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DISTRICT COMMISSIONER'S AWARD NOTES

REVISION – JUNE 2014

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DISTRICT COMMISSIONER'S CORD NOTES

Revision: 2014 June

Notes for District Commissioner's Cord compiled in accordance with the syllabus set out by the Sri Lanka Scout Association.

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Be Prepared and Esto Perpetua.

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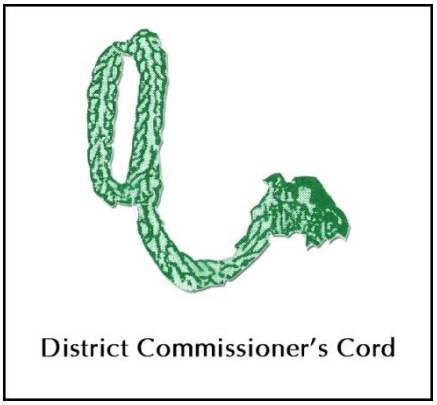
NOTES



1. This booklet consists of **49** pages.

2. This booklet has been typeset in font "Optane" – 14 pts.

3. District Commissioner's Award:

   a. **Proficiency Badges:** Win 4 Proficiency Badges as given below. When attempting the badge, if the Scout is under 15 years of age he should select the badge syllabus for under 15 and if over 15 years of age he should select the badge syllabus for over 15:

      i. Happy Home Badge
      ii. Any one badge from the Camp Craft group other than the Venturer badge.
      iii. Missioner / Public Health badge
      iv. First Aid /Ambulance badge

      If desired the Scout could do up to 04 more proficiency badges other than from the following groups: Farmer, Seaman, Airman, Education and Culture groups. A Scout should start working for the Quartermaster badge only after completing 15 years of age.

   b. **Service:** At least after 9 months service after the completion of the Scout Award.

   c. **Eligibility:**
      i. If the Scout has won the Scout Award, he could start work on this Award soon after he is 12 years of age.
      ii. A Scout, who has completed all these requirements, is awarded with the District Commissioner's Cord after the age of 13 years.

SAVINGS

Continue the savings account without a break.

PERSONAL LOG

Continue with records of all activities – completion of requirements for the awards and proficiency badges tested and passed should be recorded.

PATROL LOG

Contribute to the Patrol Log Book. A Patrol Log Book contains the progress of the patrol, records of camps, hikes, award presentations, good turns, new and creative ideas, recipes, photographs, sketches, songs, poems etc.

HOBBIES

Should choose a hobby from the items given below and engage actively in his chosen hobby for about 3 months. A description must be written in the log book as to what benefits the relevant hobby had on the life of the scout: e.g. Musical Band, Choir, Art Circle, Writers' Circle, Handicraft, Debating Society etc.

Given below are descriptions of a few of such hobbies that can be practised by the Scout:

1. Performing Arts:

Many hobbies involve performances by the hobbyist, such as singing, acting, juggling, magic, dancing, playing a musical instrument, martial arts and other performing arts.

2. Cooking:

Cooking requires applying heat to a food which usually, though not always, chemically transforms it, thus changing its flavor, texture, appearance, and nutritional properties. It encompasses a vast range of methods and tools, and may also be used to improve the digestibility of food. It may require the selection, measurement and combining of ingredients in an ordered procedure in an effort to achieve the desired result. Constraints on success include the ambient conditions, tools and the skill of the individual cook

3. Gardening:

Gardening most often takes place in or about one's own residence, in a space referred to as the garden. Although a garden typically is located on the land near a residence, it may also be located on a roof, in an atrium, on a balcony, in a window box, or on a patio.

4. Reading:

Reading – such as reading books, e-Books, magazines, comics, or newspapers, along with browsing the internet is a common hobby, and one that can trace its origins back hundreds of years. A love of literature, later in life, may be sparked by an interest in reading children's literature as a child.

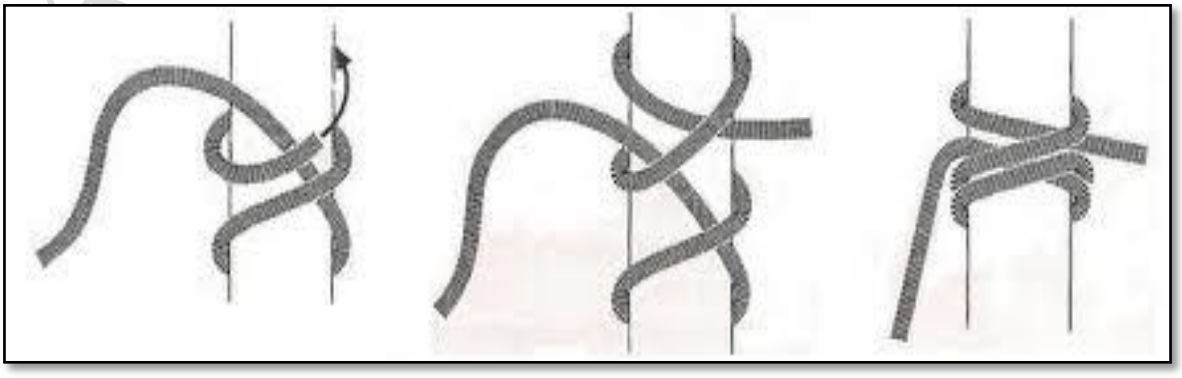
5. Sports:

People who enjoy playing sports may be amateur athletes who play recreationally.

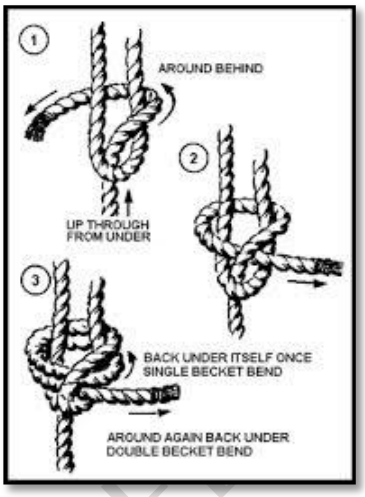
FOUR KNOTS

1. Rolling Hitch:

This useful knot will not slip even on smooth surfaces. This knot is really clove hitch with an extra turn in the direction of the strain on the standing part. The diagram explains how the hitch is done.



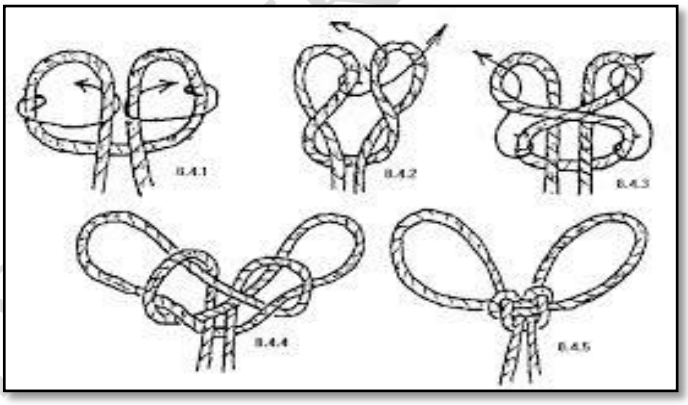
2. Double Sheet Bend:



If the ropes are of very different thickness or wet there is a risk , unless the tension is steady, that the knot may hold fast, so this case we make another turn with the thin rope and tuck it a second time between itself and the loop.

3. Fireman's Chair Knot:

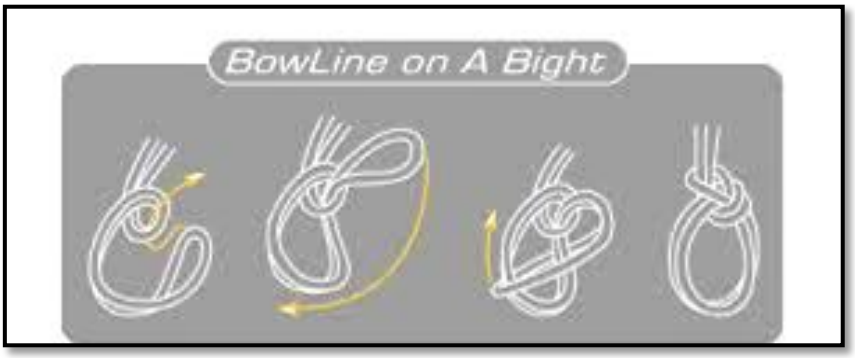
A fireman's chair knot (or simply chair knot) is a knot tied in the bight forming two adjustable, lockable loops. The knot consists of a handcuff knot finished with a locking half hitch around each loop. The loops remain adjustable until the half hitches are tightened.



This knot can be used as a rescue harness capable of supporting a person while they are being lowered to safety. One loop supports the body, around the chest and under the arms, and the other supports the legs, under the knees. Tied towards the middle of a line, one end is used for lowering and the other manned below to control the victim's position with respect to hazards during the descent.

4. Bowline on a Bight:

Bowline on a bight is a knot which makes a pair of fixed-size loops in the middle of a rope. Its advantage is that it is reasonably easy to untie after being exposed to a strain. This knot can replace the figure-eight knot when tying into a climbing harness. However, it is critical to use a strong backup knot with plenty of tail beyond the knot.



FIRE LIGHTING - 7 FIRE PLACES

1. Star Fire:

- Collect some embers
- Place the fire wood on the ground like the spokes of a wheel with one end facing the embers
- When the logs / firewood burns. Keep pushing it towards the fire.
- This fire can be used to cook, for warmth and for light during the night.

2. Trench Fire:

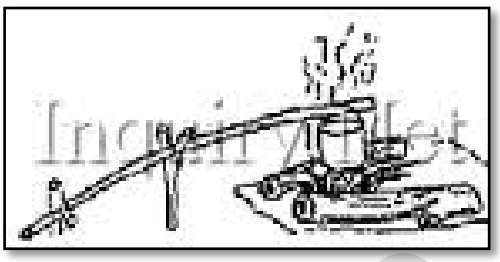
- Trench fire is used mainly for cooking.
- Possible to keep during bad weather.
- When placing a steel net over the ditch. It is eligible to keep pans on it.
- The ashes can be easily removed thro ugh the ditch thus giving an efficient fire.

3. Pyramid Fire:

- Can be built by making a cone fire and building a pyramid around it by arranging sticks in a square pattern or by making the pyramid with twigs going across the squares in the middle.
- Is considered ideal for a campfire.

4. Crane Fire:

- Make a 'u' and make a crane behind it facing the inner portion of the 'Y'.
- Hang a kettle / saucepan and build a cone fire in the middle of the 'Y.'
- The main purpose of this fire is for cooking.



5. Log Cabin Fire / Cob House Fire:

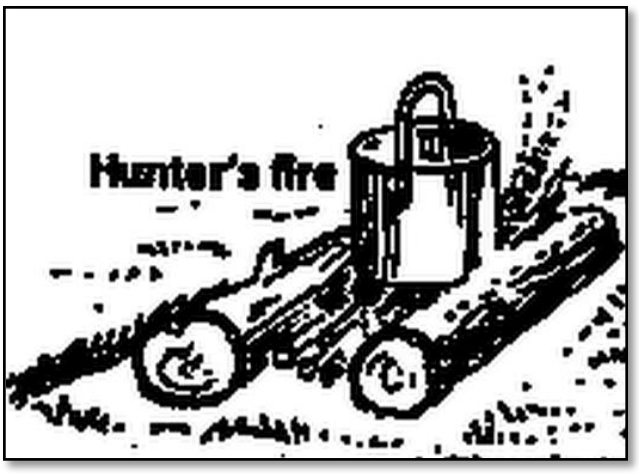
- This is used by those in a forest to cook food in high temperature.
- An improvised version of this can be used for B.B.Q

6. Nomad Fire:

- The most easy/common way of cooking is by use of this fire.
- However it is considered disadvantageous since the fire might blow out of lack of oxygen and since a lot of neat is released to the environment.

7. Hunters' Fire:

- Place 2 logs parallel to each other on the ground.
- Fix two logs on them and attach a wire net on the two logs above.
- Make a fire is capable of lasting a long time.
- The log protects the fire from the wind.



It is important to note that when constructing these fires, natural resources have to be used at all times, as these fires are meant to be useful under such circumstances where modern household types of fires are not available.

TEN BIRDS

Identify 10 birds, their colour, size, calls, habitat, colour of eggs etc.

Following is a specimen list of articles on birds:

1. The Sri Lanka Spurfowl:

The Sri Lanka Spurfowl (***Galloperdix bicalcarata***) is a member of the pheasant family which is endemic to the dense rainforests of Sri Lanka.

It is a very secretive bird, and despite its size is difficult to see as it slips through dense undergrowth. Often the only indication of its presence is its distinctive ringing call, consisting of series of three-syllabled whistles. Kitulgala and Sinharaja are sites where there is a chance of seeing this bird.

This spurfowl is one of three species of bird in the genus Galloperdix. It is a ground nesting bird, which lays 2-5 eggs in a scrape.

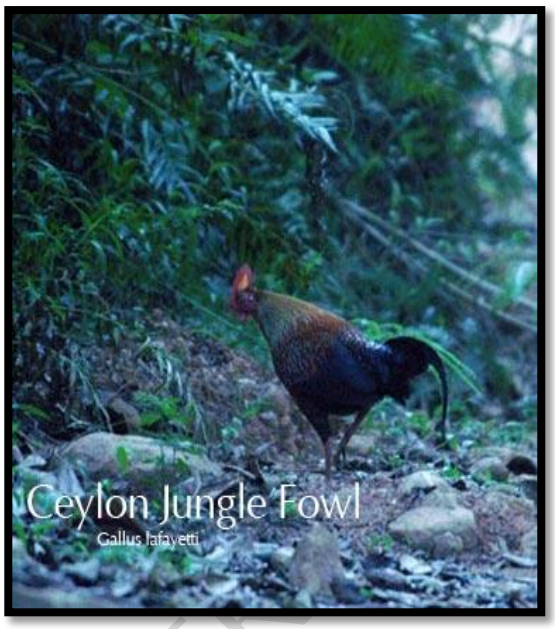
Sri Lanka Spurfowl is ~37 cm long bird. Both sexes have brown upperparts, wings and tail. The males exhibit vivid crimson red legs and bare facial skin.

