

COMPANION



# COMPANION WORKBOOK



NAME: \_\_\_\_\_

TEACHER: \_\_\_\_\_

CLUB: \_\_\_\_\_

North England Conference

YEAR: \_\_\_\_\_





## **CONTENTS PAGE**

<b>BASIC REQUIREMENTS</b>	<b>5</b>
<b>ADVANCED REQUIREMENTS</b>	<b>6</b>
<b>GENERAL</b>	<b>9</b>
<b>SPIRITUAL DISCOVERY</b>	<b>23</b>
<b>SERVING OTHERS (Community Service)</b>	<b>31</b>
<b>FRIENDSHIP DEVELOPMENT</b>	<b>35</b>
<b>HEALTH AND FITNESS</b>	<b>39</b>
<b>ORGANISATION AND LEADERSHIP DEVELOPMENT</b>	<b>47</b>
<b>NATURE STUDY</b>	<b>53</b>
<b>OUTDOOR LIFE</b>	<b>61</b>
<b>LIFESTYLE ENRICHMENT</b>	<b>73</b>
<b>NOTES / IMAGES etc</b>	<b>77</b>





# COMPANION CLASS BASIC REQUIREMENTS



GENERAL				
Requirement	(✓)	Date	Signature	
1	Be 11 years old and /or in Year 7 or its equivalent			
2	Be an active member of the Pathfinder Club (confirm <b>75%</b> attendance)			
3	Learn or review the meaning of the Pathfinder Pledge and illustrate its meaning in an interesting way: e.g. role play, panel discussion, essay, or prepare a project of your choice			
4	Read the book The Happy Path (or similar book on the Pledge and Law) if not previously read			
5	Have a current Book Club Certificate and write at least a paragraph of review on each book			
SPIRITUAL DISCOVERY				
Requirement	(✓)	Date	Signature	
1	Memorise the New Testament books and know the four areas into which the books are grouped. Demonstrate your ability to find any given book			
2	Have a current memory gem certificate			
3	Choose in consultation with your leader <b>one</b> of the following:			
	a. One of Christ's Parables			
	b. One of Christ's Miracles			
	c. Sermon on the Mount			
	d. Second Advent Sermon			
	<i>... and show your knowledge of what Christ taught in <b>one</b> of the following ways:</i>			
	(i) Group discussion with leader			
(ii) Group activity / Presentation				
(iii) Individual talk / presentation, poem, series of pictures etc.				
4	Read the gospels Matthew and Mark in any translation, and commit to memory any <b>two</b> of the following:			
	a. Beatitude (Matthew 5:3-12)			
	b. Lord's Prayer (Matthew 6:9-13)			
	c. Christ's Return (Matthew 24:4-7, 11-14)			
	d. Gospel Commission (Matthew 28:18-20)			
SERVING OTHERS				
Requirement	(✓)	Date	Signature	
1	Consulting with your leader, work out ways to spend at least <b>two</b> hours in your community demonstrating in a consistent manner, real companionship to someone else			
2	Spend at least <b>half a day</b> participating in a project that will benefit the community or your church.			
FRIENDSHIP DEVELOPMENT				
Requirement	(✓)	Date	Signature	
1	Discuss the principle and demonstrate the meaning of respect for people of different cultures and gender.			

## HEALTH AND FITNESS

Requirement	(✓)	Date	Signature
1	Memorise and explain 1 Corinthians 9:24-27		
2	Discuss with your leader physical fitness and regular exercise as they relate to healthful living		
3	Learn about the detrimental effects of smoking on health and fitness, and write your own pledge of commitment to abstaining from the use of tobacco		
4	Complete the Swimming Honour 'Advance Beginners'		

## ORGANISATION AND LEADERSHIP DEVELOPMENT

Requirement	(✓)	Date	Signature
1	Plan and lead a devotional service for your group		
2	Help your unit or club plan a special club event such as a party, hike or overnight camp out.		

## NATURE STUDY

Requirement	(✓)	Date	Signature
1	Participate in nature games <b>OR</b> participate in a one hour nature walk		
2	Complete <b>one</b> of the following honours: Amphibians, Birds, Livestock, Poultry, Reptiles, Shells, Trees, Shrubs		
3	Review the study of creation, and keep a seven day outdoor log of your personal observations from nature in which each focuses on those that are created on that day		

## OUTDOOR LIFE


Requirement	(✓)	Date	Signature
1	Find the eight general directions without the aid of a compass		
2	Participate in a two night campout		
3	Learn or review the Friend knots. Tie and know the practical use of the following knots: - Sheet Bend <input type="checkbox"/> - Sheepshank <input type="checkbox"/> - Fisherman's Knot <input type="checkbox"/> - Timber Hitch <input type="checkbox"/> - Taut Line Hitch <input type="checkbox"/>  Learn 3 basic lashings <input type="checkbox"/>		
4	Past a test in Companion First Aid		

## LIFESTYLE ENRICHMENT

Requirement	(✓)	Date	Signature
1	Complete one Honour in Arts and Crafts not previously earned		

