



COMPANION WORKBOOK

Specialty Curriculum

Pathfinder:

Teacher:

FRIEND

COMPANION

EXPLORER

RANGER

VOYAGER

GUIDE

South Pacific Division Discipleship Youth Ministries



Specialty Curriculum —Companion Workbook

Class requirements based on the Specialty Curriculum (Updated 2023)

PRODUCED BY:

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Seventh-day
Adventist Church™

South Pacific



Companion Requirements



HALL ACTIVITIES

1. Learn about the detrimental effects of smoking on health and fitness, and write your own pledge of commitment to abstaining from the use of tobacco.
2. Learn how to keep a log.
3. Complete one of the following honours: Birds, Domestic Animals, Ferns, Insects, Poultry, Shells, Trees or Shrubs.
4. Complete Section 1. The Map, of the Map and Compass honour.
5. Complete Section 3. Direction without the aid of a compass, of the Map and Compass honour.
6. Know at least six points for the selection of a good camp site.
7. Review the Friend knots.
8. Tie and know the practical use of the following knots: sheet bend, sheepshank, fisherman's knot, timber hitch and taut line hitch.
9. Pass a test in Companion First Aid.
10. Discuss the safety rules in lighting a fire.



CAMP OUT ACTIVITIES

1. Discuss physical fitness and regular exercise as they relate to healthful living.
2. Hike 8 kms and keep a log.
3. Participate in a nature game or participate in a one hour nature appreciation walk.
4. Identify and describe 10 birds and 10 trees.
5. Learn the four basic lashings; square, diagonal, sheer and continuous, and as a group build an article of camp furniture.
6. Build five different fires and describe their use.
7. Cook a camp meal without the aid of utensils.
8. Read the gospel of Matthew in any translation, and commit to memory the Lord's Prayer. Matthew 6:9-13
9. Memorise the Old Testament books and know the five areas into which the books are grouped. Demonstrate your ability to find any given book.
10. Participate in at least four club camp-outs.



ADVANCED COMPANION ACTIVITIES

1. Be invested for Companion.
2. Participate in the club Community service project for the year.
3. Complete the Pathfinder honour in Advanced Beginners Swimming.
4. Commit to memory any of the following:
 - Beatitudes — Matthew 5:3-12
 - Christ's Return — Matthew 24:4-7, 11-14
 - Gospel Commission — Matthew 28:18-20
5. Start a fire with one match using natural materials and keep the fire burning.
6. Attend at least one Conference event.
7. Obtain 2 Memory Gem Certificates.

Club Activities



I participated in the following Community Projects:

ADRA Appeal

Date: _____ Initials: _____

Community Service Project

Date: _____ Initials: _____

Community Outreach Project

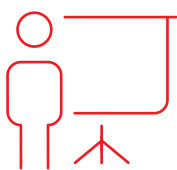
Date: _____ Initials: _____

I invited a visitor to Pathfinders on: _____

Date: _____ Initials: _____

Conference-organised activities I participated in were:

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



This year I participated in a club presentation on the following topics:

CHURCH HERITAGE

☐ The Apostasy

☐ The Great Expectation

☐ After the Disappointment

☐ The Reformers

☐ The Lesser Light

☐ Local Church History

CAMPING

- | | | |
|---|--|--|
| <input type="checkbox"/> Sleeping Equipment | <input type="checkbox"/> Cooking Equipment | <input type="checkbox"/> Search and Rescue Operation |
| <input type="checkbox"/> Camp Clothing | <input type="checkbox"/> Backpacks | <input type="checkbox"/> Bushfire Emergency |

CEREMONIES

- | | | |
|--|--|---|
| <input type="checkbox"/> National Flag | <input type="checkbox"/> National Anthem | <input type="checkbox"/> Pathfinder Flag |
| <input type="checkbox"/> Pathfinder Song | <input type="checkbox"/> Pathfinder Guidon | <input type="checkbox"/> Flags on the March |

HEALTH

- | | | |
|---|--|--|
| <input type="checkbox"/> Smoking | <input type="checkbox"/> Alcohol | <input type="checkbox"/> Drugs |
| <input type="checkbox"/> Diet / Nutrition | <input type="checkbox"/> Exercise / Physical Fitness | <input type="checkbox"/> Adventist Lifestyle |

**Investiture:**

I was invested at _____

on the _____

I was invested by _____

Counsellor

District Director





REQUIREMENT 1

LEARN ABOUT THE DETRIMENTAL EFFECTS OF SMOKING ON HEALTH AND FITNESS; AND WRITE YOUR OWN PLEDGE OF COMMITMENT TO ABSTAINING FROM THE USE OF TOBACCO.

