



FRIEND

Class Requirements Workbook

Pathfinder:

Teacher:

FRIEND

COMPANION

EXPLORER

RANGER

VOYAGER

GUIDE

South Pacific Division Discipleship Youth Ministries



Friend Class Requirements Workbook Upgrade 2021

Class Requirements based on the Standard Curriculum (also known as the Card System)

PRODUCED BY:

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Seventh-day
Adventist Church™

South Pacific



Friend Requirements

GENERAL

1. Be 10 years old and/or in Grade 5 or its equivalent.
2. Be an active member of Pathfinders.
3. Memorise and explain the Junior Pledge and Law.
4. Have a current Book Club Certificate.

ADVANCED

Know, sing or play, and explain the meaning of the Pathfinder Song and the first stanza of the National Anthem.

BIBLE SEARCH

1. Memorise the New Testament books and know the four areas into which books are grouped. Demonstrate your ability to find any given book.
2. Have a current Memory Gem Certificate.
3. Choose, in consultation with your leader, one of the following areas:
 - a. One of Jesus parables;
 - b. One of Jesus miracles;
 - c. Sermon on the Mount;
 - d. Second advent sermon;
 and show your knowledge of what Christ taught in one of the following ways:
 - a. Discussion with the leader;
 - b. Group activity;
 - c. Giving a talk.
4. Read the Gospels of Matthew and Mark in any translation. Commit to memory any two of the following:
 - a. Beatitudes—Matthew 5:3-12
 - b. Lord's Prayer—Matthew 6:9-13
 - c. Christ's return—Matthew 24:4-7, 11-14
 - d. Gospel commission—Matthew 28:18-20

ADVANCED

Commit to memory a, b, c, and d of Requirement Four above.

SERVING OTHERS

1. By consultation with your leader, work out ways to spend at least two hours expressing your friendship to someone in need in your community by doing any two of the following:
 - a. Visit someone in need;
 - b. Help someone in need;
 - c. Help organise and run a Friend's party.
2. Prove yourself a good citizen at home and at school.

ADVANCED

Bring at least two visitors to Sabbath School or Pathfinder meetings.

CHURCH HERITAGE

View the audio-visual presentation entitled "The Great Controversy" and discuss as a class the period of time from the ascension of Christ to 1844

OR

View Episode 1 "The Apostasy" from the "Keepers of the Flame" video series and complete the Friend worksheet "Standing Brave."

ADVANCED

Complete the crossword puzzle based on the audio-visual "The Great Controversy"

OR

Complete the Advanced Friend worksheet "Standing Brave" based on the video "The Apostasy."



HEALTH AND FITNESS

1. a. Discuss the temperance principles in the life of Daniel, or participate in a presentation or role play on Daniel 1.
b. Memorise and explain Daniel 1:8, and either sign the appropriate pledge card or design your own pledge card showing why you choose a lifestyle in harmony with the true principles of temperance.
2. Learn the principles of a healthful diet and engage in a project preparing a chart of basic food groups.
3. Complete the honour in Beginner's Swimming.
4. Hike 3 kilometres in 1 hour.

ADVANCED

Demonstrate baking, boiling and frying camp food.



NATURE STUDY

1. Participate in a 1-hour nature appreciation walk and observe nature objects that relate to a Bible passage.
2. Complete 1 of the following honours: Cats, Dogs, Mammals, Seeds and Bird Pets.
3. Know and identify 5 wildflowers and 5 insects in your area.

ADVANCED

Know and identify 10 wildflowers and 10 insects in your area.



CAMPING & SURVIVAL SKILLS

1. Know how ropes are made and demonstrate how to care for rope in the correct manner. Tie and know the practical use of the following knots: Overhand, Granny, Square, Slip, Double Bow, Two Half Hitches, Clove Hitch, Bowline.
2. Participate in an overnight camp-out.
3. Pass a test in general safety.
4. Pitch and strike a tent and make a camp bed.
5. Know 10 hiking rules, and know what to do when lost.
6. Learn the signs for track and trail. Be able to lay a 2-kilometre trail that others can follow and be able to track a 2-kilometre trail.
7. Complete one honour in Arts and Crafts.

ADVANCED

1. *Start a fire with 1 match, using natural materials, and keep that fire going.*
2. *Properly use the knife and axe, and know 10 safety rules in their use.*
3. *Tie 5 speed knots.*



REQUIREMENT 1

BE 10 YEARS OLD AND/OR IN YEAR 5 OR ITS EQUIVALENT.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 2

BE AN ACTIVE MEMBER OF PATHFINDERS.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 3

MEMORISE AND EXPLAIN THE PLEDGE AND LAW.

PATHFINDER PLEDGE

_____ THE LORD MY GOD I WILL

I recognise that Jesus Christ is my personal saviour and I want to respond by loving Him.

DAILY SEEK HIS _____

I will set aside some private time every day to read my Bible and talk to God.

SHOW _____ TO OTHERS

I will always be kind and thoughtful of others in my family, school, church and community. I will try to include the lonely and left-out people in my friendship.

KEEP THE _____ LAW

I accept the Pathfinder Law as being an important part of the Pathfinder Club and choose by God's grace, to live by it.

AND HONOUR MY _____

I will endeavour to be a good citizen at home, school, and in the community, by obeying the laws of the land and respecting those obeying the laws of the land, and respecting those in authority.

PATHFINDER LAW

The Pathfinder Law is for me to:

LOOK FOR _____ IN OTHERS

I will not listen to rumours about people but will instead always try to speak a good word about everyone I know.

AIM TO DO MY _____

Because my life and abilities are gifts from God I will put one hundred percent effort into my work, play and relationships.

LOVE AND _____ MY FAMILY

God has placed me in a family. I will speak courteously and be obedient, thoughtful and unselfish in the way I act at home.

BE _____ FOR WHAT I HAVE

I will learn to be cheerful and grateful for the many wonderful things that I have. I will not complain when things do not go my way or I cannot have what others have.

PRESERVE GOD'S _____

Because I recognise that God is the creator and owner of this world, I will not be careless when I am out in nature but will do all I can to protect the environment in which I live.

TAKE _____ OF MY HEALTH

I will exercise regularly, eat a well-balanced and healthy diet, and say no to any harmful substances that will be harmful to my body.

