



# 30 Day Second Class Challenge

All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.)

<p><b>Be physically active at least 30 minutes each day for five days a week for four weeks.</b></p>	<p><b>Keep track of your activities.</b></p>	<p><b>1.</b> Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.</p>	<p><b>2.</b> Record fitness activities. Explain &amp; Show first-aid for:</p> <ul style="list-style-type: none"> <li>• Object in the eye</li> <li>• Bite of a warm-blooded animal</li> </ul>	<p><b>3.</b> Record fitness activities Explain &amp; Show first-aid for:</p> <ul style="list-style-type: none"> <li>• Puncture wounds from a splinter, nail, and fishhook</li> </ul>	<p><b>4.</b> Record fitness activities. Explain &amp; Show first-aid for:</p> <ul style="list-style-type: none"> <li>• Serious burns (partial thickness, or second-degree)</li> </ul>	<p><b>5.</b> Record fitness activities Explain &amp; Show first-aid for:</p> <ul style="list-style-type: none"> <li>• Heat exhaustion</li> <li>• Shock</li> </ul>
<p><b>6.</b> Explain &amp; Show first-aid for:</p> <ul style="list-style-type: none"> <li>• Heatstroke</li> <li>• Dehydration</li> <li>• Hypothermia</li> <li>• Hyperventilation</li> </ul>	<p><b>7.</b> Record fitness activities Show what to do for "hurry" cases of:</p> <ul style="list-style-type: none"> <li>• Stopped breathing</li> <li>• Stroke</li> </ul>	<p><b>8.</b> Record fitness activities Show what to do for "hurry" cases of:</p> <ul style="list-style-type: none"> <li>• Severe bleeding</li> <li>• Ingested poisoning</li> </ul>	<p><b>9.</b> Record fitness activities Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously.</p>	<p><b>10.</b> Record fitness activities Explain what to do in case of accidents that require EMS response in the home &amp; backcountry.</p>	<p><b>11.</b> Record fitness activities Explain what constitutes an emergency &amp; what information you will need to provide to a responder.</p>	<p><b>12.</b> Tell how you should respond if you come upon the scene of a vehicular accident.</p>
<p><b>13.</b> With your family, decide on an amount of money that you need to earn, based on the cost of a specific item you would like to purchase.</p>	<p><b>14.</b> Record fitness activities Develop a written plan to earn the amount agreed upon and follow that plan.</p>	<p><b>15.</b> Record fitness activities Contact at least three locations, compare the cost of your chosen item, determine the best place to purchase it.</p>	<p><b>16.</b> Record fitness activities Discuss any changes made to your original plan and whether you met your goal.</p>	<p><b>17.</b> Record fitness activities Demonstrate a practical use of the sheet bend knot. Explain uses for it.</p>	<p><b>18.</b> Record fitness activities Demonstrate a practical use of the bowline knot. Explain uses for it.</p>	<p><b>19.</b> Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.</p>
<p><b>20.</b> Record fitness activities Using a compass and map together, take a 5-mile hike (or 10 miles by bike)</p>	<p><b>21.</b> Record fitness activities. Identify &amp; show evidence of at least 10 kinds of wild animals found in your local area.</p>	<p><b>22.</b> Record fitness activities. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.</p>	<p><b>23.</b> Record fitness activities Demonstrate how to find directions during the day and at night without using a compass or an electronic device.</p>	<p><b>24.</b> Record fitness activities Describe bullying, tell what the appropriate response is to someone who is bullying you or another person.</p>	<p><b>25.</b> Share your fitness challenges and successes once completing 4 weeks. Explain the three R's of personal safety and protection.</p>	<p><b>26.</b> Explain how you have lived 1 of 4 points of the Scout Law _____. (Do not use the same ones from Tenderfoot)</p>
<p><b>27.</b> Explain how you have lived 2<sup>nd</sup> of 4 points of the Scout Law _____.</p>	<p><b>28.</b> Explain how you have lived 3<sup>rd</sup> of 4 points of the Scout Law _____.</p>	<p><b>29.</b> Explain how you have lived the 4th point of the Scout Law _____.</p>	<p><b>30.</b> Explain how you have done your Duty to God for this month.</p>			