



30 Day Second 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. Explain & Show first-aid for: • Object in the eye • Bite of a warm-blooded animal	3. Record fitness activities Explain & Show first-aid for: • Puncture wounds from a splinter, nail, and fishhook	4. Record fitness activities. Explain & Show first-aid for: • Serious burns (partial thickness, or second-degree)	5. Record fitness activities Explain & Show first-aid for: • Heat exhaustion • Shock
6. Explain & Show first-aid for: • Heatstroke • Dehydration • Hypothermia • Hyperventilation	7. Record fitness activities Show what to do for "hurry" cases of: • Stopped breathing • Stroke	8. Record fitness activities Show what to do for "hurry" cases of: • Severe bleeding • Ingested poisoning	9. Record fitness activities Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously.	10. Record fitness activities Explain what to do in case of accidents that require EMS response in the home & backcountry.	11. Record fitness activities Explain what constitutes an emergency & what information you will need to provide to a responder.	12. Tell how you should respond if you come upon the scene of a vehicular accident.
13. With your family, decide on an amount of money that you need to earn, based on the cost of a specific item you would like to purchase.	14. Record fitness activities Develop a written plan to earn the amount agreed upon and follow that plan.	15. Record fitness activities Contact at least three locations, compare the cost of your chosen item, determine the best place to purchase it.	16. Record fitness activities Discuss any changes made to your original plan and whether you met your goal.	17. Record fitness activities Demonstrate a practical use of the sheet bend knot. Explain uses for it.	18. Record fitness activities Demonstrate a practical use of the bowline knot. Explain uses for it.	19. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.
20. Record fitness activities Using a compass and map together, take a 5-mile hike (or 10 miles by bike)	21. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area.	22. Record fitness activities. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.	23. Record fitness activities Demonstrate how to find directions during the day and at night without using a compass or an electronic device.	24. Record fitness activities Describe bullying, tell what the appropriate response is to someone who is bullying you or another person.	25. Share your fitness challenges and successes once completing 4 weeks. Explain the three R's of personal safety and protection.	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 nd of 4 points of the Scout Law _____.	28. Explain how you have lived 3 rd of 4 points of the Scout Law _____.	29. Explain how you have lived the 4 th point of the Scout Law _____.	30. Explain how you have done your Duty to God for this month.			