BE _____ IN MY CHURCH

When I am asked to participate in programs at my church I will willingly do so. I will attend as regularly as I can.

AND GO WHERE HE _____

I will be ready to share my faith and follow God's leading in my life.

Date Memorised: _____

Supervisor's Signature: _____





REQUIREMENT 4

HAVE A CURRENT BOOK CLUB CERTIFICATE.

Date:

Supervisor's Signature:



KNOW, SING OR PLAY, AND EXPLAIN THE MEANING OF THE PATHFINDER SONG AND THE FIRST STANZA OF THE NATIONAL ANTHEM.

Pathfinder Song

VERSE ONE

Running up the highway
Following the Son
We are the future
A promise just begun
We're the next generation
Tomorrow's in our hands
In a world of problems
We're gonna make a stand

CHORUS

We're the Pathfinders
Tomorrow's in our hands
In a world of problems
We're gonna make a stand
We're the Pathfinders
Believe us when we say
We're headed in the right direction
'Cause Jesus leads the way

VERSE TWO

Jesus is my Friend
He's a true Companion
We are God's Explorers
Rangers for the Lord
Voyagers together,
Working side by side,
No matter what the problem,
God's gonna be my Guide

CHORUS

We're the Pathfinders
Tomorrow's in our hands
In a world of problems
We're gonna make a stand
We're the Pathfinders
Believe us when we say
We're headed in the right direction
'Cause Jesus leads the way



Listen to it here: [Pathfinder Theme Song](#)

"Running up the Highway" (YouTube)



Date: _____

Supervisor's Signature: _____





KNOW, SING OR PLAY, AND EXPLAIN THE MEANING OF THE PATHFINDER SONG AND THE FIRST STANZA OF YOUR NATIONAL ANTHEM.

Your National Anthem

WATCH OR LISTEN TO YOUR NATIONAL ANTHEM HERE

 American Samoa  bit.ly/3CMcH8y	 Australia  bit.ly/3lLm8hp	 Cook Islands  bit.ly/2XZlofM	 Fiji  bit.ly/3o7p62F	 French Polynesia  bit.ly/3F2lIkB
 Kiribati  bit.ly/3ud8bN1	 Nauru  bit.ly/3D1m2tl	 New Caledonia  bit.ly/3i7aqwS	 New Zealand  bit.ly/3AHKa3n	 Niue  bit.ly/3AMntLh
 Papua New Guinea  bit.ly/3lXzBD8	 Pitcairn Island  bit.ly/3ue9fR5	 Western Samoa  bit.ly/3i7eNYF	 Solomon Islands  bit.ly/3kNwbDH	 Tokelau  bit.ly/39DW2Y4
 Tonga  bit.ly/3AHKrtX	 Tuvalu  bit.ly/2XOI7f2	 Vanuatu  bit.ly/2XSNr1G	 Wallis & Futuna  bit.ly/3zBE3w4	National Anthems of the World  wbit.ly/3ugjB2S

Date: _____

Supervisor's Signature: _____





REQUIREMENT 1

MEMORISE THE NEW TESTAMENT BOOKS AND KNOW THE FOUR AREAS INTO WHICH BOOKS ARE GROUPED. DEMONSTRATE YOUR ABILITY TO FIND ANY GIVEN BOOK.



GOSPELS (4)

M_____

M_____

L_____

J_____

HISTORY (1)

A_____

PROPHECY (1)

R_____

PASTORAL LETTERS (21)

R_____

1 C_____

2 C_____

G_____

E_____

P_____

C_____

1 T_____

2 T_____

1 T_____

2 T_____

T_____

P_____

H_____

J_____

1 P_____

2 P_____

1 J_____

2 J_____

3 J_____

J_____

Date Memorised: _____

Supervisor's Signature: _____



REQUIREMENT 2

HAVE A CURRENT MEMORY GEM CERTIFICATE.

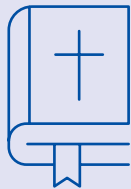
I passed my Memory Gem test on: _____

Supervisor's Signature: _____



BIBLE SEARCH





REQUIREMENT 3

CHOOSE, IN CONSULTATION WITH YOUR LEADER, ONE OF THE FOLLOWING AREAS:

(Tick)

- ☐ a. One of Jesus parables;
- ☐ b. One of Jesus miracles;
- ☐ c. Sermon on the Mount;
- ☐ d. Second advent sermon;

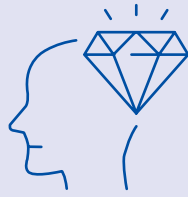
AND SHOW YOUR KNOWLEDGE OF WHAT CHRIST TAUGHT IN ONE OF THE FOLLOWING WAYS:

(Tick)

- ☐ a. Discussion with the leader;
- ☐ b. Group activity;
- ☐ c. Giving a talk.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 4

READ THE GOSPELS OF MATTHEW AND MARK IN ANY TRANSLATION. COMMIT TO MEMORY ANY TWO OF THE FOLLOWING:

A. THE BEATITUDES: Matthew 5:3-12

B. LORD'S PRAYER: Matthew 6:9-13

C. CHRIST'S RETURN: Matthew 24:4-7, 11-14

D. THE GOSPEL COMMISSION: Matthew 28:18-20

Date: _____

Scriptures Memorised: _____

Supervisor's Signature: _____



ADVANCED

COMMIT TO MEMORY A, B, C, AND D OF REQUIREMENT 4 ABOVE.

A. The Beatitudes:

Matthew 5:3-12

B. Lord's Prayer

Matthew 6:9-13

C. Christ's Return:

Matthew 24:4-7, 11-14

D. The Gospel Commission:

Matthew 28:18-20

Date: _____ Supervisor's Signature: _____



BIBLE SEARCH





REQUIREMENT 1

BY CONSULTATION WITH YOUR LEADER, WORK OUT WAYS TO SPEND AT LEAST TWO HOURS EXPRESSING YOUR FRIENDSHIP TO SOMEONE IN NEED IN YOUR COMMUNITY BY DOING ANY TWO OF THE FOLLOWING:

(TICK)

- ☐ A. VISIT SOMEONE IN NEED;
- ☐ B. HELP SOMEONE IN NEED;
- ☐ C. HELP ORGANISE AND RUN A FRIEND'S PARTY.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 1 A

VISIT SOMEONE IN NEED;

(Include additional pages to this workbook, may include photos etc.)

