

EXPLORER – KNOWLEDGE & SKILL





CAMPCRAFT

To achieve the Explorer Target, the Scout must complete all the requirements for No's 1 to 8.

1. Knots and lashings

- a) Assist a Scout in passing those knots and lashings required for Pioneer level,
- b) Learn to tie and use in a Scout activity the following:
 - i) bowline (or double figure of eight for synthetic rope)
 - ii) sheepshank
 - iii) either a west country, or sail maker's whipping
 - iv) round turn and two half hitches
 - v) diagonal lashing
 - vi) figure of eight lashing.
- c) Demonstrate how to tie down a load on a trailer or truck.

2. Fire and fuel

- a) Assist a Scout in passing all the activities required at Pioneer level.
- b) Light, maintain and extinguish a fire in wet conditions.
- c) Demonstrate how to correctly light and care for a gas, fuel or wick lantern, including how to replace a mantle.

3. Safety and survival

- a) Assist a Scout in passing the safety and survival requirements for Pioneer level.
- b) Assemble a personal first aid kit for use on camps and hikes.
- c) Explain what hypothermia is, how to prevent it, and how to treat it should it occur.

4. Navigation

Understand and demonstrate a proficiency in the following:

- a) know the Pioneer level skills
- b) care of a map
- c) how to orientate a topographic map by both compass and physical features
- d) how to establish direction using the sun in daylight and stars at night
- e) navigate between two points over at least one km in a bush environment
- f) with your Patrol, find out how to operate a GPS and how to use it in conjunction with a map and compass
- g) assist a Scout in passing the requirements of Pioneer level navigation.

5. Cooking

With your Patrol or other Scouts, plan and cook a two-course meal under camp conditions:

- a) demonstrating an understanding of the need for a balanced diet
- b) this will include menu planning and purchase of food for the meal.

6. Camp activity

- a) Assist a Scout in passing the requirements of Pioneer level No 1-4.
- b) Demonstrate a sound knowledge of the following:
 - i) camp sanitation
 - ii) drinking water precautions
 - iii) storage of food
 - iv) care of the environment on a Patrol campsite.',
- c) With your Patrol or other Scouts:
 - i) assemble personal and Patrol equipment for a weekend canoe trip, hike or camp
 - ii) prepare a menu and food list for the selected activity and purchase all necessary requirements
 - iii) participate in the activity selected above with the appropriate gear and equipment.

7. Journey

With four other Scouts complete the following:

- a) plan and go on a hike of at least 24 hours and 15 kilometres
- b) the hike should be in an unfamiliar area
- c) pack and carry all appropriate gear and equipment, including food, water, tents etc.
- d) a report is to be presented to the Troop Council on completion.

The hike must be monitored by an Adult Leader to ensure the safety of the Scouts. All government and Branch rules and regulations must be complied with.

You may choose canoes or cycling for this activity. If you do so, you need to adjust the distance to be covered and increase accordingly.

8. Camps

With your Patrol or other Scouts, have camped out in tents for a minimum of twelve nights.



CITIZENSHIP

To achieve the Explorer Citizenship Target, the Scout must complete all of the requirements for No's 1 to 4, together with any three of the remaining five parts.

1. Ethics

- a) Promise and Law
Discuss with your Scout Leader the part that the Scout Promise and Law plays in your life.
- b) Spiritual development
Assist your Patrol Leader in planning and running a Scouts Own at a Scout Camp or other Troop activity.

2. First Aid

- a) Know the first aid for Explorer Emergencies.
- b) Demonstrate an understanding of the DRABC principle.
- c) Demonstrate that you can carry out the requirements for first aid at Pioneer Citizenship level.
- d) Demonstrate two types of hand seats and one other way of moving an injured person.
- e) Be able to recognise the symptoms of shock and know how to treat a person who is suffering from shock.

3. Leadership

Discuss with your Patrol Leader three examples of when you have had the opportunity to develop leadership skills during the Scout program.