Date: _____ Supervisor's Signature: _____

REQUIREMENT 2

LEARN HOW TO KEEP A LOG.

A log is a personal written record of the information of a camp, expedition or day hike. The log is made up of three main sections: the pre-log, diary and the post-log. In the boxes below, list the information collected for each section.

PRE-LOG

DIARY

POST-LOG

Date: _____ Supervisor's Signature: _____





REQUIREMENT 3

**COMPLETE ONE OF THE FOLLOWING HONOURS:
BIRDS, DOMESTIC ANIMALS, FERNS, INSECTS,
POULTRY, SHELLS, TREES AND SHRUBS.**

Honour	Date	Supervisor's Signature
BIRDS	_____	_____
FERNS	_____	_____
INSECTS	_____	_____
POULTRY	_____	_____
SHELLS	_____	_____
TREES & SHRUBS	_____	_____
DOMESTIC ANIMALS	_____	_____

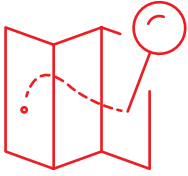


Link: [SPD Nature Honours List](#)



Link: [General Conference Honours List](#)





REQUIREMENT 4

COMPLETE SECTION 1. THE MAP, OF THE MAP AND COMPASS HONOUR.

Requirement 1.1 (The Map, of the Map and Compass): Know the following:

What is a topographical map?

What is found on a topographical map?

Give three uses of a topographical map: 1.

2.

3.

Requirement 1.2 (The Map, of the Map and Compass): What is an orthophoto map?



Requirement 1.3 (The Map, of the Map and Compass): Be able to recognize twenty signs and symbols found on a topographical map, giving some of each in the following categories:

- a. Man made (Use symbol 'M' in answers below)
- b. Water feature (Use symbol 'W' in answers below)
- c. Vegetation feature (Use symbol 'V' in answers below)

Map Feature	Category	Map Feature	Category
1		6	
2		7	
3		8	
4		9	
5		10	



Requirement 1.4 (The Map, of the Map and Compass): Know and explain the following as they relate to elevation:

[Please use brief notes, diagrams or pictures]

a). Contour lines:

b). Contour interval:

Valley

Ridge

Spur

Bluff or Cliff

Saddle

Shoulder

c). Ground formations:

Escarpment

Knoll

Brow

Requirement 1.5 (The Map, of the Map and Compass): Know and explain the following as they relate to distance:

[Please use brief notes, diagrams or pictures]

a). How distance is defined:

b). The map scale:

c). How to measure linear distance:

d). How to estimate land distance:



Requirement 1.6 (The Map, of the Map and Compass): Know and explain the following as they relate to a map grid system:

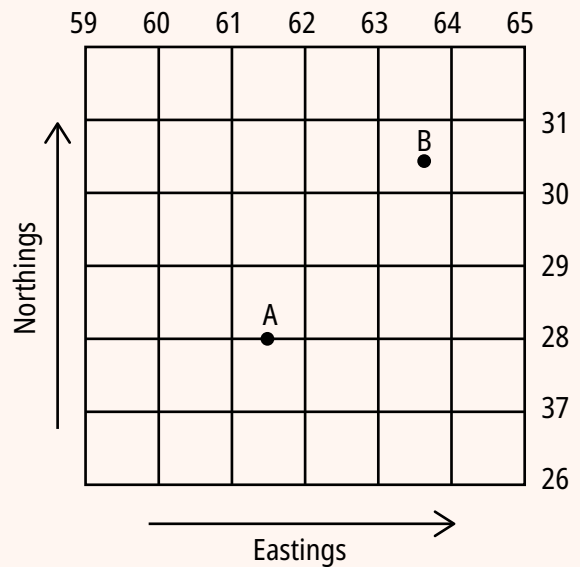
[Please use brief notes, diagrams or pictures]

a). What is the grid system?

b). What is a six-figure grid reference?

c). Rules for reading grid references:

In your answer please give the grid references for points A & B



Requirement 1.7 (The Map, of the Map and Compass): Know and explain the following in relation to map reading:

[Please use brief notes, diagrams or pictures]

a). Grid North:

b). True North:

c). Magnetic North:

d & e). Declination & Grid Magnetic Angle (ie G-MA or GMA):



REQUIREMENT 5

COMPLETE SECTION 3. DIRECTION WITHOUT THE AID OF A COMPASS, OF THE MAP AND COMPASS HONOUR.