## ADVANCED REQUIREMENTS

GENERAL				
Requirement		(✓)	Date	Signature
1	Know the composition and proper use of your National Flag			
SPIRITUAL DISCOVERY				
Requirement		(✓)	Date	Signature
1	Read about Ellen White's first vision and discuss how God uses prophets to present his message to the church			
2	Complete the crossword puzzle on the first vision of Ellen White			
SERVING OTHERS				
Requirement		(✓)	Date	Signature
1	Participate in an outreach activity, and bring a non-SDA friend to participate or observe			
FRIENDSHIP DEVELOPMENT				
Requirement		(✓)	Date	Signature
1	Discuss and demonstrate respect for your parents / guardians and what they provide for you			
HEALTH AND FITNESS				
Requirement		(✓)	Date	Signature
1	Hike eight kilometres and keep a log			
2	Attend a five day plan, or view two films on health, or make a poster on smoking / drug abuse, or help prepare a display on tobacco for a show, etc.			
ORGANISATION AND LEADERSHIP DEVELOPMENT				
Requirement		(✓)	Date	Signature
1	Participate in a special club event such as Investiture, open house, induction or Pathfinder Sabbath and then evaluate the event to determine how it can be improved			
NATURE STUDY				
Requirement		(✓)	Date	Signature
1	Identify and describe twelve birds in the wild and twelve native trees			
OUTDOOR LIFE				
Requirement		(✓)	Date	Signature
1	Build five different fires and describe their uses. Discuss the safety rules in lighting fires			
2	Cook a camp meal without utensils			
3	Prepare a knot board with at least fifteen different knots			
LIFESTYLE ENRICHMENT				
Requirement		(✓)	Date	Signature
1	Complete one Honour in Household arts, Health and Science, Vocational or Outdoor Industries not previously earned			

	<p><b><i>Recommended for Investiture</i></b>  I consider that this candidate has completed the requirements necessary to be recommended for investiture.</p>
<p><b>Club Counsellor Sign Off</b></p>	<p>Name <i>(printed)</i> .....</p> <p>Signature .....</p> <p>Date .....</p>
<p><b>Club Director Sign Off</b></p>	<p>Name <i>(printed)</i> .....</p> <p>Signature .....</p> <p>Date .....</p>
<p><b>Area Coordinator Sign Off</b></p>	<p>Name <i>(printed)</i> .....</p> <p>Signature .....</p> <p>Date .....</p>
<p><b>Advanced requirements Sign Off</b></p> <p><b>Date:</b></p>	<p>Counsellor signature .....</p> <p>Director signature .....</p> <p>AC signature .....</p>
<ul style="list-style-type: none"> <li>★ Notes</li> <li>★ Comments</li> <li>★ Further Actions</li> </ul>	



# GENERAL



*This section contains general information about the Pathfinder themselves and the Pathfinder Club, with information on the Pledge and Law as well as book club certificate requirements.*



## 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 .....  
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 and kind and true.  
I will keep the Pathfinder Law  
I will be a servant of God  
and a friend to man

**PATHFINDER PLEDGE** explain in your own words

**By the grace of God**

---

**I will be pure**

---

**... kind**

---

**... and true**

---

**I will keep the Pathfinder Law**

---

**I will be a servant to God**

---

**... and a friend to man**

---

## **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

**PATHFINDER LAW** explain in your own words

**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**

---

# 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.

*N.B. Pathfinder Reading Lists are available from the Adventist Book Centre or your pathfinder club director.*

# BOOK REVIEW 1 – MISSIONS

## About the Book:

Title of Book .....

Author .....

Publisher .....

Year and ISBN .....

## **Plot:**

*How does the story start? What happens in the middle? How does it end?*

.....

.....

.....

.....

.....

.....

.....

.....

## **Characters:**

*Who is in the story? What are they like (Personality / Appearance)?*

.....

.....

.....

.....

.....

.....

.....

## **Setting:**

*Where is the story set? What words or phrases tell you about location?*

.....

.....

.....

.....

.....

.....

.....





## BOOK REVIEW 2 – AUTOBIOGRAPHY

### About the Book:

Title of Book .....

Author .....

Publisher .....

Year and ISBN .....

### Plot:

*How does the story start? What happens in the middle? How does it end?*

.....

.....

.....

.....

.....

.....

.....

.....

### Characters:

*Who is in the story? What are they like (Personality / Appearance)?*

.....

.....

.....

.....

.....

.....

.....

### Setting:

*Where is the story set? What words or phrases tell you about location?*

.....

.....

.....

.....

.....

.....

.....

**Your Opinion:**

*What was your favourite part and why? Did the story have a moral (message)? Would you recommend this book to others?*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

I rate this book: 

By (Pathfinder): \_\_\_\_\_ Date: \_\_\_\_\_

Reviewed By: \_\_\_\_\_ Date: \_\_\_\_\_

## BOOK REVIEW 3 – NATURE / SCIENCE

### About the Book:

Title of Book .....

Author .....

Publisher .....

Year and ISBN .....

### Plot:

*How does the story start? What happens in the middle? How does it end?*

.....

.....

.....

.....

.....

.....

.....

.....

### Characters:

*Who is in the Story? What are they like (Personality / Appearance)?*

.....

.....

.....

.....

.....

.....

.....

### Setting:

*Where is the story set? What words or phrases tell you about location?*

.....

.....

.....

.....

.....

.....

.....

**Your Opinion:**

*What was your favourite part and why? Did the story have a moral (message)? Would you recommend this book to others?*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

I rate this book:



By (Pathfinder): \_\_\_\_\_ Date: \_\_\_\_\_

Reviewed By: \_\_\_\_\_ Date: \_\_\_\_\_

## BOOK REVIEW 4 – PERSONAL CHOICE *(Excluding Fiction)*

### About the Book:

Title of Book .....

Author .....

Publisher .....

Year and ISBN .....

### Plot:

*How does the story start? What happens in the middle? How does it end?*

.....

.....

.....

.....

.....

.....

.....

.....

### Characters:

*Who is in the story? What are they like  
(Personality / Appearance)?*

.....

.....

.....

.....

.....

.....

.....

### Setting:

*Where is the story set? What words or  
phrases tell you about location?*

.....

.....

.....

.....

.....

.....

.....