4. Good turn

- a) Complete a maintenance task to Scout property, e.g. painting, whipping rope ends, removing leaves from gutters, repairing Patrol box or other equipment (minimum service four hours).
OR
- b) Participate in some form of community service that must be over a minimum of four hours (e.g. assist a service organisation, environmental, organisation hospital, etc.).

5. Heritage

- a) With your Patrol conduct an activity with an International theme.
OR
- b) With your Patrol, find out about some aspect of the history of your local area and make a short verbal or other presentation about your findings to the Troop. You might choose stories from the past, a person of historic note, a local historical site, a monument, a museum, etc.
OR
- c) With your Patrol plan, prepare and cook a meal from another culture.

6. Activity

- a) With your Patrol or other Scouts participate in an activity with Scouts from another District.
OR
- b) Alone or with your Patrol plan a tour of your community designed to help a visitor see and learn about it, and either conduct a visitor on the tour or go as a Patrol.

7. Community

- a) Organise an activity or produce a chart for Cub Scouts on road and bicycle safety.
- b) Prepare a chart for your hall or den showing appropriate contacts for the following emergencies:
 - i) Poison
 - ii) Fire
 - iii) Injuries
 - iv) Sick animals
 - v) damage to roads and bridges
 - vi) electricity
 - vii) phone
 - viii) gas and water.

8. Environment

- a) Complete section A Investigate 1 (Knowledge) and 2 (Skill) of the World Conservation Badge. OR
- b) Complete the remaining two thirds of your project for the Landcare Badge.
OR
- c) On a walk through your local community with your Patrol, identify and record ten ways in which your local community could be more environmentally friendly.

9. Fitness

- a) Lead a discussion with Pioneer level Scouts about a healthy lifestyle including the need for a proper diet, proper amount of sleep and the value of exercise.
- b) With your Patrol or other Scouts, participate in an activity that focuses on the value of exercise and sport as a part of a healthy lifestyle.



AIR ACTIVITIES

To achieve the Explorer Air Activities Target the Scout must complete all of the requirements for No's 1 to 4.

1. Recognition

Recognise by sight 8 types of aircraft and discuss in detail at least 2.

2. Weather

- a) Explain three elements of weather and the effects they have on:
 - i) the flight performance
 - ii) take off and landing of an aircraft or glider.
- b) Have a knowledge of weather pattern in your geographical area.
- c) Find out the difference in the terms "ground speed" and "air speed", and how they relate to headwinds and tailwinds.

3. Theory

Demonstrate an elementary knowledge of:

- a) the principles governing the theory of flight
- b) the use in an aircraft of an airspeed indicator altimeter and magnetic compass
- c) how to read and apply the 24-hour clock and the phonetic alphabet
- d) the movable control surfaces of an air craft and be able to describe their function (e.g. rudder, elevators, ailerons, flaps and trim tab).

4. Activity

After visiting a Scout Air Activity Centre and/or aerodrome with your Patrol or other Scouts, draw a map showing the location of hangars, control tower, runways, taxiways, tarmac. wind socks, the direction of the prevailing wind, fuel stores. navigation aids, and emergency facilities.



CONSTRUCTION

To achieve the Explorer Construction Target, the Scout must complete all of the requirements for No's 1 to 4.

1. Planning

Sketch and explain how you, along with your Patrol, would go about constructing:

- a) a monkey suspension bridge to span about seven metres
- b) a camp table or similarly complex equipment
- c) a braced foot bridge with handrails to span about three metres
- d) assist another Scout to pass the requirements at Pioneer level for Planning.

2. Equipment and safety

- a) Demonstrate how to:
 - i) care for and store ropes
 - ii) care for construction tools.
- b) Demonstrate a knowledge of how:
 - i) ropes and pulleys work
 - ii) they can be used to move heavy objects vertically and horizontally.
- c) Demonstrate the following:
 - i) trimming poles to length using a saw
 - ii) pointing wooden pegs using an axe or tomahawk.
 - iii) sharpening of an axe or tomahawk.

3. Knots

- a) Demonstrate the Explorer Campcraft knots and lashings.
- b) Learn and demonstrate
 - i) a double sheetbend
 - ii) a bowline on the bight.