Requirement 3.1 (The Map, of the Map and Compass): Demonstrate how to find directions without the aid of a compass using the Southern Cross (i.e. Crux) method.

[Please use brief notes, diagrams or pictures]





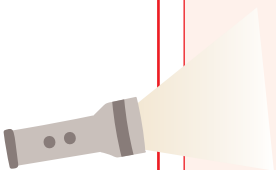
REQUIREMENT 6

KNOW AT LEAST SIX POINTS FOR THE SELECTION OF A GOOD CAMP SITE.

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

Date: _____







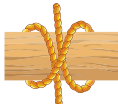

Supervisor's Signature: _____





REQUIREMENT 7

REVIEW THE FRIEND 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: _____



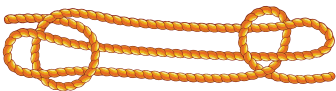


REQUIREMENT 8

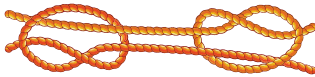
TIE AND KNOW THE PRACTICAL USE OF THE FOLLOWING KNOTS: SHEET BEND, SHEEPSHANK, FISHERMAN'S KNOT, TIMBER HITCH AND TAUT LINE HITCH.



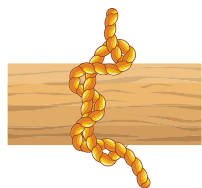
THE SHEET BEND



THE SHEEPSHANK



THE FISHERMAN'S KNOT



THE TIMBER HITCH



THE TAUT LINE HITCH

Date: _____ Supervisor's Signature: _____



REQUIREMENT 9

PASS A TEST IN COMPANION FIRST AID.



Highly recommend: [First Aid Honour 1, 2 or 3](#)



Important Information

Throughout the SPD we have a wide diversity of countries and local legal requirements. Local requirements are changing regularly.

There is a world-wide trend for only accredited organisations or persons to train people in First Aid using government-approved courses. Often there are serious legal consequences if these requirements are not met.

Everyone must check and comply with the legal requirements of their area / country.

Date: _____

Supervisor's Signature: _____





REQUIREMENT 9

PASS A TEST IN COMPANION FIRST AID.

Answer the following questions:

1. What are the three main aims of First Aid? (6 marks)

1. _____
2. _____
3. _____

2. What do the letters DRSABC stand for in First Aid? (6 marks)

- D _____
- R _____
- S _____
- A _____
- B _____
- C _____

3. What three things can aid the First Aider in his diagnosis of a patient? (6 marks)

1. _____
2. _____
3. _____

4. List eight items that the course suggests should be part of a First Aid kit. (8 marks)

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

5. Shock can be caused and aggravated by the loss of body fluid. List three possible causes of loss of body fluid. (6 marks)

1. _____
 2. _____
 3. _____

6. The best treatment for shock will be given by following the treatment suggestions by the letters below. Expand each one. (6 marks)

R _____
 A _____
 W _____

7. Shock is easily recognised by the following signs. List three. (6 marks)

1. _____
 2. _____
 3. _____

8. How would you treat a sprain? (4 marks)

9. How would you recognise bleeding from the following? (6 marks)

Artery: _____
 Vein: _____
 Capillary: _____

10. How would you recognise bleeding from the following regions? (6 marks)

Lung: _____
 Stomach: _____

PRACTICAL

- Your patient has cold clammy skin, shallow rapid breathing and a rapid weak pulse. Demonstrate your treatment. (20 marks)
- Demonstrate the correct method of controlling bleeding from either the nose or the palm of the hand. (20 marks)

Date: _____ Supervisor's Signature: _____



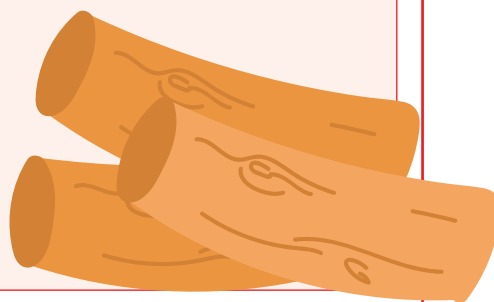
REQUIREMENT 10

DISCUSS THE SAFETY RULES IN LIGHTING A FIRE.

