



# 30 Day First Class Challenge

All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.)

Be physically active at least 30 minutes each day for five days a week for four weeks.	Keep track of your activities.	1. Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.	2. Record fitness activities. Demonstrate bandages for: <ul style="list-style-type: none"> <li>• Sprained ankle</li> <li>• Head Injuries</li> </ul>	3. Record fitness activities Demonstrate bandages for: <ul style="list-style-type: none"> <li>• Upper arm injuries</li> <li>• Collarbone injuries</li> </ul>	4. Record fitness activities. With a partner, show how to: <ul style="list-style-type: none"> <li>• Transport a person from a smoke-filled room.</li> </ul>	5. Record fitness activities With a partner, show how to: <ul style="list-style-type: none"> <li>• Transport a person with a sprained ankle at least 25 yards.</li> </ul>
6. Explain the five most common symptoms of a heart attack.	7. Record fitness activities Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).	8. Record fitness activities List utility services in your home. Describe potential hazards with these utilities & how to respond in emergency situations.	9. Record fitness activities Develop an emergency action plan that includes what to do in case of fire, storm, power outage, and water outage.	10. Record fitness activities Explain how to obtain potable water in an emergency.	11. Record fitness activities Visit a selected individual approved by your leader the constitutional rights and obligations as a U.S. citizen.	12. Investigate an environmental issue affecting your community. Share what you learned about that issue with your patrol or troop.
13. Explain what, if anything, could be done by you or your community to address the concern.	14. Record fitness activities On an outing, take note of the trash and garbage you produce.	15. Record fitness activities 2nd outing decide how you can reduce, recycle, or repurpose what you take. Compare your results.	16. Record fitness activities Use a map & compass cover one mile & measure the height and/or width of designated items. (Orienteering Course)	17. Record fitness activities Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system	18. Record fitness activities Using GPS find your location, select a destination, and plan your route there.	19. Explain when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch. Explain uses for it.
20. Record fitness activities Demonstrate tying a square, shear, and diagonal lashings by joining two or more poles or staves together. Explain their uses.	21. Record fitness activities. Use lashings to make a useful camp gadget or structure.	22. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area.	23. Record fitness activities Identify two ways to obtain a weather forecast. Explain why weather forecasts are important when planning events.	24. Record fitness activities Describe at three natural indicators of impending hazardous weather, the potential dangers and the actions to take.	25. Share your fitness challenges and successes once completing 4 weeks.	26. Explain how you have lived 1 of 4 points of the Scout Law_____. (Do not use the same ones from Tenderfoot)
27. Explain how you have lived 2 <sup>nd</sup> of 4 points of the Scout Law_____.	28. Explain how you have lived 3 <sup>rd</sup> of 4 points of the Scout Law_____.	29. Explain how you have lived the 4 <sup>th</sup> point of the Scout Law_____.	30. Explain how you have done your Duty to God for this month.			