Date: _____

Summary of my visit:

Supervisor's Signature: _____





REQUIREMENT 1 B

HELP SOMEONE IN NEED;

(Include additional pages to this workbook, may include photos etc.)

Date: _____

Summary:

Supervisor's Signature: _____



REQUIREMENT 1 C

HELP ORGANISE AND RUN A FRIEND'S PARTY.

(Include additional pages to this workbook, may include photos etc.)

Date: _____

Summary:

Supervisor's Signature: _____



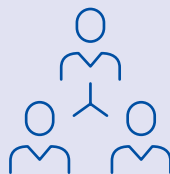


REQUIREMENT 2

**PROVE YOURSELF A GOOD CITIZEN
AT HOME AND AT SCHOOL.**

Date: _____

Supervisor's Signature: _____



**BRING AT LEAST TWO VISITORS TO
SABBATH SCHOOL OR PATHFINDER MEETINGS.**

Date: _____

Supervisor's Signature: _____



REQUIREMENT

OPTION A: VIEW THE AUDIO-VISUAL PRESENTATION ENTITLED “THE GREAT CONTROVERSY” AND DISCUSS AS A CLASS THE PERIOD OF TIME FROM THE ASCENSION OF CHRIST TO 1844.

OR

VIEW EPISODE 1 “THE APOSTASY” FROM THE “KEEPERS OF THE FLAME” VIDEO SERIES AND COMPLETE THE FRIEND WORKSHEET “STANDING BRAVE.”

Date: _____ Supervisor’s Signature: _____



COMPLETE THE CROSSWORD PUZZLE BASED ON THE AUDIO-VISUAL “THE GREAT CONTROVERSY.”

OR

COMPLETE THE ADVANCED FRIEND WORKSHEET “STANDING BRAVE” BASED ON THE VIDEO “THE APOSTASY.”

Date: _____ Supervisor’s Signature: _____



The Great Controversy Quiz

Answer the following questions based on the audio/visual presentation entitled 'The Great Controversy'

1. In what city were people brought to Christ at the time of Pentecost?

2. How many people were baptised at Pentecost?

3. How were the early Christians treated?

4. Who became the first great missionary?

5. Name some countries that were visited by early missionaries.

6. After uniting the church and government, how did the church of Rome encourage people to join it?

7. Why did the Waldenses have to escape to the mountains?

8. Name a reformer of the Dark Ages.

9. Why was John Wyliff called the 'morning star' of the reform?

10. Name of the 'Reformers' and briefly share their story and why this stands out to you.

Standing Brave

A Pathfinder Class Worksheet based on the video 'THE APOSTASY'
- Keepers of the Flame Episode 1.



View: [\(3\) The Apostasy — Episode 1](#) — Keepers of the Flame (YouTube)



This is a Standing Brave video about the brave Christians who were prepared to even die for their belief in God's truth. During the showing of the video, see if you can fill in the missing letters. Each word is the name of a character in the story. They are first mentioned in this order. Have fun spelling!

M _ _ _ _ N L _ _ _ _
 J _ _ _ N _ G _ T _ _ B _ _ G
 H _ P P _ _ Y _ _ S
 J _ _ _ M _ _ _ _ Z
 J _ _ _ W Y _ _ _ _ F _
 J _ _ _ H _ _ _
 A M B _ _ _ _
 C L _ _ D _ _ S
 P _ _ _ _ W A L D _
 H _ _ _ _ A _ _ _ _ D
 A L B E R T C _ _ _ _ _
 J _ _ _ M _ L T _ _

BE SURE TO CHECK YOUR SPELLING WITH THE LIST BELOW!

JOHN MILICZ

JOHN TETZEL

MARTIN LUTHER

JOHN HUSS

JOHANN GUTENBERG

AMBROSE

HENRI ARNAUD

JOHN WYCLIFFE

PETER WALDO

HIPPOLYTUS

JOHN MILTON

ALBERT CATANEO

CLAUDIUS



Standing Brave

WORD-FINDER PUZZLE

Can you find them in this page?

The words go up and down, across and some original angles just for fun. Colour the good men red and the bad men blue. Happy searching!

G	O	A	L	B	E	R	T	C	A	T	A	N	E	O
H	I	P	P	O	L	Y	T	U	S	M	Q	R	W	Y
M	A	J	B	E	H	I	K	S	L	P	Z	D	A	G
A	M	T	O	X	E	S	U	N	H	H	E	N	R	I
R	B	J	O	H	N	H	O	N	M	C	B	E	H	A
T	R	I	Z	R	N	O	T	H	I	N	B	S	X	R
I	O	N	T	H	J	T	M	A	P	N	K	J	L	N
N	S	W	O	Q	S	B	E	E	E	L	Q	O	Z	A
L	E	J	O	H	N	W	O	T	X	C	F	Y	C	U
U	T	R	C	P	Y	M	U	D	Z	P	N	R	I	D
T	D	K	Y	C	Q	G	A	Y	M	E	S	J	L	T
H	Q	N	L	O	N	W	T	N	F	K	L	F	I	A
E	X	I	E	N	Y	P	E	T	E	R	W	K	M	S
R	F	H	A	L	M	Z	H	E	R	L	A	C	N	B
F	Z	H	Z	P	A	G	O	W	Y	E	L	D	H	J
E	O	C	L	A	U	D	I	U	S	T	D	X	O	S
J	O	B	J	O	H	N	M	I	L	T	O	N	J	W



COMPLETE THE CROSSWORD PUZZLE BASED ON THE AUDIOVISUAL “THE GREAT CONTROVERSY”.