Like most of the Peacock-Pheasants, Sri Lanka Spurfowl is a seasonally terrestrial species. It scratches vigorously amongst the leaf litter of the forest floor for invertebrates, especially mollusks and insects. It will also take various seeds, fallen fruit and spiders

2. The Ceylon Junglefowl:

Haban Kukula is a fairly common bird. It spends its life in forest or its outskirts, never venturing far from cover, though, especially in wet weather, it likes to frequent open places, such as roadsides or glades.

The food of the Haban Kukula consists of grain, weed seeds, berries, various succulent leaves and buds, and a large proportion of small animals, such as crickets, centipedes and termites. When nillu flowers and



seeds in up-country jungles prosper, junglefowls migrate to these areas in large numbers to fatten on the abundant seed.

The main breeding season is in the first quarter of the year, but often a second clutch is laid in August-September, and breeding may go on throughout the year. The nest is often a shallow scrape in the ground, concealed by herbage, at the foot of a tree or beside a dead log. The eggs number two to four; they are creamy-white, some very finely peppered, and other more boldly but sparingly speckled with brown.

3. Black capped bulbul:

Rather smaller than the Red-vented Bulbul. In general coloration somewhat like the preceding species, but at once distinguished by its black cap and white-tipped, dark-brown tail.

It is found in pairs or small parties. Its call-note is a plaintive, minor-key whistle on an ascending scale, something like *yor, yer ye*, or *wer wer we we* - each syllable higher than the last.

The nest is very similar to the small ones of Red-vented Bulbul. It is a cup, composed of small twigs, rootlets, etc., rather flimsily built, and line scantily with fibres. It is well concealed among foliage, either in a low bush or in a small tree growing in a wooded ravine or on the outskirts of forest, etc.

The eggs normally number two and they resemble small ones of Red-vented Bulbul, being pinkish white, heavily spotted and speckled with reddish brown. Black-capped Bulbul is found in throughout the hills, up to at least 4,000 feet, and in scattered colonies in the dry zone except in the most arid parts. It prefers forest varied by open country, shoals and the like, to dense forest.

4. The Ceylon Wood Pigeon:

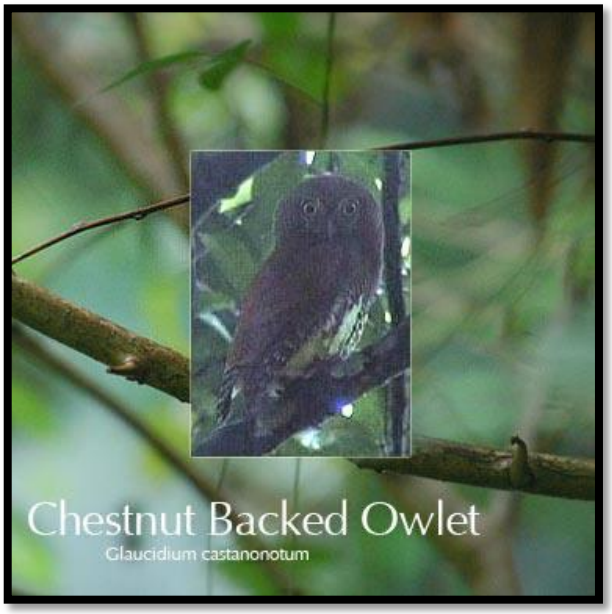
It is about the size of the domestic pigeon, but with a long tail. Young birds are duller, and have only a trace of the black and white 'chessboard' patch on the side of the neck. Exclusively a forest dweller, it lives in pairs though small flocks will form where food is abundant. It is strictly arboreal, feeding on a variety of small jungle fruits and berries, among which the fruits of the wild cinnamon are much liked.

The breeding season is from February to May, and again from August to October. The nest is the usual pigeon-type, scanty platform of twigs; it is placed among foliage and twiggery in the canopy of a forest tree, or in the top of a tall sapling, usually at height of fifteen to twenty feet. The single, white egg measures about 38.5 X 28.2 mm.

This handsome pigeon is confined to the hill forest of Sri Lanka. It s normal range is from 3,000 feet upwards to the highest elevations.

5. The Chestnut-Backed Owlet:

It is about the size of the Collared Scops Owl. This little owl is very like the last species in shape, size, and general appearance but it is chestnut on back, scapulars, and wing-coverts, and has white under parts marked with blackish shaft-streaks, and bars on the flanks. Some specimens have white spots on the outer scapulars.



It is shy and wary, and as it frequents the tops of tall trees, usually on steep hillsides, it is seldom seen. It is very diurnal in habits, often hunting and calling in broad daylight. The *Mukalan Bassa* feeds mainly on insects, such as beetles, but also captures mice, small lizards, and small birds, on occasion; most likely,

the larger vertebrate forms of prey are taken only when young are being fed.

The breeding season is from March to May, the eggs being laid on the bare wood in a hole in the trunk or limb of a tree. The two glossy white eggs measure about 35 × 28.2 mm.

This owl appears to have been fairly common in many parts of the southern half of the Island, especially the hills and wet-zone low country extending to outskirts of Colombo.

6. The Ceylon Grey Hornbill:

Its size is about that of the Black Crow, but with much longer bill and tail. Sexes are more or less alike. It lives in pairs or small flocks except when some wild fig tree is in fruit, when large numbers will assemble to feed on the fruit. In spite of its size it is often very inconspicuous as it has a habit of sitting quietly among foliage, in a very upright position, turning its head stealthily in all directions while scanning the environment for food.

Its favourite abode is the medium levels of tall forest, where hanging creepers and lianas supply convenient perches as well as concealment. The breeding season is from April to August. The nest is cavity in the bole of a large tree, usually at height from the ground. The eggs number one to three and are white.

This hornbill is common in all low-country forested areas, both wet and dry zone, and it occasionally ascends the hills to 4,000 feet though it is decidedly rate at such elevations.

7. The Spotted-Winged Thrush:

It is between the bulbul and the mynah in size. Sexes are alike. It is rather shy but also inquisitive; a singing male easily decoyed within sight by whistling an imitation of its song, which is rich, varied and sweet-toned

performance, usually uttered from a perch in the lower branches of the tree-canopy.

It feeds on insects, worms, etc., and probably also on berries. They have two breeding seasons. One is in March-April and other is in August-November. The nest is placed in a fork of a sapling, balanced on cardamom-fronds, or in the crown of a tree-fern, etc., in forest. This thrush is found throughout the hills, ascending to 7,000 feet; throughout the low-country wet zone; and in scattered localities in the dry zone. It is a bird of forest, or well-wooded country.

8. The Dusky-Blue Flycatcher:

It is Sparrow sized. Sexes are similar. It is not a shy bird. It feeds mainly on flying insects, beetles, caterpillars and the like, but also eats berries such as wild yellow raspberry, lantana, etc. It has a sweet rather loud song. The main breeding season is in the first half of the year, March and April being the favorite months; but a second – or a third-brood is often reared in August-September. The nest is a compact mass of green moss, with a neat, rather deep cup in the top, lined with fine black fibers, probably fern roots. The site is always well shaded, but not always well concealed. The normal clutch is two, but occasionally three eggs are laid.

The flycatcher is confined to the hills above 2,000 feet, but is not common below 3,000 feet. It inhabits forest or well-wooded ravines on estates, gardens, etc., where plenty of shady trees give it the seclusion it loves.

9. The Red-Faced Malkoha:

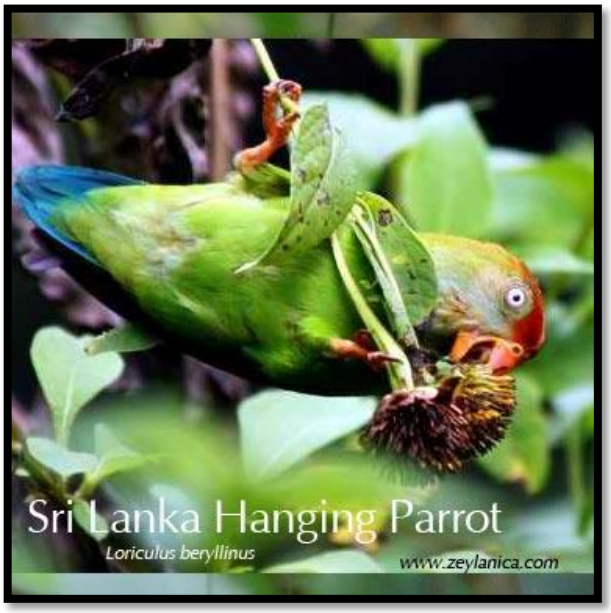
It is about the length of Common Coucal, but more slenderly built and with, proportionally, a much longer tail. Sexes are alike, except that the female has white irides-those of the male being brown.

This handsome bird cannot be mistaken for any other species on the Sri Lankan list. It inhabits tall forest, and lives either solitary, in pairs, or in small flocks. It is shy and restless, a dweller in the tree canopy, where, like the last species, it cleverly threads its way through tangled twigs, creepers and foliage. The breeding season is in the first half of the year and probably again in August-September. The nest is described as a shallow saucer of grass, roots and twigs, very carelessly put together, and placed in high bushes in forest with thick undergrowth. The two or three eggs are white.

The Red-Faced Malkoha is regularly seen at Sinharaja and few other remaining rain forests, frequently associating with feeding waves. It is also found in scattered riverside habitats in the dry zone, such as Lahugala, Wasgamuwa, Manik Ganga and Kubukkan Oya.

10. <u>Sri Lanka Hanging Parrot:</u>

It is the size of a House Sparrow. Sexes are alike, but the female is duller, coloured than the male, and has only a trace of pale-blue throat-patch; young birds have the head all green, but otherwise resemble their parents.



It is strictly arboreal, never descending to the ground. Although often solitary, companions are never far away, and it keeps them informed of its movements by constantly uttering, while o the wing, a sharp three-syllabled whistle *twiwit twit... twi twi twit*. The lorikeet is a convivial little bird, delighting in juicy fruits, the nectar of flowers (especially dadap and red cotton), and the juice of palms collected in toddy-drawers' pots. The lorikeet breeds in the first half of the year, and sometimes again in July-September. This brilliantly-colored little parrot is found everywhere in the hills up to 4,000 feet, and in the north-east monsoon it ascends a thousand

feet higher; it also inhabits the low-country wet zone and parts of the dry zone to the south of the Northern Province.

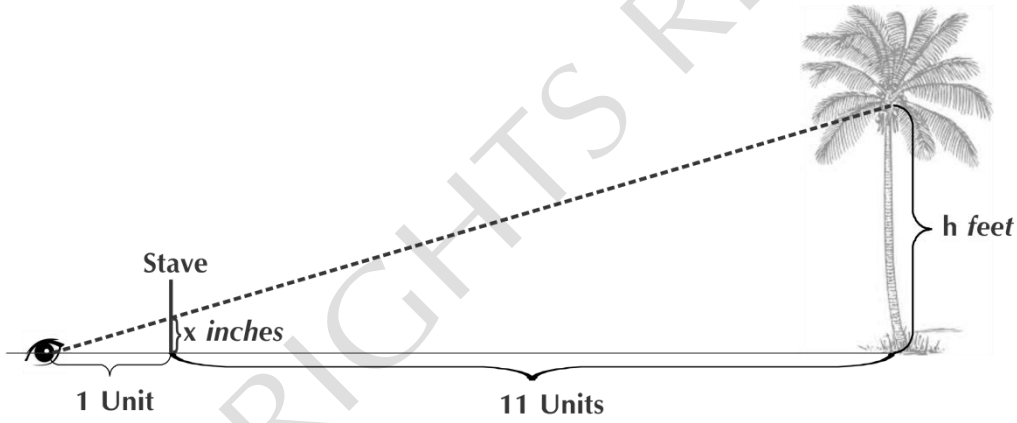
ESTIMATION

Know the estimation of height, weight, distance, quantities etc.

1. Height Estimation:

i. 11:1 Method:

- From the object, take eleven units of any measurement on the ground (Preferably feet) and place a stave there.
- Then take another unit of the same measurement in the same direction.
- Place your eye (Cover the other eye) at the point of the 12th unit measurement distance point and look at the top of the object to be measured.
- Mark the point on the stave that falls in line with the imaginary line

