

# Recreation Index

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## References/Resources

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To list specific books or addresses will make this Honors Handbook out of date almost before it is printed or with in a very short time. Therefore, the following list of suggestions will help you as you prepare to complete or teach the honors listed in this section.

- Adventist Book Center
- AdventSource for answer books
- Associations (National Archery)
- Encyclopedia
- Encyclopedia of Associations—R,060,E56
- Government Agencies (City, County, State, and Federal)
- Internet
- Libraries - school, church, local city
- Magazines & Catalogs
- Organizations (ie, Boy Scouts, Camping, Red Cross)
- Pathfinder Staff/Drill/AY Instructor's Manuals
- Specialty Stores (Aquatic, Camping, Craft, Hobby, Ski,)

## Aquatic Master: Requirements

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Philosophy: Aquatic master honors highlight honors that involve water recreation:

*Note: Basic Water Safety, Beginners and Beginners, Advanced Swimming are introductory swimming courses and thus are not included in this master's list.*

Earn seven of the following honors:

- Canoeing
- Intermediate Swimming
- Kayaking
- Navigation
- Power Boating
- Rowing
- Sailing
- Scuba Diving and/or Advanced
- Skin Diving
- Springboard Diving
- Swimming and/or Advanced
- Water Safety
- Water Skiing
- Windsurfing



## Recreation Master: Requirements

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Philosophy: The Recreation master involves honors of outdoors activities we do that doesn't primarily involve a prize or win/loss. Because there is a Wilderness master, this doesn't include camping. Because there is an Aquatic master, this is land sports & recreation.

Earn seven of the following:

- Caving
- Cross Country Skiing
- Drilling and Marching
- Drumming & Percussion
- Geocaching
- Geological Geocaching
- Gold Prospecting
- Hiking
- Horsemanship
- Kites
- Letterboxing
- Orienteering
- Physical Fitness
- Rock Climbing
- Snowshoeing
- Snowshoeing, Advanced
- Unicycling

## Sportsman Master: Requirements

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Philosophy: The Sportsman master is composed of honors that usually involve a prize / win vs loss

Earn seven of the following honors:

- Archery
- Basketball
- Cycling
- Cycling, Advanced
- Downhill Skiing
- Horsemanship, Advanced
- Soccer
- Softball
- Track and Field
- Triathlon
- Tumbling and Balancing
- Volleyball
- Ultimate Disc

## Wilderness Master: Requirements

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Earn seven of the following honors:

- Backpacking
- Campcraft
- Camp Safety
- Camping Skills IV
- Cold Weather Survival
- Dutch Oven Cooking
- Edible Wild Plants
- Fire Building & Camp Cookery
- Hiking
- Knot Tying
- Orienteering
- Outdoor Leadership
- Pioneering
- Tents
- Wilderness Leadership
- Wilderness Living
- Winter Camping



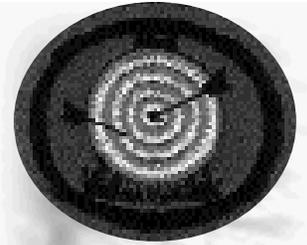
# Archery

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1. Identify the parts of a bow.
2. Identify the parts of an arrow.
3. Name and explain the safety rules for archery.
4. Correctly and safely string a bow.
5. Describe and show how to use the following:
  - a. Arm guard
  - b. Finger tab or glove
  - c. Quiver
  - d. Bow sling
  - e. String kisser
6. Demonstrate the following shooting techniques:
  - a. The stance
  - b. Nocking the arrow
  - c. The draw
  - d. The anchor
  - e. The hold and aim
  - f. The release
  - g. The follow-through
7. Why is it necessary to have an arrow “nocking point” properly positioned on the bow string?
8. Using a standard (Olympic bow) score one of the following:
  - a. Indoors: 30 arrows (5 rounds) at 70.8 feet (18 meters) score 50 points on a 23.5 inch (60 cm) target.
  - b. Outdoors: 30 arrows (5 rounds) at 98 feet (25 meters) score 170 points on a 48 inch (122 cm) target.
9. Know and practice the archery safety rules.

## Skill Level 1

Original Honor 1945



## Archery, Advanced

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1. Have the Archery Honor.
2. Explain the advantages to be found by the target archer in making use of the following equipment:
  - a. Aluminum shaft target arrows
  - b. Bow level
  - c. Bow sight
  - d. Bow sling
  - e. Bow square
  - f. Bow stabilizer(s)
  - g. Clicker
  - h. Flexible arrow plate
  - i. Kisser button
  - j. Plastic arrow fletching
  - k. String peep
3. Explain what is meant by arrow spine.
4. Read the following chapters in The National Archery Association Instructor's Manual:
  - a. Problem Correction
  - b. Advanced Shooting
  - c. Bow Tuning
5. Using a standard (Olympic bow) score one of the following:
  - a. Indoors: 30 arrows (5 rounds) at 70.8 feet (18 meters) score 200 points on a 23.6 inch (60 cm) target.
  - b. Outdoors: 30 arrows (5 rounds) at 196.8 feet (50 meters) score 200 points on 48 inch (122 cm) target.
6. Review and practice the archery safety rules.

### Skill Level 2

Original Honor 1976

# Backpacking

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1. Discuss with your instructor the meaning of the motto: "Take nothing but pictures and leave nothing but footprints."
2. Know the essentials of proper clothing, shoes, and rain gear to use in backpacking.
3. Know the principles in selecting a good quality backpack. In an emergency, what might be used in place of a backpack?
4. Know the essential items to be taken on a backpack trip.
5. What kind of sleeping bag and pad are best for your camping area? Know at least three kinds of each that are available.
6. Know how to pack a backpack properly.
7. What types of food are best for backpacking? Visit a grocery store and list the foods found there that are suitable for backpacking. With your instructor, do the following:
  - a. Prepare a menu for a weekend backpack trip using foods obtained from a grocery store.
  - b. Learn the techniques of measuring, packaging and labeling backpack foods for your trip.
  - c. Make a trail snack.
8. Know the prevention and symptoms of and the first aid for:

a. Sunburn	f. Heat exhaustion
b. Blisters	g. Snake bite
c. Frostbite	h. Cramps
d. Hypothermia	i. Dehydration
e. Heat stroke	
9. Have a first aid kit in your backpack and know how to use it.
10. According to your weight, what is the maximum number of pounds you should be allowed to carry?
11. Know three ways to find direction without a compass. Demonstrate at least two.
12. Show the proper way to put on and take off a backpack alone and with a partner.
13. Participate in a weekend backpack trip of at least five miles (8 km) to a site not accessible by a vehicle and cook your own meals.

## Skill Level 2

Original Honor 1986



## Backpacking, Advanced

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1. Have the Backpacking honor.
2. Have the Orienteering honor.
3. Have the First Aid honor.
4. Review the prevention and symptoms of, and first aid for:
  - a. Sunburn
  - b. Blisters
  - c. Frostbite
  - d. Hypothermia
  - e. Heat Stroke
  - f. Heat exhaustion
  - g. Snake bite
  - h. Cramps
  - i. Dehydration
  - j. Elevation sickness
5. Learn and demonstrate proper and safe techniques for crossing streams while wearing a loaded backpack.
6. Practice the following safety procedures:
  - a. Obtain proper hiking/camping permits for each backpacking adventure.
  - b. Record your backpacking plans and leave a copy with a responsible point person.
7. Plan and take the following:
  - a. Two backpacking trips of at least five miles camping out at least one night.
  - b. Two backpacking trips of at least ten miles camping out at least one night.
  - c. One backpacking trip of at least 25 miles camping out at least two nights.

### Skill level 3

Original 2012

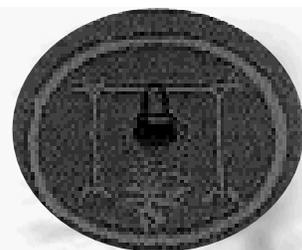
## Camp Craft

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1. Explain how and why weather, season and water supply are considered when choosing a campsite. Explain what care to take with regard to safe water, sanitary facilities and emergencies.
2. Prepare a list of clothing you would need for overnight camping in warm and cold weather.
3. Know and practice the safety rules in camping.
4. Show your ability to use a camp knife by demonstrating or explaining safety rules for its use and for making shavings for tinder.
5. Prepare for overnight camping with a group by making a list of personal items and group items that will be needed.
6. Prepare balanced menus for one cooked breakfast, lunch and supper.
7. Complete the following while on an overnight camping trip:
  - a. Prepare ground properly for comfortable sleeping.
  - b. Correctly pitch and strike a tent.
  - c. Prepare a proper safe area for a campfire. Show proper use of wood tools in getting and preparing fuel for a fire.
  - d. Show how to protect your camp against animals, insects and wet or bad weather.
  - e. Show how to take proper care of the environment as you camp and leave the area with no trace of having been there.
8. Know eight things to do when lost.
9. Camp for a continuous three days and two nights, sleeping each night under the stars or in a tent. Be actively involved in cooking at least two of the meals.
10. Considering the things learned in this honor and the camping done, what is the meaning and the reason for the Pathfinder Camping Code?

