



Gold Leaf Requirements

Name _____

Complete twelve activities from those listed on the following pages. You must complete, three from the Adventure section, two from the Community section and one from the other sections. The remaining three activities can be from any section you wish.

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| Scout craft 1 | |
| a. Make a useful item of equipment using an eye-splice or back-splice. | |
| b. Devise a safety check list for your troop. Use the list to remedy any dangers. | |
| c. Organize a patrol pioneering project. | |
| d. Be quartermaster for a camp including preparation and clearing of the camp. | |
| e. Organize a camp for your patrol. | |
| f. Take care of and maintain a specific type of troop equipment for 3 months. | |
| g. Be able to interpret a weather map and set up a simple weather station and keep a log for one month. | |
| h. Take part in a night hike. | |
| i. Complete a navigational exercise using two types of compasses. | |
| j. Prepare and cook backwoods style a meal for 4 people. | |

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| Adventure 2 3 4 . | |
| a. Attempt an adventurous activity which is new to you i.e. rock climbing, abseiling, sub-aqua, and karting and achieve basic proficiency | |
| b. Act as coxman of a boats crew, carry out basic manoeuvres including anchoring and taking a small boat on tow. | |
| c. Plan and set out an orienteering course and supervise a group of scouts. | |
| d. Take part in a rescue exercise. | |
| e. Help to plan, participate in and report back on a visit to a foreign country. | |
| f. Build, maintain and use a scout Kart or a land yacht. | |
| g. Organise and run an incident hike for younger scouts. | |
| h. Using backwoods techniques, plan and take part in a two night survival exercise. | |
| i. Take part in a three day, two night hike. | |

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| Culture 5 | |
| a. Take part in an amateur production for a public performance | |
| b. Demonstrate some local customs to the cub scout pack | |
| c. Help produce a scout magazine or news letter. | |
| d. mount an exhibition for viewing by the general public. | |
| e. Take photographs on a theme of your own interests and mount an exhibition. | |

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| f. Make contact with a local craft worker and learn from his/her skills and show an improvement in your own skills | |
| g. With a group of scouts visit a museum | |
| h. Take part in an exchange of scouts from another country | |

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| Community 6 7 | |
| a. Undertake a survey project on the elderly, or people with impaired sight and present your findings to the GSL | |
| b. Plan and carry out a project to find out about your local council | |
| c. Prepare cook, serve and clear away a formal meal for at least 4 people from your community outside the scout group | |
| d. Find out about and give support to scouts and other people in developing countries | |
| e. Help provide an activity for younger people in your neighbourhood during the holidays | |
| g. Share home hospitality with scouts from another country | |
| h. Make contact with a scout from abroad and learn about their way of life and scouting. Help to run a troop program based on what you have found out | |
| i. Undertake the budgeting and accounting for an enterprise or activity involving several people | |

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| Health 8 | |
| a. In a sport set yourself a target for a season and report on your progress | |
| b. Arrange for a Doctor or other professional person to visit the scout group to discuss a health topic of your choice | |
| c. After training complete a survival swimming exercise | |
| d. Visit a sports centre, talk with a specialist about the facilities and the need for fitness; trying out some of the activities there | |
| e. Make contact with a local sports person and find out about the training schedule and diet. Then write your own training program | |
| f. Take part and pass the junior St. John's Ambulance training | |

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| Commitment 9 | |
| a. Relate a short story about BP to cubs or younger scouts | |
| b. Use one of the elements of the scout law as a theme and explain to other scouts | |
| c. Complete a patrol leaders training course | |
| d. Maintain a diary of a specific issue affecting your local community for 3 months | |
| e. Show a continuous involvement in your life of your place of worship | |
| f. Participate in a camp at home or abroad with scout from other countries | |
| g. Experience a form of worship from a faith other than your own and talk to someone about the difference and similarities of your own faith | |
| h. Visit and find out about two different places of employment | |
| i. Take on some specific extra responsibility in your own family one month | |

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| Gain on proficiency Badge | |
| Gold Award gained on: | |