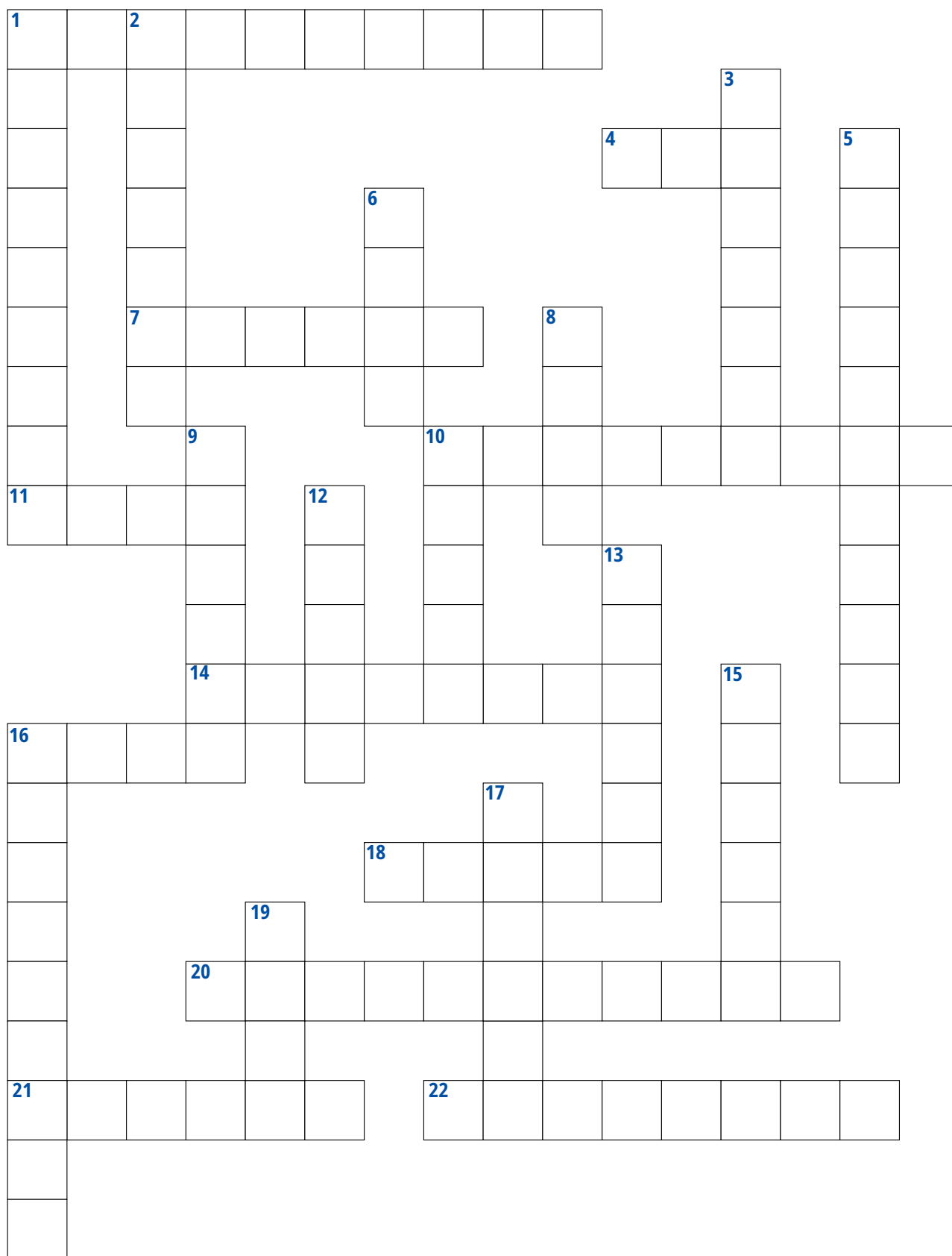
(Puzzle on next page)

Clues Across

1. At which university was Martin Luther teaching?
4. How many angels said “This same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven”? (Acts 1:10,11)
7. In 1755 a great earthquake occurred where?
10. Where did the disciples preach boldly? (3,000 converted in one day)
11. Who was among the persecutors of the newly converted Christians?
14. On what road was Saul when he was converted?
16. Who was the mighty preacher and reformer of Bohemia, who was burned at the stake?
18. Where was Arnold of Brescia from?
20. Which Emperor paid people to become Christians?
21. What Mount did Jesus frequent?
22. Who was called “The Morning Star of the Reformation”?

Clues Down

1. Which group of people fled into the mountains of Northern Italy to escape persecution during the Dark Ages?
2. Who was a famous English Bible translator?
3. In Scotland, who was responsible for establishing a missionary centre?
5. What country became a centre for the Protestant movement?
6. Which Scot preacher preached about the prophecies of Daniel and Revelation?
8. Before which Emperor was Paul tried and executed?
9. What took Jesus to heaven?
10. Who had twelve Disciples?
12. In 1521, Martin Luther was summoned to appear before the council, called a Diet. This meeting was held in what place?
13. Who was a great English preacher?
15. The city of Geneva was totally reformed under the preaching of whom?
16. The French Protestants were known as?
17. What name is given to the institution of the Church with the Government combination?
19. By the year 538, who was the most powerful king in Europe?



Write your name here:

Using the same colours as above, what colour would you like someone 100 years from today to colour it?

