

Explorer Scout Rank Worksheet

For a period of at least four-(4) months as a holder of the Senior Scout Membership Badge.



Requirement 1

Satisfy your parents and Scout Leaders, that you are doing your best to live by the Scout Oath and Law and the Senior Scout Code.

Signature of Parent _____

Signature of Parent _____

Signature of Scout Leader _____

Signature of Scout Leader _____

Requirement 2

Give evidence that you are attending religious instructions and services.

Signature of Religious Adviser _____

Requirement 3

Demonstrate the proper handling and display of the Philippine Flag and respect due to it.

Requirement 4

Explain the proper method of introduction of two or more persons. Demonstrate.

Explain the sending and answering of formal and informal invitations. Demonstrate.

Attend one formal event with a girl or a member of your crew demonstrating proper etiquette.

What formal event did you attend? _____

Who did you attend it with? _____

How did you demonstrate proper etiquette? _____

Requirement 5

Undertake an activity that will enable you to earn and keep in a savings account the equivalent of a minimum daily wage of a worker.

Scout Name _____ Unit # _____ Date _____

Minimum daily wage of a worker PhP _____

What activity did you undertake? _____

Where do you have a savings account? _____

How much were you able to save? _____

Requirement 6

- Participate in a Crew, Outfit, school, or community program on the “Prevention of Drug Abuse”.

When did you participate? _____

- Explain to a group of teenagers the dangers posed by drug abuse and the harmful effects of alcohol and tobacco to the body.

When did you perform this? _____

How many were in attendance? _____

Requirement 7

Demonstrate trail first aid for the following:

- Fever
- Bleeding
- Sunstroke
- Heatstroke
- Animal Bites
- Snake Bite
- Fainting
- Foreign Object in the Eye
- Asphyxiation
- Emergency Transportation of the Injured

Requirement 8

Demonstrate the proper use of the following knots and hitches:

- Rolling Hitch
- Timber Hitch
- Rover Noose
- French Bowline
- Spanish Bowline
- Manharness Knot
- Highwayman’s Hitch
- Scaffold Hitch
- Fisherman’s Knot
- Marlinespike Hitch
- Sheepshank
- Dogshank

- Splice two ropes of the same diameter.
- Splice two ropes of different diameter.

Requirement 9

Send a message of at least 30 words accurately by International Morse Code (using light or flag) to a person stationed over a distance of 100 meters or more.

Scout Name _____ Unit # _____ Date _____

Receive a message of at least 30 words accurately by International Morse Code (using light or flag) to a person stationed over a distance of 100 meters or more.

Requirement 10

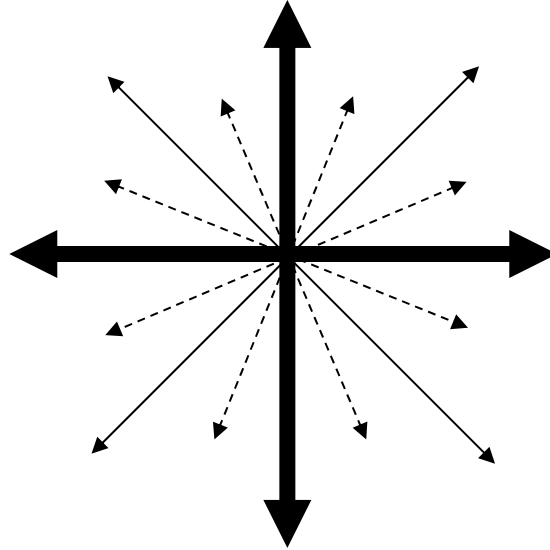
Place where you did your cross country hike: _____

Find and identify five-(5) different tree or shrubs.

Name of Tree or Shrub	Medicinal Use	Other Use	If poisonous, treatment needed when exposed
1.			
2.			
3.			
4.			
5.			

Requirement 11

Identify the sixteen-(16) principal points of a compass. Name them below.



- Using a topographic or sketch map, follow a course at least two-(2) kilometers cross-country or in unfamiliar urban areas using a compass, where available, reading conventional map symbols and contour lines.
- Attach a copy of your map with this worksheet.

Requirement 12

Follow the tracks of a person or animal on soft ground for half a kilometer reading the meaning of the tracks. Record it below:

OR

- Follow the trail of another person, made with trail signs for one kilometer.
- Stalk the person without being seen for 30 minutes and record his activities below:

Requirement 13

Demonstrate proper sharpening, use, and care of the following:

	Sharpening	Use	Care
Knife	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bolo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Without matches or lighter prepare and build a fire for cooking.

Requirement 14

Plan to go on a 14-kilometer hike and cook-out with at least one companion observing proper road and property courtesies.

Sketch the map of your hike route using compass bearing and map symbols.

Requirement 19

Safety Date Earned: _____

Citizenship in the Home Date Earned: _____