the Voyager Class.</i>									



Discuss with your class the following questions:

1. Why do we keep the 7th day as a Sabbath?
2. Why do we keep it in the way we do?
3. What are the special blessings we can expect to receive from keeping holy the Sabbath?
4. What sort of activities should we allow ourselves to engage in on the Sabbath?
5. How can we be more creative in our approach to Sabbath keeping?



4. Hold a current Memory Gem Certificate



1. You will need a **BIBLE** for this requirement.
2. You will also need the **Memory Gem Gap Fill** for your chosen texts.



Memorise 7 bible texts – ONE form each of the seven categories below for each class. (You may use whichever version of scripture you wish)

VOYAGER CLASS		
I. GREAT PASSAGES	II. SALVATION	III. DOCTRINE
1. Jeremiah 15:16 2. I Timothy 2:15 3. Genesis 2:2,3 4. Option _____	1. Matthew 11:28-30 2. John 17:3 3. John 15:5,7 4. Matthew 10:32,33 5. Matthew 4:19 6. Option _____	1. Hebrews 11:3 2. Revelation 14:6-14 3. John 6:40 4. Revelation 21:1-4 5. Exodus 20:8-11 6. Option _____
IV. PRAYER	V. RELATIONSHIPS	VI. BEHAVIOUR
1. Mark 11:25 2. I John 5:14,15 3. Matthew 21:22 4. Option _____	1. I Corinthians 13 2. Hebrews 10:24-25 3. Galatians 6:1,2 4. Matthew 11:28-30 5. Option _____	1. Galatians 5:22,23 2. Micah 6:8 3. Isaiah 58:13 4. Matthew 5:8 5. Option _____
VII. PROMISES/PRAISE		
1. Romans 8:28 3. Psalms 15:1,2 5. Psalms 91:1-6	2. Psalms 103:1-5 4. Matthew 24:44 6. Option _____	

Write your 7 chosen bible texts below:

- | | |
|-------------------------|----------------|
| 1. Great Passages..... | Signature_____ |
| 2. Salvation..... | Signature_____ |
| 3. Doctrine..... | Signature_____ |
| 4. Prayer..... | Signature_____ |
| 5. Relationships..... | Signature_____ |
| 6. Behaviour..... | Signature_____ |
| 7. Promises/Praise..... | Signature_____ |

Community Outreach



The aim of this section is to create opportunities for the Voyager to be of service to others, and to model Christ's love and care.

1. As a group, or individually, invite a friend to at least one of your church or conference teen/youth fellowship activities.



In discussion with your group, plan activities that you can invite a friend to participate in.

The following areas can be considered, along with your own ideas:

- Advent Youth Society Meetings (AYS)
- Sabbath School / 13th Sabbath
- Youth Days / Fellowship Days / Children's day
- Recreational Activities
- Pathfinder Club Activities
- Teen Camps
- Parties

Date: _____ **Event:** _____

Visitors Name: _____

Describe the event/activity that you invited your friend to. Did they enjoy it? How could you have made their experience better?



2. As a group or individually, help organize and participate in a project of service to others.



This could be any program including AYS, Sabbath School, Children's Day, Health Program or a Community Service Program or the Hyland House annual school fete.

Consider: taking an active role within a church department, participating in church cleaning, Summarise your participation below:
visiting shut-ins, assisting in kindergarten/primary sabbath school or presenting a children's story.

Write a summary of your project in this space

Date: _____ Event: _____

Friendship Development



1. In group discussion and by personal inquiry examine your attitudes toward two of the following topics:

- A. Self-concept.**
- B. Human Relationships - Parents, Family & Others.**
- C. Earning and Spending Money.**
- D. Peer Pressure.**



Your teacher will lead the discussion/exploration of your chosen topics.

Write a summary of your chosen discussion/outline in this space:



2. List and discuss the needs of the disabled, and help plan and participate in a party for them.



Arrange a meeting with the Special Needs Advisor of your church.
Or Visit the following websites:

Write a summary of your findings in this space. Alternatively, you may also present your findings in the form of a presentation or poster.

Health and Fitness



The aim of this section is to provide creative learning experiences in the maintenance of good health and temperance principles.

1. Choose and complete any two requirements from the temperance honour.



Your teacher will supply you with the honour requirements.

Completion Plan for chosen Temperance Requirement 1:



Completion Plan for chosen Temperance Requirement 2:



2. Organize a health party. Include health principles, talks, displays, etc



Arrange a meeting with the Health and Temperance department of your church. They will assist you in gathering information about a healthful diet or alternatively you can participate fully in a Health and Temperance Day.