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

Date: _____

Supervisor's Signature: _____





REQUIREMENT 1

**DISCUSS PHYSICAL FITNESS AND REGULAR EXERCISE
AS THEY RELATE TO HEALTHFUL LIVING.**

Date: _____ Supervisor's Signature: _____



REQUIREMENT 2

HIKE 8 KILOMETRES AND KEEP A LOG.

PRE-LOG

DIARY

POST-LOG

Date: _____ Supervisor's Signature: _____



CAMP OUT ACTIVITIES



REQUIREMENT 3

PARTICIPATE IN NATURE GAMES, OR PARTICIPATE IN A ONE-HOUR NATURE WALK.



Nature games – [Pathfinder Staff Manual](#)
Activities – Nature Games (Page 154-164)



[Way To Go Curriculum](#)



Date: _____

Supervisor's Signature: _____





REQUIREMENT 4

IDENTIFY AND DESCRIBE TEN BIRDS AND TEN TREES.

Bird 1	Tree 1
Bird 2	Tree 2
Bird 3	Tree 3
Bird 4	Tree 4
Bird 5	Tree 5
Bird 6	Tree 6
Bird 7	Tree 7
Bird 8	Tree 8
Bird 9	Tree 9
Bird 10	Tree 10

Date: _____ Supervisor's Signature: _____

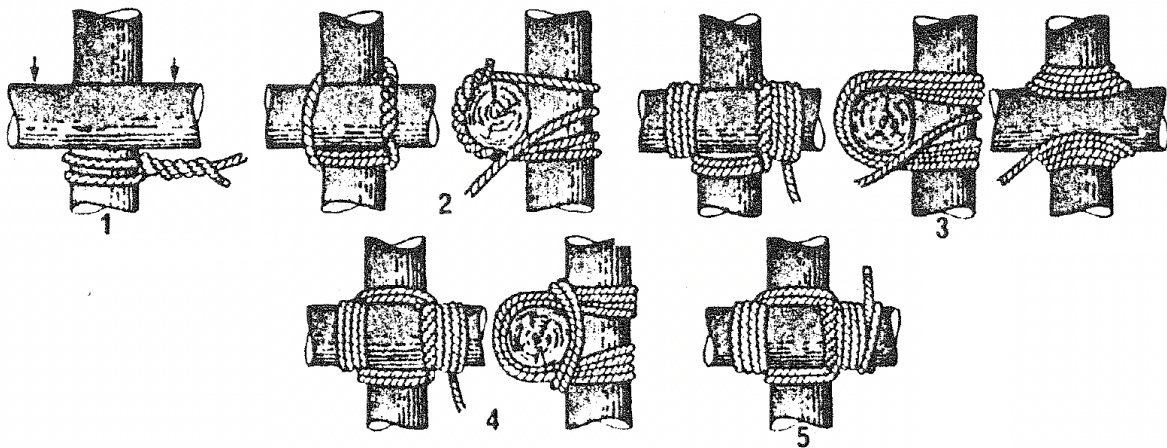


CAMP OUT ACTIVITIES

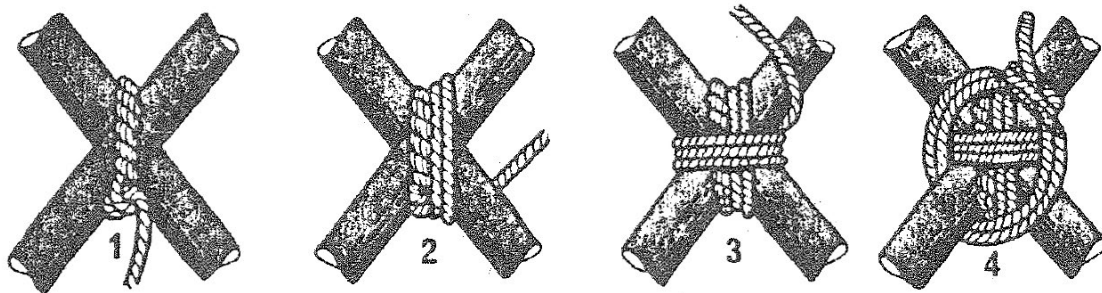


REQUIREMENT 5

LEARN THE FOUR BASIC LASHINGS; SQUARE, DIAGONAL, SHEER AND CONTINUOUS, AND AS A GROUP BUILD AN ARTICLE OF CAMP FURNITURE.