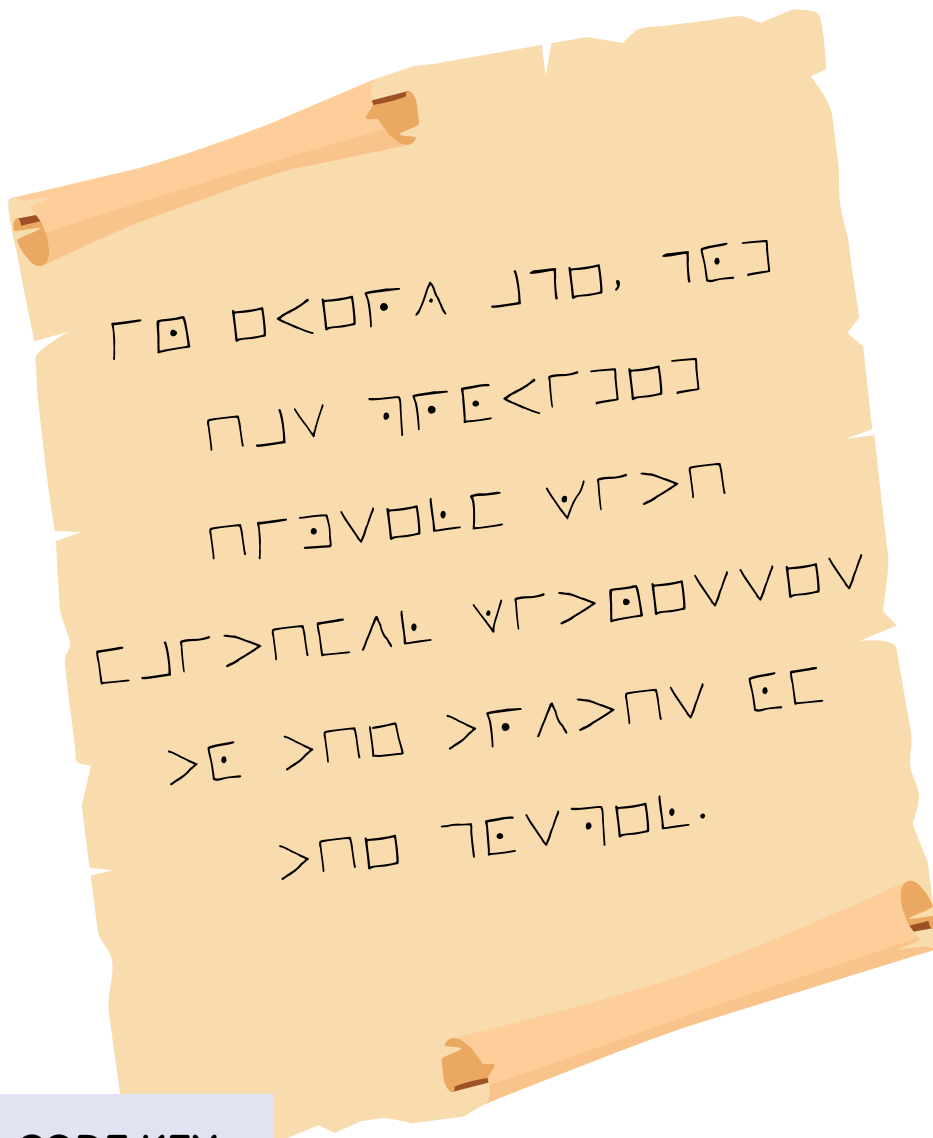


ADVANCED

Standing Brave

UNRAVEL THIS STATEMENT

This Secret Code was used during the American Civil War. See if you can decode this message for your Commander.



CODE KEY

A	B	C
D	E	F
G	H	I

J	K	L
M	N	O
P	Q	R

S	V
T	U

W	Z
X	Y





Standing Brave

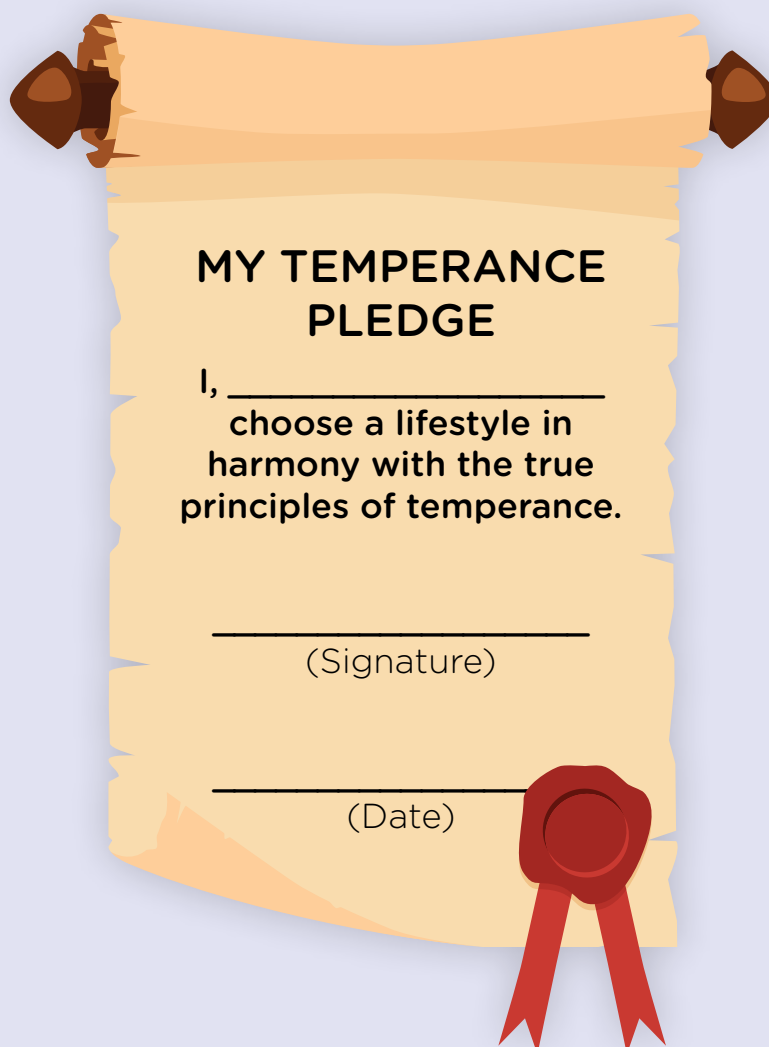
Draw a picture that illustrates this statement from one of the events that you saw in the video.

Draw a picture that illustrates when you have done the right thing. When you have finished drawing, tell the story to the others in the class.

REQUIREMENT 1

B. MEMORISE AND EXPLAIN DANIEL 1:8, AND EITHER SIGN THE APPROPRIATE PLEDGE CARD OR DESIGN YOUR OWN PLEDGE CARD SHOWING WHY YOU CHOOSE A LIFESTYLE IN HARMONY WITH THE TRUE PRINCIPLES OF TEMPERANCE.