**Your Opinion:**

*What was your favourite part and why? Did the story have a moral (message)? Would you recommend this book to others?*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

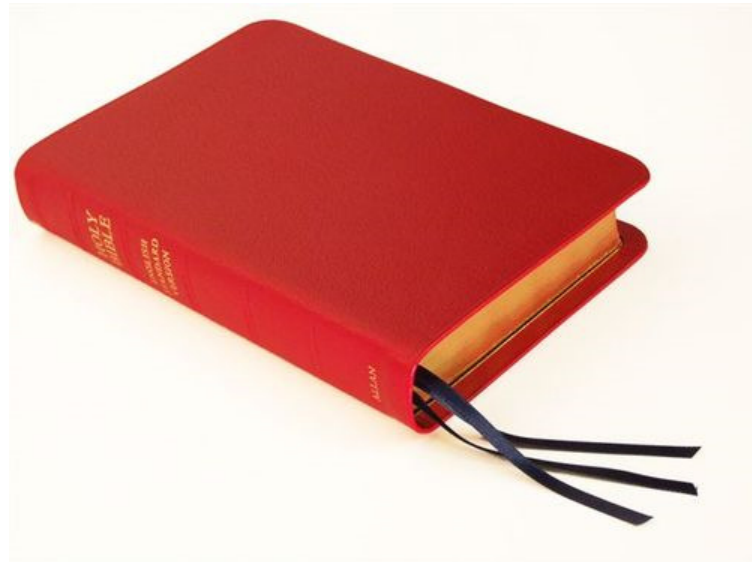
I rate this book:



By (Pathfinder): \_\_\_\_\_ Date: \_\_\_\_\_

Reviewed By: \_\_\_\_\_ Date: \_\_\_\_\_

# SPIRITUAL DISCOVERY



*The purpose of the Spiritual Discovery section is to familiarise the junior with the New Testament and to help them to understand the meaning of some of Christ's teachings.*





1. Memorise the New Testament books and know the four areas into which the books are grouped. Demonstrate your ability to find any given book.



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

# NEW TESTAMENT

## GOSPELS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## HISTORY

5. \_\_\_\_\_

## PAUL'S EPISTLES

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_

## GENERAL EPISTLES

20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_

## Learn the Books of the Bible to Music

*Happy Songs for Boys and Girls*, No. 115 Available from ABC

Or the following books of the Bible can be sung to the melody of *Battle Hymn of the Republic* (AKA *Mine eyes have seen the glory of the coming of the Lord*).

### Verse 1

Gen-es-is and Ex-od-us, Le-vit-ic-us and Num-bers,  
Deut-er-on-omy, Josh-ua, Jud-ges, Ruth and Samuel.  
Kings, Chronicles, Ez-ra, Neh-em-i-ah, Es-ther, Job,  
Psalms, Pro-verbs, Ec-clesi-as-tes.

### Verse 2

Song of Solomon, I-sai-ah, Jer-e-mi-ah, Lam-en-ta-tion,  
Ezek-iel, Dan-iel, Hose-a, Jo-el, Am-os, Oba-diah.  
Jo-nah, Mi-cah, Na-hum, Hab-ak-kuk and Zeph-an-i-ah,  
Hag-gai, Zech-ariah, Mal-a-chi.

### Verse 3

Matthew, Mark, Luke, John, Acts, Ro-mans, Cor-in-thi-ans,  
Gal-atians, Ephesians, Phil-ippians, Col-oss-ians, Thes-sa-lo-ni-ans,  
Tim-othy, Ti-tus, Phil-emon, He-bre-ws, James and Pe-ter.  
John, Jude, Rev-e-la-tion.



### Method of Testing

1. Be able to repeat the books in order, **OR**
2. The leader conducts a Bible Drill game in which the Friends are required to find 15 New Testament books in two minutes.

## 2. Hold a current Memory Gem Certificate



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

COMPANION CLASS		
<b>I. GREAT PASSAGES</b>	<b>II. SALVATION</b>	<b>III. RELATIONSHIPS</b>
1. Psalm 119:11 2. Isaiah 53:5 3. Matthew 28:19,20 4. John 1:1-3,14 5. Option_____	1. Luke 19:10 2. Psalm 103:10-12 3. Ephesians 3:20,21 4. Option_____	1. Isaiah 1:18 2. John 1:12,13 3. 1 John 3:17 4. Acts 17:26,27 5. Option_____
<b>IV. DOCTRINE</b>	<b>V. PRAYER</b>	<b>VI. PROMISES/PRAISE</b>
1. 1 Timothy 6:6-8 2. Ephesians 1:8-10 3. Deuteronomy 6:5 4. Acts 2:38 5. Option_____	1. Psalm 34:3,4 2. Matthew 6:6 3. 1 Peter 1:3 4. 1 John 4:7 5. Option_____	1. Psalm 37:3 2. Isaiah 35:10 3. James 4:7,8 4. 1 John 2:17 5. Option_____
<b>I. BEHAVIOUR</b>		
1. 1 Samuel 15:22 2. Romans 12:12 3. 1 Thessalonians 5:15		4. Ecclesiastes 9:5-10 5. Luke 2:51,52 6. Option_____

Write your 7 chosen bible texts below:

Bible Verse	Verse / Summary	Signature
<b>I</b>		
<b>II</b>		
<b>III</b>		
<b>IV</b>		
<b>V</b>		
<b>VI</b>		
<b>VII</b>		

### 3. Choose in consultation with your leader **ONE** of the following:



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

- a. one of Christ's parables
- b. one of Christ's miracles
- c. Sermon on the Mount
- d. Second Advent sermon

And show your knowledge of what Christ taught in **ONE** of the following methods and write as appropriate in the space below:

- a. Group discussion with your leader
- b. Giving a talk at the Pathfinder Club
- c. Writing an essay
- d. Making a series of pictures, charts and models
- e. Writing a poem or song



#### **Summary of what took place:**

#### 4. Read the gospels of Matthew and Mark in any translation:



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

**Write an outline of the Gospel of Matthew:**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# SERVING OTHERS



FOLLOW *Jesus...*  
SERVE OTHERS...

*The purpose of the Service section is to continue to provide opportunity for the Companion class to experience the joy and happiness of serving others.*





1. **By consultation with your leader, work out ways to spend at least two hours in your community demonstrating in a consistent manner, real companionship to someone else.**

**Write a summary of the event you assisted in:**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



You can speak with your COMMUNITY SERVICE leader in church for this requirement and participate in one of their planned activities.