### Skill Level 1

Original Honor 1929



# Camping Skills I

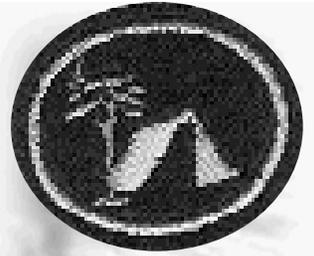
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1. Be at least in the 5th grade.
2. Understand and practice wilderness and camping etiquette, regarding preservation of the outdoors.
3. Know eight things to do when lost.
4. Be familiar with various types of sleeping equipment suitable to location and season.
5. List personal items needed for a weekend campout.
6. Plan and participate in a weekend camping trip.
7. Know how to properly pitch and strike a tent. Observe fire precautions when tent is in use.
8. Know and practice the proper principles for camp sanitation for both primitive and established campsites.
9. Properly use the knife and hatchet. Know ten safety rules for their use.
10. Fires:
  - a. Demonstrate ability to choose and prepare a fire site.
  - b. Know fire safety precautions.
  - c. Know how to properly strike a match.
  - d. Practice building a fire with the use of one match, using only natural materials.
  - e. Demonstrate how to protect firewood in wet weather.
11. Bake bread on a stick.
12. Describe the proper procedures for washing and keeping clean the cooking and eating utensils.
13. Describe sleeping wear and how to stay warm at night.
14. Draw a spiritual object lesson from nature on your camping trip.
15. Explain and practice the motto: "Take only pictures and leave only footprints."

**Note:** The tent color for Camping Skills #1 is blue.

## Skill Level 1

**Original Honor 1986**



## Camping Skills II

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1. Be at least in the 6th grade.
2. Develop a personal philosophy of outdoor etiquette, such as courtesy to other campers and outdoor conservation.
3. Know and understand the following six W's for the selection of a good campsite:
  - a. Water
  - b. Weather
  - c. Wild things
  - d. Willingness
  - e. Wind
  - f. Wood
4. Demonstrate your ability to protect the wilderness and your water source by proper personal hygiene and cooking sanitation.
5. Participate in a weekend campout.
6. Take part in a camp worship service to include one of the following:
  - a. Leading song service
  - b. Sabbath School lesson study
  - c. Story
  - d. Worship thought
7. Know how to safely light and use a camp stove and lantern.
8. Know safety rules and demonstrate your ability to properly cut firewood. Demonstrate how to break dead wood properly.
9. Using fuzz sticks or shaved sticks, build and know the use of a council or criss cross fire and one type of cooking fire. Review firebuilding safety rules.
10. Explain two ways to keep camp food cool.
11. Build two different camp cranes.
12. Prepare camp meals using boiling, frying, and baking.
13. Demonstrate tent site selection. Properly pitch and strike a tent. What precautions should be taken when striking a wet tent? Properly clean, dry, and store a tent.
14. Bedding:
  - a. Show proper ways to stuff or roll your sleeping bag or bed roll for travel.
  - b. Tell how to keep a sleeping bag or bed roll dry on a camping trip.
  - c. Describe how to properly clean your sleeping bag or bed roll.

**Note:** The tent color for Camping Skills #2 is red.

### Skill Level 1

**Original Honor 1986**



## Camping Skills III

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1. Be at least in the 7th grade.
2. Review six points in the selection of a good campsite. Review the safety rules of firebuilding.
3. Go on a weekend campout.
4. Lay the following three fires and tell their uses:
  - a. Hunter's fire
  - b. Reflector fire
  - c. Star fire
5. Know six ways to start a fire without a match. Build a campfire using one of these:

a. Compressed air	d. Friction
b. Curved glass	e. Metal match
c. Flint	f. Spark
6. Know how to properly sharpen a hatchet and knife.
7. Cook a one-pot meal using fresh or dried food.
8. Describe the various types of tents and their uses.
9. How does condensation occur in tents, and how can it be prevented?
10. Demonstrate your ability to anchor a tent down, using the taut-line hitch and two half hitches.
11. While camping, plan and give a ten-minute devotional or organize and lead a nature or Bible game or lead out in Sabbath School, camp church, or camp vespers.
12. Properly locate and build one of the following and describe its importance to the individual and the environment:
  - a. Camp sink and dishwashing area
  - b. Latrine
  - c. Shower
13. Demonstrate four basic lashings and construct a simple object using these lashings.
14. Know how to replace the mantels on a camp lantern. Demonstrate how to refill gas in a camp lantern and stove. Know how to maintain the pressure pump on a camp stove in good working order.

**Note:** The tent color for Camping Skills #3 is green.

### Skill Level 2

Original Honor 1986



## Camping Skills IV

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1. Be in at least the 8th grade.
2. Plan and execute a one-hour Sabbath camping activity other than worship to make the Sabbath a meaningful experience.
3. Write a 200-word report or give a two-minute oral presentation on the preservation of the wilderness, discussing etiquette and conservation.
4. Plan your menu for a two-day camping trip and estimate the cost.
5. Participate in two weekend campouts.
6. Start a fire in wet weather, knowing where to get tinder and how to keep your fire going.
7. Know the wood best suited for making a quick, hot fire.
8. Know the wood best suited for making coals for cooking.
9. Demonstrate how to split firewood.
10. Demonstrate the proper care and storage of camp foods and how to build various caches to protect food from animals.
11. Prepare a camp dinner with soup, vegetables, entree, and drink, all of which must be cooked.
12. Bake your food in a reflector oven.
13. Purify water by three different methods.

**Note:** The tent color for Camping Skills #4 is silver.

### Skill Level 2

**Original Honor 1986**



# Canoeing

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1. Have the Intermediate level of the Swimming Honor.
2. Demonstrate, first alone and then with a companion, the proper method of:
  - a. Entering and launching a canoe
    - (1) From a beach
    - (2) From a landing dock or pier.
  - b. Landing and leaving a canoe
    - (1) On a beach
    - (2) On a landing dock or pier.
3. Accompanied by examining counselor, demonstrate correctly the following strokes:

<ol style="list-style-type: none"><li>a. Bow</li><li>b. Diagonal draw</li><li>c. Half sweep</li><li>d. J-stroke</li></ol>	<ol style="list-style-type: none"><li>e. Reverse half sweep</li><li>f. Push over</li><li>g. Full sweep</li><li>h. Combination draw and J-stroke</li></ol>
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4. Alone and with a companion in both the bow and stern, paddle a canoe in a straight course for 100 yards (91.4 meters). Turn right about and left about. The paddle should be kept always on the same side of the canoe. Demonstrate two kneeling positions for paddling.
5. Demonstrate with a canoe the rescue of a companion who has capsized his canoe offshore by:
  - a. Emptying the swamped canoe of water by drawing it upside down across the gunwales of the rescue canoe.
  - b. Launch the rescued canoe again.
  - c. Steady canoe while companion climbs aboard.
6. Jump out of a canoe in deep water and get back in again in the proper form without shipping water. (Candidate must be accompanied by lifeguard in an equipped lifeboat.)
7. With clothes on:
  - a. Capsize a canoe in deep water.
  - b. Right canoe and stow paddles and kneeling pad.
  - c. Get in canoe filled with water and paddle with hands or paddle for 25 yards (22.9 meters).
  - d. Disrobe, stow clothes and paddle, go overboard, hold on to bow of canoe with one hand, swim and tow swamped canoe to shore.
  - e. Empty canoe properly and land it. (Candidate must be accompanied by a lifeguard in an equipped lifeboat.)
8. Fully satisfy the examiner of a thorough knowledge of safety rules which will make the candidate a safe canoeist and competent to take others out in a canoe. Promise to observe these rules at all times.
9. Explain how to do the following emergency repair work:
  - a. Repairing a one-inch hole in fiberglass, canvas, and aluminum canoe.
  - b. Repairing a broken paddle shaft.



## Skill Level 2

Original Honor 1945

Recreation  
General Conference  
2001 Edition

## Canoeing, Advanced

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1. You need to have earned the Canoe Honor before completing this honor.
2. Plan and take a canoe trip over a school break that will be at least 4 days on the water, using the skills you will learn in this honor to make a successful trip.
  - a. Obtain a map of waterways you plan to use.
  - b. Contact the Forest Service or park headquarters for the area you will be going to for any necessary permits (example: fire, camping and canoeing).
  - c. If needed, make arrangements for your vehicle to be shuttled or for someone to return you to your vehicle. (There are guide services that will perform this for a fee.)
  - d. Find out if you will be charged camping fees for the area you are going to camp.
  - e. Plan the number of miles you will canoe each day and where you plan to camp. (Remember you will not be the only ones on the water)
  - f. Find places to visit and things to see.
  - g. Make notes where portages are and how long they are
3. Planning is part of the fun. It is very important for you and your group to have a good plan for the enjoyment and safety of everyone going. Work together or in small groups to complete #3-16 before you go on your canoe trip:
4. Plan a menu for your trip. Consider your portages you will want to keep your food light weight for easier transporting.
5. Make a list of personal equipment needed for the trip:
6. Make a list of group equipment needed for the trip.
7. Make a list of emergency equipment needed for the trip.
8. Make a personal first aid kit.
9. Define flat water, class one, class two, class three and class four.
  - a. Flat water
  - b. Quick water
  - c. Class I
  - d. Class II
  - e. Class III
  - f. Class IV
10. Demonstrate safety signals. Expedition Canoeing by Cliff Jacobson shows how to do this.
11. Make a portage of  $\frac{1}{4}$  mile or more. You must portage your canoe and your gear yourself or with the help of your partner.
12. Explain what caution you should take on lakes when it is windy.
13. Take a canoe trip of at least 4 days on the water, using the skills you have learned in this honor to make it a successful trip.

