

# BALHAM PATHFINDER AND ADVENTURER CLUB

## RANGER WORKBOOK

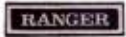


RANGER NAME:

TEACHER:

YEAR:

# Ranger Contents / Requirement Sheet



## General

(pgs 4-8)

Requirement	(·)	Date	Signature
1. Be a teenager 13 years of age, and/or in Grade 8 or its equivalent.			
2. Memorize and understand the Adventist Youth Aim and Motto.			
3. Be an active member of the Pathfinder Club.			
4. Select and read three books of your choice from the teen Book Club List.			

## Spiritual Discovery

(pgs 9-16)

Requirement	(·)	Date	Signature
1. Discover in group discussion: a. What Christianity is b. What are the marks of a true disciple. c. The forces involved in becoming a Christian.			
2. Investigate the history of the bible.			
3. Invite at least three people (non-members) to your Sabbath School Class.			
4. Have a current Memory Gem Certificate.			

## Community Outreach

(pgs 17-19)

Requirement	(·)	Date	Signature
1. Under the direction of your leader, participate at least once, in two different types of outreach programs.			
2. With the help of a friend, spend a full day (at least 8 hours) working on a project for your church, school, or community.			

## Friendship Development

(Pgs 20-21)

Requirement		Date	Signature
1. In group discussion and by personal inquiry examine your attitudes to two of the following topics: a. Self-Confidence.      c. The Social Graces. b. Friendship.              d. Will Power.			

# Ranger Contents / Requirement Sheet



## Health and Fitness

(pgs 22-25)

Requirement		Date	Signature
1. Participate in one of the following:  a. Discuss the principles of physical fitness. Provide an outline of your daily exercise program. Write out and sign a personal pledge of commitment to a regular exercise program.  b. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with Biblical principles.			

## Organization and Leadership Development

(pgs 26-29)

Requirement		Date	Signature
1. Attend at least one church business meeting. Prepare a brief report for discussion in your group.			
2. With your group make plans for a social activity at least once a quarter.			

## Nature Study

(pgs 30-33)

Requirement		Date	Signature
1. Review the story of the flood and study at least 3 different fossils; explain their origin and relate them to breaking God's Law.			
2. Complete a Nature Honour not previously earned.			

## Outdoor Life

(pgs 34-41)

Requirement		Date	Signature
1. Build and demonstrate the use of a reflector oven by cooking something.			
2. Participate in a two night camp out. Be able to pack a pack or ruck sack, include personal gear and food sufficient for your participation in a two night camp out.			

## Lifestyle Enrichment

(pg 42)

Requirement		Date	Signature
1. Complete one Honour in Outreach Ministry, Vocational, or Outdoor Industries not previously earned.			

For all documents to support this curriculum visit:

<http://gcyouthministries.org/Ministries/Pathfinders/Downloads/tabid/89/Default.aspx>