Write out Daniel 1:8



Date: _____

Supervisor's Signature: _____

The Healthy Diet Pyramid

Eat Least

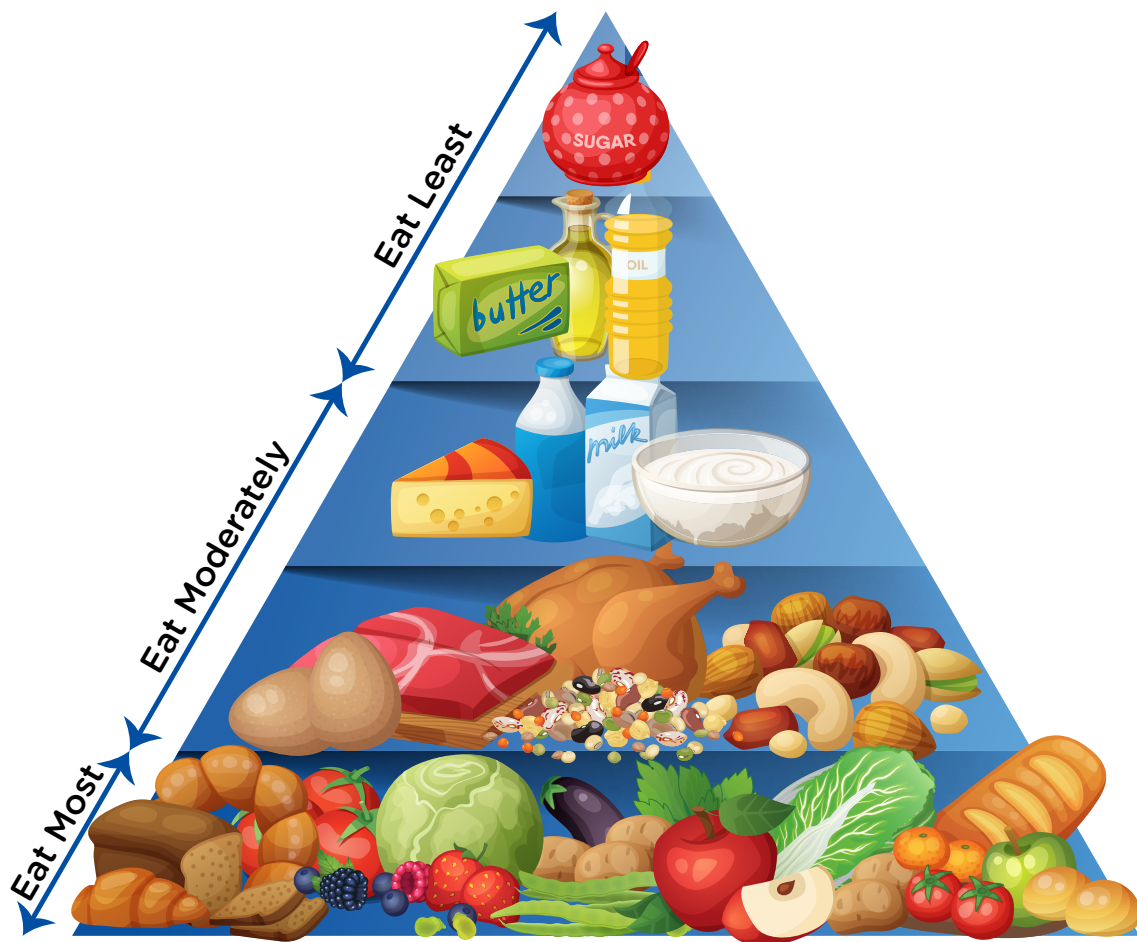
Sugar
Butter
Margarine
Oil

Eat Moderately

Milk
Cheese
Yoghurt
Meat
Chicken
Fish
Legumes
Eggs
Nuts

Eat Most

Vegetables
Fruit
Bread
Cereals



GENESIS 1:29, 30 NKJV

²⁹ And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. ³⁰ Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is ^[a]life, I have given every green herb for food"; and it was so.



Prepare a chart of basic food groups.

Date: _____

Supervisor's Signature: _____





REQUIREMENT 3

COMPLETE THE HONOUR IN BEGINNER'S SWIMMING.

I completed the Beginners Swimming Honour

At: _____

Date: _____

Supervisor's Signature: _____





REQUIREMENT 4

HIKE 3 KILOMETRES IN 1 HOUR.

HIKE LOG:

We hiked 3 kilometres in one hour:

At: _____

Date: _____

Supervisor's Signature: _____



DEMONSTRATE BAKING, BOILING AND FRYING CAMP FOOD.

(Include additional pages to this workbook, may include photos etc.)

I BAKED _____

I BOILED _____

I FRIED _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 1

PARTICIPATE IN A 1-HOUR NATURE APPRECIATION WALK AND OBSERVE NATURE OBJECTS THAT RELATE TO A BIBLE PASSAGE.

In your pairs/groups record as many objects of nature as you can equate with the Bible passage.

(Include additional pages to this workbook, may include photos etc.)

DATE

WHAT WE SAW	BIBLE VERSE

Date: _____

Supervisor’s Signature: _____



REQUIREMENT 2

COMPLETE 1 OF THE FOLLOWING HONOURS: CATS, DOGS, MAMMALS, SEEDS AND BIRD PETS.

I have completed one of the following honours:

<https://pathfinders.adventistchurch.com/category/nature/>

CATS

Date: _____

Supervisor's Signature: _____

DOGS

Date: _____

Supervisor's Signature: _____

SEEDS

Date: _____

Supervisor's Signature: _____

MAMMALS

Date: _____

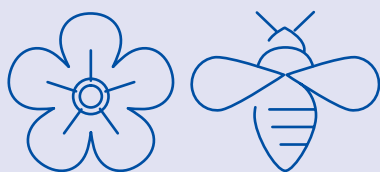
Supervisor's Signature: _____

BIRD PETS

Date: _____

Supervisor's Signature: _____





REQUIREMENT 3

KNOW AND IDENTIFY 5 WILDFLOWERS AND 5 INSECTS IN YOUR AREA.

(Include additional pages to this workbook, may include photos etc.)