14. While on your canoe trip, do one of the following:
  - a. Take pictures of your trip, including pictures of nature. Make a presentation of a selection of these pictures to a group.
  - b. Journal your trip, including spiritual lessons you have encountered and what you have observed in nature while on the trip.
15. God has given us the Bible so we can get to know and understand Him, but He has also given us the book of nature. Take the time to see God through nature on your trip. Share your discoveries, pictures, or journaling with your Church, another Pathfinder Club or Adventurer Club. You can do this by yourself or with others that went on the canoe trip.
16. During worships on the canoe trip share a nature nugget. A nature nugget is something you find in nature that helps you understand a spiritual thought. It can be something you found or did.
17. Depending on the experience of your group consider taking a day or weekend trip to prepare for your extended trip.

### **Skill Level 3**

**New in 2013**

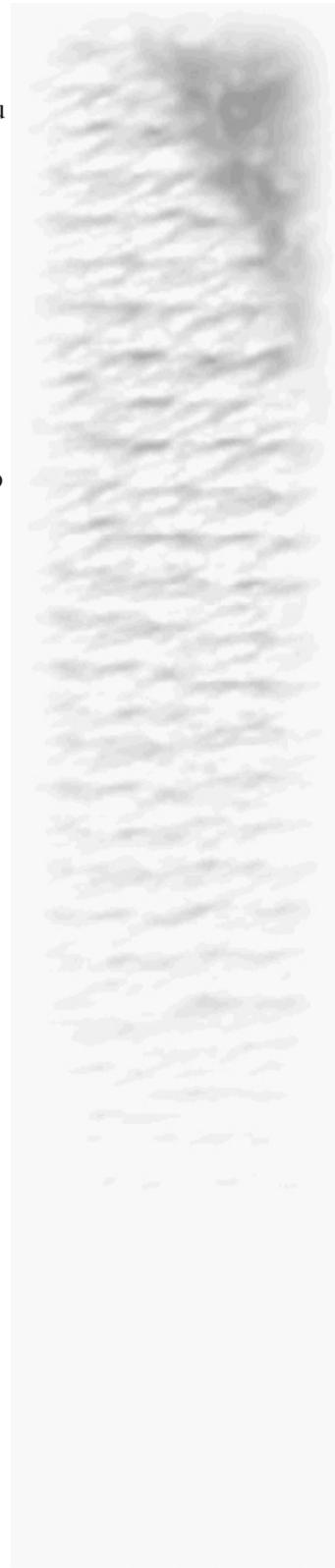
#### **References:**

Expedition Canoeing by Cliff Jacobson

[Gorp.com/weekend-guide/puddling-advice-guide-sp.html](http://Gorp.com/weekend-guide/puddling-advice-guide-sp.html)

Appalachian Mountain Club River Guides

<http://www.boatingsidekicks.com/smartstart800.html>



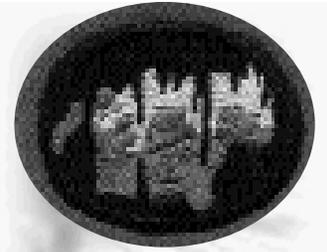
## Caving

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1. Know at least three light sources for caving and the importance of having extra light supplies and backup lights. Have an experienced person in caving show you how a carbide light works.
2. List all equipment needed for a successful caving trip excluding vertical equipment and start putting together your own set of equipment.
3. Locate an experienced caver and join that person in exploring at least three relatively easy caves accumulating a total of ten hours of actual caving time.
4. Keep a log of these explorations, noting date, cave locations, conditions, features, hours spent in each, names of other members in your party and trip leader's name.
5. Learn, know well and practice caving safety rules.
6. Practice "walking" yourself up a steep slope by pulling yourself along a rope.
7. Describe several ways caves were used in Bible times.
8. Participate in the mapping process of a small cave you have explored.
9. Know the names of at least five different speleotherms and three cave dwelling animals. Include in your report those you have observed while caving.
10. Write a report of at least 500 words on ten or more hours of your caving experience and include all you have learned while carrying out the previous nine requirements.

### Skill Level 2

Original Honor 1973



## Caving, Advanced

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1. Have the Caving Honor.
2. Obtain geological survey maps of the area where you go caving. Map out on them the location of all known caves you have explored.
3. Be able to give an explanation for how these caves were formed; what they have in common; what can be expected in them in the way of physical characteristics such as types and extent of formations, effects of prior water activity, presence and nature of fossils, presence and nature of life forms including bats.
4. Obtain proper rappelling equipment and learn how to use it either by studying a book or mountain climbing techniques or locating a person or club group already experienced who are willing to instruct you. Plan and execute a cave trip where it is necessary to rappel at least forty feet (12 meters) and climb back out.
5. Conduct a biological survey of a cave entrance, the cave twilight zone, the deep cave floor, the deep cave wall and the deep cave ceiling. Photograph single specimens of, and identify every form of plant and animal life in each of these troglodytic zones. Compare pictures with nearest natural history museum for help in identification. Publications on cave flora and fauna of the National Speleological Society will help also. Remember slogan, "Take nothing but photographs, leave nothing but footprints."
6. Log 100 hours of caving experience. Keep accurate records of each caving trip.
7. Conduct a caving course, to be climaxed by several field trips for a group of young people in your community or church.
8. Make friends with at least one cave owner. Determine what he expects of cavers exploring his cave, and do more than he expects you to do in following these directions.

### Skill Level 3

Original Honor 1973

## **Community Water Safety**

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Satisfactorily pass the Red Cross – Water Safety Instructor (WSI) or YMCA course equivalent:

### **Skill Level 3**

**Original Honor 1929**

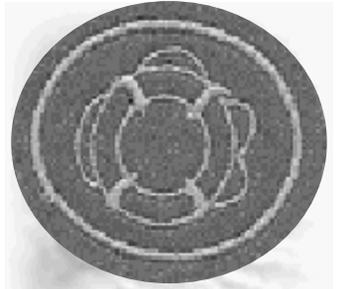
## **Community Water Safety, Advanced**

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Satisfactorily pass the Red Cross – Water Safety Instructor Trainer or YMCA course equivalent.

### **Skill Level 3**

**Original Honor 1963**



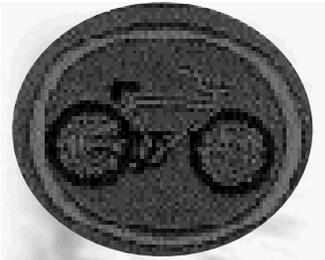
## Cycling

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1. Know the name and explain the purpose of the various parts of a bicycle.
2. Repair a punctured bicycle tire.
3. Take apart, clean, and properly reassemble a bicycle.
4. Adjust the brakes and front and rear derailleur properly.
5. Know and practice courtesy and safety rules in bicycling.
6. What is the advantage of wearing a cycling helmet?
7. Have the following riding record:
  - a. Take three separate 10-mile (16.1 km) rides in different locations.
  - b. Take a 50-mile (80.6 km) ride in ten hours or less.
8. Know how to read a road map by routing out your 50-mile (80.6 km) course and following it accurately on an actual ride.

### Skill Level 1

Original Honor 1933



## Cycling, Advanced

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1. Have the Cycling Honor.
2. Describe how to select the correct frame size, handlebar, assembling, and saddle height to fit one's body size.
3. Describe briefly all the desirable features of a bicycle used for long distance touring.
4. Take apart, clean, and reassemble the bearings in the front and rear wheels, head set, and bottom brackets.
5. True a rear wheel, making sure it is properly dished.
6. Select the front and rear sprockets combination that would give the best results under the following conditions:
  - a. Riding in hilly terrain
  - b. Touring with packs on the bicycle
  - c. Riding in level country
7. Explain how the riding characteristics of a bicycle are affected by:
  - a. The geometry of the bicycle frame including:
    - (1) Head and seat tube angles
    - (2) Fork rate
    - (3) Chain stay length
    - (4) Bottom bracket height
    - (5) Wheel base length
  - b. The kind of wheels used including:
    - (1) Clincher or tubular tires
    - (2) Small or large frame hubs
    - (3) Number of spokes used on each wheel
    - (4) Number of spokes each spoke crosses
8. Make a list of desirable equipment items to be taken on a multi-day bicycle tour, including shelter and cooking equipment.
9. Know safety precautions to observe while bicycling.
10. What are the advantages of drafting? Know how to safely and properly draft.
11. Know the different clothing and safety equipment used in bicycling and the advantages of each.
12. Have the following riding record while working on this honor:
  - a. Make three single-day 20-mile (30.2 km) rides in different locations.
  - b. Make a 100-mile (161.3 km) tour, involving three days of riding.
13. Write a 500-word description or give a three-minute oral report of the 100-mile (161.3 km) tour.

### Skill Level 2

Original Honor 1976

## Drilling and Marching

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1. Explain five or more objectives of drilling.
2. Define the following:
  - a. Formation
  - b. Line
  - c. Rank
  - d. Interval
  - e. Column
  - f. File
  - g. Distance
  - h. Cover
  - i. Flank
  - j. Cadence
3. Explain the actions in each of the following groups:
  - a. At Ease, Stand At Ease, and Parade Rest
  - b. Mark Time, Quick Time, and Double Time
  - c. Hand Salute and Present Arms
  - d. Right (Left) Flank and Column Right (Left)
4. Properly execute the following basic movements:
  - a. Attention
  - b. Parade Rest
  - c. Stand At Ease
  - d. At Ease
  - e. Dress Right Dress
  - f. Prayer Attention
  - g. Present Arms
  - h. Order Arms
  - i. Right Face
  - j. Left Face
  - k. About Face
  - l. Fall Out
5. Properly execute the following movements:
  - a. Mark Time
  - b. Forward March
  - c. Right Flank
  - d. Left Flank
  - e. Column Right (with columns of three or four persons)
  - f. Column Left (with columns of three or four persons)
  - g. Rear March
  - h. Halt
6. Explain and demonstrate how to use, display, fold, and care for the national flag.