Determine how many people you want to cater for.

1. What will the age group be? You may like to organize a party for a group of local children, or your school friends, your younger brother or sister's birthday, the senior citizens who never get out of their homes. There is a wide scope for the type of party and who you will invite to it.

2. Will the party include a formal meal or a buffet meal?

3. Choose your colour scheme: The colour scheme can be shown in your choice of napkins, place mats, invitations, or in your choice of dishes, whether it be china, glass, wood or pottery. If it is a casual buffet style meal, in the colour of paper plates and cups used.

4. Choose the menu according to the type of people you are having at your party, also whether it is a formal or buffet meal and according to the weather, hot or cold.

5. Give yourself plenty of time for the planning and preparation of your party and invite a friend or friends to assist you if you feel the need. Remember that the ideal of this party is to show your guests how attractive and palatable a healthful diet can be.

Health Party Plan

Health Party Plan – cont’d



Organisation and Leadership Development



The aim of this section is to provide the Voyager with a concept of Church organization, its relationship to him personally, and the opportunities for involvement.

1. Discuss and prepare a flow chart on local church organization, and list the departmental functions.



You might need the church manual for this, alternatively interview the department leaders at your church.

2. Participate in local church programs on two occasions each, in two departments of the church.



Event 1 Name:

Place:

Date:



Write a summary of the event you assisted in:



Event 2 Name:

Place:

Date:



Write a summary of the event you assisted in:

3. Fulfill requirements 3, 5, and 6 of the Stewardship Honor.



Objective

An understanding of a Christian's relationship for his time and money is essential for strong church leadership.

Requirement 3:

Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference (Division).



A presentation by your church treasurer or conference personnel is a good way to find out. A visit to your local conference office for a get-acquainted tour might also be a good idea.

Write your explanation here:



Requirement 5:

Keep a chart on how you spend your time for one weekend and one week day. In the chart, make a list of how much time you spend in the following areas.

For each day, be sure your time adds up to 24 hours.

Week Day

Activity	Time Spent	Activity	Time Spent
a. Work for pay		k. Personal needs	
b. Family time		l. Class time	
c. Personal devotions		m. School study	
d. Public worship		n. Travel	
e. Family worship		o. Music Lessons	
f. Fun things		p. Music Practice	
g. Reading		q. Home chores	
h. Television		r. Shopping	
i. Meals		s. Etc. (Specify)	
j. Sleep			

Total Time: _____ hrs

.



Weekend – Sabbath and Sunday (2 days)

Activity	Time Spent	Activity	Time Spent
a. Work for pay		k. Personal needs	
b. Family time		l. Class time	
c. Personal devotions		m. School study	
d. Public worship		n. Travel	
e. Family worship		o. Music Lessons	
f. Fun things		p. Music Practice	
g. Reading		q. Home chores	
h. Television		r. Shopping	
i. Meals		s. Etc. (Specify)	
j. Sleep			

Total Time: _____ hrs

After completing the chart, discuss with your pastor or counsellor your responsibility in the stewardship of your time.



Requirement 6:

Do one of the following:

a. If you have an income-producing job or an allowance, make a list of how you spend your money for one month.

b. If you are not in the category above, make a list of how you would spend an income of £80.00 a month in the following categories, from your list determine what percentage of your total income is spent on each item.

Category	Amount	Percentage
<input type="checkbox"/> Clothes		
<input type="checkbox"/> Entertainment		
<input type="checkbox"/> Personal items (toiletries)		
<input type="checkbox"/> Gifts		
<input type="checkbox"/> School supplies		
<input type="checkbox"/> Tithe and offerings		
<input type="checkbox"/> Food (eating out)		
<input type="checkbox"/> Transportation		

After completing the chart and percentages, discuss with your pastor or counsellor the advantages of a budget and how to stay within a budget.