## 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 and Adventurer 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	Radio	Radio	
		Pottery	Dog Care & Training	Flower Culture	Navigation	Navigation	Radio - Advanced	Radio - Advanced	
		Sculpturing	Dogs	Fruit Growing	Orienteering	Orienteering	Radio Electronics	Radio Electronics	
		Silk Screen Painting	Domestic Animals	Gardening	Outdoor Leadership	Outdoor Leadership	Shoe Repair	Shoe Repair	
		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	Ferns	Sheep Husbandry	Rowing	Rowing	Welding	Welding	
		Textile Painting	Fishes	Small Fruit Growing	Sailing	Sailing	Woodworking	Woodworking	
		Typewriting	Flowers	<b>OUTREACH MINISTRIES</b>					
		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	<b>ADRA HONOURS</b>	<b>ADRA HONOURS</b>	
		<b>HEALTH &amp; SCIENCE HON.</b>	Geology	Christian Grooming/Manners	Beginners Swimming	Beginners Swimming	Community Assessment	Community Assessment	
		Basic Rescue	Geology - Advanced	Christian Storytelling	Beg. Swimming - Adv.	Beg. Swimming - Adv.	Crisis Intervention	Crisis Intervention	
		Chemistry	Grasses	Family Life	Intermediate Swimming	Intermediate Swimming	Disaster Response	Disaster Response	
		CPR	House Plants	Junior Wifness	Swimming	Swimming	Hunger Relief	Hunger Relief	
		First Aid - Basic	Insects	Junior Youth Leadership	Swimming - Advanced	Swimming - Advanced	Refugee Resettlement	Refugee Resettlement	
		First Aid - Standard	Insects - Advanced	Language Study	Track & Field	Track & Field	Rural Development	Rural Development	
		First Aid - Advanced	Uchens/Liverworts/Mosses	Literature Evangelist	Tumbling & Balancing	Tumbling & Balancing	Tutoring	Tutoring	
		Health & Healing	Livestock	People of Other Lands	Tumbling & Bal - Adv.	Tumbling & Bal - Adv.	Urban Development	Urban Development	
		Home Nursing	Mammals	Personal Evangelism	Water Skiing	Water Skiing	<b>D.O.E. AWARD</b>	<b>D.O.E. AWARD</b>	
		Optics	Mammals - Advanced	Sign Language	Water Skiing - Advanced	Water Skiing - Advanced	Bronze	Bronze	
		Physics	Marine Algae	Sign Language - Advanced	Wilderness Leadership	Wilderness Leadership	Silver	Silver	
		Red Alert	Marine Invertebrates	Stewardship	Wilderness L'ship - Advanced	Wilderness L'ship - Advanced	Gold	Gold	
		<b>HOUSEHOLD ARTS</b>	Marine Mammals	Temperance	Wilderness Living	Wilderness Living			
		Baking	Moths & Butterflies	<b>RECREATION HONOURS</b>	Wind Surfing	Wind Surfing	<b>OTHER HONOURS</b>	<b>OTHER HONOURS</b>	
		Basic Sewing	Orchids	Archery	Winter Camping	Winter Camping			
		Cooking	Poultry	Archery - Advanced	<b>VOCATIONAL HONOURS</b>	<b>VOCATIONAL HONOURS</b>			
		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			
		<b>NATURE HONOURS</b>	Weather	Down Hill Skiing	House Painting	House Painting			
		Amphibians	Weather - Advanced	Drilling & Marching	Interior House Painting	Interior House Painting			
		Animal Tracking	<b>OUTDOOR INDUSTRIES</b>	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 purpose of this section is to renew and develop the teenagers' confidence in the Bible as the Word of God, and to help them discover a saving relationship in Jesus, leading to a decision of commitment and baptism.

## 1. Discover in group discussion:

- a. What Christianity is
- b. What are the marks of a true disciple. (Matthew 6:19-34; Luke 14:26-33.)
- c. The forces involved in becoming a Christian.



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



Write down your thoughts on the above questions:



You will need to insert additional sheets for this requirement.

**Discuss the following questions:**



1. What does the parable say about:
  - a. What God is like? (1 John 1:5-10; 4: 11-17)
  - b. What I am like? (Rom. 3:9-20)
  - c. What the GOOD NEWS about God is? (Mark 1:14,15; Eph.1:13; 2 Cor. 4, Eph. 3:6-8)
  - d. How God deals with me? (Rom. 3:21-27)
  - e. How we walk with God? (I Peter 4:1-3, Col. 3:7-17)
  
2. Define what Christianity is, and what it offers you personally.

## God Leads a Pretty Sheltered Life (Anonymous)



At the end of time, billions of people were scattered on a great plain before God's throne. Some of the groups near the front talked heatedly - not with cringing shame, but with belligerence.

"How can God judge us? How can He know about suffering?" snapped a joking brunette. She jerked back a sleeve to reveal a tattooed number from a Nazi concentration camp. "We endured terror, beatings, torture, death!"

In another group, a black man lowered his collar. "What about this?" he demanded, showing an ugly rope burn. "Lynched for no crime but being black! We have suffocated in slave ships, been wrenched from loved ones, toiled till only death gave release."

Far out across the plain were hundreds of such groups. Each had a complaint against God for the evil and suffering He permitted in His world. How lucky God was to live in heaven where all was sweetness and light, where there was no weeping, no fear, no hunger, no hatred. Indeed, what did God know about what man had been forced to endure in this world? "After all, God leads a pretty sheltered life," they said.