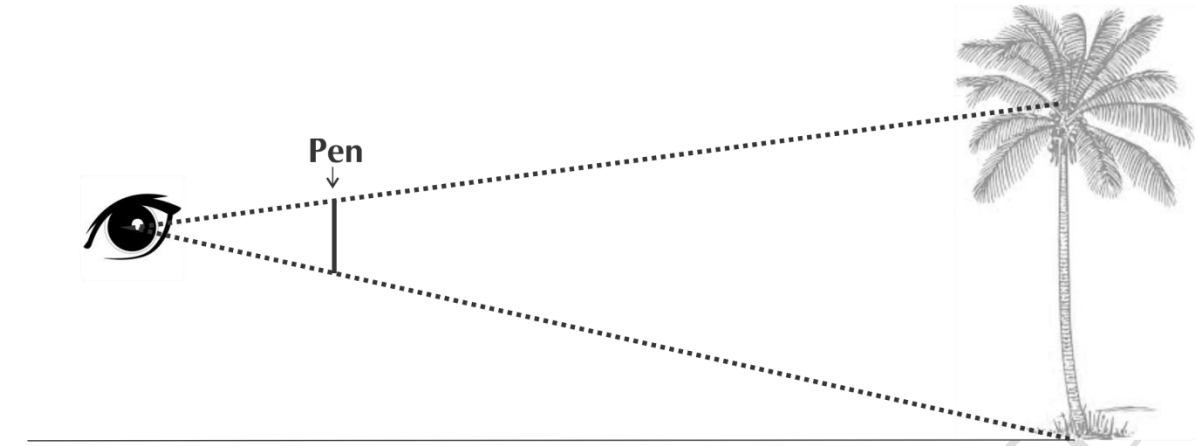


x = h

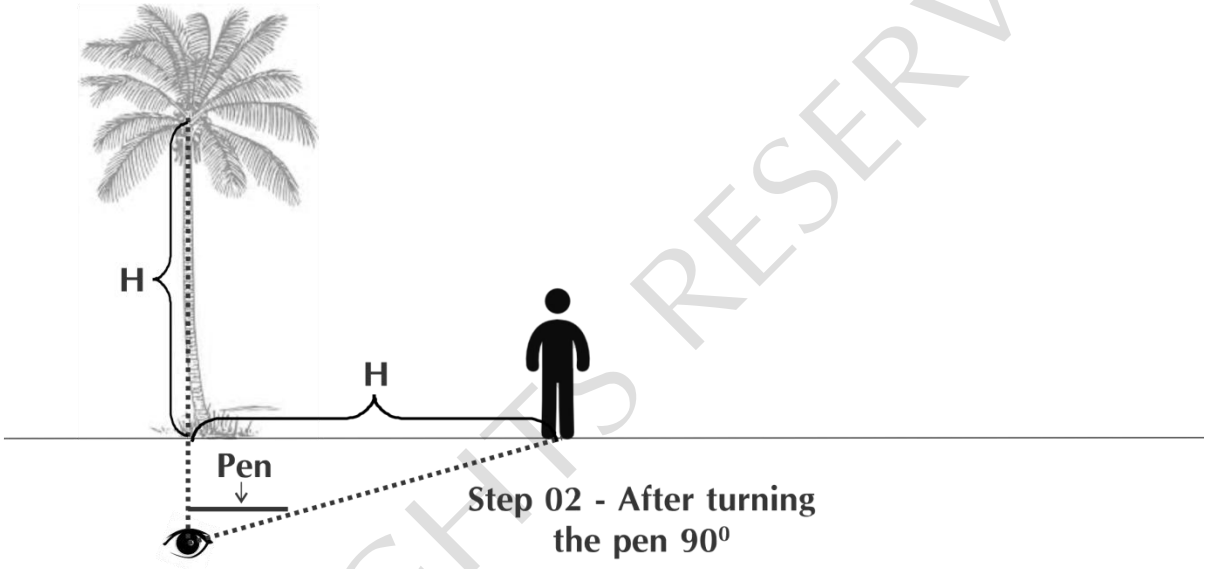
drawn from the eye to the top of the object.
- Measure the height from the mark on the stave to the ground in inches and call the inches in feet, which would be the height of the object.

ii. Lumberjack Method:

- Take a pencil / stick and stretch your hand and hold the pencil upright.
- Then close one eye and then by walking front and back, ensure that the top of the pencil is in line with the top of the object and the bottom of the pencil in line with the bottom of the object (covering the height of the object).



Step 01



Step 02 - After turning the pen 90^0

H = Height of the Object

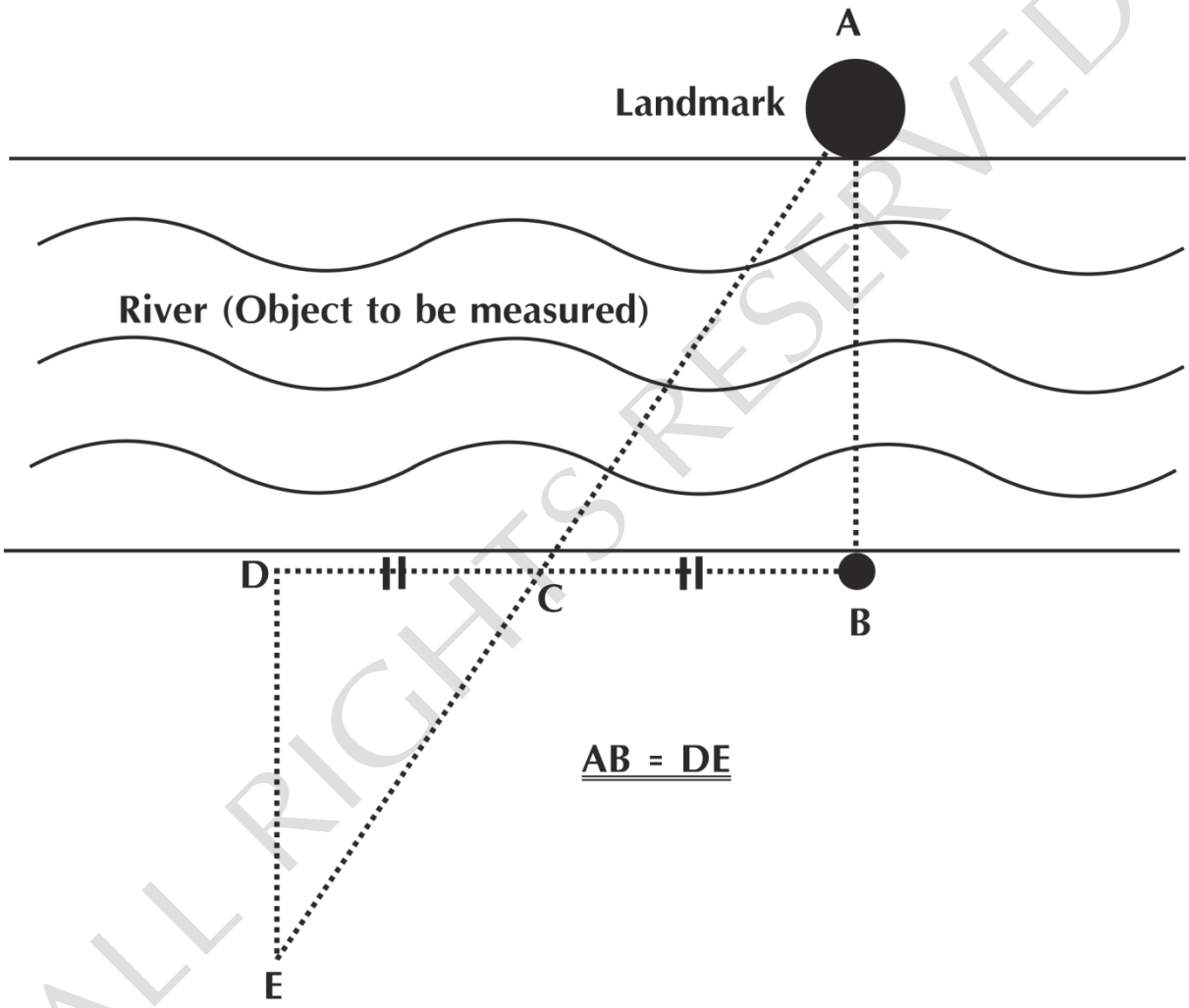
- Then turn the pencil 90 degrees and tell another person to stand along the imaginary line drawn by connecting the eye and the tip of the pencil.
- When he makes the imaginary line drawn parallel to the object, the distance of the imaginary line is the height of the object.

2. Distance Estimation:

Triangular Method:

- Locate a landmark (A) on the opposite side of the object (A river is used as an example here).
- Fix a peg on the ground in line to the landmark on your side (B).
- Turn 90^0, and walk a particular distance and fix another peg (C).

- Continue walking in the same direction and fix another peg (D) once you walk the exact distance between the previous two pegs.
- From this point, turn 90^0 (Backing the object), and start walking in that direction until the landmark (A), the middle peg (C) and you come to one straight line.
- Keep a mark on the ground and measure the distance from the 3^{rd} peg (D) to where you are now (E). That distance is the width of the object you wanted to measure.



MARCHING

March 200 metres with the Troop. Practise commands such as left wheel, right wheel and about turn while marching.

CAMPING – 2 NIGHTS

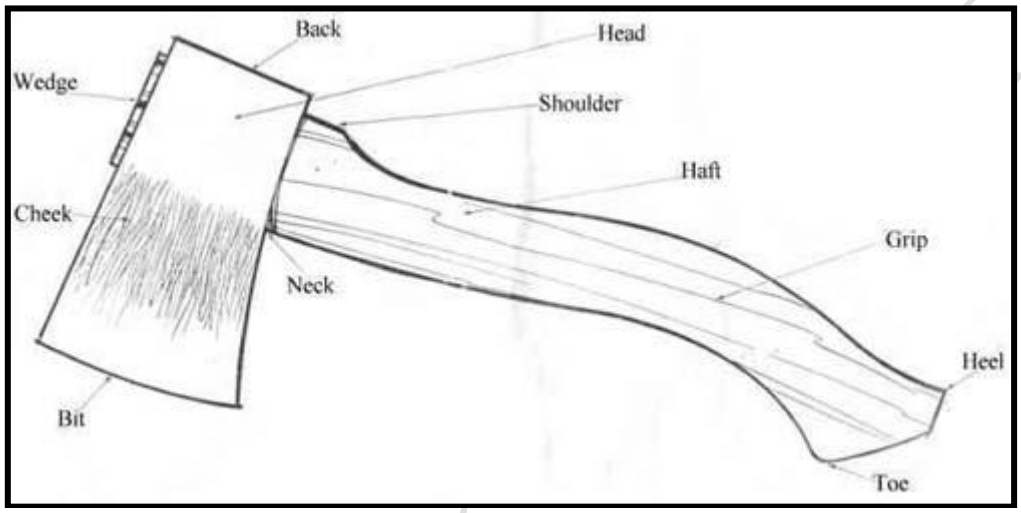
This should be a weekend camp of at least 2 nights. A report / log should be written in the log book.

AXE, SAW & MALLET

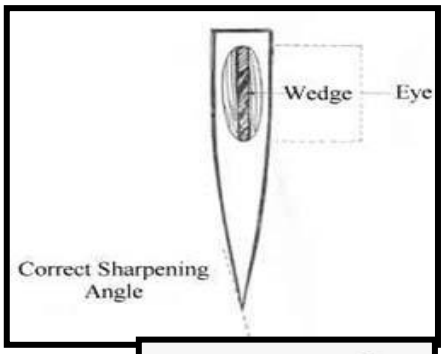
Know the usefulness, correct usage and safety precautions of an axe, saw and a mallet.

1. Axe:

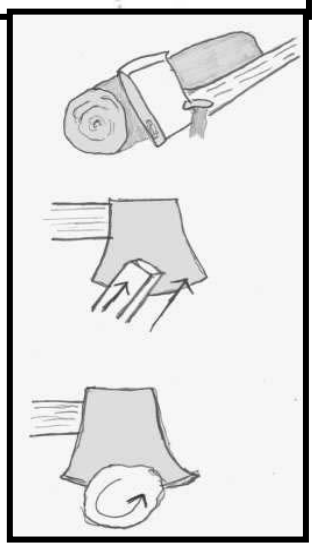
Parts of an Axe:



Sharpening an Axe:



An axe with a blunt edge becomes no more than an inefficient hammer, and indeed a great deal more dangerous as you struggle to use it. Always keep your axe sharp. For large 'burrs' a file is probably your best bet. Make sure you use the file correctly though, it will only work in one direction, it works when pushed, not pulled.

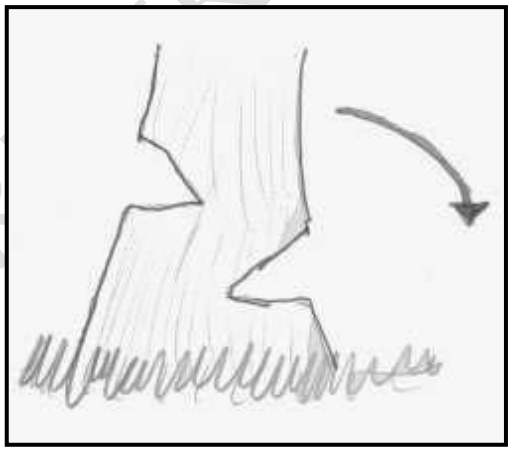


To sharpen your axe prop the axe-head between a log and a peg driven into the ground. Always try to sharpen inwards from the cutting edge (to avoid producing any burrs). First use a file or rough stone to remove any burrs and rucks. Then finish with a smoother stone, using a circular motion. Don't drag the stone off the cutting edge, push on to the blade. Turn the axe over and repeat the process, circling in the opposite direction.

Chopping Areas:

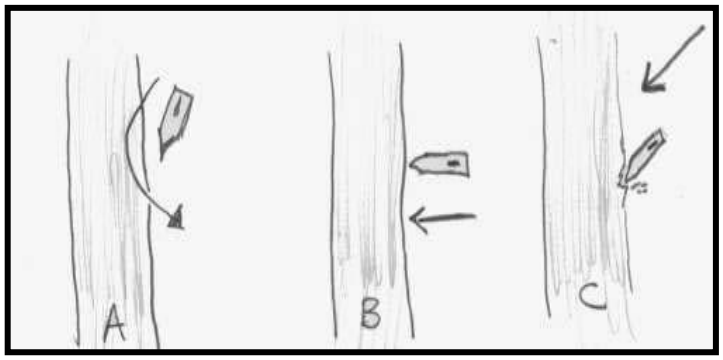
When chopping wood at camp, you will need to create a specific chopping area. Choose a site that is fairly close to the fire and clear of any obstructions (not only on the ground. Ensure there are no overhead obstructions that could catch your axe as you swing). Make a circle that is at least 2m (6 ft) in radius (or at least 3 axe lengths). Rope this area off and ensure it is clearly marked. Make sure that everyone knows where the chopping area is. No loose clothing should be taken into the area, and no one should enter the area without strong shoes or boots (and of course checking it is safe to enter).

Using an Axe:



Most people with have a 'prime' hand and a natural swing. Always use the axe in a way that is comfortable to you, swinging in an arc that feels natural. Make sure you have a firm grip, and always swing AWAY from your body, hands, and legs. Ensure that if you miss your intended target and follow through, the axe will not strike you or anyone else. Never throw an axe on the ground, always sheath it or bury it in a log.

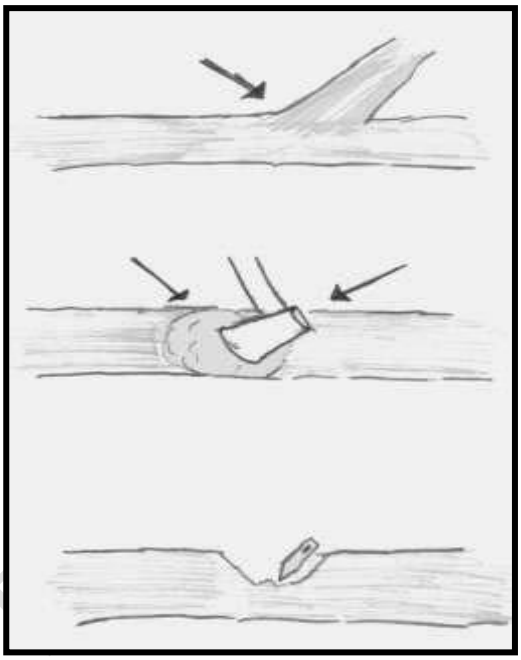
Tree Felling:



Before you do anything else, check overhead for dead branches which may fall and injure you, and for things like hornets nests. Clear the area around the tree of any undergrowth or branches that could deflect your blows. If the tree has a particularly large spread of roots or boles around the base you may want to construct a platform so that you can reach a thinner part of the trunk and save time and effort. Obviously if you do this make sure the platform is stable and you have a clear route of escape (in case something goes wrong!).