3. Complete the Drilling and Marching Honor.



Note: Quite likely portions of the Honour have been previously completed for earlier classes, if the Honour has already been earned, this requirement has been met. Otherwise, the Honour may be found in the Recreation section of the Pathfinder Honour Handbook

Honour:

Signature_____

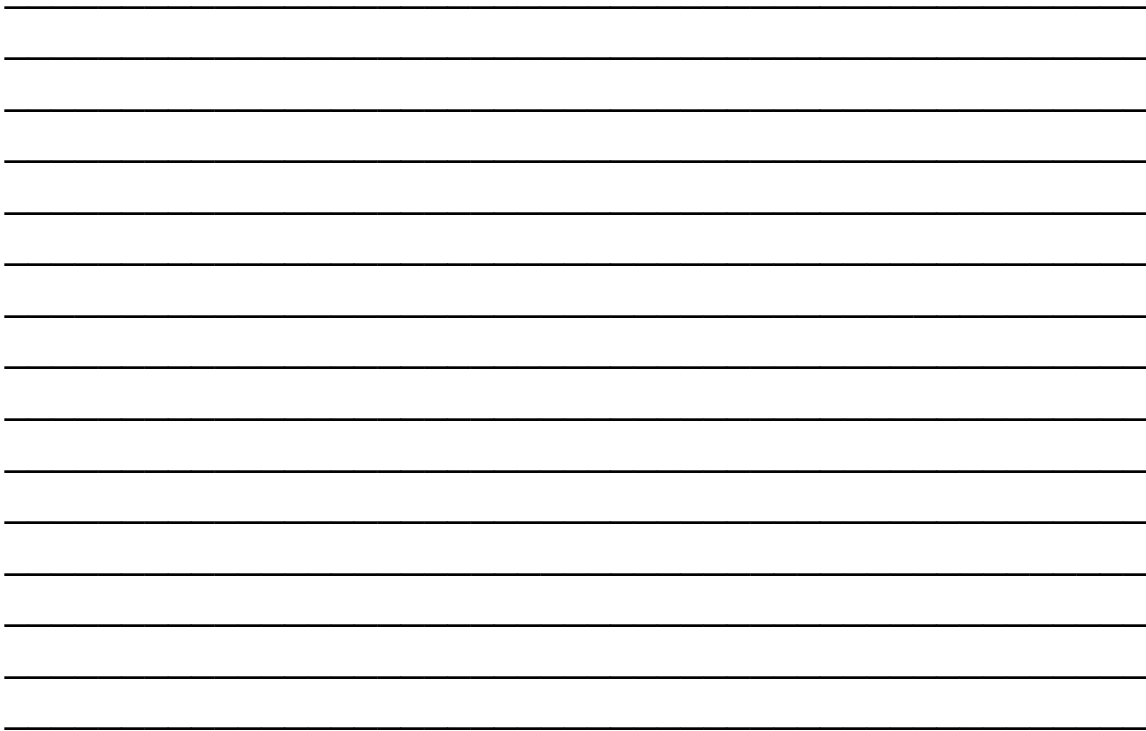


- 1. Review the story of Nicodemus and relate it to the life cycle of the butterfly, or draw a life-cycle chart of the caterpillar giving the spiritual significance.**



Your teacher will guide you through this story.
Scripture References: John 3, Psalm 51:10 and Psalm 19

Summarise your conclusions here:



2. Complete a Nature Honour not previously earned.

The requirements for all honours are found in the AY Honour Handbook.
Notes on specific honours are available from your youth director or counsellor.

Honour:

Signature_____

Outdoor Life



The aim of this section is to continue to enhance the Voyager's appreciation of the out-of doors and to experience an increase of expertise in various skills.

1. With a party of not less than four including an experienced adult counsellor, hike 25 kms (15.5 miles) in a rural wilderness area, including one night in the open or in tents. The expedition planning should be a joint effort of the party and all food needed should be carried. Participate in a group discussion led by your counsellor, of the terrain, flora and fauna, as observed on the hike.

1. Use a compass and read a topographical map
2. Review the use of topographical maps, and use one to plot your hike route, choose your campsite, etc.
3. Review the points of packing a pack, and plan as a group what to take, both for personal and group use.

You will need:

- ☐ Something to eat with
- ☐ Something to sleep in
- ☐ Something to keep dry in
- ☐ Something to keep warm in
- ☐ Something to have fun in
- ☐ Something to keep clean with

Remember to keep things which may be urgently required, in a location where they can be obtained quickly. e.g. first aid kit, flashlight, compass and map, raincoat or wind jacket, money, matches, toilet paper, handkerchief or tissues, sharp knife, rope.

4. Review the hiking rules, and know what to do if lost.
5. Bring a notebook - The Report or Log Book should be written up as soon as possible after the hike while incidents are fresh and vivid in the mind.

Expedition Plan (15.5 miles)

2. Complete One Recreational Honour not previously earned.

The requirements for all honours are found in the AY Honour Handbook.
Notes on specific honours are available from your youth director or counsellor.