**2. Spend at least one half day participating in a project that will benefit the community or your church.**

**Write a summary of the event you assisted in:**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



This could be any programme including AYS, Sabbath School, Children’s Day or a Community Programme e.g. park cleaning or the BIG LUNCH.


# FRIENDSHIP DEVELOPMENT



*The purpose of the Friendship Development section is to provide an opportunity for the Pathfinder to experience the joy and happiness of being with others.*



**1. Discuss the principle and demonstrate the meaning of respect for people of different cultures and gender.**

 **Some suggested activities:**

1. Invite a foreigner to participate in a panel or special presentation.
2. Evaluate the practicality of the Golden Rule.
3. How do TV programmes strengthen or weaken respect for others?
4. Role play positive relationships.

**ACTIVITY:**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# HEALTH AND FITNESS



*The purpose of this section is to create an awareness that the body is the temple of God and to learn the harmful effects of smoking on health and fitness.*





**1. Memorise and explain 1 Corinthians 9:24-27**

24Do you not know that those who run a race, all run, but one receives the prize? Run in such a way that you may obtain it. 25And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown; but we for an imperishable crown. 26Therefore I run thus: not with uncertainty. Thus I fight: not as one beats the air. 27But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

**1 Corinthians 9:24-27 (New King James Version)**

**Explain the text:**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....


.....

.....

.....

.....

.....

 **Method of Testing**  
Memorization of 1 Cor. 9:24-27, and explanation of the meaning

**B.** Memorise and explain **Daniel 1:8** and either sign the appropriate pledge card or design your own pledge card, showing why you choose a life style in harmony with the true principles of temperance.

### **Daniel 1:8 (New King James Version)**

[New King James Version](#) (NKJV)

8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.



#### **Method of Testing**

Participation in discussion or role play, signing of a pledge, and memorization of Daniel 1:8.

**2. Discuss with your leader physical fitness and regular exercise as they relate to healthful living.**

**Explain the text below:**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**FREE SPACE FOR ACTIVITY:**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Work completed in this section can be used to fulfill requirement for the Physical Fitness Honour.

**3. Learn about the detrimental effects of smoking on the human body.**

**Write a summary of your discussion in this space:**

.....

.....

.....

.....

.....

.....

.....

.....

**DESIGN / STICK YOUR PLEDGE CARD BELOW:**



#### 4. BEGINNER (Advanced) SWIMMING HONOUR

**Complete Intermediate Swimming class / Badge OR pass the following requirements:**

1. Safely perform a compact jump, a fall in entry and exit from deep water.
2. Throw a rescue flotation aid to a partner at 5 metres distance and instruct the partner to kick to the edge.
3. Demonstrate feet first sculling on the back.
4. Demonstrate rotation of the tucked body, keeping the face above the surface of the water.
5. Surface dive, swim underwater, search for and recover an object from water equivalent to the candidate's height
6. **Swim continuously**
  - a. 50 metres with above water arm recovery and
  - b. 25 metres with underwater recovery.
  - c. Recognised stroke techniques must be used.
7. **Survival Sequence**

Dressed in swimwear, shorts and T-shirt, complete the following:

  - a. Scull, float or tread water for 2 minutes.
  - b. Swim slowly for 3 minutes changing survival strokes after each minute.
8. Float for 1 minute using an open ended flotation aid.
9. Answer questions about dangers in the aquatic environment.
10. Extension: Demonstrate introductory butterfly arm action for 5 metres.



# ORGANISATION AND LEADERSHIP DEVELOPMENT



..





# 1. Plan and lead a devotional service for your group



**Consider the following potential times for devotionals:**

1. Start of each Pathfinder Meeting
2. AJY Society Meeting
3. Vespers at church
4. At close of Sabbath while on a hike

**Write a summary of what took place:**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## 2. Help your unit plan a special event such as a party, hike or overnight camp out



**Organisation will include at least the following essential points:**

- a. Meeting place, date and time
- b. Party theme and decoration needs
- c. Who will be invited to attend?
- d. Games to be played
- e. Food preparation and service

**Write a summary of what took place:**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Paste further evidence below e.g. photos on hike, party or camp:**



# NATURE STUDY



*The purpose of this section is to introduce the Companion to the thrill of discovering God's Book of Nature and to develop a sense of accomplishment by completing Pathfinder honours.*



## Plan and take a three-hour or 8 km hike.



### HIKING TRIP PLAN

A trip plan prepares you for the challenges of a hike. Take a copy of your trip plan with you and leave one with your parents or other adult. The parts of a trip plan are:

**WHERE** are you going? Decide on your destination and the route you will travel to reach it and return. For backcountry trips, include a copy of the map with your route marked in pencil.

**WHEN** will you return? If you are not back reasonably close to the time on your trip plan, someone can take steps to locate you and provide assistance if needed.

**WHO** is going on the hike? List the names of your hiking partners. Write down who will transport you to the trailhead, if required.

**WHY** are you going? Going fishing, climbing a mountain, exploring a new area are all good reasons for a hike. Write a couple sentences about the purpose of your trip.

**WHAT** are you taking? Carry the Pathfinder outdoor essentials and list other equipment and clothing you will need.

**HOW** will you respect the land by using Countryside Code?

Departure Date and Time: \_\_\_\_\_

Estimated Return Date and Time: \_\_\_\_\_

Destination: \_\_\_\_\_

Route Going: \_\_\_\_\_

\_\_\_\_\_

Route Returning: \_\_\_\_\_

\_\_\_\_\_

Distance Going: \_\_\_\_\_

Distance Returning: \_\_\_\_\_

Purpose of Hike: \_\_\_\_\_

\_\_\_\_\_

Special Permissions or Permits Needed: \_\_\_\_\_

\_\_\_\_\_

Sources of Drinking Water: \_\_\_\_\_

\_\_\_\_\_

Food for a Trail Lunch: \_\_\_\_\_

\_\_\_\_\_

Equipment Needed:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Clothing Needed:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# 1. Participate in nature games or in a one-hour nature walk.