Cut from both sides of the tree. First you chop a notch out at an angle of about 45 degrees and then another on the opposite side at a lower level,

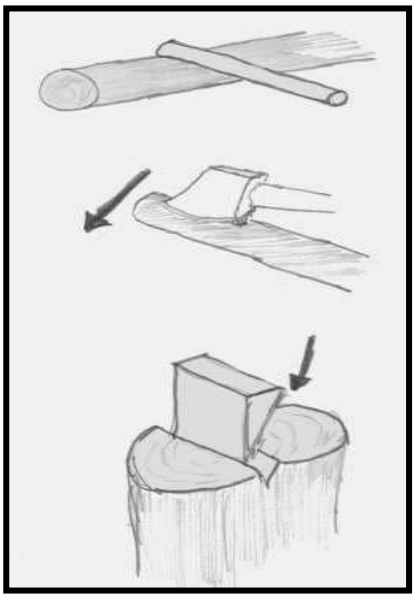
on the side which you want the tree to fall. Do not cut through more than half the tree before starting the other notch. You must work at a height that is comfortable for you. Try to cut downwards at 45 degrees (you may need a horizontal cut occasionally to clear debris etc.).



A steady rhythm of blows will cut much more efficiently than fewer big blows. If you put too much effort behind the axe your aim will suffer, you will tire and then every swing becomes more dangerous. Always let the weight of the axe do the work.

Alternating the angle of the stroke will prevent the axe from jamming. Too steep an angle will cause the axe to glance off, end-on will make the axe jam (or simply be inefficient). Try to aim for a 45 degree angle.

Splitting Logs:



For a large log, as before, stand behind the log with your feet well apart. Swing down the cut the side away from you. Do not chop downwards. If you wish to split a smaller log, lay it against another log. Do not put your foot on it. There is an alternative to this though, hold the smaller log against the cutting edge and bring them both down together on to a larger log.

If in doubt, or if you have any difficulty, split larger logs with a wedge and a rock. Do not hold the wood upright in your hand and try to split with an axe. When chopping branches from a large log, always stand on the side away from the axe. Always cut branches from the outside of the fork, not the inside.

Making an Axe:

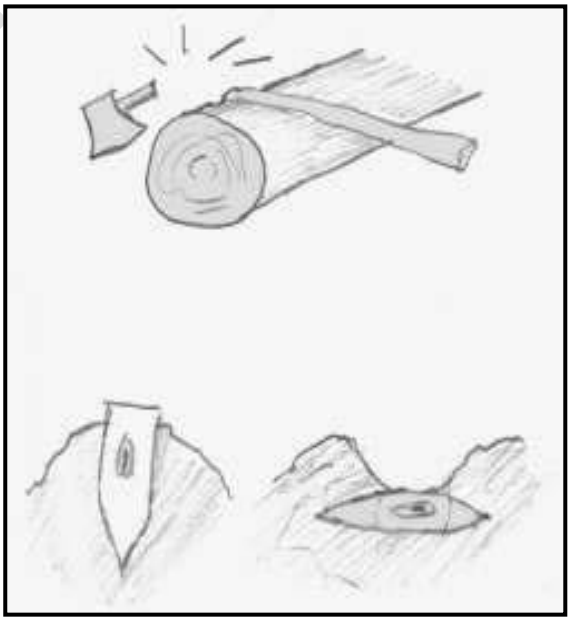
First you will need to select the wood for your handle, any straight, knot-free hardwood will be suitable (ash and hickory are ideal). Cut two

notches into the fluke of a buttress, spaced to the desired handle length. Hit along the side of the fluke close to the cuts. It will split away at their depth.

Next you will need to fit the head. Whittle the handle into shape with one end cut to fit the hole in the axehead. Make sure you cut a notch in this end that is going into the axe head and make a wedge to fit the notch. With the head in place, drive the wedge into the notch and then soak the axe in water overnight (this will tighten the head onto the handle as it soaks up the water). Always check your axehead for tightness before you use them.

Fitting an Axe with a Handle:

If the head is loose you can soak the axe for a few hours in a bucket of water but this will only ever be a temporary fix (the wood will swell and the handle will be tight for a little while). Ideally you need to replace the handle or at least replace the wedge.



Saw off the old handle close to the axe head (Note: you should not just burn the handle off as this will cause the bit to lose its temper, note the above arrangements) and drill out the wood that is left in the axe head. You can punch the rest of the wood backward from the handle side and then clean inside the hole. Get the new handle and pound it into the head. Make sure the handle passes out the other side by at least an inch. Also be sure that the new handle is correctly aligned. Put some glue on a wedge and in the slit for the wedge in the end of the handle (you did make a slit didn't you?) and then drive in the wedge. You can now saw off the excess handle and wedge. It would be a good idea to fix the wooden wedge in place with a steel wedge, placed diagonal to the wooden wedge.

Carrying an Axe:

Carry an axe by holding it just under the head. Point the blade down or away from you to minimize the chance you will fall on top of the blade if you trip.

Broken handles:

Using an axe takes a lot of practice and occasionally along the way handles get broken. This usually occurs when the head misses the target and the handle takes all the force from the blow. To remove a broken handle, the easiest way is to put it in a fire, burying as much as possible of the metal in the earth (to prevent it losing temper). Never attempt to repair an axe handle. Never use any axe that has a damaged or split handle.

Care of an Axe:

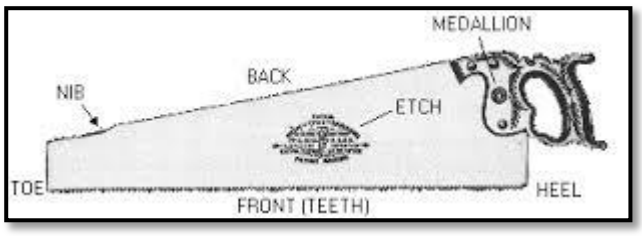
- Keep the Axe clean and dry.
- Clean the blade after using.
- Avoid hitting metal objects with the blade.
- After using keep it in a case.
- Keep it in a shelf where the blade faces the wall.

Safety Measures:

- Never play with an Axe.
- Keep a clear radius of two Axe span when chopping.
- Make sure the head is always is tight.
- Always use a chopping block.

2. <u>Saw:</u>

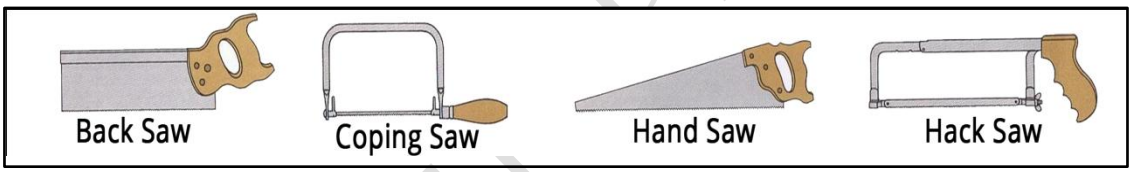
A saw is a tool for cutting wood or other material consisting of a separated blade. It is worked either by hand or electricity. The teeth of the saw are each bent to a specific angle and this angle is called "set".



Heel	:	End closest to the handle
Toe	:	The end farthest from the handle
Front	:	The side with the teeth
Back	:	Opposite the front
Teeth	:	Small shape point along the cutting side of the saw
Gullet	:	Valley between the points of the teeth

Types of Saws (Only the most common are listed):

1. **Hand Saw (Crosscut Saw)** – Its performance depends on the quality of the saw and how you use it. In a high-quality crosscut saw, the teeth are usually precision ground to tiny points that cut sharply across the wood fibers. The teeth of a low-priced saw, though the same shape, are rarely precision-ground.
2. **Hack Saw** – Used for metal cutting, has a rigid frame that fits blades 8 to 12 in. long. High-speed steel blade mounts with teeth slanted away from handle and is drawn taut by wing-nut.
3. **Back Saw** – Used for joint cutting, has reinforced back edge to keep blade rigid. To cut smoothly, teeth are finer than on crosscut or rip saws.
4. **Coping Saw** – Used for cutting small-diameter curves, have spring steel frames with tension adjustment to hold blades taut.
5. **Compass Saw** – It has a narrow, tapered blade for cutting curves or starting from bored hole. It is similar to the keyhole saw, which was once used to cut keyholes in wooden doors.



3. <u>Mallet:</u>

Tool mallets come in different types, the most common of which are:

1. **Rubber Mallet** – These are used when a softer blow is called for than that delivered by a metal hammer. They are typically used to form sheet metal, since they don't leave marks and are softer, as well as for forcing tight-fitting parts together, for shifting plasterboard into place, in upholstery, and a variety of other general purposes, including some toys.

2. **Wooden Mallet** – Usually used in carpentry to knock wooden pieces together or to drive dowels or chisels. A wooden mallet will not deform the striking end of a metal tool, as most metal hammers would, and it also reduces the force required to drive the cutting edge of a chisel. Hardwood mallets are also used to knock in cricket wickets. In Scouting, this is commonly used to hammer pegs of tents to the ground.

3. **Copper, Brass and Leaden Mallets** – These are typically used on machinery to apply force to parts with a reduced risk of damaging them and to avoid sparks. As these metals are softer than steel, the mallet is deformed rather than any steel object it is hitting.

KNOW AREA AROUND

Draw a sketch map about a radius of 1 km round his home and mark the under mentioned;

Important buildings, railway stations, bus and train halts, hospitals, dispensaries, fire brigades, parks, play grounds, schools, tanks, farms, orchards, bathing spots, factories, places of religious importance etc.

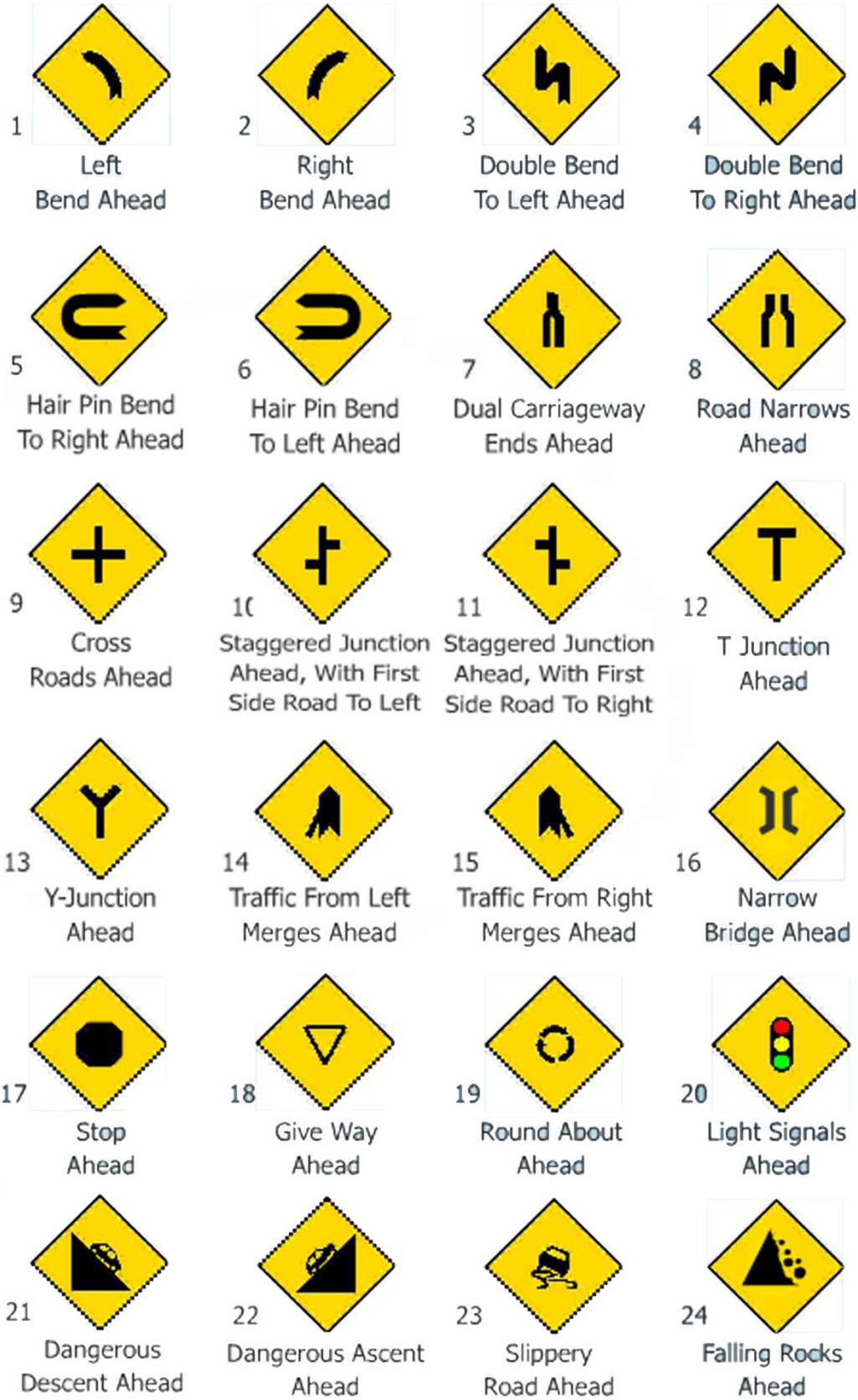
SWIMMING – 35 m

Swim 35 metres. If not with the special permission of the District Commissioner, do Sportsman / Master Sportsman badge or one of the badges from the Farmer group.