### Skill Level 1

Original Honor 1976



## Drilling and Marching, Advanced

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1. Have the Drilling and Marching Honor.
2. With a unit guidon, demonstrate the following basic positions:
  - a. Order Guidon
  - b. Carry Guidon
  - c. Salute at Order
  - d. Salute at Carry
  - e. Present Guidon
  - f. Raise Guidon
3. Demonstrate how and when to use the guidon's basic position during all drill commands.
4. Be a member of an active drill team that has performed at least twice in the past year in a special community, conference, or public activity.
5. Demonstrate ability to keep in step with the drill team and move as a part of it at all times.
6. As a member of a drill team, do four fancy (precision) drill routines, at least one of which includes combination commands.
7. Command a drill team of at least four people, putting the team through basic maneuvers, starting directional commands on the proper foot, and distinguishing between preparatory commands and commands of execution.
8. Command an entire Pathfinder Club in at least ten basic drill movements, including Open Ranks.
9. With a unit (or a selected flag guard), formally raise and lower the national flag at a summer camp ceremony, a special Pathfinder meeting, Pathfinder Day program, camporee, or some similar program or ceremony. Also demonstrate posting the national and Pathfinder flag.

### Skill Level 2

Original Honor 1976

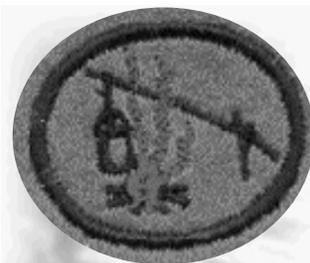
## Fire Building and Camp Cookery

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1. Lay five different kinds of fires and know their uses. Two of these fires must be cooking fires.
2. Safely make wood shavings or fuzz sticks.
3. Show correct techniques for starting a fire.
4. Start a fire with one match and keep it going for at least ten minutes.
5. Know and practice fire safety rules.
6. Show how to correctly and safely cut and split wood for a fire.
7. Start a fire on a rainy day.
8. Demonstrate the following cooking techniques:
  - a. Boiling
  - b. Frying
  - c. Baking bread on a stick
  - d. Aluminum foil baking
  - e. Reflector oven baking
  - f. Simmering
9. Know one method of keeping food cool while camping other than with ice.
10. Know ways to keep your food and utensils safe from animals and insects.
11. Why is it important to keep your cooking and eating utensils clean?
12. Showing knowledge of proper nutrition and food groups, make up a complete and balanced menu for six camping meals. Include the following:
  - a. A breakfast, lunch, or supper good for a trail hike where light weight is important. The meal should not need cooking but should be nutritious.
  - b. The remaining five meals may be made up of any type of food: canned, fresh, frozen, or dried. One of the five must be a one-pot meal.
13. Make up a supply list of items that will be needed to prepare the above six meals.
14. Know how to properly and safely handle food, dispose of trash and garbage, and wash your gear.

### Skill Level 2

Original Honor 1956



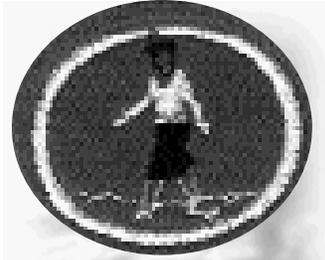
# Hiking

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1. Explain and demonstrate the main points of good hiking practice, such as pacing, speed, resting, and etiquette.
2. Explain the importance and method of proper foot care with regard to cleanliness, care of nails, socks, shoe selection, and first aid of tender or blistered feet.
3. Make a list of proper clothing to be worn on a hike in both hot and cool weather.
4. Make a list of needed gear for a long day hike in the wilderness and a short country hike.
5. List five safety and courtesy rules to be used in wilderness trail hiking and road hiking.
6. Explain the importance of drinking water and list three signs of contaminated water.
7. Explain the importance of proper eating while hiking.
8. Describe proper clothing and foot gear for cold and hot wet weather hiking.
9. Submit a written plan for a 10-mile (16.1 km) hike which includes: map route, clothing list, equipment list, and water and/or food.
10. Use a topographical map and/or a road map in planning and doing one of the hikes in Requirement 11.
11. Have the following hiking record:
  - a. One five-mile (8 km) rural or town hike
  - b. One five-mile (8 km) hike on a wilderness trail
  - c. Two 10-mile (16.1 km) day hikes on different routes
  - d. One 15-mile (24.2 km) hike on a wilderness trail
  - e. Within a month of each hike, write a short report, giving dates, routes covered, weather, and any interesting things you saw.

## Skill Level 1

Original Honor 1933



# Horsemanship

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(Instructor Required)

**Note:** All requirements should be completed in a safe environment with a gentle horse.

1. Label on an outline drawing of a horse, or point out on a live horse a minimum of 15 different parts of a horse.
2. Label on an outline drawing or point out on a real saddle and bridle: Western—minimum of 10 parts of the saddle and 6 parts of the bridle; English—minimum of 9 parts of the saddle and 7 parts of the bridle.
3. Demonstrate and explain the purpose of safety equipment while riding and working around horses—riding helmet and boots (or hard soled shoes with a heel).
4. Demonstrate and explain a minimum of 5 rules to safely approach and lead a horse.
5. Demonstrate and explain a minimum of 5 safety rules for working around horses.
6. Demonstrate and explain safe grooming of a horse using the 4 basic tools—mane and tail comb, curry comb, stiff brush, and soft brush.
7. Demonstrate a safe mount (including tack check) and dismount.
8. Demonstrate a balanced seat while riding at a walk, including circles and reverses.
9. Demonstrate and explain start, stop, circles and reverses using the 4 natural aids—legs, hands, voice, and weight.
10. Demonstrate and explain 5 trail safety rules, including the following:
  - a. Be attentive to leader and alert to danger.
  - b. Use correct spacing.
  - c. Do not let your horse eat along the trail.
  - d. Never move faster than a walk on paved surfaces.
  - e. Always walk your horse when approaching or leaving a group of riders.
  - f. Use correct position for hills and obstacles.
11. Ride on a trail for a minimum of 3 cumulative hours following all safety rules and using correct position.

## Skill Level 1

Original Honor 1961



# Horsemanship, Advanced

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(Instructor Required)

**Note:** All requirements should be completed in a safe environment with a gentle horse.

1. Have the Horsemanship Honor.
2. Label on an outline drawing of a horse, or point out on a live horse a minimum of 30 different parts of a horse.
3. Demonstrate and explain how to care for tack.
4. Demonstrate and explain how to catch and halter a horse safely.
5. Demonstrate and explain how to tie a horse safely with a manger knot and with a bowline knot using the correct length of rope and trying at the correct height from the ground.
6. Demonstrate and explain how to correctly saddle and bridle a horse and adjust stirrup length.
7. Demonstrate the 3 correct positions while riding at a trot/jog including circles and reverses:
  - a. sitting
  - b. standing
  - c. posting.
8. Safely demonstrate an emergency dismount.
9. Ride on a trail for a total of 7 cumulative hours, following all safety rules and using correct position.
10. Demonstrate and explain how to use a hoof pick.
11. Demonstrate proper method to turn out a horse.
12. Identify a minimum of 8 common horse colors, 5 common face markings, and 5 common leg markings.
13. Demonstrate and explain correct spacing, reversing direction and passing other riders in an arena setting at the walk with at least one other rider, following all safety rules.
14. Negotiate a simple three element trail obstacle course set up on level ground riding at a walk. Choose from the following:
  - a. Step over log or pole, maximum height of 16 inches (40.6 cm).
  - b. Pass between 2 barrels or bales of hay spaced 45 inches (1.1 meters) apart.
  - c. Zigzag between poles set at 12 foot (3.6 meters) intervals.
  - d. Walk into a large hey-hole, 15 foot (4.6 meters) circle, turn and exit without stepping on or crossing any borderline.
15. Know how to cool down and care for a horse after a demanding ride.

## Skill Level 2

Original Honor 2000

## Kites

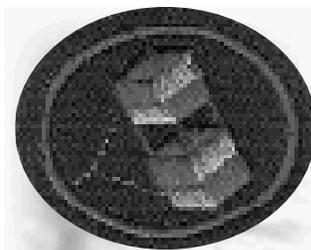
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1. When were kites first made and flown? Name at least three ways kites have helped in scientific research and tell how each has affected the world we live in. Tell the story of Benjamin Franklin and his kite.
2. Name some of the ways that kites might be used today.
3. Explain briefly how kites fly.
4. Define the following terms:

a. Spine	g. Tail
b. Spar	h. Keel
c. Vent	i. Flying line
d. Bowstring	j. Bridle
e. Cover	k. Reel
f. Frame	
5. What is a common cause of kite failure?
6. What should be done when a kite loops during flight?
7. Why is a tail sometimes needed on a kite?
8. Know at least three safety rules for kite flying.
9. Do the following:
  - a. Correctly wind line on a stick.
  - b. Tie broken ends with the fisherman's knot.
10. Make and successfully fly two of the following kites:
  - a. Sled kite
  - b. Flat kite
  - c. Two-stick diamond kite
  - d. Delta wing kite
  - e. Eddy or Malay kite
  - f. Box kite
  - g. Tetrahedral kite

### Skill Level 1

Original Honor 1986



# Knot Tying

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1. Define the following terms:
  - a. Bight
  - b. Running end
  - c. Standing part
  - d. Underhand loop
  - e. Overhand loop
  - f. Turn
  - g. Bend
  - h. Hitch
  - i. Splice
  - j. Whipping
2. Know how to care for rope.
3. Describe the difference between laid rope and braided rope and list three uses of each.
4. Identify the following types of rope:
  - a. Manila
  - b. Sisal
  - c. Nylon
  - d. Polypropylene
5. What are some advantages and disadvantages of synthetic rope?
6. Do the following to rope:
  - a. Splice
  - b. Eye splice
  - c. Back splice
  - d. Finish the end of a rope with a double crown, whipping, or a Matthew Walker's knot.
7. Make a six-foot piece of three-strand twisted rope from native materials or twine.
8. From memory tie at least 20 of the following knots and know their common uses and limitations. Demonstrate how they are used.