## New to Walking?

Walking is something to be enjoyed. It is not boring and it is not a hobby for the elderly. At times it can involve hard work, especially when you head off into the hills, but generally you get more out of a walk than the effort you put in. Besides providing an interesting way to keep fit, you see Britain at its best with fascinating insights into the countryside, its wildlife, scenery and of course its weather.

## What Equipment?

Apart from good footwear and some waterproof clothing you need very little equipment to get started. At first you need nothing fancy, go for comfort and footwear with ankle support. If you decide walking is something that interests you, then investment in a good pair of hiking boots would make sense but not when you first start. Waterproof outerwear is essential especially in the British climate. Most of us have at least a basic waterproof and this should be fine until you venture out for longer walks or up into the hills.

When you have decided you enjoy walking and want to extend your "range" then read as much as you can about available products before making a purchase. Boots are perhaps the most essential item and comfort depends on the fit. Many people complain of blisters when they are walking. This is nearly always due to poor fitting boots or inappropriate socks. Remember comfort first - fashion second.

## How far?

Start with short easy walks - perhaps two or three miles - over well marked routes. Setting out a ten mile circuit in the mountains is not for beginners and will probably frighten you off walking for good. Work your way up to something more adventurous perhaps increasing the walk length to five miles over easy terrain. From this base you can then build up your experience and set out on a high level route that requires more experience and greater fitness. Hundreds of walks are featured on this site but before choosing a walk check here for details of how walks are graded, perhaps starting with easy or easy/moderate grades.

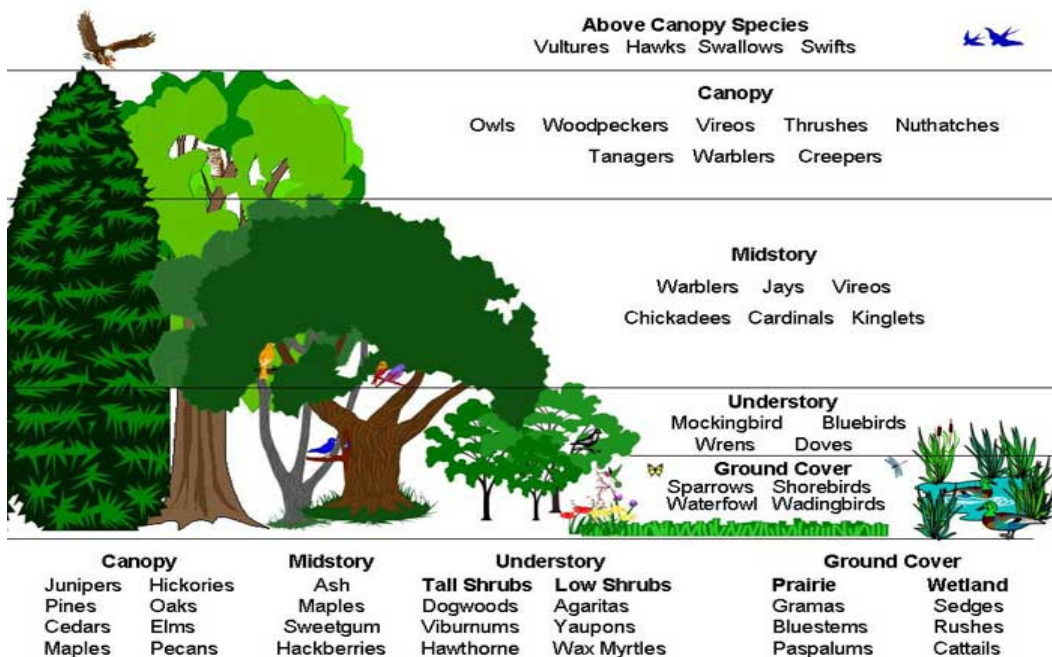
## When to go?

Walking is not just for sunny summer days. It is a year round activity that is often more pleasant in winter than in summer. Why get fit in summer only to let your fitness slip during winter? Why share the footpaths with crowds in summer when you can have them almost to yourself in winter? If venturing out in winter then do take care as clothing and footwear become more critical especially as you gain height above sea level.

## Where to go?

Try walks in your local area first. They may not feature the best scenery or the most dramatic views but they provide a way of getting yourself fit for something more exciting. National Parks, Areas of Outstanding Natural Beauty and the British coast provide the best places to walk and form the basis for many walks to suit all abilities and fitness levels.

SOURCE: <http://www.walkingbritain.co.uk/newwalkers.php>







**2. Complete ONE of the following honours: Amphibians, Birds, Domestic Animals, Poultry, Reptiles, Shells, Shrubs or Trees.**



**Honour chosen** \_\_\_\_\_

**AWARD ACHIEVED:**

Signature \_\_\_\_\_



Please complete Honour Requirements and add any other supporting evidence i.e. photos.

**3. Review the story of creation, and keep a 7 -day outdoor log of your personal observations from nature in which each day focuses on those that were created on that day.**

**Use space on right hand side for drawings, illustrations or pictures**



**Your instructor/counsellor will have a discussion with you about the creation story. Summarise your discussion / findings below:**

Day 1: _____	
--------------	--

Day 2: _____	
--------------	--

Day 3: _____	
--------------	--

Day 4: _____	
--------------	--

Day 5: _____	
--------------	--

Day 6: _____	
--------------	--

Day 7: _____	
--------------	--

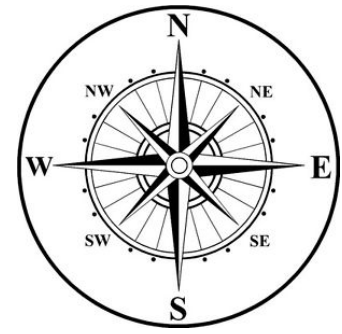
# OUTDOOR LIFE



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



**1. Find the eight general directions without the aid of a compass.**



**Identify and explain at least 6 ways below:**

METHOD	EXPLANATION
1	
2	
3	
4	
5	
6	
7	
8	

**2. Participate in a two night CAMP OUT.**

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

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



**3. Learn or review the Friend knots and Tie and know the practical use of the following knots: sheet bend, sheepshank, fisherman's knot, timber hitch, taut line hitch:**

**KNOTS**

**The Sheet Bend**  (tick when completed)

This knot is used in bending the sheet to the clew of a sail. It is used also when tying two ropes of different thickness together.