Air Scouts should do Sportsman / Master Sportsman badge or one of the badges from the Airman group.

HIGHWAY CODE

1. Danger Warning Signs (Yellow Background, Black Markings):



25 Pedestrian Crossing Ahead

26 Children Crossing Ahead

27 Road Work Ahead

28 Level Crossing With Gates Ahead Ahead

29 Unprotected Level Crossing

30 Bus Lane Ahead

31 Cycle Lane Ahead

32 Cyclist Crossing Ahead

33 Cattle Or Other Animals May Cross The Road Ahead

34 Road Ahead On A Quay

2. Regulatory Signs:

a. Prohibitory Signs:

01 No Entry

02 No Left Turn

03 No Right Turn

04 No 'U' Turn

05 No Overtaking

06 No Horning

07 Road Closed

08 Road Closed for Buses

09 Road Closed for Lorries

10 Road Closed for Motor Vehicles

11 No Parking

12 No Parking and Standing

13 No Parking on Odd Days

14 No Parking on Even Days

b. Restrictive Signs:

01 Width Limit

02 Height Limit

03 Weight Limit

04 Weight Limit On One Axle

05 Speed Limit

06 End of Speed Limit

c. Additional Panels:

01 Turn Left

02 Turn Right

03 Straight

04 Turn Left Ahead

05 Turn Right Ahead

06 Pass This Side

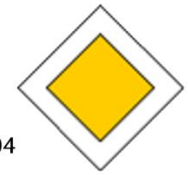
07 Compulsory Roundabout

d. Priority Signs:

01 Give Way

02 Stop

03 Level Crossing Without Gate Barrier



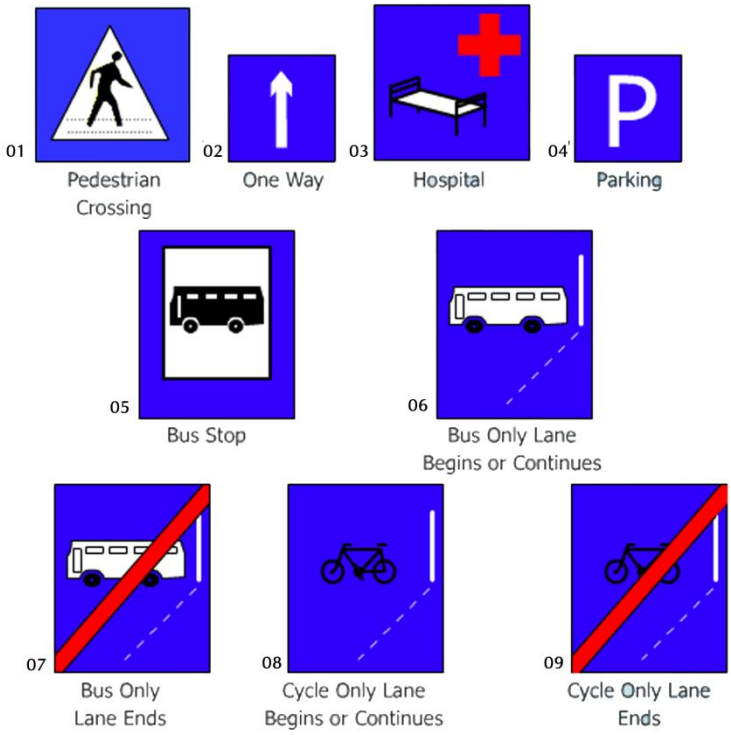
04 Priority Road

05 End of Priority

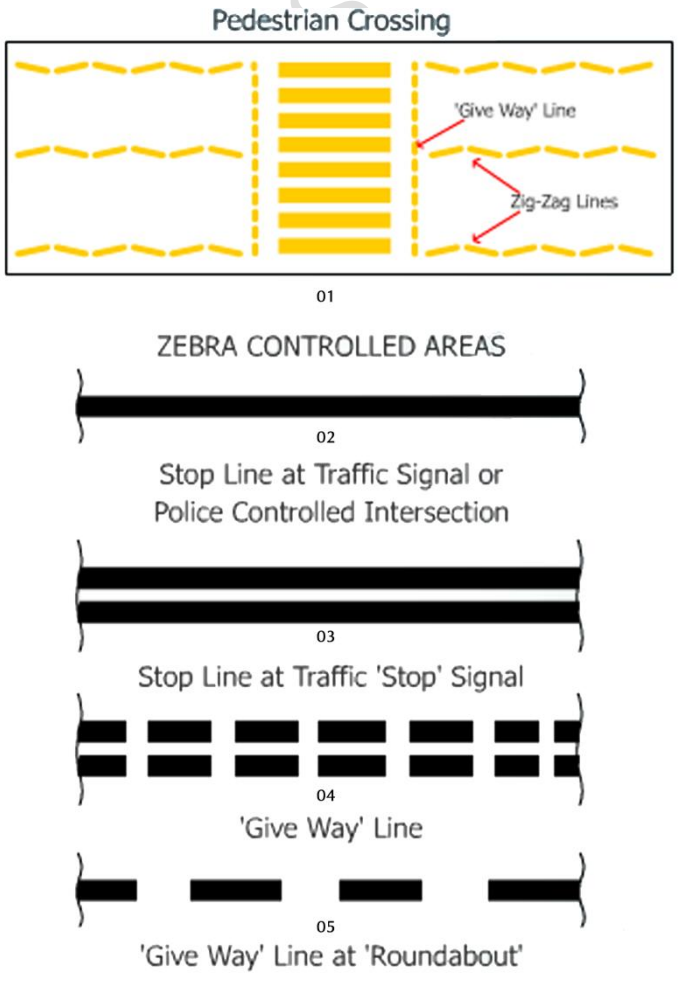
06 Priority for Oncoming Traffic

07 Priority Over Oncoming Traffic

e. Other Signs:



f. Road Markings:



06
Centre - Line Marking

07
Centre - Line Markings Incorporating Studs (or Cats Eyes)

08
Longitudinal Line Prohibiting Crossing Except for Turning Right

09
Longitudinal Line Prohibiting Crossing

10
Lane Marking

11
Longitudinal Line to Indicate Edge of Carriageway at a Bend

12
Edge of Carriageway Marking to Prohibit or Restrict Parking

Hazard Zones

13
Centre - Line Marking

14
Centre - Line Marking

15
Centre - Line Marking

TURN RIGHT

16

To Indicate To Vehicular Traffic A Compulsory Right Turn

AHEAD ONLY

17

To Indicate To Vehicular Traffic A Compulsory Straight Ahead

18

To Indicate To Vehicular Traffic appropriate Traffic Lanes

SLOW

19

To Indicate Potential Danger Ahead

STOP

20

To Indicate The Approach To a Road Junction With 'Stop' Sign 68 & Road Marking

BUS LANE

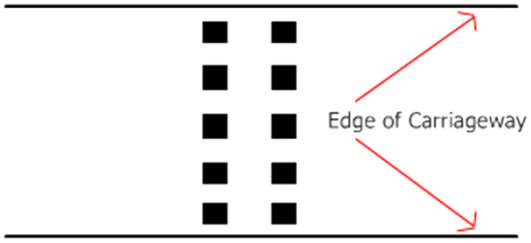
21

Bus Lane

CYCLE LANE

22

Cycle Lane



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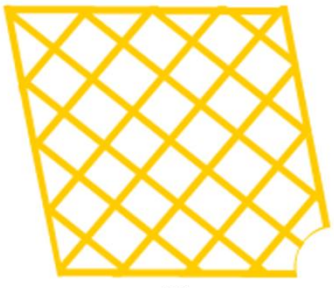
24

Hazard Warning Line

25

Bus or Cycle Lane Demarcation

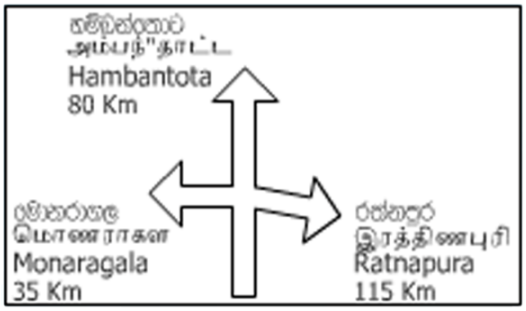


26

JUNCTION BOX

27

JUNCTION BOX



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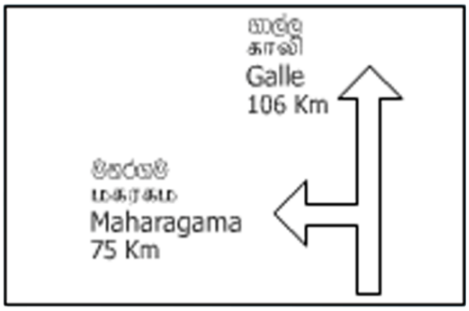

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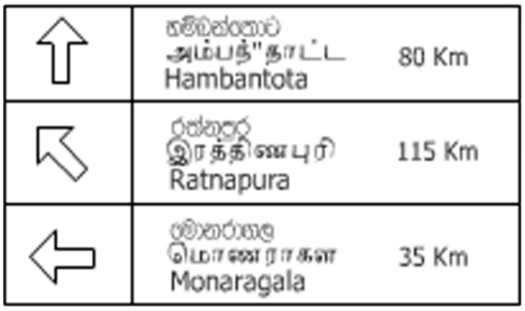


30

31

BARRICADE BOARD

32

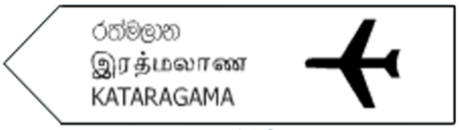
(The Arrow Head will Indicate The Direction of Road Deviation)

ALTERNATE BARRICADE BOARD

DIRECTION SIGNS

33

Place and Distance



34

Place and Type

PLACE IDENTIFICATION SIGNS

35

Begining of a Built Up Area

36

Begining of a Built Up Area

PLACE IDENTIFICATION SIGNS

37

Confirming Distances

Light Signals for Pedestrians

38

Red Man

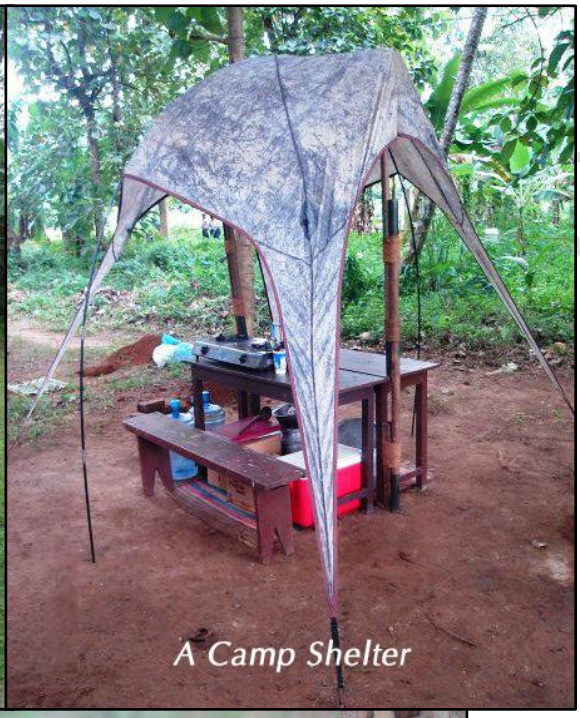
39

Green Man

PIONEERING

Get involved in a simple pioneering project such as building a bridge, making shelters, camp utility gadgets etc.


All-In-One Camp Utility Gadget


A Camp Shelter


Tool Rack

SAIL MAKER'S WHIPPING

Tying:

Thread the twine between the strands. Wrap the long end around the rope. Pass it under a strand, down a groove and under a strand, up a groove and under a strand. Similarly, pass the short end down, under, up, under,

down and under. Tie the ends with Square (Reef) knots. Pull them through, cut short, and trim.

Details:

Uses: The Sail Maker's Whipping is the most secure whipping. The whipping turns are contained by the frapping turns that both grip the rope and prevent the whipping from unwinding if damaged. It looks most satisfying when applied to the end of a three-strand rope – each pair of frapping strands follows the twist of the rope and is accommodated in the groove. This whipping can be used equally well on braided or kern mantle rope – but greater care is required to distribute the frapping turns evenly round the whipping.

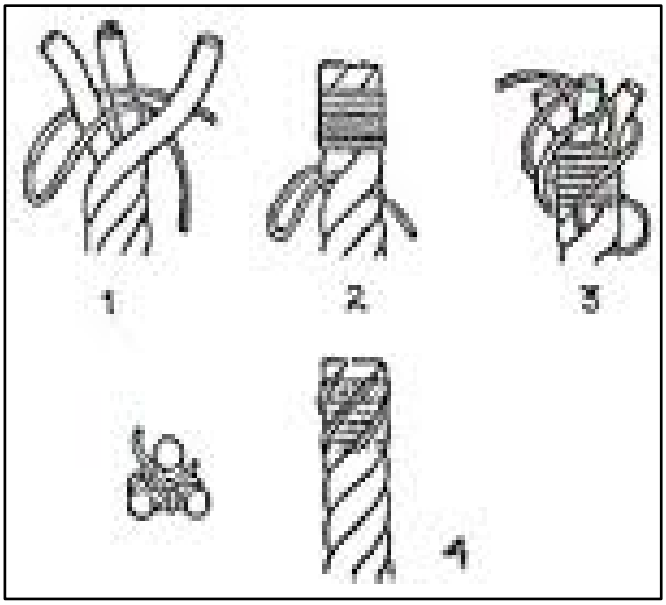
Techniques:

There are several variations of this whipping:

Needles: With three-stranded rope, this whipping can often be tied without a needle – the strands of the rope can be opened up by hand to pass the twine through between them. However, a large needle makes the task easier and is essential equipment when tying a Sail maker's Whipping round a braided or kern mantle rope.

Number of Frapping Turns: Many texts describe this whipping with just one frapping strand lying in each groove – which necessitates a different start to the whipping. When using a single frapping turn, the short end must be left outside the whipping turns and then threaded up outside the whipping and through the rope to trap the long end.

Completing the Whipping: If necessary, use a needle to pull this chain through the rope. The knots are then buried and very unlikely to shake loose.