So each group sent out a leader, chosen because he had suffered the most. There was a Jewish person, a black person, an untouchable from India, an illegitimate, a person from Hiroshima, and one from a Siberian slave camp. In the center of the plain they consulted with each other. At last they were ready to present their case. It was rather simple: Before God would be qualified to be their judge; He must endure what they had endured. Their decision was that God "should be sentenced to live on earth-as a man!" But, because He was God, they set certain safeguards to be sure He could not use His divine powers to help Himself.

Let Him be born a Jew.

Let the legitimacy of His birth be doubted, so that none will know who His father really is.

Let Him champion a cause so just, but so radical, that it brings down upon Him the hate, condemnation, and elimination efforts of every major traditional and established religious authority.

Let Him try to describe what no man has ever seen, tasted, heard, or smelled – let Him try to communicate God to men.

Let Him be betrayed by His dearest friends.

Let Him be indicted on false charges, tried before a prejudiced jury, and convicted by a cowardly judge.

Let Him see what it is to be terribly alone and completely abandoned by every living thing. Let Him be tortured, and let Him die! Let Him die the most humiliating death - with common thieves.

As each leader announced his portion of the sentence, loud mummers of approval went up from the great throng of people. When the last had finished pronouncing sentence, there was a long silence. No one uttered another word. No one moved. For suddenly all knew...God had already served His sentence.



After reading the short story "God Leads A Pretty Sheltered Life," record your conclusions below on how much God really cares for us and is prepared to give all to save us.

**2. In a group, your teacher will discuss with you the history of the bible.**



Record key dates and events below:

**3. Invite at least three people (non-members) to your Sabbath School Class.**

**Person 1**

Name:

Date:

Comment:

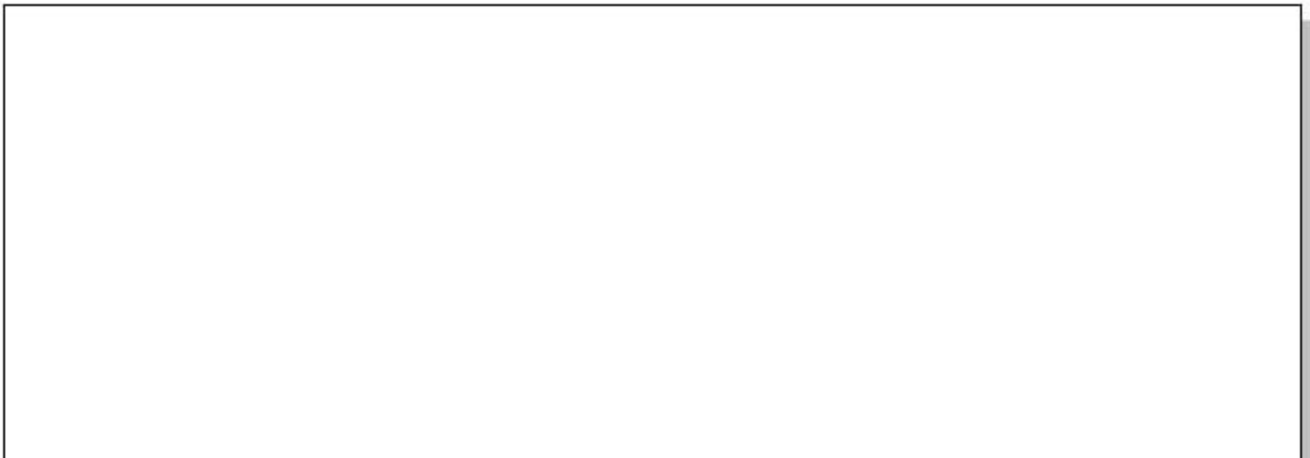
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**Person 2**

Name:

Date:

Comment:

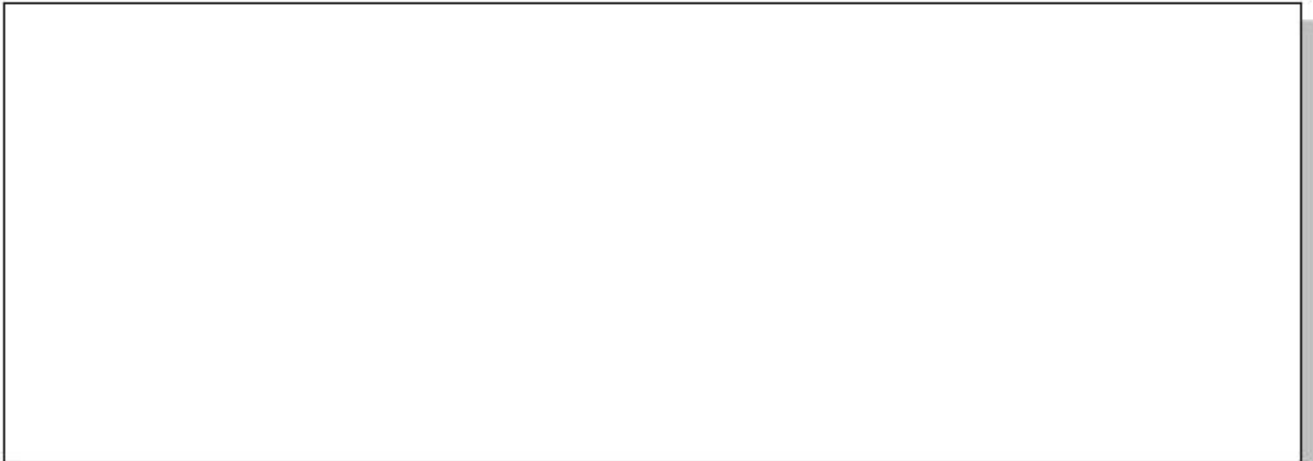
A large, empty rectangular box with a thin black border, intended for writing a comment about Person 2. It is positioned below the 'Comment:' label and has a subtle drop shadow.

### Person 3

Name:

Date:

Comment:

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#### 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 from each of the seven categories below for each class. (You may use whichever version of scripture you wish)

RANGER CLASS		
I. GREAT PASSAGES	II. SALVATION	III. DOCTRINE
1. Psalms 119:105 2. Colossians 3:16 3. Option _____	1. John 3:17 2. Galatians 6:14 3. I John 3:1-3 4. Option _____	1. John 14:1-3 2. Mark 1:27,28 3. Option _____
IV. PRAYER	V. RELATIONSHIPS	VI. BEHAVIOUR
1. Hebrews 11:6 2. James 15:6 3. Option _____	1. Proverbs 18:24 2. Ephesians 4:23 3. I Timothy 4:12 4. Matthew 24:14 5. Option _____	1. Galatians 6:7 2. Matthew 7:12 3. I John 2:15-17 4. Option _____
VII. PROMISES/PRAISE		
1. Psalms 145:18 3. Psalms 27:1	2. James 1:17 4. 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_____ |

(Please insert the Memory Gem "gap fill" and explanation as evidence of memorising your texts.)



# Community Outreach



The aim of this section is to develop within the Rangers the skills and enjoyment of sharing their Christian beliefs.

- 1. Under the direction of your leader, participate at least once in two different types of outreach programs.**



You will need to speak your COMMUNITY SERVICE leader in church for this requirement and participate in one of their planned activities.

**Event 1 Name:**

Place:

Date:



Write a summary of the event you assisted in:



The outreach ministries may include the following programs:

a. Christian Services  
c. World Mission

b. Church Projects  
d. Unchurched People



**Event 2 Name:**

**Place:**

**Date:**



Write a summary of the event you assisted in:



The outreach ministries may include the following programs:

- a. Christian Services
- c. World Mission

- b. Church Projects
- d. Unchurched People

**2. With the help of a friend spend a full day (at least 8 hours) working on a project for your church, school, or community.**

Summarise your participation below:



This could be any program including AYS, Sabbath School, Children's Day or a Community Program.

1. \_\_\_\_\_

# Friendship Development

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

- A. Self-confidence (Additional resources in Explorer class under Health & Fitness)
- B. Friendship
- C. The Social Graces
- D. Will Power

**Topic 1:** \_\_\_\_\_



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

**Topic 2:**\_\_\_\_\_



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

# Health and Fitness



The aim of this section is to give practical guidelines which will help to strengthen the Ranger's desire to care for his mind and body.

## 1. Participate in one of the following:

### a. Discuss the principles of physical fitness.

- **Provide an outline of your daily exercise Program.**
- **Write out and sign a Personal Pledge of Commitment to a regular exercise program.**

## The Principles of Physical Fitness



Write a summary of your discussion below:

**Provide an outline of your daily exercise Program.**



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Write out and sign a Personal Pledge of Commitment to a regular exercise program.**



You can design a pledge card and stick it below or write you pledge in the space below.