For example, if a rope needs to be thrown some distance, a string is first tied to a weight of some kind and thrown. Then use this knot to tie the string to the rope. This knot is also valuable in stretching a sheet for a projector screen or in any other case where a cloth must be tied by the corners with a rope or a string. Make a loop with rope, pass the end of the other rope up through and around the whole loop, then bend it under its standing part.



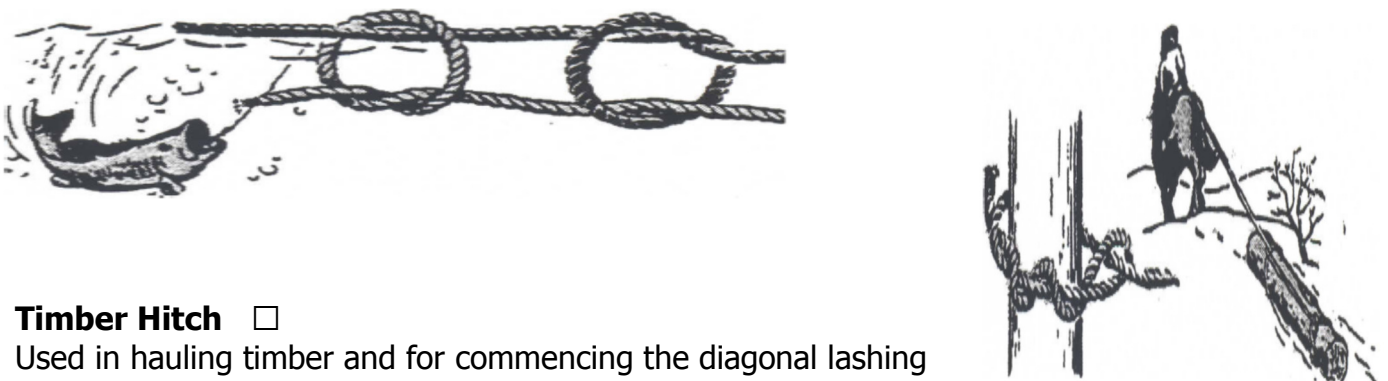
**The Sheepshank**

This knot is valuable for taking up a slack when both ends of the rope are tied, or for strengthening a weakened rope. Gather up the amount to be shortened, then make a half hitch around each of the bends.



**Fisherman's Knot**

Useful in tying together anything smooth and stiff, such as nylon fishing wire. It does not slip and is easily untied. Lay the two ropes parallel, then with the end of each tie an overhand knot about the other. Pull the two standing parts.



**Timber Hitch**

Used in hauling timber and for commencing the diagonal lashing

Pass the end of the rope around the timber. Bring it up and around the standing part, then twist it back about itself two or more times. The weight of the timber will hold it securely.

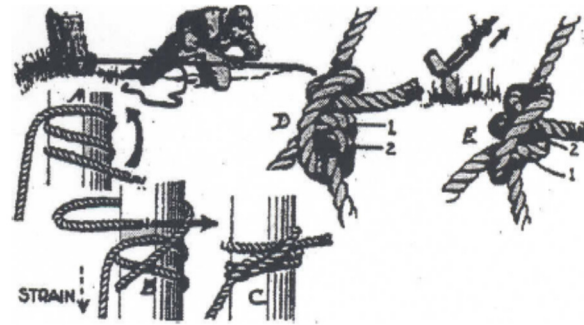
When the knot is used for pulling a log along the ground at least an extra half hitch should be tied along the log in the direction of travel.

### Taut Line Hitch

Used in tying tent rope to pegs. Pass rope around peg.

Tie half hitch then tie second half hitch further up rope.

Pass the round standing part once again locking rope into half hitch. A round turn on the peg may be added if desired.



**Remember to review these knots continuously or they will be forgotten.**

## LASHINGS

### Square Lashing

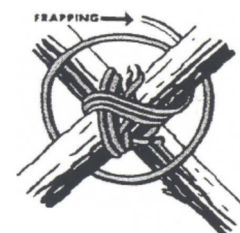
This is used whenever spars cross at an angle, touching each other where they cross. It is started with a clove hitch around the upright spar immediately under the spot where the cross piece is to be.

Twist the end of the rope into the standing part then "wrap" the rope around the cross piece and upright binding them together. In wrapping, rope goes outside the previous turn around the cross piece and inside the previous turn around the upright. After three or four right wrapping turns, make two "frapping" turns between the timbers. Strain them tightly. Finish with clove hitch around end of cross piece. Remember: "Start with clove, wrap three times, frap two times, end with clove".



### Diagonal Lashing

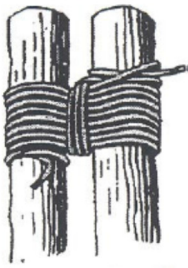
This is used to "spring" two spars together, that is, to lash together two spars which tend to spring apart and which do not touch where they cross. The lashing is started with a timber hitch around both spars. The timber hitch is tightened so as to bring the two spars together. Three or four turns of the lashing are then taken around one fork and three or four turns around the other fork. Two frapping (tightening) turns are taken about the lashing at the point where the spars cross and the lashing is finished off with a clove hitch around the most convenient spar.