Burning the end: The rope's end, whipped with a Sail maker's and trimmed is a neat and attractive work of art. Although melting the end diminishes its beauty, it is sensible, provides additional protection, and is recommended.

Braided Rope: It is relatively easy to decide where to thread the twine in three stranded rope – the gap between each of the three strands provides a natural target and the three strands dictate that one pair of frapping turns will lie in each groove. In braided rope the principle is the same, the frapping turns should be distributed evenly round the rope. However, in smaller braided ropes, it is not uncommon to see just two sets of frapping turns 180 degrees apart instead of three sets 120 degrees apart. For larger, and more valuable rope, three sets are strongly recommended read the twine between the strands. Wrap the long end around the rope. Pass it under a strand, down a groove.

TRACKS

Tracking:

Animal tracks reveal more information than meets the eye. They not only identify an animal, they also show the direction it was traveling, how fast it was moving, and maybe even what it was doing or how it was feeling. The clearer the tracks, the more information you can glean. The best tracks are found in the soft, wet soil near the edges of ponds or waterways, in silted riverbeds, or in areas still covered with light snow.

To identify these tracks, you should recognize both fore prints and hind prints. Tracks that look similar on first glance might be differentiated by their size. Other identity clues are claw length and shape, track width, and the straddle (The distance at the shoulder, indicated on the ground as the distance between the right and left tracks).

Each animal leaves different types of tracks. For example, as a rabbit hops, its long back legs pass its front legs, so the hind-foot tracks are actually in front of the forefoot tracks. Understanding gaits helps identify tracks when the track itself is incomplete or hard to see.

The gait also tells the story of what the animal was doing. Similarly, the gait can help you decide if the tracks belong to a pet dog or a wild coyote.

Beyond Footprints:

In addition to footprints, look for these telltale signs:

- Bent grass, broken twigs, and damaged vegetation suggest a big animal – or a group of animals – crashing through vegetation. Bent vegetation shows the direction of travel.

- Smashed grass can indicate an animal's resting place. Scat, or droppings, identifies herbivores, carnivores, and omnivores. Take a stick and poke at the contents to see what they've been eating: husks of seeds, berry skins, or grasses (herbivore); bones, fur, and feathers (carnivore); or a mixture (omnivore).

- Big cats and bears rub bark and scratch trees to mark territory. These marks might be six feet up a tree.

Stalking (Extra Reading):

Getting close enough to watch animals in their natural habitat is a real thrill. But your first priority should be safety:

- Don't stalk alone. Always follow Scouting's buddy system and have at least one other person accompany you when you are involved in any outdoor activity. Solo stalkers make less noise, but be sure you have at least one partner a few steps behind.

- Don't get too close. Animals can be dangerous when they feel cornered. Don't be fooled by the docile appearance of moose, buffalo, or even deer. They can become aggressive if threatened. Many animals in national parks lose their fear of humans – making them potentially dangerous.

- Be sensible. Don't stalk something that might be interested in stalking you – such as a mountain lion or a bear.

- Never get between a mother and her cub. Mother bears are especially volatile.

- Never feed wild animals or lure them with food.

- Don't become so obsessed with the chase that you forget where you are. Notice landmarks or use a GPS that can lead you back from where you came.

- Ask park and wildlife rangers. Animals often follow established routes. Water sources, game trails, and pasture areas are good places to sit quietly with your eyes open and your camera at hand.

- Animals easily disappear into the background. Sweep your eyes over a large area looking for movement.

- Track in morning or evening, when the slanted light makes tracks easier to see. Many animals are more active at these times.

- Become invisible. Hide behind hedges, trees, or rocks, and stay in the shadows. If a grazing animal looks up suddenly, freeze. Don't resume moving until the animal relaxes.

- The condition of the tracks will tell you how fresh the trail is. Are they in dried mud or damp earth? How precise and sharp are the edges?

- Practice stalking techniques. Avoid stepping on leaves or twigs. Expert trackers walk in slow motion, placing their feet down one part at a time, and transferring the weight slowly so as not to make a sound.

- Stay downwind. If you are upwind when you find the animal, circle around in a wide arc.

- Don't approach the animal until you feel the wind in your face.

Tools for Learning:

- Binoculars

- A magnifying glass (There may be one on your compass) can enlarge the track's details.

- Cameras

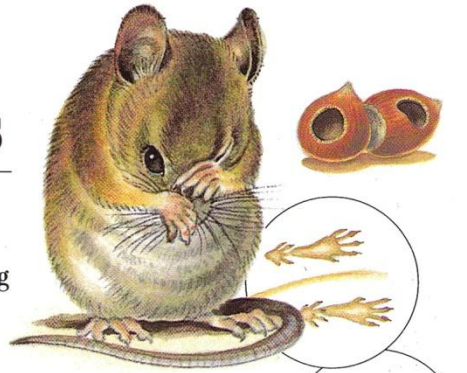
- Using plaster molds of tracks is a good way to study and learn to recognize tracks.

- Journaling and drawing: We remember what we concentrate on. Writing up your experiences and sketching them will help lock them in your memory.

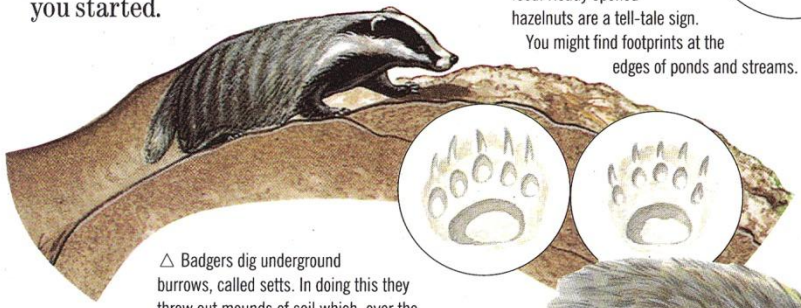
  That's the way Sir Robert Baden-Powell did it. The founder of Scouting was a premier tracker who spent countless hours sketching his wilderness impressions.

Tracks and signs

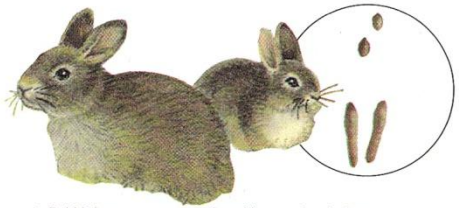
Animals and birds often leave clues which, if you can read them, will tell you what species are living in an area. These clues may be in the form of footprints or other tracks, signs of feeding, droppings, or nests, burrows and other dwellings. Here are some signs left by some common creatures – and the odd rare one – to get you started.



△ Most mice live in burrows with warm nests, which they normally leave at night to feed. Neatly opened hazelnuts are a tell-tale sign. You might find footprints at the edges of ponds and streams.

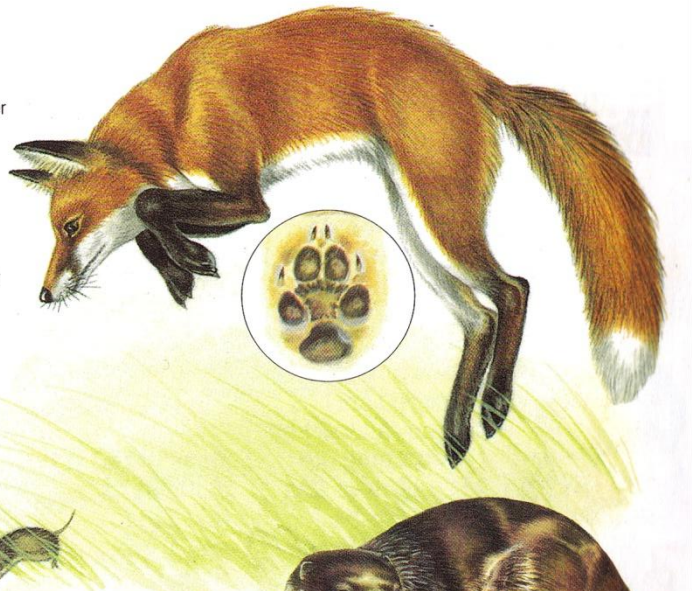


△ Badgers dig underground burrows, called setts. In doing this they throw out mounds of soil which, over the years, can become very large. Their prints are quite easy to identify, as their feet have large pads. The claws on the fore-feet (above left) are longer than on the hind feet (above right).

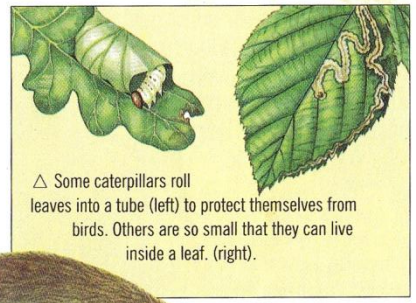


△ Rabbit burrows are often found in grassland, close to woods or hedgerows which provide cover. You might find their tracks in sandy soil or in the snow. The hind feet leave tracks side by side, while the fore-feet print in a line.

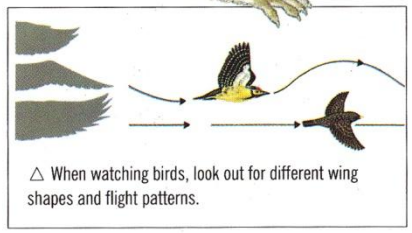
▷ Grey squirrels are now very common and easy to find. They live in trees and their long back legs help them to leap from branch to branch. They are quite noisy animals, and you may hear their 'chuck, chuck' calls. They eat nuts by splitting open the shells, and gnaw the bark from trees to get at the wood below. Look for prints in damp ground.



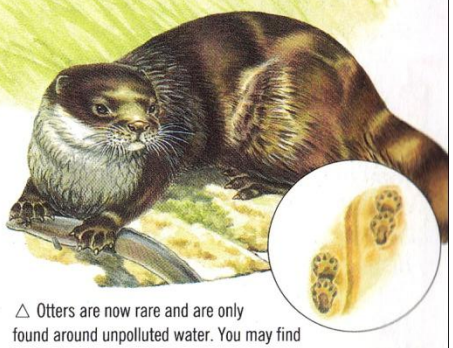
▷ Foxes are found all over Europe, but they are shy and difficult to watch. At dawn or dusk you may be lucky enough to see a fox tracking and pouncing on a mouse or vole. Fox footprints appear in straight lines in soft ground or snow.



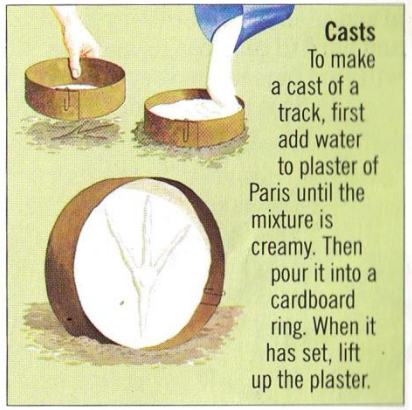
△ Some caterpillars roll leaves into a tube (left) to protect themselves from birds. Others are so small that they can live inside a leaf. (right).



△ When watching birds, look out for different wing shapes and flight patterns.



△ Otters are now rare and are only found around unpolluted water. You may find tracks in estuary mud.



Casts To make a cast of a track, first add water to plaster of Paris until the mixture is creamy. Then pour it into a cardboard ring. When it has set, lift up the plaster.

Extracted from the "Every Boy's Handbook"

1. Human Tracks:

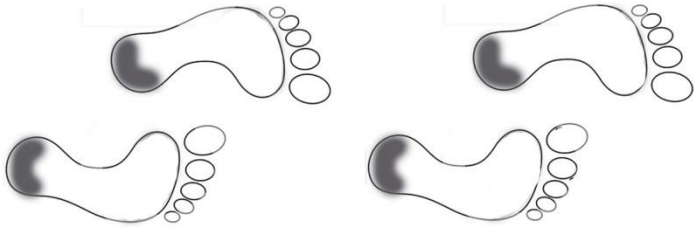
1. Carrying weight on head:

The imprints are deep but in uniform depth

2. Carrying weight in front:

Imprint of toes, front part of foot will be deep

3. Carrying weight behind / on the back:

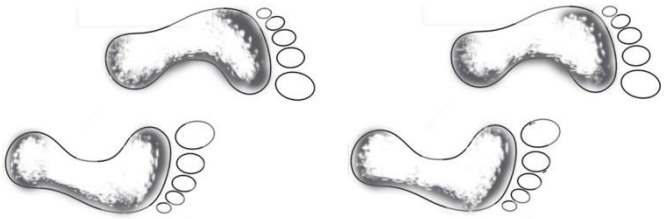


Imprint of heels will be deep

4. Carrying weight on a shoulder:

Weight is on the left shoulder (The imprint will be deeper on to the left)

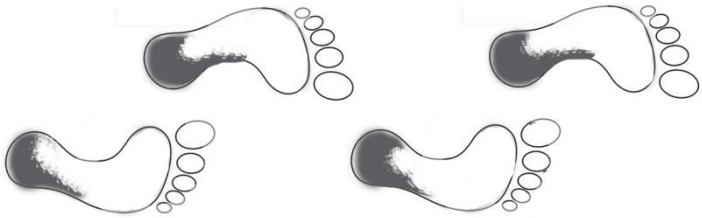
5. Walking forward:



Normal track with uniform depth

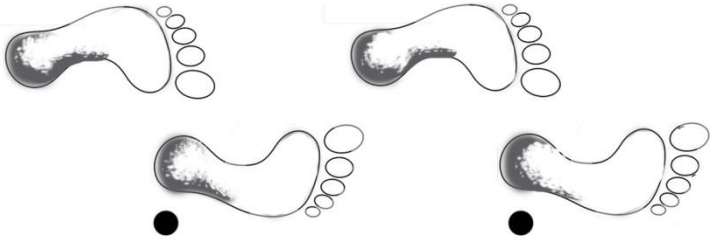
The line drawn from the tip of the big to the tip of the small toe wil cross the prints of the other