4. Major projects

Take an active role in one of the following major projects:

- a) braced footbridge at least 3m long
- b) monkey suspension bridge spanning at least 7m
- c) camp table or similar complex piece of camping equipment
- d) tower with a platform approximately 3m above the ground
- e) ballista / catapult capable of propelling a projectile at least 10m
- f) swing bridge suitable of carrying each Patrol member across a gap of at least 3m
- g) another project of equivalent safety or difficulty approved by Troop Council.



EMERGENCIES

To achieve the Explorer Emergencies Target, the Scout must complete the following:

1. Recognition

Be able to suggest at least ten very different situations that could be classified as an emergency.

2. Knowledge

- a) Demonstrate a knowledge, and use of EAR.
- b) Demonstrate how to approach an unconscious patient.
- c) Demonstrate how to identify if the patient is breathing.
- d) Explain the difference between venous and arterial bleeding.
- e) Demonstrate how to control all forms of external bleeding,
- f) Demonstrate how to use the fire extinguisher in your Troop meeting place or home.
- g) Know on what type of fire it should be used/not used.

3. With your Patrol or other Scouts:

- a) visit one of the locations listed in Pioneer Emergencies No 3.
OR
- b) arrange a visit to your Troop by a representative of one of those services.

4. Activity

- a) By participating with your Patrol or other Scouts in two mock emergencies, demonstrate an understanding of the basic principles of first aid.
- b) Demonstrate the method of dealing with a patient in contact with a live electric wire.
- c) With your Patrol:
 - i) build a bush stretcher or an improvised stretcher, and
 - ii) use this stretcher to carry a patient over a distance of 500m



ENVIRONMENT

To achieve the Explorer Environment Target, the scout must complete all the requirements for No's 1 to 4.

1. Nature

- a) Identify a region within your community which has had an environmental effect on plant, wildlife and insect population from any one of the following salinity, soil erosion, poor water quality, introduced species either animal or plant, removal of bush land, waterway.
- b) Discuss with your Patrol how wildlife, plants and insects depend on each other for survival.
- c) Devise an action plan for improvement.

2. Activity

- a) With a group of Scouts, design and produce an environmental educational presentation (such as poster, demonstration, activity).
- b) The presentation should show how introduced species of animal or plant life have had an impact on the environment and what can be done to improve the present situation.
- c) Present your findings to your chosen audience.

3. Visit

- a) Visit or contact an organisation devoted to protecting the local or national environment.
- b) Find out what aspect/s they cover, such as flora, fauna, vegetation, waterways.
- c) Help out on a service activity for a total of eight hours.

4. Recycling

- a) With members of your Patrol, participate in a recycling activity of at least 8 hours, which could include one of the following:
 - i) separation of recyclables
 - ii) composting
 - iii) waste reduction, e.g. area clean up, bottle drive, worm firm, and report to the Patrol / Troop with your outcome.
- OR
- b) Prepare an evaluation of your local waste disposal system and suggest improvements.
- OR
- c) Where possible, visit an installation such as local rubbish tip, transfer station, recycling facility, sewerage plant, report on your visit and suggest any changes that you think could be made.



WATER ACTIVITIES

To achieve the Explorer Water Activities Target, the Scout must complete all of the requirements for No's 1 to 5. together with one of the electives A-F.

1. Weather

- a) Know the Pioneer level requirements for Weather.
- b) Demonstrate and apply weather forecasting to a water activities event with a duration of two days.

2. Safety

- a) Know the Pioneer level requirements for Safety.
- b) Swim 100 metres whilst wearing a personal flotation device.
- c) Be able to remove your clothes in water and then swim 100 metres
- d) Know local boating rules applicable to your own region of operation.
- e) Have an understanding of either:
 - i) tides and Currents in coastal areas or
 - ii) water behaviours in rivers and creeks.
- f) Be able to recognise five common distress signals, including at least one each of sight, sound and light,
- g) Demonstrate a knowledge of buoys, beacons and navigation signs used in your region of operation.

3. First aid

Know the Citizenship First Aid requirements at Explorer level.