- b. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with biblical principles.**



Write a summary of your discussion in this space:

# Organisation and Leadership Development



## 1. Attend at least one church business meeting.

### Balham Church Business Meeting

**Date:**

**Place:**



Write a summary of what took place:



Include the agenda for the church business meeting.



**2. With your group make plans for a social activity at least once a quarter.**



**Outside the Sabbath Hours:**

Plan your activity in keeping with the principles of ` Christian recreation.

Suggestions for activities include:

Write a summary of what took place:

- |  |                                   |
|--|-----------------------------------|
| ➤ Games Evening Barbecue and Bonfire     | ➤ Progressive Party Homes Evening |
| ➤ Hay Ride Film Night                    | ➤ Hobby Night Sports Center       |
| ➤ Concert Reverse Night                  | ➤ Display Night Moonlight Hike    |
| ➤ (gymnastics, etc.) Observation Evening |                                   |

**1st Quarter**

Event: \_\_\_\_\_

**2nd Quarter**

Event:



### **3rd Quarter**

Event: \_\_\_\_\_



## **4th Quarter**

Event: \_\_\_\_\_

# Nature Study

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- 1. Review the story of the flood and study at least three different fossils.  
Explain their origin and relate them to breaking God's Laws.**



**Write a summary of the flood story in the space below:**

You will need a copy of Early Writings by E.G White.  
This can be borrowed from the church library.



This requirement could include a visit to a museum and study the fossils there. – if time permits. – The Natural History Museum (<http://www.nhm.ac.uk/>) or The Grant Museum (<http://www.ucl.ac.uk/museums/zoology>) Free admission



## Study at least three different fossils.



You can stick the fossil images below or draw them in the space below

Fossil 1:

Fossil 2:



Fossil 3:

**Explain their origin and relate them to breaking God's Laws.**



## 2. Complete a Nature Honour not previously earned.



Honour:

Signature\_\_\_\_\_

Honour:

Signature\_\_\_\_\_

Honour:

Signature\_\_\_\_\_



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.

# Outdoor Life



The purpose of this section is to have the Rangers continue developing their outdoor living and safety skills.

## 1. Build and demonstrate the use of a reflector oven by cooking something.



**List the items need to build a reflector oven and explain how to build it.:**

### Recipe:



**List the ingredients used and method of making your meal.**

Ingredients:

Method:



**2. Participate in a two-night CAMP OUT. Be able to pack a ruck sack, include personal gear and food sufficient for your participation.**

**Consider the following when packing:**

- Gear list
- 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
- Miscellaneous

Date of Camp-Out: \_\_\_\_\_

Event: \_\_\_\_\_

Method of packing / Items to pack:



Cont'd



Rangers following the DofE Curriculum can meet these requirements. These can also be met at the annual Camporee.

### 3. Pass a test in Ranger first aid.



## Ranger First Aid Notes

### ***Electrical Shock***

Turn off the current if possible, but always disconnect the victim from the contact using a dry stick or coat or other non-conductive material. Do not use unprotected hands or feet. It is no use having two casualties. If the victim has stopped breathing, begin CPR and check the carotid pulse. Remember your A,B,C,D, procedure. If the victim's heart has stopped and you have been trained in external cardiac compression, continue cardio-pulmonary resuscitation. All electrical burns are more severe than they first appear. Even if the victim recovers it is essential that they seek medical advice.

### ***Poisoning***

Poisons may be solid, liquid, or gases.

They may be:

- ❖ Taken by mouth
- ❖ Inhaled through the nose
- ❖ Absorbed through the skin, or injected.

*Calmness*-not panic-is the essential in the treatment of poisoning. As prevention is better than cure, make sure all poisons are correctly labeled and stored out of reach of children. Never leave poisonous substances in an open container.

### ***General Rules for Treatment of Poisoning:***

1. Protect yourself from being overcome by the poison.
2. Remove the victim from the danger source.
3. Wash off any poison from the skin.
4. Arrange for medical aid.
5. Dilute, eliminate, or neutralize the poison.
6. **DO NOT.** . . Give fluids if the victim is unconscious.
7. **DO NOT.** . . Give an emetic if the poison is a corrosive.
8. **DO** Give samples of the poison or vomit to the doctor.