6. Walking backward:



Heels are dug in

7. Blind person's walk:



Mark of white cane is visible

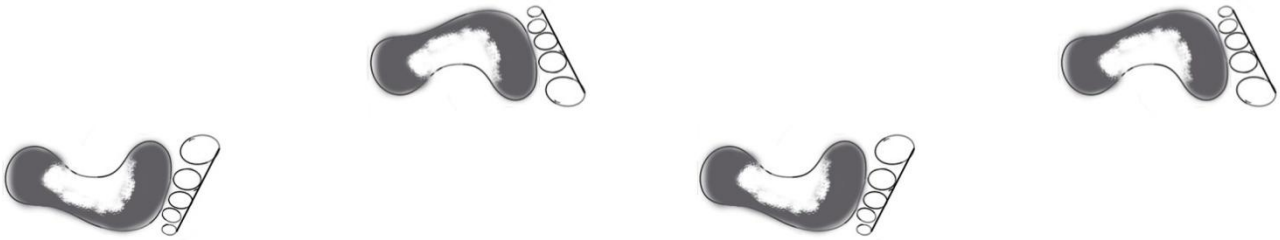
8. Other:

Right foot is injured - Left imprint is deeper than than the other

The front part of right foot is injured

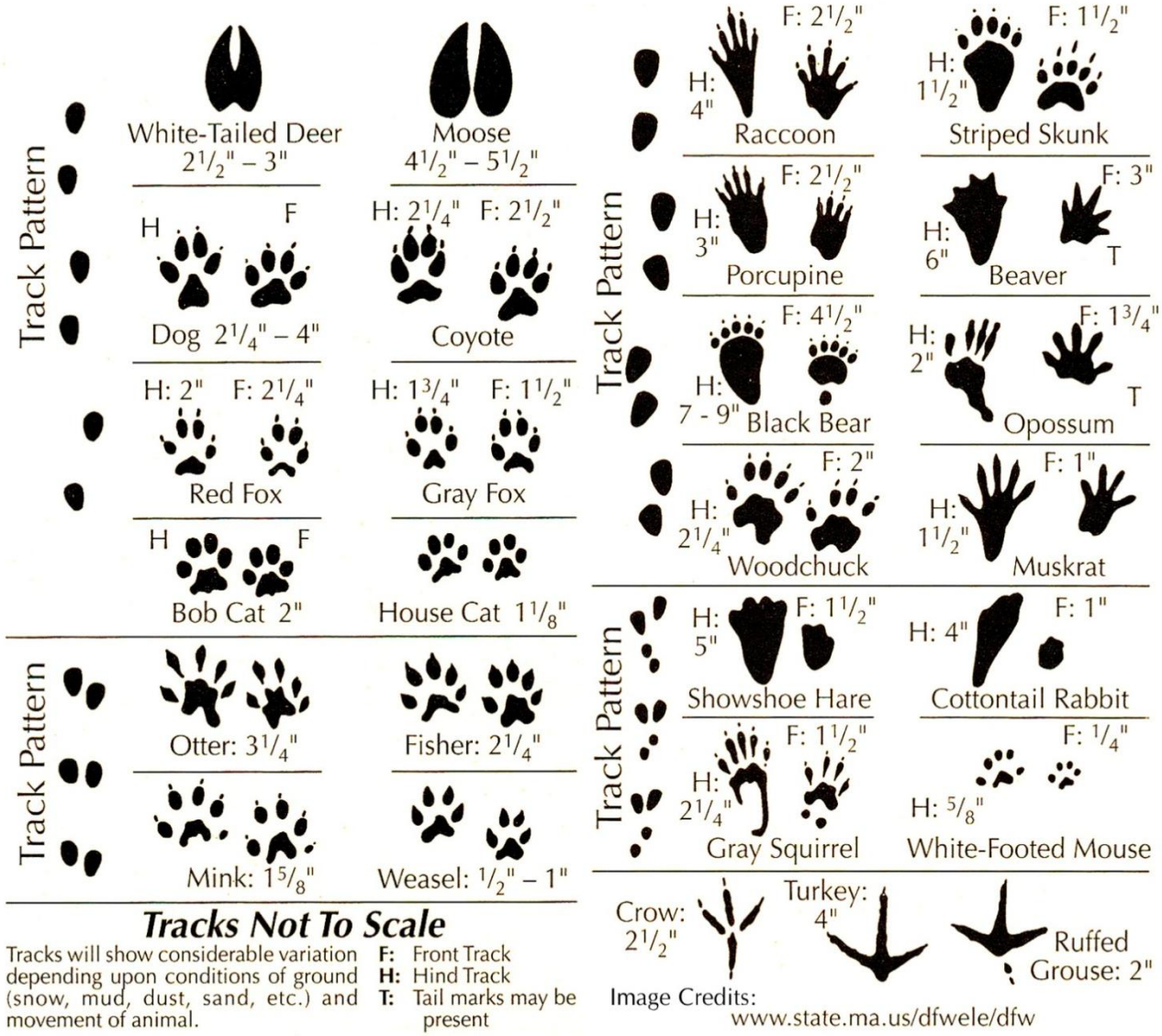
The heel of the left foot is injured

9. Running:



The toes will fall in line with the line drawn from the tip of the big toe to the tip of the small toe. The foot tracks are apart and the imprints of the toes and the heel part are deep. Dirt / sand will be sprayed back.

2. Animal Tracks:



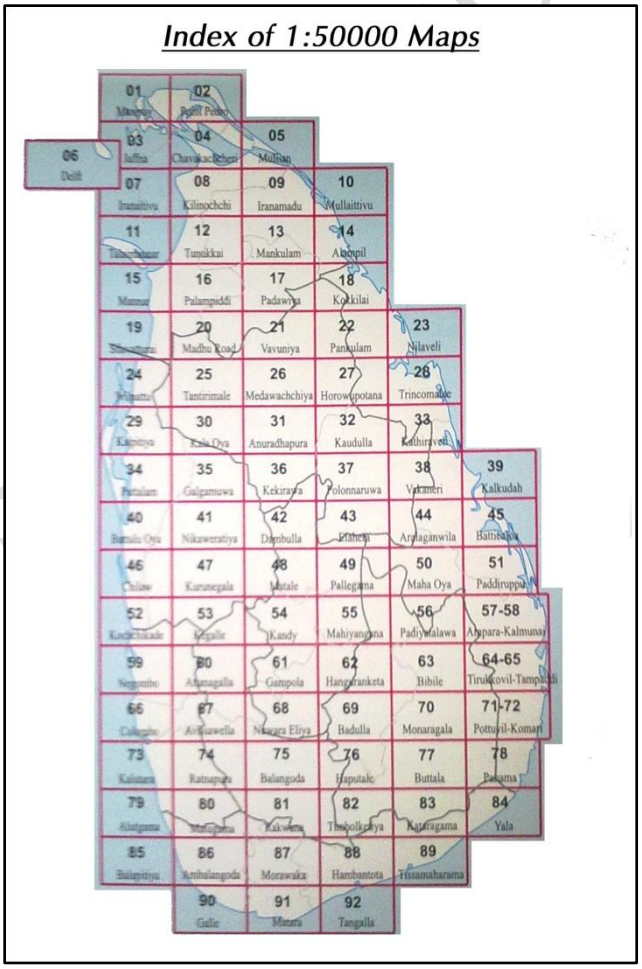
MAPPING

What is a Map?

"It is the bird's eye-view of the ground drawn on a sheet of paper, according to a scale."

Sri Lankan Maps:

In 1970, the Government of Sri Lanka decided to adopt the metric (SI – Systems International) system of weights and measures. This involved fundamental changes in the work of the Survey Department, with regard to both surveying and mapping. A few of the changes that occurred afterwards are as follows:



1. The basic topographical map, to replace the one inch map, was to be on a scale of 1:50,000 with five meter contours.

2. Each sheet was to cover 25 km * 40 km to be thus 1000 km^2 in area.

3. At present, under the metric system there are **92** maps covering the whole area of Sri Lanka (However only 89 sheets exist since there are 3 sheets covering 2 sheet numbers each).

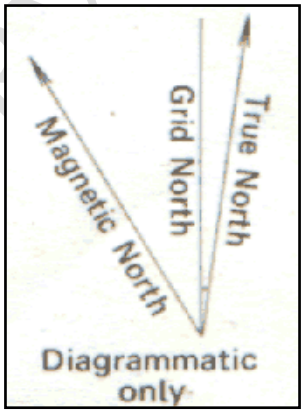
Magnetic Variation:

The important thing here is to remember that a compass points not to True North (e.g. the North Pole, the geographical northernmost point of the Earth) but to Magnetic North (The Magnetic North at the end of the Earth's 'bar magnet'). These two are not in the same position (Indeed the position of magnetic north varies with time).

The apparent position of magnetic north will vary according to your location in the world (most importantly your latitude) and you will need to know the difference between these two positions (magnetic and true north) to take an accurate bearing. Information on the deviation between the two will be found on any (Ordnance Survey) map, and should not be assumed as it can vary by a relatively large amount according to your location.

If the deviation is not given, you can find it from the Pole Star or by using the watch method to point to north. Then lining up the compass with the grid lines on the map you can discover the variation if there is one.

1. Locate the information on your map that tells you about the local magnetic variation. This can be found in the Key and also on the map itself. Magnetic north varies with place and time.



2. To compensate for the angular difference take note of the average variation for the sheet (This is more than acceptable for any sensible work. If you really want to be perfect, take note of the difference between True North and Grid North too).

   Note: A difference of 4°, if you walked in a straight line for 10 km would mean you would be around 700m away from your intended destination. So for most everyday uses of bearings the difference is negligible over sensible distances

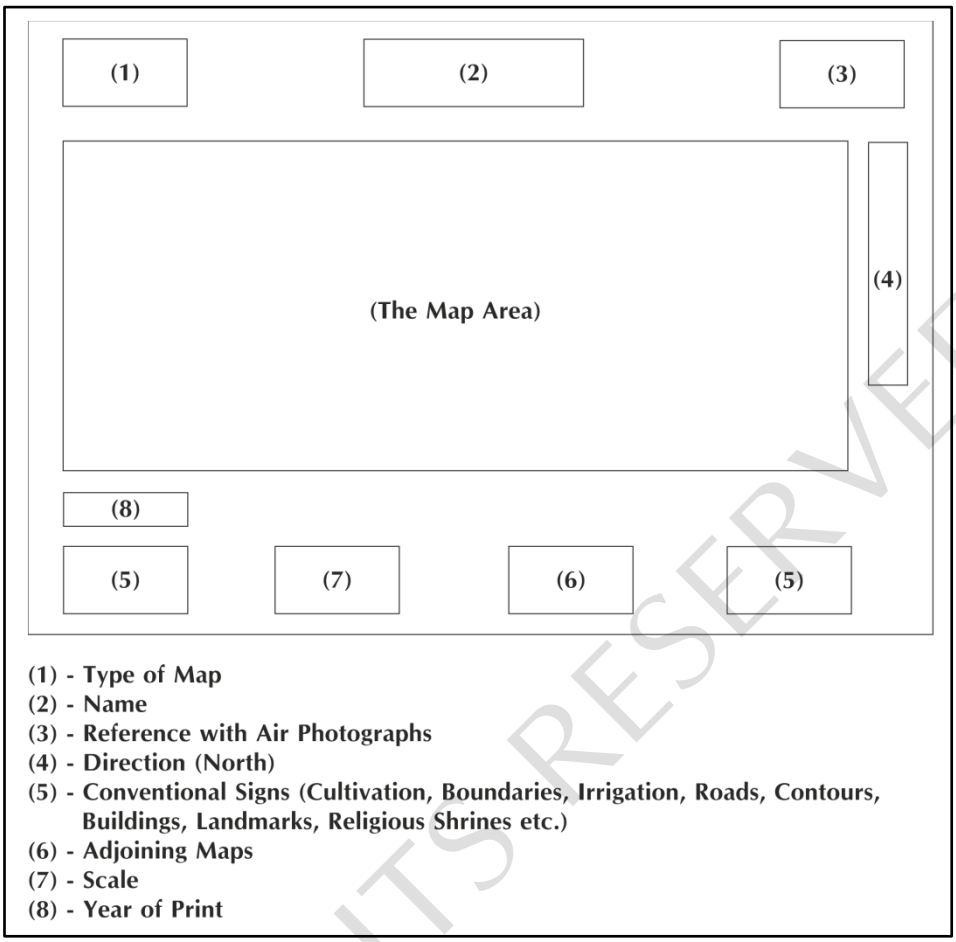
3. Measure your bearing as you would normally, ignoring magnetic variation.

4. When you have your bearing, adjust the value by 4°. Usually we would have to **add** 4° to our bearing value to get a 'true-to-life' direction. If the diagram indicated that grid north lay to the left of magnetic north, you would have to subtract the angle from the bearing.

5. You can now follow your compass bearing safe in the knowledge that you will be heading in the correct direction.

   Note: If you intend to reverse this process… that is to take a bearing from the 'field' and read it back onto the map then you will need to **subtract** the 4°.