I can identify the following:

WILDFLOWERS

1. _____
2. _____
3. _____
4. _____
5. _____

INSECTS

1. _____
2. _____
3. _____
4. _____
5. _____

Date: _____

Supervisor's Signature: _____

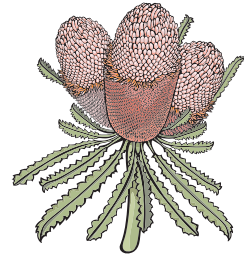
Wildflowers



Silver Wattle "Acacia"



Bottle Brush "Callistemon"



"Banksia"



Gum Blossoms "Eucalyptus"



Red-Pea-Vine "Kennedia"



Tea Tree "Leptospermum"



White & Purple Violet "Viola hederacea"



Flannel Flower "Actinotus"



"Grevillea"



Native Hibiscus "Malvaceae"



Purple Flag "Patersonia"



Everlasting Daisy "Helichrysum"

Insects



Dragon Fly



Stick Insect



Butterfly



Native Bee



Grasshopper



House Fly



Golden Christmas Beetle



Praying Mantis



Larva of the Case Moth



Common Cockroach



KNOW AND IDENTIFY 10 WILDFLOWERS AND 10 INSECTS IN YOUR AREA.

(Include additional pages to this workbook, may include photos etc.)

WILDFLOWERS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

INSECTS

1. _____
2. _____
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9. _____
10. _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 1

KNOW HOW ROPES ARE MADE AND DEMONSTRATE HOW TO CARE FOR ROPE IN THE CORRECT MANNER.

How are ropes made?

Demonstrate how to care for rope in the correct manner, write them down and a brief description.

1.

2.

3.

Date:

Supervisor's Signature:













REQUIREMENT 1

TIE AND KNOW THE PRACTICAL USE OF THE FOLLOWING KNOTS: OVERHAND, GRANNY, SQUARE, SLIP, DOUBLE BOW, TWO HALF HITCHES, CLOVE HITCH, BOWLINE.

Practical use of the following knots:

	KNOTS	PRACTICAL USE
1	Overhand 	
2	Granny 	
3	Square 	
4	Slip 	
5	Double Bow 	
6	Two Half Hitches 	
7	Clove Hitch 	
8	Bowline 	

Date: _____

Supervisor's Signature: _____



Ropes

Before the modern rope of today, people probably used vines, reeds, fibres and leather thongs. When wool and cotton were spun into yarn and these in turn into cords, people started to search for better material for ropes.

Today rope is made from Manila fibre, sisal fibre, hemp or wire. It is also made from nylon and plastic which is highly resistant to rot or mildew, but this does present a problem. In hot weather, it becomes quite elastic and repeated heating and cooling damages it.

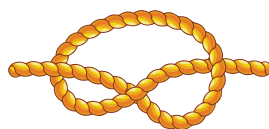
The best rope is made from hemp. True hemp is scarce so the better rope is made from Manila fibre. Sisal is only about two-thirds as strong as Manila.

Rope Care

The life of a rope may be prolonged if it is properly used and cared for.

1. Keep ropes as dry as possible. **Never store a rope when it is wet!** Natural drying in the sun is best.
2. Inspect ropes periodically for signs of damage along their length. Look at the inside of the rope as well as the outside. The inner fibres should stay bright and new in appearance.
3. When not in use, coil a rope and keep it dry. A regular coil should be clockwise, or to the right, because of the natural twist in the rope. To remove a kink when coiled, coil it counter-clockwise.

Knots



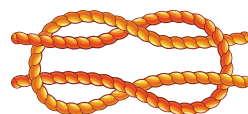
OVERHAND KNOT

The Overhand Knot is used to make a stop on a rope end, to prevent the end from fraying or to stop the rope from slipping through a sleeve.



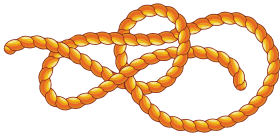
SQUARE KNOT

A Square Knot or Reef Knot is tied by holding the two ends of the rope in the left and right hands. Place the left rope over the right and then the right rope over the left. It is one of the most common knots.



GRANNY KNOT

The Granny Knot is tied by holding one end of the rope in the left hand and one end in the right hand. Place the left rope over the right making an overhand knot and then place the left rope over the right again forming the knot. If one end of the Granny Knot is pulled, the knot will capsize into Two Half Hitches, which makes a better knot than the Square Knot.



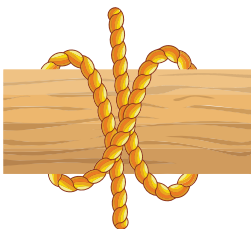
BOWLINE

The Bowline is used to form a loop that will not slip on a rope end. To tie a Bowline, grasp the end of a rope in the right hand and the standing part in the left hand. Cross the end of the rope over the standing part in the left hand, and with a turn of the right wrist, put a single hitch around the rope end. Without shifting the grip on the right hand, pass the end of the rope to the left under the standing part, then down the hitch that was first formed.



TWO HALF HITCHES

Two Half Hitches — a quick way in which to tie a knot to a post is to first form a loose Granny Knot leaving a long end. As the ship swings, she will take up the slack and the Granny Knot will capsize into Two Half Hitches.



CLOVE HITCH

The Clove Hitch is used for securing a rope to a spar. This hitch, if pulled taut, will not slip up or down on a smooth surface. A useful start for lashings.

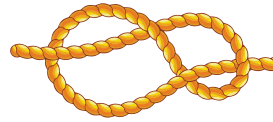
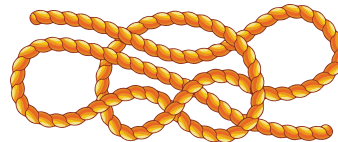


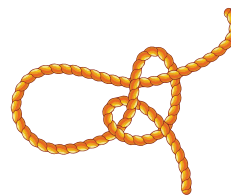
FIGURE EIGHT KNOT

The Figure Eight Knot has a single rim part, which passes completely around the neck and it has another single part at the top that nips the end.



DOUBLE BOW KNOT

The Double Bow is the one tied every time one ties their shoelaces. It should follow the square knot principle and not the granny.



SLIP KNOT

The Slip Knot slips but tied properly, becomes tighter the more one is pulled. Make a bight, and instead of bringing the end up through it, as in the case of the overhand, bring a loop through.





REQUIREMENT 2

PARTICIPATE IN AN OVERNIGHT CAMP-OUT.

Pathfinders are encouraged to include additional pages to this workbook, may include camp programme, menu and photos.