### Round or Shear Lashing

This lashing is used for binding together parallel spars and for forming "shear legs" which support bridges and the like. Place the two timbers next to each other. Tie clove hitch around one of them at appropriate place from the top. Bind the two timbers together by laying seven or eight turns of the rope around them, one turn beside the other. Make two frapping turns around the lashing turns between the timbers. Fasten rope with a clove hitch around the second timber. Open out the timbers.

Note: Two shear lashings without frapping's used to lash two timbers into one long one.



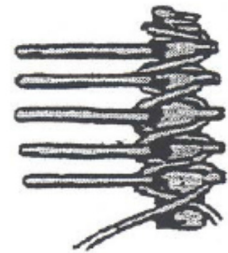
## Continuous Lashing

Continuous lashing holds small sticks at right angles to long sticks and is useful in making table tops, seats, etc. Follow these steps in laying a table top.

- Cut sticks to desired size and trim ends. Next notch the frame and place the cross pieces in correct position.
- Make clove hitch on the frame, in middle of the rope, with knot underneath and ends out to sides. There should be equal lengths of rope on either side of the long stick.

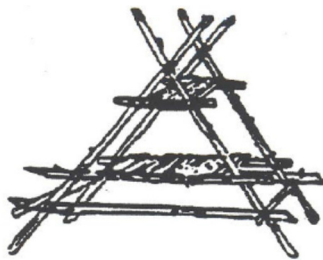
The hitch should be placed so that the ends of the rope pull the knot tight as they come up from under the long stick.

- With one end in each hand, pull rope over one crosspiece and down under frame.
- Cross rope, making an "X". Pull rope tight.
- Bring up and over second crosspiece. Repeat this procedure until all the crosspieces are lashed.
- End with two half hitches or clove hitches and tuck ends of rope under last small stick.



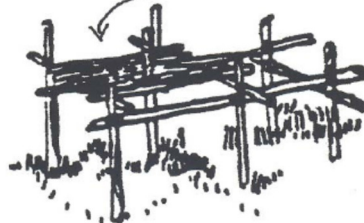
## Camp Furniture

With skills you have just learned in lashing, try making the following camp furniture. If materials are scarce, these models may be built in miniature.



Camp table - use heavy timbers 3 m long

Washup table - bowl here



Washup bowl stand  
wiel rack



### Method of Testing

Demonstration of ability to understand and tie the knots required.

#### 4. Pass a test in Companion First Aid



The completion of the Basic First Aid Honour will satisfy this Requirement.

### COMPANION FIRST AID NOTES

First Aid is the emergency first care given to the sick or injured. The aims of first aid are:

1. Preserve Life
2. Promote Recovery
3. Prevent the injury or illness from becoming worse

#### THE RULES OF FIRST AID (Remember: "D A N G E R")

- D** Danger Urgently assess the situation and beware of dangers to self, onlookers and victim.
- A** A.B.C.D. Of life-sustaining first aid. Act quickly and confidently to check:  
**A**irway - clear and tilt head back if necessary  
**B**reathing - restore if necessary  
**C**irculation - check pulse, control haemorrhage  
**D**egree of Consciousness - note cause, gives treatment
- N** Never leave an unconscious person - place in the coma position and check pulse and breathing regularly.
- G** Get medical assistance when necessary.
- E** Examine the patient for further injuries and treat according to severity.
- R** Reassure the victim, handle him gently, and make arrangements to send patient to hospital, home, etc.

#### THE FIRST AIDER MUST BE ABLE TO ASSESS:

2. History The story behind the accident or illness
3. Signs Difference from normal that can be detected - pallor, pulse, etc.
4. Symptoms Sensations described by the patient - thirst, pain, nausea.
5. Diagnosis making a decision as to what is the matter with the patient.
6. Treatment Decide on priorities and act quickly.

#### THE FIRST AIDER MUST KNOW HOW TO:

1. Take the pulse in the radial and carotid arteries
2. Measure the respiration rate
3. Take the temperature of

	PULSE	RESPIRATION RATE	TEMPERATURE
Adults	60-80/min	12-15/minute	98.6°F 36.9°C
Children	100/minute	15-20/minute	98.6°F 36.9°C
Infants	120/minute	20-25/minute	98.6°F 36.9°C

## FIRST AID KIT

Avoid elaborate equipment and treatment. Remember this is "First Aid".

Add to this basic list as local conditions indicate.

- 1 pair scissors. Surgical type with one round end.
- 1 pair tweezers. For removing splinters and handling non sticky dressings.
- Band Aids, safety pins, cotton wool.
- General antiseptic. Do not use undiluted. 1 teaspoon to 300 mls of water.
- 1 roll ankle wrap 2.5 cm
- Bandages - 4 triangular bandages (sufficient to cover most emergencies) 2 x 25 mm bandage; 2 x 50 mm bandages; 2 x 75 mm bandages; 2 x 75 mm or
- 100mm crepe bandages.
- Eye wash. Especially useful for chemicals, smoke, etc.
- Non-stick dressing. Individual packs. Teflon or Tule Gras type.
- Syrup of Ipecacuanha, 100 mls.
- Methylated Spirits.
- 1 packet sterile gauze squares 5 cm x 5 cm.
- Calamine lotion.

## TREATMENT FOR SHOCK (Now called Circulatory Collapse)

This term refers to a condition met with in all medical emergencies. It is a state of collapse with a reduction of blood volume circulating to the brain and heart.

Shock is caused by loss of body fluid from bleeding, burns, vomiting or diarrhoea, heart attack and poisoning, nervous reaction, and infection.

It is recognised by a cold clammy skin, rapid feeble pulse, rapid shallow breathing, and finally unconsciousness. The patient often feels faint or giddy, nauseated and maybe thirsty. It is best handled by treating the cause as well as:

**R** Rest        Lie the patient down, legs elevated.

**A** Air         Ensure adequate airway. Loosen clothing around the neck, chest and waist.

**W** Warmth    Do not over-heat the body.

## WOUNDS, BRUISES

A wound is a break in the skin allowing entry of germs or damage to deeper tissues.