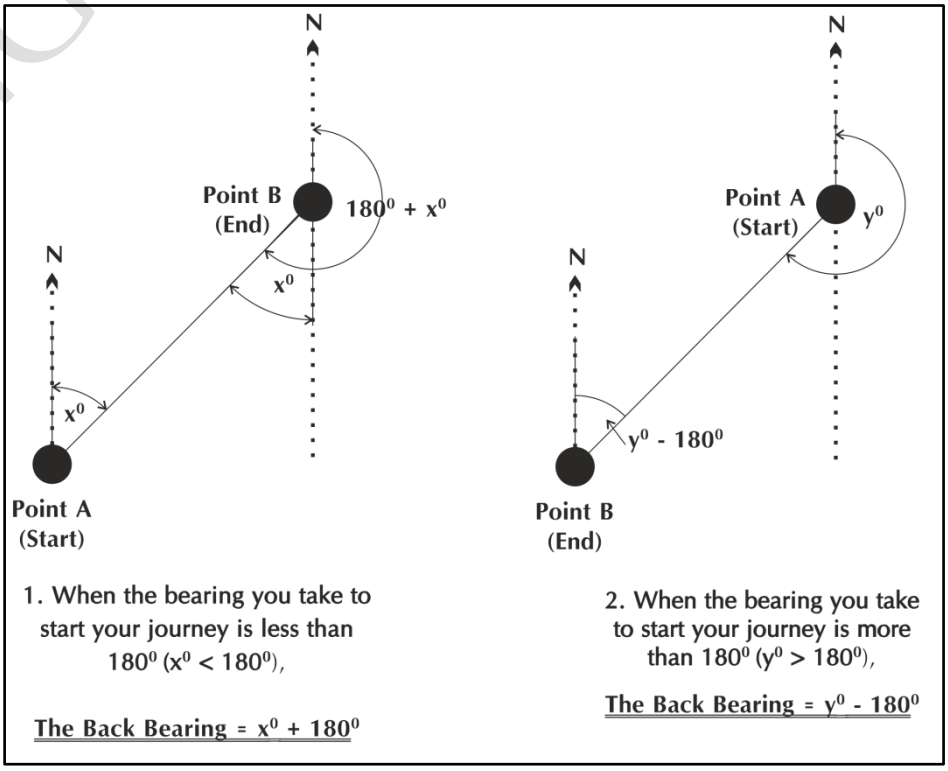
Map Marginal Information:



(1) - Type of Map
(2) - Name
(3) - Reference with Air Photographs
(4) - Direction (North)
(5) - Conventional Signs (Cultivation, Boundaries, Irrigation, Roads, Contours, Buildings, Landmarks, Religious Shrines etc.)
(6) - Adjoining Maps
(7) - Scale
(8) - Year of Print

Taking a Back Bearing:

Back Bearing refers to the bearing that you would take to come back to a position from where you started your journey (Assuming you went in a straight line). The examples illustrate the 2 different methods to calculate the back bearing:



1. When the bearing you take to start your journey is less than 180^0 ($x^0 < 180^0$),

The Back Bearing = $x^0 + 180^0$

2. When the bearing you take to start your journey is more than 180^0 ($y^0 > 180^0$),

The Back Bearing = $y^0 - 180^0$

Triangulation:

Triangulation is a way of using the compass and map to fix your position. There will be times when you are not sure of your exact position, or indeed when you are completely and utterly lost! If you have a map of the local area and you can see some prominent features then you can use the map and compass together to pin down where you are.

You must first make sure you can identify several landmarks (At least 3 to be on the safe side) both in real life and on the map. If you were to set up the map then you will find this task a little easier. Try to find landmarks that are evenly spaced. For example if you can see 3 prominent features try to pick ones that are about 120° apart. This will cut down on errors.

1. Locate 3 prominent features approx. 120° apart.

2. Work out the bearing of one of the features.

3. Find the feature on the map.

4. Place the compass on the map so that the edge of the compass points towards the feature.

5. Rotate the entire compass until the meridian orienteering lines (The faint blue lines marked on the dial itself) are aligned with north on the map (e.g. a vertical blue grid line on the map).

   Note: This method has **not** taken magnetic variation into account and this may produce a serious error depending upon your position on the Earth.

6. Draw a line from the feature back towards your position (you should be on this line somewhere).

7. Now repeat all of the above for the other landmarks.

8. Your approximate position should be where the lines intersect. In practice if you have taken 3 readings then the lines will produce a triangle (In theory they should intersect but this rarely happens in practice!). Your position is somewhere within the triangle (Hence why the process is called triangulation)

If you know your position to be on an easy to recognise feature (e.g. you are standing on top of a hill, in a stream or better still in a pub) then only one or two bearings should be needed. Simply look at where your line crosses the hill crest, stream or bar.

Setting up a Map (Orienting a Map):

The grid lines on a map are not always an indication of north and south (Unless they are actually lines of longitude and latitude) although they are normally fairly close to it. Generally speaking though, you can imagine that the map was made with the direction of north going up the page. In other words, if you intend to match up the map to your surroundings, it would be sensible to have the map facing the correct direction. This is important if you wish to take accurate bearings.

Note that a compass actually points to magnetic north, and not true north and you will need to take this into account for precise bearing and orientation work.

To set up the map, that is to ensure that the map is facing north, you will obviously need some sort of compass. A typical 'Silva' type compass is preferred.

1. Rotate the dial on the compass so that the N marker is aligned with the direction of travel arrow at the top of the map.

2. Place the compass on the map. Line up the edge of the compass with a vertical (blue) grid line.

3. Holding the compass and the map together (Push down on the compass gently), rotate them as a whole so that the red arrow on the pointer (The piece that always faces north) aligns itself with the red arrow marked on the bottom of the dial itself (There will be some variation on this depending on what type of compass you have).

4. As always, try to be as accurate as possible. Look directly down upon the two arrows to line them up. When this is done the map will now be facing north (Ignoring magnetic variation). Try to keep the map in this position while you are using it. It is now ready for taking bearings and such like.

SOCIAL HEALTH

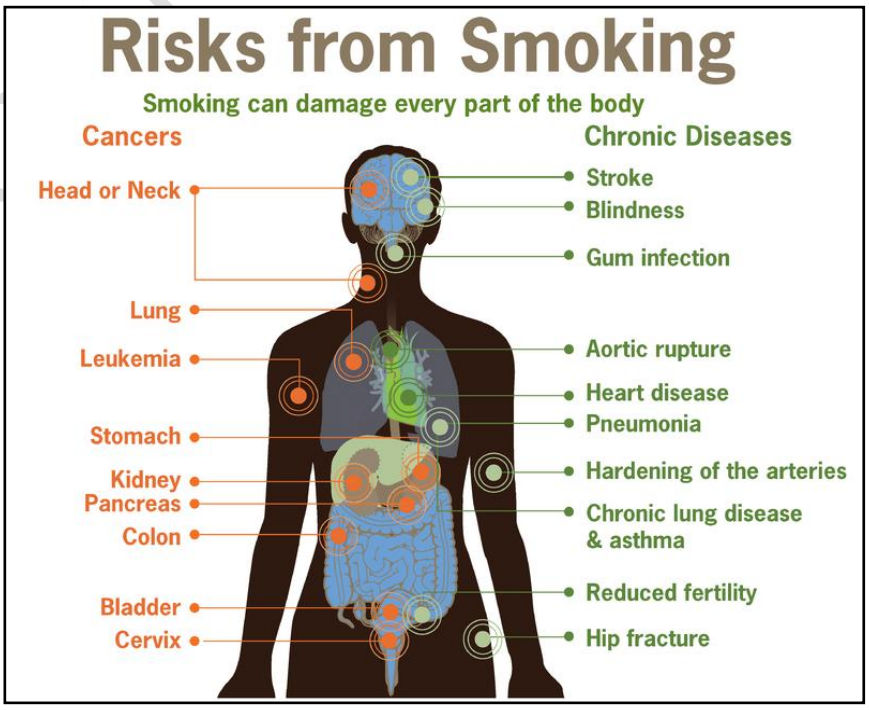
1. Smoking:

Smoking is a practice in which a substance is burned and the resulting smoke breathed in to be tasted or inhaled. Most commonly the substance is the dried leaves of the tobacco plant which has been rolled into rice paper into a small, round cylinder called a "cigarette". Smoking ranges from smoking tobacco related cigarettes and other drugs and harmful substances which include opium, heroin, meth, cocaine, weed etc.

This is primarily practiced as a route of administration for what has come to be termed "recreational drug use" because the combustion of the dried plant leaves releases active substances into the body.

The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing nearly ***six million*** people a year. More than five million of those deaths are the result of direct tobacco use while more than 600,000 are the result of non-smokers being exposed to second-hand smoke, known as ***passive smoking***. Approximately one person dies every six seconds due to tobacco, accounting for one in 10 adult deaths. Up to half of current users will eventually die of a tobacco-related disease.

Nearly 80% of the more than one billion smokers worldwide live in low and middle-income countries, where the burden of tobacco-related illness and death is heaviest.



Smoking any of these harmful substances damage almost ***all*** areas of the human body as shown:

In 2008, the World Health Organisation (WHO) introduced a practical, cost-effective way to scale up implementation of provisions of the WHO Framework Convention

on the ground: MPOWER. Each MPOWER measure corresponds to at least one provision of the ***WHO Framework Convention on Tobacco Control***.

The 6 MPOWER measures are:

1. **M**onitor tobacco use and prevention policies
2. **P**rotect people from tobacco use
3. **O**ffer help to quit tobacco use
4. **W**arn about the dangers of tobacco
5. **E**nforce bans on tobacco advertising, promotion and sponsorship
6. **R**aise taxes on tobacco

While these measures may ***only*** help to "reduce" the no. of smokers, we can never "stop" this phenomenon in society as it has already invaded all parts of society alike. Therefore, we personally should take an initiative to think and act sensibly. If all of us can take such a step, then we would be able to reduce smoking to a level where the effect of it is "negligible"…

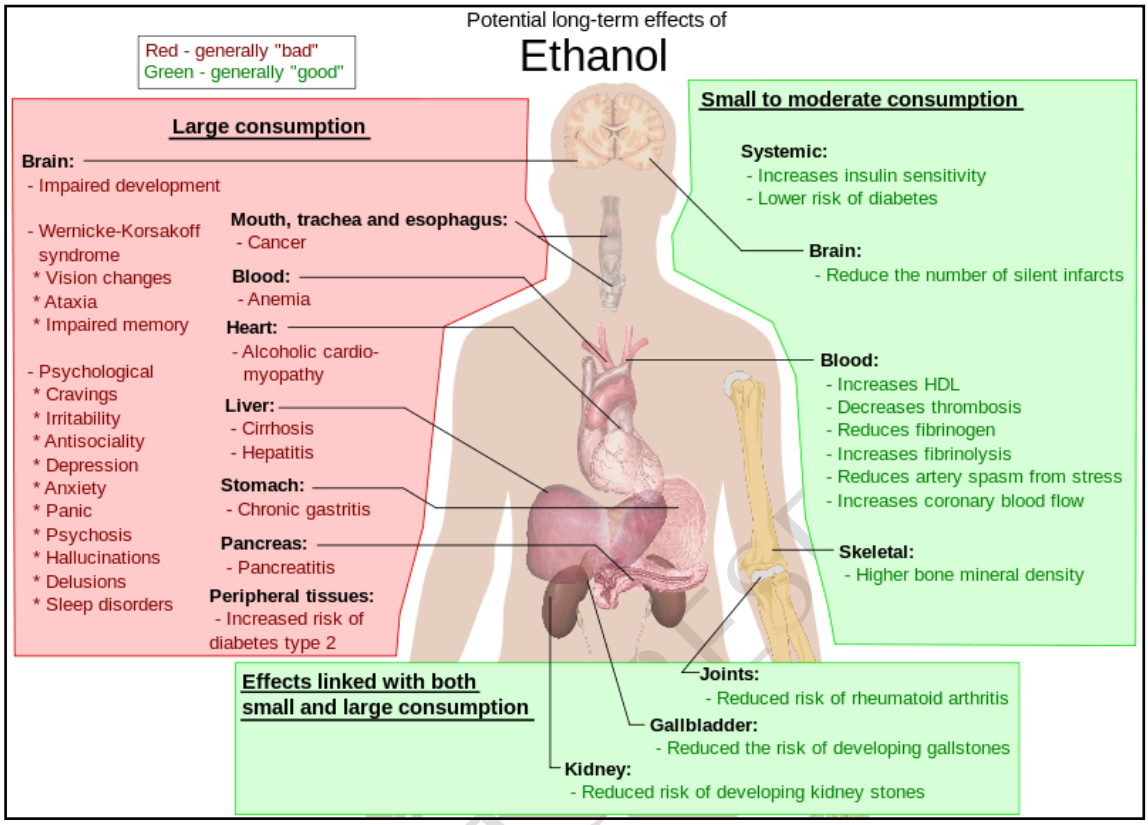
2. <u>Drug Abuse:</u>

"Drug Abuse" can be described as the "habitual" and / or the extensive intake of substances used as drugs. While the most common type of drug abuse relates to alcohol (Ethanol), recently drugs such as "Corex-D" (a cough syrup) have been in the news as a drug being "abused" by the people.

Individuals who suffer from alcohol abuse do not always exhibit the same symptoms. The type of symptoms experienced by an individual will depend on a number of factors, such as the individual's background and medical history. General signs and effects of alcohol abuse include:

1. Decreased involvement in extracurricular activities
2. Loss of interest in work or school
3. Depression
4. Lack of interest in family or friends
5. Preoccupation with drinking
6. Restlessness
7. Inability to control drinking
8. Erratic behavior
9. Violent behavior
10. Nausea
11. Vomiting
12. Headaches
13. Slurred speech
14. Impaired judgment

Long-term effects of alcohol include a variety of deadly diseases and disorders as shown:



Just as in the case of smoking, the best form of prevention from all these diseases is to "refrain" from consuming liquor. Effective methods may include:

1. Conducting awareness programmes among the interest groups – youth and adults.
2. Increasing taxes on liquor.
3. Implementing the present laws to prohibit illegal drug trafficking and bringing the perpetrators before justice.
4. Offer counselling and conduct campaigns to provide assistance to people to quit the consumption of alcohol.
5. Using religious and spiritual values to cultivate an anti-alcoholic sentiment in the people.

3. Sexually Transmitted Diseases (S.T.D.s):

Sexually transmitted diseases (S.T.D.), also referred to as sexually transmitted infections (S.T.I.) and venereal diseases (V.D.), are illnesses that have a significant probability of transmission between humans by means of sexual behavior. Some STIs can also be contracted by using IV

drug needles after their use by an infected person, as well as through any incident involving the contact of a wound with contaminated blood or through childbirth or breastfeeding.

Some common S.T.D.s include:

1. Gonorrhea
2. H.I.V. (Human Immunodeficiency Virus)
3. Syphilis
4. Herpes
5. Pelvic Inflammatory Disease (P.I.D.)

The best way to reduce the risk of getting affected with a S.T.D. is to not have bad and socially unaccepted practices of sexual behaviour. Furthermore, the people should be educated with relation to the aspects relating to S.T.D.s.

HIKE – 22 km

Hike on foot 22 kilometers with one or two Scouts. Hike should have a set task to be accomplished and it should be spread over two days. A part of the hike (preferably half) could be done on the first day.

Camp out the night under a tent. The balance of the 22 kilometers is to be completed the next day. Keep a separate log giving date, time, distance, direction, description and sketch maps. (See diagram)

Date:.....

Time	Distance	Direction	Description	Sketch Map

N.B. – The hike will be the last test for the Award. When all the requirements are completed the District Commissioner or his nominee will send the Scout on the hike.