Honour:

Signature_____

3. Pass a test in Voyager First Aid.

Watch the listed videos online and study the text below. You will be tested.

Voyager First Aid

Adult CPR <http://www.youtube.com/watch?v=fHMOswPk3ug> (Date Accessed September 2009)

Child CPR <http://www.youtube.com/watch?v=oofCHP9Co4w> (Date Accessed September 2009)

Expired Air Resuscitation - E.A.R. (or Mouth to Mouth Resuscitation) must begin immediately when breathing stops, i.e. no rise and fall of chest is evident.

Method:

1. Clear mouth and airway -- remove obstructions and debris.
2. Tilt head well back - opens airway and prevents relaxed tongue blocking airway.
3. With victim's nostrils pinched closed, the operator takes a breath, open his mouth wide so as to make an airtight seal around the victim's mouth, and breathes into the victim - watch to see chest rise - takes about 1 second.
4. Operator removes his mouth from the victim's mouth and watches chest fall takes about 3 seconds.
5. Repeat operations 3 and 4 until victim's breathing returns. Operations 3 and 4 constitute 1 inflation and takes 4 - 5 seconds for an adult and 3 - 4 seconds for a child. When beginning E.A.R. give 4 rapid inflations, then continue at a normal rate of 12 -15 inflations per minute for adult, 15-20 per minute for children, and 20-25 per minute for babies. Blow sufficient air to make victim's chest rise a "normal" amount - only a gentle puff will be needed for a baby.
6. When recovered, place victim in coma position and observe closely. Vomiting may accompany recovery.

Unless asphyxia is treated promptly, the heart will eventually stop beating and death will result.

Cardiac arrest may also occur in conditions such as heart attack, electric shock.

External Cardiac Compression - E.C.C. (Closed Chest Massage) must begin as soon as the heart stops beating - check for carotid pulse.

Method:

1. Lie casualty on his back on a firm surface.
2. Kneel beside victim and locate the lower half of the sternum (breast bone).
3. Place the heel of one hand over the center of the lower half of the sternum, and the heel and on top of the first - keep fingers raised and off the chest.
4. Keeping arms straight, rock forward, pressing down briskly on the sternum to depress it about 5 cm in an adult.
For a child - press with 1 hand - depress sternum about 3 cm. For a baby - press in center of sternum with 2 fingers - depress sternum about 2 cm.
Rock back, releasing pressure but maintaining contact.
5. Repeat operations 4 and 5 at a rate of the normal pulse, i.e. about 80 per minute adult and 100 per minute child and baby.
- 6.

Cardio-Pulmonary Resuscitation - C.P.R. - is the combination of E.A.R. and E.C.C. and needs to be used when the heart stops.

™ One Operator- Give 15 heart compressions (To the tune "Nelly Elephant"), then 2 quick inflations.

™ Two Operators- Give 5 heart compressions, then 1 quick inflation.

Repeat until victim recovers. Check for pulse every 2 minutes while giving resuscitation.

Mouth-to-Nose

Procedure for mouth-to-nose is basically the same as for mouth-to-mouth. ™ To seal airway close victim's mouth and seal lips by pressing lower lip onto the upper lip with the thumb. ™ Take a deep breath, open your mouth as wide as possible and place over victim's nose, but do not pinch nostrils together with your lips. Continue as for mouth-to-mouth.

Children - Handle Gently.

After clearing the airway, support the jaw without tilting the head backwards. Keep your hand away from the soft tissue of the neck. It may be difficult to achieve a clear airway, but unless this is done, air will be blown into the stomach.

For babies and small children, it is necessary to cover both mouth and nose with your mouth before you blow into the lungs.

Over-blowing can cause distension of the stomach so blow just enough to cause the chest to rise. Wait until the child exhales and repeat – 20 times a minute.

Call for help: If you are confronted with an emergency, stay with the victim, start resuscitation and call for help.

Do NOT leave the victim.

Once breathing stops you have only 4 minutes before the brain suffers irreversible damage, so begin Expired Air Resuscitation immediately.

Practice

Be prepared for an emergency.

Technical skill is achieved only by repeated practice. For information on classes, contact:

- Local Ambulance Service
- St Johns Ambulance
- National Heart Foundation

Lifestyle Enrichment



Complete one Honour in Outreach Ministries, Health and Science, Household Arts, or Vocational categories not previously earned.

The requirements for all honours are found in the AY Honour Handbook.
Notes on specific honours are available from your youth director or counsellor.

Honour:

Signature_____