Cuts of any kind are best treated by:

- Cleaning the surrounding area and the application of a mild antiseptic.
- Covering the wound with a suitable sterile dressing if available.
- If there are embedded objects, do not remove. Apply a ring pad or build up dressing to the area.
- Use gauze dressings direct on a wound, never cotton or wool.
- If stitches (sutures) appear necessary, they should be done as soon as possible. Medical advice regarding tetanus injections should be sought.

## Bruises

A bruise is a minor haemorrhage into the tissues. It can be recognised by pain, swelling, discoloration, and tenderness. The best treatment is elevation, application of an evaporating dressing and the application of a firm bandage. To reduce swelling, evaporating dressing should be applied for 20 minutes. Ice packs, gel packs, water, may also be used, if correctly applied.

## **Bleeding**

Bleeding (haemorrhage) is the loss of blood from the circulation causing reduced blood pressure (weak pulse) and reduced supply of oxygen.

Blood can be lost internally or externally.

External bleeding can be from Arteries (usually bright red and spurts out), Veins (usually darker red and pours out) and Capillaries (as in gravel rash, oozes out).

**Treatment:** Act quickly as blood loss aggravates shock. Stop the bleeding using direct pressure on the wound where appropriate. Bandage, using pad, ring pad, or build up dressing, and elevate the affected part. If bleeding persists after the application of a pad and bandage, add another pad and bandage firmly. Together with rest and elevation, this usually suffices. By resting the patient, we help to reduce blood pressure. Do not disturb clots.

Internal bleeding has all the usual signs of shock, plus the following:

- Severe thirst, restlessness, and air hunger.
- Bright frothy red blood coughed up, indicates bleeding from the lung.
- Blood vomited like coffee grounds, indicates bleeding in the area of the stomach.
- Rest the patient, and secure medical aid speedily.

## **Control of Bleeding from Special Areas**

### **Bleeding from the Nose**

This can be serious if not stopped quickly. Sit patient with the head slightly forward. Loosen clothing around the neck, chest and waist. Instruct the patient not to blow through the nose. Instruct the patient to breathe through the mouth. Apply pressure to flap of nostril for at least ten minutes. Apply cold packs or wet towels to neck, forehead and bridge of nose.

### **Bleeding from Tooth Socket**

Place a firm pad of gauze (not cotton or wool) over the socket and ask the patient to bite on it.

### **Bleeding from Palm of Hand**

- Place a dressing in the hand.
- Have the patient close hand firmly.
- Bandage the fist.
- Elevate in a triangular arm sling, and rest the patient.

Note: The completion of the Basic First Aid Honour will satisfy this requirement. For the requirements of that Honour, check the Pathfinder Honour Handbook.

**Complete the following:**

Know the causes of shock and demonstrate its proper treatment.	
Know the proper steps for rescue breathing.	
Know the proper procedures to assist a choking victim.	
Know the proper procedures to assist a bleeding victim.	
Know the pressure points and how to correctly apply pressure at these points.	
Know the proper procedure to assist a victim of poisoning.	
Demonstrate the proper procedure in splinting various broken bones in the body.	
Know the proper procedure to assist a first, second, and third degree burn victim.	
Know the proper procedure to assist a victim of a chemical burn.	
Know what situations are likely to cause carbon monoxide poisoning and the rescue and treatment techniques for such poisoning.	
Know the proper procedure for giving assistance to the victim of a head injury.	
Know the proper procedure for giving aid to a victim of internal injuries.	



Know the difference between a heart attack, stroke, epilepsy, and simple fainting, and the treatment for each.	
Know how to prevent infection.	
What is the proper treatment for a snake bite?	
What is the proper treatment for animal bites	
What is the proper treatment for insect and spider bites	
What is the difference between heat exhaustion and heat stroke, and what is the treatment for each	
What should you do if your clothes catch fire	
What are the basic fire prevention principles for the home	
What are the basic water safety principles	
What are the ways to save a drowning victim without swimming	
What are the basic electrical safety principles	
How can you prevent food poisoning	



# LIFESTYLE ENRICHMENT



..



# 1. Complete one honour in Arts and Crafts not previously earned.

**Honour Chosen:**

**Signed as completed (Counsellor):**



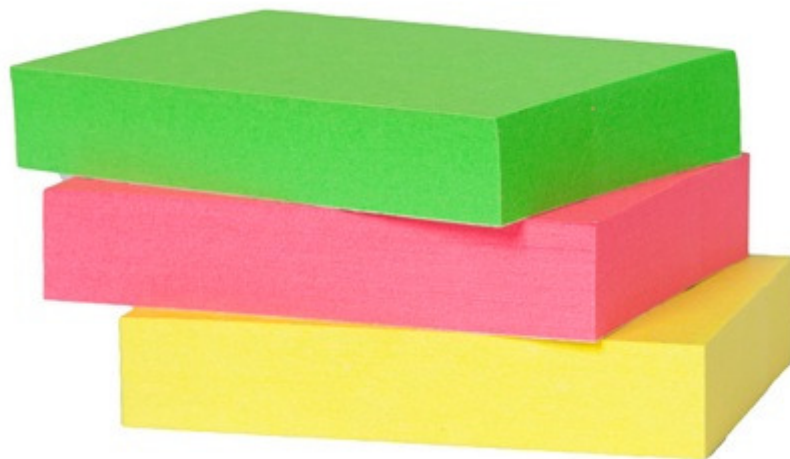
Please insert completed Honour Requirements and any other supporting evidence i.e. photos.

**HONOUR COMPLETED:**

Signature\_\_\_\_\_



# Notes, images etc.



*Please use blank pages for additional information, projects and Advanced Requirement demonstration and activity details.*