Anchor bend	Lark's head
Bowline	Man harness knot
Bowline on a bight	Miller's knot
Butterfly loop knot or Alpine	Packer's knot
Butterfly knot	Pipe hitch
Carrick bend	Prusik knot
Cat's paw	Sheepshank
Clove hitch	Sheet bend
Constrictor knot	Slip knot
Crown knot	Slipped half hitch
Double bow	Slipped sheet bend
Double sheet bend	Square knot
Figure eight	Stevedore's knot
Fisherman's bend	Strangle knot
Fisherman's loop	Surgeon's knot
Halter hitch	Tautline hitch
Hunter's bend	Timber hitch
Lariat or Bowstring knot	Two half hitches

## Skill Level 2

Original Honor 1975



## Navigation

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1. Have the Weather Honor
2. Know at least 20 nautical terms used in navigation.
3. Name at least three aids to navigation and their functions. By whom are these maintained?
4. Name six types of buoys. What do they mean and how are they used? Give the colors of the six you named. How are buoys numbered? How do they mark channels?
5. Box a compass with eight cardinal points. Why is it so important in navigation? Where is it mounted in the vessel, and why?
6. Name four of the most useful knots in seamanship. Know how to tie them and give their principal uses.
7. Familiarize yourself with reading and interpreting a "chart." Why is a chart so invaluable in unknown waters? Give some of the things a chart shows. Give the symbols used on a chart, or two of the most used buoys.
8. When you are taking an active part in navigation, what are three of the best safety rules to follow?
9. What does it mean to be properly equipped? Illustrate.
10. What is meant by "rules of the road" and by "proper water etiquette?"

### Skill Level 2

Original Honor 1953



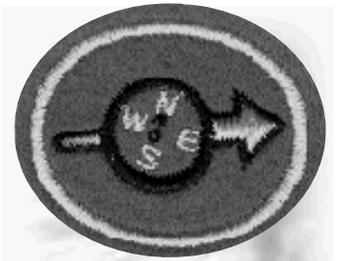
# Orienteering

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1. Explain what a topographic map is, what you expect to find on it, and three uses for it.
2. Identify at least 20 signs and symbols used on topographic maps.
3. Give the nomenclature of an orienteering compass.
4. Know the meaning of the following terms:
  - a. Elevation
  - b. Contour interval
  - c. Magnetic North
  - d. Declination
  - e. Scale
  - f. Measuring
  - g. Back-azimuth
  - h. True North
  - i. Azimuth
  - j. Distance
5. Demonstrate how to shoot a magnetic azimuth.
6. Demonstrate how to march on a magnetic azimuth.
7. Know two methods to correct for declination and when correction is necessary.
8. Be able to orient yourself and a map by inspection and by compass.
9. Explain resection and its use.
10. Prove your ability in the use of a map and/or a compass by following a one-mile (1.6 km) cross-country course with at least five given readings or control points.

## Skill Level 2

Original Honor 1956



## Outdoor Leadership

---

1. Have the following honors: Camp Craft and Camping Skills I-III
2. Earn four of the following honors. From the list below restudy any previously earned honor so you can give a knowledgeable answer to the requirements.
  - a. Backpacking
  - b. Camping Skills IV
  - c. Fire Building and Camp Cookery
  - d. Hiking
  - e. Orienteering
  - f. Pioneering
  - g. Winter Camping
3. Have the First Aid Honor.
4. Know what to do to overcome fear when lost. Know at least four ways to signal for help if lost in the wilderness.
5. Know at least four secular activities and four Sabbath activities to use in an outdoor setting if you have a rainy day.
6. Do the following in an outdoor setting:
  - a. Plan, organize, and do the teaching of one nature honor to a group of youth.
  - b. Assist in teaching camping skills required in any camping honor and/or AY Class requirements to a group of youth.
  - c. Determine where the nearest hospital is located.
  - d. Determine where the nearest assistance from the police or a park ranger can be obtained.
7. Through the Bible and/or the writings of Ellen G. White study and learn how the outdoors influenced the following Bible characters:
  - a. Moses
  - b. David
  - c. Elijah
  - d. John the Baptist
  - e. Jesus
8. Know what considerations should be given in an outdoor setting with a group of youth in the following areas:
  - a. Camping safety
  - b. Fire safety
  - c. Sanitation
  - d. Swimming safety rules
  - e. Rules for conduct
  - f. Proper Sabbath observance
9. List at least six ways you can keep the out-of-doors beautiful for others to enjoy.
10. Know at least ten qualities of a good youth leader.

### Skill Level 3

Original Honor 1986



## Outdoor Leadership, Advanced

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1. Have the Outdoor Leadership Honor.
2. Earn three honors, not preciously earned, from the Wilderness Master Award.
3. Have a First Aid and CPR Honors and a current certificate for them. In addition to these honors, know the prevention and symptoms of, and first aid treatment for the following:
  - a. Hypothermia
  - b. Venomous snake bite
  - c. Heat and sun stroke
  - d. Heat exhaustion
  - e. Poison ivy & poison oak reaction
  - f. Open wound infection
  - g. Altitude sickness
  - h. Dehydration
4. Prepare outlines and present seven different worships to be shared during a camping experience. Utilize scriptural texts and principles, and illustrate these with examples available during the camping experience.
5. Outline a personal testimony that could be used to start a friendship between a person and Christ. The testimony could include how Jesus became your personal Savior, a miracle that has happened in your life, etc. Present this testimony to a group of youth in an outdoor setting.
6. Know how to control the panic of someone who is lost.
7. Develop a search and rescue plan for a specific location, 50 acres (hectors) or more, in your area. This plan should utilize at least ten individuals, and you should coordinate each one's activity and search zone. List specific equipment that might be needed for communication, first aid, and victim transport appropriate for the chosen location.
8. Outline your philosophy for wilderness etiquette. Participate in one to three hours of a wilderness conservation project.
9. Teach at least one honor found in the Wilderness Master group.
10. Know at least four objectives for outdoor leadership in each of the following categories:
  - a. Physical
  - b. Social
  - c. Personal
  - d. Spiritual
11. Know the difference between juniors (10-12 years old) and teens (13-15 years old) in the following areas:
  - a. Physical
  - b. Emotional
  - c. Mental
  - d. Spiritual

(Continued next page)

12. Have seven of the following honors. Any of the honors earned more than two years ago should be restudied so that you can answer any of the knowledge questions included in the honor.
- a. Animal Tracking
  - b. Birds
  - c. Ecology
  - d. Edible Wild Plants
  - e. Ferns
  - f. Flowers
  - g. Fungi
  - h. Geology
  - i. Grasses
  - j. Insects
  - k. Mammals
  - l. Marine Invertebrates
  - m. Reptiles
  - n. Rocks and Minerals
  - o. Shells
  - p. Spiders
  - q. Stars
  - r. Trees
  - s. Weather
13. Plan, organize, and carry out one of the following for one weekend with a group of not less than five:
- a. Outdoor spiritual retreat
  - b. Canoe trip
  - c. Bicycle trip
  - d. Horseback trip
  - e. Backpack trip

### **Skill Level 3**

**Original Honor 1986**

## Physical Fitness

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1. List ten benefits of being physically fit.
2. Know how the following help to achieve a balance for your body:
  - a. Exercise
  - b. Proper eating
  - c. Emotional stability
3. Define the following exercises:
  - a. Isometric
  - b. Isotonic
  - c. Isokinetic
  - d. Anaerobic
  - e. Aerobic
4. Know the meaning of the principles involved in the following exercise program:
  - a. Warm up
  - b. Aerobic exercises
  - c. Cool down
  - d. Calisthenics
5. Know how to determine your heart rate at rest and after exercise.
6. Know how to determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect.
7. Using the four steps given in requirement 4, do a regular exercise program at least four times a week for three months. Keep a chart of the following:
  - a. Type of warm-up exercises performed
  - b. Type of aerobic exercises performed
  - c. How long aerobic exercises were performed
  - d. Type of calisthenics performed

For each exercise period, maintain the minimum heart rate determined in requirement 7 for a period of at least 20 minutes.