<i>COMMON POISONS</i>		
Kerosene, Petrol, Turpentine	NO EMETIC	Plenty of milk
Acids	NO EMETIC	Milk or water and beaten egg whites
Alkalis	NO EMETIC	Lemon juice, egg whites
Bleach or Phenol	NO EMETIC	Milk, beaten egg whites
Alcohol, Insecticides, Match Heads, Tablets	GIVE AN EMETIC	

✚ REMEMBER: If the poison is a corrosive (Burns on way down) DO NOT GIVE AN EMETIC. If in doubt, then give plenty of milk.

✚ EMETIC: Use Syrup of Ipecac from your first aid kit. In all cases, seek medical aid. If breathing fails, begin CPR (Mouth to Mouth).

- ❖ Wash the affected area with soap and water. Take a shower if possible.
- ❖ Discard the clothes.
- ❖ Get patient to drink plenty of water or milk.
- ❖ Induce vomiting if a chemical has been swallowed.
- ❖ If breathing stops begin CPR.
- ❖ Quickly remove the patient to fresh air.
- ❖ Indicated by abdominal pains, vomiting and diarrhea.
- ❖ Give nothing by mouth.
- ❖ Seek medical help.

### ***Fits***

Epileptic fits are not uncommon. The victim may utter a sigh or cry, fall to the ground, remain rigid for sometime, then begin thrashing around. It is possible they may froth at the mouth and become cyanosed. It is not unusual for the patient to be





incontinent. Protect the victim from danger, but do not restrict movements. If the opportunity arises, place something soft between the teeth. If the patient becomes limp, place in the recovery position. Seek medical aid. Do not awaken if they fall asleep.

### ***Convulsions***

These usually occur in young children, and may be caused by a digestive upset, teething, high temperature, or constipation. The child may arch his back, twitch his limbs, roll the eyes and even become cyanosed.

Loosen the clothing, ensure a clear airway, reduce the temperature by sponging the child, and seek medical aid.

### ***Foreign Body in Eye***

Do not rub the eye. Rinse with a gentle stream of tap water into the inner corner of the eye. Eye baths should be clean. If an assistant can see the foreign body, moisten a wisp of cotton wool or the corner of a clean handkerchief and gently lift the foreign body away from the surface of the eye. If the foreign body is on the window of the eye (pupil) or stuck to the surface of the eye, or is known to be a sharp object, medical help should be sought urgently. Chemical burns - wash with water immediately and seek medical help urgently.

### ***Foreign Body in Nose and Ears***

Foreign bodies in the ear or nose should be removed by a doctor.

### ***Fractures***

Fractures can be caused by direct action (such as a blow or a fall), indirect action (where the break occurs away from the site of the direct blow) or muscular action (where the kneecap or thigh may break due to a jerk or a trip). Fractures will be recognized by pain or discomfort in the region affected, swelling, loss of power of the limb, deformity, irregularity of the bone, unnatural movement and a bony grating which the injured person may feel. The last two signs should never be sought deliberately. Fractures are classified as closed when the skin surface is not broken, open when a wound is present, and complicated when a fracture, either closed or open, is associated with an injury to a more important part of the body such as the brain, lungs, a major blood vessel or nerve, the treatment of which has priority.

If in doubt, treat injury as a fracture and unless life is endangered by fire, rising water or other hazards, **DO NOT MOVE** the patient before treating his injuries and immobilizing any fracture. In all cases of fracture there is a danger that further injury may be caused if a limb or part is moved before being immobilized.

Immobilizing can be achieved by supporting the injured limb or part in as natural a position as possible with bandages, slings and padding.

#### ***Fractured Collarbone (clavicle):***

In the case of a fractured collarbone the patient will often support the elbow to relieve pain and incline his head towards the injured side. A common cause is



fingers point toward the apex.

- ❖ Bring the apex over the back of the hand.
- ❖ Fold the extra cloth in neatly.
- ❖ Tie the ends on the outside of the wrist.

#### *Open-foot Bandage:*

This is similar to the open-hand bandage.

- ❖ Place the foot on the bandage so that the heel is toward the base and the toes point to the apex.
- ❖ Bring the apex up over the top of the foot.