Date: _____

Supervisor's Signature: _____



CAMPING & SURVIVAL SKILLS



REQUIREMENT 3

General Safety Test

NAME: _____

1. Where is the best place to swim: a quiet spot, or a popular spot?

2. How long should you allow after a meal before going swimming?

3. Why should you **not** dive into strange water?

4. What can happen if you get too cold while swimming?

5. What should you do if you are caught in a current or undertow?

6. What is the recognised signal for a swimmer in distress?

7. What should you do if you get cramps while swimming?



8. If there is no footpath, where should you walk?

9. What should you watch for when riding your bicycle past parked cars?

10. How many people should be on a bicycle on the road?

11. Are hand signals necessary on a bicycle?

12. What do you do when you find fallen electricity wires?

(i)

(ii)

(iii)

13. What does it mean when you feel a slight tingle in an electrical appliance?

14. What should you do with a frayed lead on an electrical appliance?

15. Name three points of safety you could look for in a hallway.

(i) _____

(ii) _____

(iii) _____

16. What are the first two things to do if you become lost?

(i) _____

(ii) _____

17. What should you do if you are lost and it becomes dark?

18. Name three things you can use to signal when you are lost.

(i) _____

(ii) _____

(iii) _____

19. How many signals do you give when you are lost?

20. If people are out searching and they wish to recall all searchers, how many signals are given?

Date: _____

Supervisor's Signature: _____





REQUIREMENT 4

PITCH AND STRIKE A TENT AND MAKE A CAMP BED.

(Include additional pages to this workbook, may include photos etc.)

I can pitch and strike a tent

Date: _____

Supervisor's Signature: _____

MAKE A CAMP BED

Write down 3 ways to make a camp bed and circle the number you would prefer or currently use.

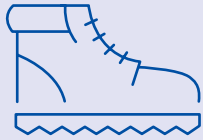
1. _____

2. _____

3. _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 5

10 Hiking Rules

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Date: _____

Supervisor's Signature: _____





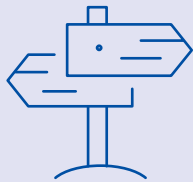
REQUIREMENT 5

KNOW WHAT TO DO WHEN LOST

	1. STOP!	
	2. PRAY	
	3. MARK THE SPOT	
	4. CLIMB	
	5. MAP AND COMPASS	
	6. STAY WHERE YOU ARE	
	7. LIGHT A FIRE	
	8. GIVE DISTRESS SIGNALS	

Date: _____

Supervisor's Signature: _____



REQUIREMENT 6

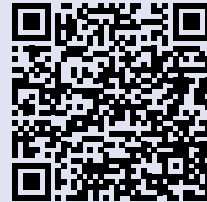
LEARN THE SIGNS FOR TRACK AND TRAIL. BE ABLE TO LAY A 2-KILOMETRE TRAIL THAT OTHERS CAN FOLLOW AND BE ABLE TO TRACK A 2-KILOMETRE TRAIL.

Sketch or cut out 15 track and trail signs when lost.

Date: _____

Supervisor's Signature: _____





REQUIREMENT 7

COMPLETE ONE HONOUR IN ARTS AND CRAFTS.

<https://pathfinders.adventistchurch.com/category/arts-crafts-hobbies/>

I have completed the
following Honour:

Date: _____

Supervisor's Signature: _____






ADVANCED



REQUIREMENT 1

START A FIRE WITH 1 MATCH, USING NATURAL MATERIALS, AND KEEP THAT FIRE GOING.

(Include additional pages to this workbook, may include photos etc.)

 NATURAL MATERIAL	
 LIGHTING THE FIRE	
 CARE OF MATCHES	

I can light a fire with only one match

I lit my fire at: _____

Date: _____

Supervisor's Signature: _____





ADVANCED



REQUIREMENT 2

PROPERLY USE THE KNIFE AND AXE, AND KNOW 10 SAFETY RULES IN THEIR USE.



**SAFETY
RULES
FOR YOUR
AXE**

1. _____
2. _____
3. _____
4. _____
5. _____



**SAFETY
RULES
FOR YOUR
KNIFE**

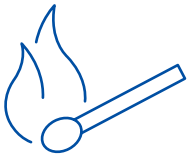
1. _____
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4. _____
5. _____

Date: _____

Supervisor's Signature: _____



CAMPING & SURVIVAL SKILLS



REQUIREMENT 3

TIE 5 SPEED KNOTS.

1	
2	
3	
4	
5	

I can tie five speed knots.

Date: _____

Supervisor's Signature: _____

ADDITIONAL WORK

CATEGORY:

- ☐ General
- ☐ Bible Search
- ☐ Serving Others
- ☐ Church Heritage
- ☐ Health & Fitness
- ☐ Nature Study
- ☐ Camping & Survival

Requirement: _____



ADDITIONAL WORK**CATEGORY:**

- | | | | |
|---|---------------------------------------|---|--|
| <input type="checkbox"/> General | <input type="checkbox"/> Bible Search | <input type="checkbox"/> Serving Others | <input type="checkbox"/> Church Heritage |
| <input type="checkbox"/> Health & Fitness | <input type="checkbox"/> Nature Study | <input type="checkbox"/> Camping & Survival | |

Requirement: _____



ADDITIONAL WORK

CATEGORY:

- ☐ General
- ☐ Bible Search
- ☐ Serving Others
- ☐ Church Heritage
- ☐ Health & Fitness
- ☐ Nature Study
- ☐ Camping & Survival

Requirement: _____



ADDITIONAL WORK**CATEGORY:**☐ General☐ Bible Search☐ Serving Others☐ Church Heritage☐ Health & Fitness☐ Nature Study☐ Camping & Survival

Requirement: _____



ADDITIONAL WORK**CATEGORY:**☐ General☐ Bible Search☐ Serving Others☐ Church Heritage☐ Health & Fitness☐ Nature Study☐ Camping & Survival

Requirement: _____



ADDITIONAL WORK

CATEGORY:

- | | | | |
|---|---------------------------------------|---|--|
| <input type="checkbox"/> General | <input type="checkbox"/> Bible Search | <input type="checkbox"/> Serving Others | <input type="checkbox"/> Church Heritage |
| <input type="checkbox"/> Health & Fitness | <input type="checkbox"/> Nature Study | <input type="checkbox"/> Camping & Survival | |

Requirement: _____





South Pacific