### Skill Level 2

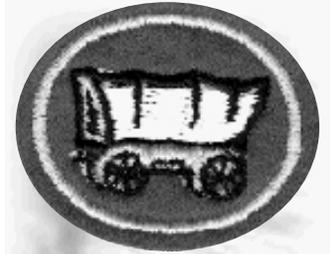
Original Honor 1929



## Pioneering

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1. Describe in writing, orally, or with pictures how the early pioneers met the following basic living needs:
  - a. Housing and furnishings
  - b. Clothing
  - c. Food
  - d. Cooking
  - e. Warmth and light
  - f. Tools and handiwork
  - g. Sanitation
  - h. Transportation
2. Construct a piece of useful furniture by lashing. Learn the following lashings:
  - a. Square
  - b. Diagonal
  - c. Sheer
  - d. Continuous
3. Do one of the following:
  - a. Weave a basket using natural materials.
  - b. Make a pair of leather moccasins.
  - c. Make a lady's bonnet by hand sewing.
  - d. Make a simple toy used by the pioneers.
4. Know how to make flour from at least one wild plant for use in baking.
5. Build a fire without matches. Use natural fire building materials. Keep the fire going for five minutes. You may use the following to start your fire:
  - a. Flint and steel
  - b. Friction
  - c. Electric spark
  - d. Curved glass
  - e. Metal match
  - f. Compressed air
6. Show axmanship knowledge in the following:
  - a. Describe the best types of axes.
  - b. Show how to sharpen an ax properly.
  - c. Know and practice safety rules in the use of an ax.
  - d. Know the proper way to use an ax.
  - e. Properly cut in two a log at least eight inches (20.3 cm) thick.
  - f. Properly split wood that is at least eight inches (20.3 cm) in diameter and one foot (30.5 cm) long.
7. Do two of the following:
  - a. Make a ten-foot (3.0 meters) rope from natural material or twine.
  - b. Tie ten knots useful to the pioneer and tell how they were used.
  - c. Using rope and natural materials, make one device for moving heavy objects.
  - d. Construct an adequate and comfortable latrine.
8. Explain the need for proper sanitation relating to solid and human waste and the washing of body, clothes, and dishes.
9. Assist in the construction of a ten-foot (3.0 meters) long log or rope bridge, using lashings.



10. Know four ways to keep the wilderness beautiful.
11. Do two of the following:
  - a. Make a wax candle or other form of pioneer light source.
  - b. Make a batch of soap.
  - c. Milk a cow.
  - d. Churn butter.
  - e. Make a quill pen and write with it.
  - f. Make a corn husk doll.
  - g. Assist in making a quilt.
12. Know five home remedies from wild plants and explain their uses.
13. Do one of the following:
  - a. Assist in constructing a raft, using lashings. Take a five-mile (8.3 km) trip on a river with this raft.
  - b. With an experienced wrangler, participate in a two-day, 15-mile (25 km) horseback trip, carrying all needed supplies on a pack horse you have learned to pack.
  - c. With an experienced leader, participate in a two-day, 15-mile (25 km) canoe trip, carrying all needed supplies properly. A short portage should be done.
  - d. With an experienced leader, participate in a two-day, 15-mile (25 km) back-pack trip, carrying all needed supplies.

## **Skill Level 2**

**Original Honor 1956**



# Rock Climbing

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Rappel Master Certified Instructor Required.

1. Know and practice the safety precautions that should be followed while rock climbing.
2. Be familiar with and demonstrate the use of the following equipment: carabiners, pitons (various types), jam nuts (various types), runners, and nylon climbing rope.
3. Show how to care for and coil the climbing rope. Know how to tie and use the following knots: bowline on a coil, bowline on a bight, figure eight, ring bend, double fisherman's, and prussik.
4. Know when to rope up into a rope team and type of rope team movement for class three, four, and five climbing.
5. Describe the six different classes of climbing and methods of rating climbs.
6. Show how to static belay by belaying two climbers up in actual climbing. Show knowledge of proper body positions, braking surfaces, bracing and anchoring, and taking in the rope during the use of static belaying.
7. Know and use the following climbing signals: belay on, climbing, climb, up rope, slack, tension, falling, rock, off belay, belay off, belay to point.
8. Using prussik knots and slings, ascend 25 feet (7.62 meters) of vertical rope. Show how to use mechanical ascending devices such as jumars, Gibbs ascenders, etc.
9. Properly free climb up to 5.3 (F3) difficulty on two different pitches a distance of at least 50 feet (15.24 meters) with an upper belay. Understand and practice the following free climbing concepts: rhythm, looking ahead, weight over the feet, balance climbing, counterforce climbing, and jamming.
10. Show how to set up a rappel. Rappel using figure eights or other mechanical brake methods. Do at least two 50-foot (15.24 meters) rappels.

## Skill Level 2

Original Honor 1970



## Rock Climbing, Advanced

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Rappel Master Certified Instructor Required.

1. Have the Rock Climbing Honor.
2. Know and demonstrate the use of all special rock climbing equipment, such as bongs, RURP's, knifeblades, bolt equipment, hero loops, runners, etriers, and mechanical ascenders.
3. Show how to use all free climbing moves, including: foot edging; finger-tip clings; lay backs; hand, arm, foot, and leg jamming; and stemming while climbing at 5.6 (F6) difficulty on practice cliffs using an upper belay.
4. Show how to belay properly and safely a lead climber. Show that you can catch a falling lead climber during a practice fall.
5. Show how to lead and follow (by jumaring) a continuous Class 5 point 6 direct aid pitch of A2 difficulty of at least 20 feet (6.1 meters).
6. Show how to raise and lower, using only normal climbing equipment, an injured climber safely and relatively comfortably. Construct a rope litter and demonstrate its proper use.
7. Participate in at least two multi-pitch climbs of 5.5 (F5) difficulty or above, involving at least 120 feet (36.6 meters) of climbing each and leading at least two of the pitches.
8. Select a minimum of bivouac equipment, including food for a supper and breakfast, and spend one night bivouacked on a rock ledge at least 30 feet (9.1 meters) high and reached by moderate climbing, hauling equipment up by proper rope hauling methods.
9. Demonstrate basic map and compass use. Explain how the map can be useful to the rock climber and how to determine compass bearing from the map.

### Skill Level 3

Original Honor 1970

# Rowing

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1. Have the Intermediate Swimming Honor.
2. With your instructor or counselor in stern, and without assistance, row properly the following:
  - a. A quarter of a mile on a straight course, stop, make a pivot turn, and return to the starting point.
  - b. Back water in a straight line 200 yards (182.9 meters). Make a turn under way, still backing water, and return to the starting point. (Feather after each stroke. Pin rowlocks must not be used.)
3. Demonstrate the following:
  - a. Properly launch and land a rowboat from and to shore.
  - b. Safely assist a person to and from a rowboat alongside a pier.
  - c. Tie a rowboat to a pier using each of the following:
    - (1) Clove hitch
    - (2) Round turn
    - (3) Two half hitches
    - (4) Bowline
    - (5) Hitching tie or mooring hitch
4. Alone, or with the assistance of a person who is a swimmer, swamp rowboat, turn it right side up, get in, and with your hands or an oar, paddle it for 30 feet (9.1 meters). Tell why you should hang onto or get into a swamped rowboat.
5. Shove off from shore or pier alone in a rowboat, approach a swimmer, and maneuver so that the swimmer can be safely towed ashore.
6. Identify and describe a dory, dory skiff, dinghy, punt, and pram.
7. Identify and describe a tholepin rowlock, box rowlock, ring rowlock, and open top rowlock. Tell why pin-type rowlocks are not recommended.
8. What is the advantage of feathering oars while rowing?
9. How would you handle a rowboat in a sudden storm or high wind?
10. How would you calculate the weight that can be safely carried under normal conditions in any given boat under oars?
11. What lights are required on a rowboat at night, both with and without outboard motor?
12. Know how to properly fit out a rowboat, and maintain and care for it during the boating season. Know how to prepare and store the rowboat when not in use.

## Skill Level 2

Original Honor 1956



# Sailing

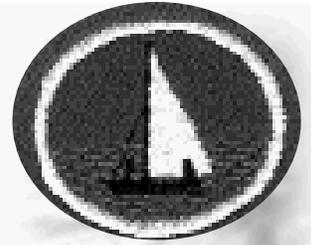
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1. Have the Intermediate Swimming Honor.
2. Know the “rules of the road” for boating.
3. Know how weather conditions and high wave conditions can affect safety and sailing performance.
4. What safety precautions should be followed when sailing?
5. With the help of a friend, do the following:
  - a. Get a sailboat underway from a dock, mooring, or beach.
  - b. Properly adjust sails for the following conditions:
    - (1) Beating the wind
    - (2) Beam reach
    - (3) Broad reach
    - (4) Close reach
    - (5) Downwind
  - c. Change tack by coming about and by jibing.
  - d. Return the sailboat to a dock, mooring, or beach, and prepare it for being unattended.
6. Know how to tie and use the following knots in sailing:
  - a. Square
  - b. Bowline
  - c. Clove hitch
  - d. Figure-eight
  - e. Two half-hitches
  - f. Mooring hitch
7. List ways to care for your sailing equipment throughout the year.
8. Have a knowledge of at least 20 terms used in sailing and their meanings.
9. Identify at least 15 parts of a sailboat.
10. Demonstrate the rescue of a person overboard.\*
11. Demonstrate what to do when a sailboat capsizes.\*

**Note:** \* These requirements should be done under the supervision of an adult, with a rescue boat, to give assistance if needed.

## Skill Level 2

Original Honor 1953



## Scuba Diving

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(Instructor Required)

Satisfactorily pass a standard SCUBA diving course taught by a certified SCUBA diving instructor.

### Skill Level 3

Original Honor 1967

## Scuba Diving, Advanced

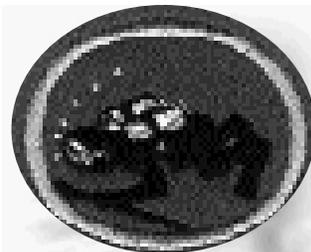
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(Instructor Required)

1. Have the Scuba Diving Honor.
2. Satisfactorily pass an advanced SCUBA diving course taught by a certified SCUBA diving instructor.