4. Knots

- a) Know the Pioneer level requirements for Knots.
- b) Make and use, in a boating activity, two of the following splices:
 - i) eye splice
 - ii) back splice
 - iii) short splice
 - iv) long splice plus the following:
 - v) palm and needle whipping
 - vi) barrel hitch.
- c) Demonstrate the meaning and use of :
 - i) Parbuckling
 - ii) barrel hitch
 - iii) Spanish windlass.

5. Basic skills

Learn the nautical terms generally used in boating, with the assistance of an Adventurer level Scout. These are found in, e.g. the Nautical Glossary in the Scout Field Book.

ELECTIVES

A. CANOEING

- a) Demonstrate the following:
 - i) sweep forward and reverse
 - ii) draw
 - iii) slap
 - iv) support scull
 - v) J stroke.
- b) Paddle upstream 50 metres and return, using paddle on one side only.
- c) Demonstrate ferry glide.
- d) Capsize loaded canoe in water greater than 2m deep and return with it to bank and empty in correct manner.
- e) Re-embark standing in knee-deep water.
- f) Demonstrate H rescue, both as rescuer and rescued.
- g) Have a good knowledge of the principles of working a canoe in waters of your region of operation.
- h) Demonstrate how to pack a canoe for an overnight journey.
- i) Be able to estimate the time that it would take to cover a given distance on water.
- j) Participate in an overnight canoeing expedition.

B. SAILBOARDING

- a) Know and name the various parts of a sailboard.
- b) Be able to rig a sailboard.
- c) Demonstrate your ability to use your sailboard in sheltered waters.

C. ROWING

- a) Pass, or have passed, all tests prescribed for Pioneer level elective
- b) Demonstrate knowledge of correct methods of loading and trimming a pulling boat.
- c) Participate in launching and recovery of a pulling boat.
- d) Demonstrate sculling a dinghy with one oar:
- e) Row a pulling boat as part of a crew, over a distance of 2 kilometres
- f) Demonstrate the correct method of towing and being towed.

D. SAILING

- a) Pass, or have passed, all tests prescribed for Pioneer level elective.
- b) Be able to rig a sailboat.
- c) Understand how and when to reef down
- d) With an Adventurer level Scout who has appropriate qualifications, capsize and recover a small sailboat.
- e) Describe the advantages and disadvantages of lee and weather shores.
- f) Demonstrate the correct method of towing and being towed.
- g) Participate in two overnight sailing expeditions.

E. COMPLETE THE:

Australian Federation of Yachting Course. "Basic Skills 2 - getting into Small Boat Sailing"

F. POWER

- a) Learn and know the parts of the powerboat
- b) Learn and know the parts of engines
- c) Participate in a power boat crew for a minimum of 6 hours.



WATER SAFETY

To achieve the Explorer Water Safety Target the Scout must complete all of the requirements for either A or B.

A. Life saving

Complete a Life Saving Badge at Bronze Medallion level or higher.

B. OR Water safety

1. Safe entry and swim

- a) Demonstrate the following:
- b) perform a forward roll into deep water, fully clothed and swim 25 metres. Remove clothing retaining one item to use as a towing aid
- c) use the item of clothing retained to tow a conscious, cooperative patient 20 metres. avoiding contact at all times.

2. Demonstrate the following:

- a) swim 100 metres without an APFD, including 50 metres using any of the resting strokes
- b) remain afloat for at least four minutes without the use of an APFD
- c) put on an APFD in deep water and swim 50 metres. Demonstrate the 'HELP' position
- d) with at least two other Scouts demonstrate the 'huddle' position.

3. Rescue

Perform a simulated rescue in one of the following situations:

- a) using an improvised flotation device, use a safety jump to enter the water and swim to a conscious patient at least ten metres from shore. Use any tow method to return the patient to the shore
- b) perform an assisted carry with approach and tow of at least 30 metres, with a fully clothed conscious patient.

4. Safety

Present to the Adviser a list of at least ten major safety items suggested by clubs active in one of the following swimming, yachting, power boating, surfing, water skiing, canoeing, scuba diving, board diving.

5. Have passed the requirements of Emergencies 1 at Explorer Level.