#### *Collar and Cuff Sling:*

- ❖ Place the forearm across the chest with the fingers pointing towards the opposite shoulder.
- ❖ Pass a clove hitch over the hand and round the wrist, the knot of the clove hitch on the thumb side of the wrist, and a fold of the cuff on either side of the wrist.
- ❖ Tie the ends of the bandage in the hollow just above the collarbone on either side.
- ❖ Check the circulation.
- ❖ This sling supports the wrist.
- ❖ If the shoulder is injured also, bring the lower end of the bandage up over the forearm and under the shoulder of the injured side and tie the two ends with a knot. Thus all the weight of the injured arm will be borne by the uninjured shoulder.
- ❖ You should be able to apply a sling with the injured person lying down.
- ❖ Place one end of a triangular bandage over the shoulder of the injured side.
- ❖ Let the bandage hang down over the chest with the apex level with the elbow of the injured arm.
- ❖ Bend the elbow of the injured arm, bringing the forearm up in front of the bandage, with the hand elevated about four inches above the elbow and the tips of the fingers extending just beyond the base of the bandage.
- ❖ Bring the lower end of the bandage up over the forearm and over the shoulder of the injured side, and tie the two ends at the side of the neck.
- ❖ Bring the apex of the bandage forward and fasten with a safety pin.



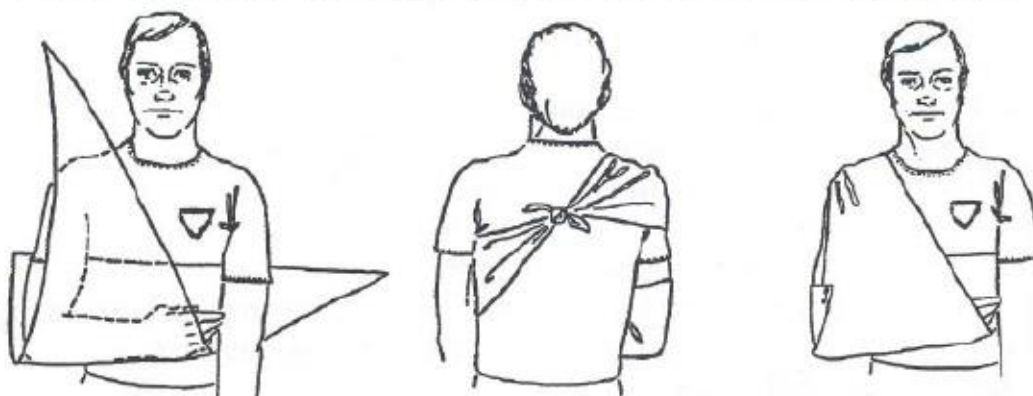


### *Chest or Back Bandage:*

- ❖ Place a triangular bandage against the chest (or back) so that the apex is at the shoulder.
- ❖ Have the patient hold the apex there.
- ❖ Now fold the base inward as far up as you desire.
- ❖ Carry the ends around the body and tie directly below the shoulder. You will always have one protruding long end after you tie.
- ❖ Take this end and bring it up to the shoulder, tying it and the apex of the bandage together.

### *Splint to the Forearm:*

- ❖ Don't twist or turn the arm to see whether it is broken.
- ❖ It is best to use two splints. One should extend from the elbow to the fingers on the palm side, and the other should be placed on the opposite side.
- ❖ Fold several triangular bandages into cravat shape and use them to bind the splints snugly in place. Three or four are usually best, though two will do well.
- ❖ If material is available, the splints should be padded before being used.
- ❖ After the splint is applied, put on an arm sling to support the arm.



### *Splint to the Palm or Wrist:*

- ❖ In case of a palm or wrist injury, one splint is sufficient. It should be padded and should extend from the elbow to the finger tips.
- ❖ Place it on the palm side and bandage securely in place.
- ❖ Then put on an arm sling.

### **Method of Testing**



The instructor will give the examination.

Ranger first aid does NOT complete the First Aid Honour, nor is the certificate awarded.

If one chooses to complete the current St. John or Red Cross First Aid Certificate,  
then this will meet the requirements for Ranger, Voyager and Guide.

# Lifestyle Enrichment

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## **1. Complete one honour not previously earned in Outreach Ministry, Vocational, or Outdoor Industries.**

Honour:

Signature\_\_\_\_\_

Honour:

Signature\_\_\_\_\_

Honour:

Signature\_\_\_\_\_



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.