### Skill Level 3

Original Honor 1967



## Skiing, Downhill

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1. Know the advantages and disadvantages of flaired and straight skis.
2. How does the sidecut of the skis help the skier turn?
3. What general rules would you use in selecting the proper length of skis and poles for yourself?
4. Know boot designs and how these features can affect your skiing.
5. Why is proper binding adjustment so important? What determines proper adjustment?
6. Know what a safety strap or ski break is and explain its purpose.
7. What should you do if you come upon an injured skier who has not yet received any help?
8. Discuss and practice good sportsmanship at ski areas.
9. What care should be given ski equipment after its use? What should be done with ski equipment before its use each season?
10. Ski intermediate slopes under control and execute turns in good form.
11. Know how to get on and off a chairlift, T bar, or J bar correctly and demonstrate through experience, without endangering yourself or others, your ability to ride this equipment.

### Skill Level 2

Original Honor 1938



## Skin Diving

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1. Have the Intermediate Swimming Honor.
2. Name three prerequisites for a person who wishes to engage in skin diving.
3. What equipment is essential for skin diving?
4. Know the effect of the following factors on skin diving:
  - a. Types of beaches
  - b. Surfs and currents
  - c. Marine life
5. What are the rules of good sportsmanship in skin diving?
6. What safety precautions should be followed while skin diving?
7. Describe the skills involved in communications, hyperventilation prevention, and mask clearing.
8. Demonstrate a practical test in waist-deep water and a qualifying dive in open water.

### Skill Level 2

Original Honor 1961



## Springboard Diving

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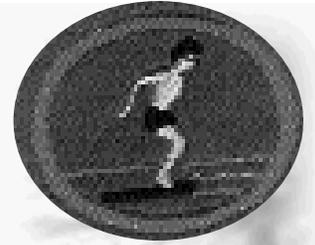
1. Have the Advanced Beginners Swimming Honor.
2. Demonstrate properly the following dives: \*
  - a. Swan
  - b. Front somersault (tuck)
  - c. Half twist
3. Demonstrate properly two of the following dives: \*
  - a. Half twist
  - b. Cutaway
  - c. Somersault front one and one-half
  - d. Back dive
  - e. Back jackknife
  - f. Half gainer (tuck, pike, or layout)
4. State the safety depths of water under a one-meter board, a three-meter board, and a tower. How far should the board project over the pool? What boards are recommended?

**Note:** \* Basis of Judging: Attention position for running dives; attention position on end of board for standing dives based on the following:

- a. Approach
- b. Spring
- c. Way body is carried through the air (layout, tuck, or pike)
- d. Entry into water

### Skill Level 2

**Original Honor 1964**

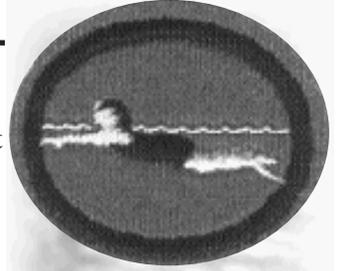


# Swimming – Beginner's

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Have completed the Basic Water Safety honor.

Complete the requirements for Red Cross Level 3 Swim Level or the YMCA Equivalent



## **Water Entry Skills:**

1. Enter water by jumping from the side of the pool or a dock into a safe area.
2. Headfirst entry from the side in a sitting position.\*
3. Headfirst entry from the side in a kneeling position.\*

\* Headfirst entry should NOT be taught unless the water depth is at least 9 feet.

## **Breath Control and Submerging:**

1. Bobbing while moving toward safety – demonstrate in chest-deep water at least five times.
2. Demonstrate rotary breathing at least 10 times.

## **Buoyancy:**

1. On front, demonstrate the survival float at least 30 seconds in deep water.
2. On back, demonstrate moving into a back float in deep water and hold the float at least 30 seconds.

## **Changing Positions:**

1. Change from a vertical to horizontal position on the front, in deep water.
2. Change from a vertical to horizontal position on the back, in deep water.

## **Treading Water:**

1. Demonstrate treading water for at least 30 seconds in deep water.

## **Front Swim:**

1. Push off in a streamline position, then begin the flutter kick. Kick in streamline position 3-5 body lengths.
2. Push off in a streamline position, then begin the dolphin kick. Demonstrate 3-5 body lengths.
3. Demonstrate the front crawl, at least 15 yards, with good rotary breathing.

## **Back Swim:**

1. Demonstrate the elementary backstroke, with smooth finning and whip kick for at least 15 yards.

## **Side Swim:**

1. Demonstrate the side scissors kick for at least 10 yards.

## **Water Safety:**

1. Reach or Throw, Don't Go—reaching assists, demonstrate.
2. Think Twice Before Going Near Cold Water or Ice—discuss/demonstrate.
3. Look Before You Leap—understand and demonstrate.

## **Passing Skills:**

Jump into chest-deep water from the side, swim the front crawl for 15 yards, maintain positions by treading water or floating for 30 seconds and swim elementary backstroke for 15 yards.

## **Skill Level 1**

**Original Honor 1944**



## **Swimming—Beginner's Advanced**

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1. Have completed the requirements for Red Cross level 3 Swim Level or the YMCA Equivalent
2. Complete the requirement for Red Cross Level 4 Swim Level or the YMCA Equivalent.

### **Skill Level 1**

**Original Honor 1963**

## Swimming, Intermediate

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1. Have completed the requirements for Red Cross level 4 Swim Level or the YMCA Equivalent
2. Complete the requirements for the Red Cross Level 5 Swim Level or the YMCA Equivalent

### Skill Level 2

Original Honor 1929



## Swimming

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1. Have completed the requirements for the Red Cross Level 5 Swim level or the YMCA Equivalent.
2. Complete one of the four sections available in the Red Cross Level 6 Swim Level Requirements or YMCA equivalent.

### Skill Level 2

Original Honor 1929





## Track and Field

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1. Know the basic rules, safety considerations, and warm-up exercises for the six track and field events listed below.

2. Run the 100m dash in the time (seconds) for your sex and age as follows:

BOYS				GIRLS			
Age	Sec.	Age	Sec.	Age	Sec.	Age	Sec.
10	8.2	14	7.1	10	8.5	14	8.0
11	8.0	15	6.9	11	8.4	15	8.1
12	7.8	16	6.7	12	8.2	16	8.3
13	7.5			13	8.1		

3. In sprinting, which part of the foot should touch first during the stride? What are the proper arm and head positions?

4. Run the 400m/800m run-walk in the time (minutes/seconds) for your sex and age as follows:

BOYS				GIRLS			
Age	Min/Sec	Age	Min/Sec	Age	Min/Sec	Age	Min/Sec
10	2' 33"	14	2' 01"	10	2' 48"	14	2' 46"
11	2' 27"	15	1' 54"	11	2' 49"	15	2' 49"
12	2' 21"	16	1' 51"	12	2' 52"	16	2' 49"
13	2' 10"			13	2' 52"		

5. Answer the following questions about distance running:
  - a. Find two Bible stories that mention distance runners?
  - b. What are the proper clothes, including shoes, for distance running in your area?
  - c. How long is the average track?
  - d. How far is a marathon race?
  - e. Which part of the foot should touch first during the stride?
  - f. What are the proper arm and head positions while distance running?
  - g. What is the proper way to breathe?
  - h. How does cross-country running differ from running on a track?
6. Run one of the following events at least twice and record the best time:
  - a. 100m hurdles.
  - b. 300m hurdles.
7. Do the high jump with good form at least five times and record the highest jump.
8. Do the long jump three times and record the best length.
9. Run the following relays:
  - a. Blind pass relay

### Skill Levels 1 and 2

Original Honor 1978

# Tumbling and Balancing

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(Instructor Required)

1. List safety precautions each performer and spotter should follow.
2. Describe the basic positions:
  - a. Tuck
  - b. Pike
  - c. Lay-out
  - d. Hyper-extension (arch)
  - e. Squat
  - f. Straddle
  - g. Standing position (extension)
3. Perform the following individual stunts with form and poise:
  - a. Tuck forward roll from squat
  - b. Pike forward roll from standing position
  - c. Dive roll (length equal to one's height)
  - d. Tuck backward roll from squat
  - e. Backward roll from standing position
  - f. Straddle legged backward roll from extension
  - g. Swedish fall
  - h. Frogstand (knee-elbow stand)
  - i. Headstand from frogstand
  - j. Headstand
  - k. Handstand
  - l. Cartwheel
4. Perform with form and poise any six of the following stunts with a partner:
  - a. Chest stand
  - b. Thigh stand
  - c. Knee-shoulder balance
  - d. Front angel balance
  - e. Shoulder stand
  - f. Low knee support
  - g. Thigh balance
  - h. Front angel straddling waist

## Skill Level 2

Original Honor 1976



## **Tumbling and Balancing, Advanced**

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1. Have the tumbling and balancing honor.
2. Perform the following stunts with poise and form:
  - a. Serial cartwheel
  - b. Cartwheel
  - c. Front handspring
  - d. Back handspring
  - e. Round off
3. Go over stretches.
  - a. Legs, ankles, claves
  - b. Arms, wrists
  - c. Back, neck
4. Perform any four with poise and form:
  - a. Front flip
  - b. Tinsica
  - c. Barani
  - d. Front walkover
  - e. Back walkover
  - f. Scorpion poise
5. Perform three balances with form and poise:
  - a. Press handstand from head stand
  - b. One handed handstand, alternate for girls – back walkover headstand
  - c. Pirouette
  - d. Straight arm plank, alternate for girls – control straddle from handstand
  - e. Stag double handstand
  - f. Hand stand press
6. Perform four with stunt partner:
  - a. Toe pitch
  - b. High arm to arm
  - c. High hand to hand
  - d. Star
  - e. High back angel
  - f. High hand to foot
7. Choose to do one with poise and form:
  - a. Rondant back handspring
  - b. Rondant two back hand springs
  - c. Tinsica front somersault
  - d. Back somersault, back handspring

### **Skill Level 2**

**Original Honor 1976**

**Updated 2012**

#### **Pictures and Explanations**

Tinsica – like a cartwheel but you land like a front walk over. Look on YouTube for demonstrations

Darani – Forward somersault with  $\frac{1}{2}$  twist

Scorpion – <http://www.mycheerspace.com/file/pic/poll/2011/08bc14fa57741aec55a3bf17f992be83f.jpg>

Hand to foot – Like it Sounds. The base has the flyers feet in his hands. Can be done if the base lies down and the flyer puts the feet in his hands and he pushes up.

**Recreation  
General Conference  
2001 Edition  
Updated 2012**

## Water Skiing

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1. Have the Intermediate Swimming Honor.
2. Know and practice the following safety rules:
  - a. Never ski at night.
  - b. Never ski during an electrical storm.
  - c. Always wear a ski vest while skiing.
  - d. Check to be sure the vest buckle is securely locked.
  - e. Make sure the ski rope is in good condition.
  - f. Make sure the ski bindings are in good condition.
  - g. Have a spotter or a mirror in the ski boat.
  - h. Stay clear of objects, such as other skiers, swimmers, docks, or floating objects.
  - i. If a fall occurs, let go of the rope.
  - j. After a fall, raise a hand to indicate you are all right.
  - k. Do not stand in the ski boat while it is moving.
3. Know the following hand signals:
  - a. Slower
  - b. Speed okay
  - c. Faster
  - d. Back to dock
  - e. Stop
  - f. Turn
4. Put on skis in deep water. Execute a deep water start on two skis with a full-line rope.
5. Successfully cross both wakes.
6. Identify the following:
  - a. Double ski
  - b. Slalom ski
  - c. Trick ski
  - d. Kneeboard

### Skill Level 2

Original Honor 1961

## Water Skiing, Advanced

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1. Have the Water Skiing Honor.
2. Always wear a ski vest while skiing.
3. Successfully slalom ski, starting from deep water on a full line rope.
4. Cross both wakes on a slalom ski.
5. Make a full 360-degree turn around on one of the following:
  - a. Kneeboard
  - b. Trick skis
  - c. Wakeboard

### Skill Level 2

Original Honor 1961



## Wilderness Leadership

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1. Have the following honors:
  - a. Backpacking
  - b. Camping Skills I-IV
  - c. Fire Building and Camp Cookery
  - d. First Aid
  - e. Hiking
  - f. Orienteering
2. Know and practice the principles of health, safety, and rules of conduct to be used when in the wilderness with a youth group.
3. Know and demonstrate the principles of signaling and rescue.
4. Assist in planning and participate with a group in a mock demonstration of what to do if lost, stranded, or injured in the wilderness. Assist in planning and participate as a leader in a search and rescue operation involving a hidden “injured” person.
5. Demonstrate some skills necessary for wilderness leadership in one of the following areas:
  - a. Tropical
  - b. Desert
  - c. Swamp
  - d. Mountain (rocks, ice, high altitude)
  - e. Temperate forest
  - f. Plain and tundra
6. Understand and demonstrate wilderness and camping etiquette regarding the preservation of the outdoors.
7. Identify in the wild, prepare, and eat ten varieties of wild plants.
8. Learn some of the wilderness leadership qualities of two of the following:
  - a. Moses
  - b. David
  - c. Elijah
  - d. Joshua
  - e. John the Baptist
9. Lead a group in a weekend wilderness camping experience, applying the principles and skills learned in this honor.

### Skill Level 2

Original Honor 1976



## Wilderness Leadership, Advanced

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1. Have the following honors:
  - a. Edible Wild Plants
  - b. Outdoor Leadership
  - c. Wilderness Leadership
  - d. Wilderness Living
2. Know and practice the principles of camouflage and tracking.
3. What physical and mental preparations are necessary before a wilderness experience?
4. Demonstrate some skills necessary for wilderness leadership in two of the following areas not completed for the Wilderness Leadership Honor:
  - a. Desert
  - b. Mountain (rocks, ice, high altitude)
  - c. Plain and tundra
  - d. Swamp
  - e. Temperate forest
  - f. Tropical
5. Demonstrate the construction and operation of two types of snares or traps.
6. Know the points of consideration in the following types of travel:
  - a. Glacial
  - b. Mountain
  - c. Snow
  - d. Water
7. Understand the principles of developing a faith in divine leadership as outlined in Psalms 91.
8. Understand what steps should be taken for the survival of the wilderness.
9. Assist in instructing one honor listed in requirement 1 of the Wilderness Leadership Honor.
10. Build a shelter from non-living but natural materials (such as a debris hut).
11. Plan and participate in a week's wilderness camping experience, applying the principles and skills learned in this honor.

### Skill Level 3

Original Honor 1976

## Wilderness Living

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1. Go on at least two weekend campouts during which you learn the skills called for in this honor.
2. Tell five things to do if lost in the wilderness. Know three methods of determining directions without a compass.
3. Demonstrate three ways to purify drinking water.
4. Know three ways to collect drinking water in the wilderness and demonstrate two of these methods.
5. Demonstrate two methods of judging the height of a tree and the width of a stream.
6. Identify four wild animal or bird tracks.
7. Using a compass, follow a course for more than 100 yards (91.4 meters) with three different headings and less than 5% error.
8. Identify in the wild, prepare, and eat ten varieties of wild plants.
9. Have a personal survival kit of 15 items and know how to use each item.
10. Explain the necessity in wilderness living of adequate sleep, proper diet, personal hygiene, and proper exercise.
11. Have the First Aid honor. In addition to the First Aid honor, know the prevention, symptoms, and the first aid treatment for the following:
  - a. Hypothermia
  - b. Venomous snake bite
  - c. Heat and sunstroke
  - d. Heat exhaustion
  - e. Poison ivy and poison oak
  - f. Open wound infection
  - g. Altitude sickness
  - h. Dehydration
12. Demonstrate two ways to signal for help.
13. Demonstrate the principles of stalking and concealment.
14. Explain how to prepare and provide shelter on the following:
  - a. Snow slopes
  - b. Rocky areas
  - c. Swamps and marshes
  - d. Forests and tundra
15. Prepare a balanced menu for two people for a weekend. Prepare these meals while on a campout over an open fire or a camp stove.
16. Know ways to observe wilderness etiquette and how you can contribute to wilderness conservation.
17. Demonstrate how to tie the following knots and know their uses:
  - a. Bowline
  - b. Bowline on a bight
  - c. Clove hitch
  - d. Double fisherman's
  - e. Figure eight
  - f. Prusik
  - g. Taut-line hitch
  - h. Two half hitches
  - i. Square



### Skill Level 2

Original Honor 1956

Recreation  
General Conference  
2001 Edition

# Windsurfing

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1. Have the Intermediate Swimming Honor.
2. Learn the meaning of the following terms:

<ol style="list-style-type: none"><li>a. Across the wind</li><li>b. Backhand</li><li>c. Basic starting position</li><li>d. Beginner's checklist</li><li>e. Board control</li><li>f. Centerboard</li><li>g. Center line</li><li>h. Center plane</li><li>i. Clew</li><li>j. Forward</li><li>k. Forward hand</li></ol>	<ol style="list-style-type: none"><li>l. In</li><li>m. Jibe</li><li>n. Mast position</li><li>o. Out</li><li>p. Points of the clock</li><li>q. Sail trim</li><li>r. Self rescue</li><li>s. Scissor technique</li><li>t. Tack</li><li>u. Uphaul</li><li>v. Visual reference point</li></ol>
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3. Know the names of the board parts and demonstrate how to rig your own sail.
4. Explain the basics of sailing theory.
5. Define and demonstrate the basic starting position.
6. Define and demonstrate the four steps to tacking.
7. Define and demonstrate the four steps to jibing.
8. List the seven starting sequence steps used to start a sailboard moving through the water.
9. Answer the following questions about safety:
  - a. What safety equipment should be worn while wind surfing?
  - b. Why is it important to know the local weather forecast before going out on the water?
  - c. When first learning to windsurf, why is it important to be in an enclosed or protected area?
  - d. What are the hand signals for "Everything is okay" and "I need help"?
10. How should the sail and sailboard be cared for to keep them in good working order?
11. Successfully sail a sailboard to a visual point of reference and return to the starting position.

## Skill Level 2

Original Honor 1986



## Winter Camping

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1. Earn the Camp Craft Honor.
2. Make up a complete list of necessary camping equipment for winter conditions, such as possible sub-zero ( $-18^{\circ}$  c) temperatures, storms, and snow.
3. Explain the principles of maintaining body warmth and dryness through the proper use of clothing and sleeping gear under all temperatures down to zero while traveling, resting, and sleeping.
4. List and explain the characteristics of winter campsite selection.
5. Describe, or show where possible, the preparation of a level tent site in snow and pitch a tent in winter conditions.
6. Prepare a balanced three-day menu to be used in your winter camping experience.
7. Know how to get water from snow.
8. Know five safety rules of winter camping.
9. Explain the proper steps to take if stranded without equipment in winter conditions.
10. Show knowledge of and ability to prevent, recognize, and care for mild frostbite, hypothermia, mild snow blindness, and dehydration.
11. Spend a total of six days and nights in cold weather camping.
  - a. All nights should have temperature lows in the 40's ( $5^{\circ}$  c).
  - b. Two nights should have temperature lows below freezing ( $0^{\circ}$  c).
  - c. All nights should be spent in tents, tarps, or the open.

### Skill Level 2

Original Honor 1970