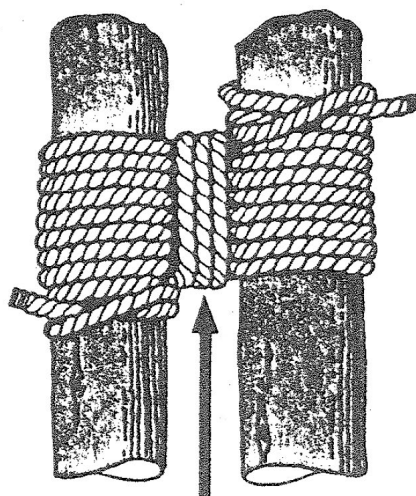


SQUARE

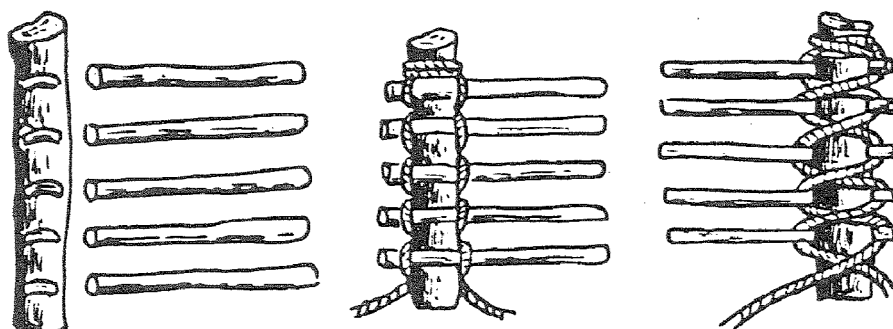


DIAGONAL





Frapping

SHEER**CONTINUOUS****THE PIECE OF FURNITURE I BUILT WAS:**

Date: _____ Supervisor's Signature: _____



REQUIREMENT 6

BUILD FIVE DIFFERENT FIRES AND DESCRIBE THEIR USES.

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

Sketch your five different fires and describe their uses:

1

2

3

4

5

Date: _____ Supervisor's Signature: _____



CAMP OUT ACTIVITIES





REQUIREMENT 7

COOK A CAMP MEAL WITHOUT UTENSILS

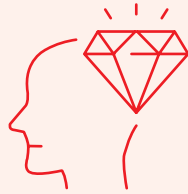
The meal I cooked was:

Date: _____

Supervisor's Signature: _____



CAMP OUT ACTIVITIES



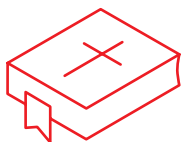
REQUIREMENT 8

**READ THE GOSPEL OF MATTHEW IN ANY
TRANSLATION, AND COMMIT TO MEMORY
THE LORD'S PRAYER. MATTHEW 6:9-13**

Date: _____

Supervisor's Signature: _____





REQUIREMENT 9

MEMORISE THE OLD TESTAMENT BOOKS OF THE BIBLE AND KNOW THE FIVE AREAS INTO WHICH THE BOOKS ARE GROUPED. DEMONSTRATE YOUR ABILITY TO FIND ANY GIVEN BOOK.

FIVE BOOKS OF MOSES

FIVE POETS

TWELVE BOOKS OF HISTORY

FIVE MAJOR PROPHETS

TWELVE MINOR PROPHETS



Date: _____

Supervisor's Signature: _____



REQUIREMENT 10

PARTICIPATE IN AT LEAST 4 CLUB CAMP-OUTS.

CAMP 1

Date: _____

Location: _____

CAMP 2

Date: _____

Location: _____

CAMP 3

Date: _____

Location: _____

CAMP 4

Date: _____

Location: _____



CAMP OUT ACTIVITIES





REQUIREMENT 1

BE INVESTED FOR COMPANION.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 2

**PARTICIPATE IN THE CLUB COMMUNITY SERVICE
PROJECT FOR THE YEAR.**

Date: _____

Supervisor's Signature: _____



REQUIREMENT 3

COMPLETE THE PATHFINDER HONOUR IN ADVANCED BEGINNERS SWIMMING.



Link: [Pathfinder Swimming Honours](#)



At: _____

Date: _____

Supervisor's Signature: _____





REQUIREMENT 4

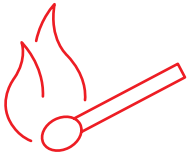
COMMIT TO MEMORY ANY OF THE FOLLOWING:

- **THE BEATITUDES:** Matthew 5:3-12
- **CHRIST'S RETURN:** Matthew 24:4-7,11-14
- **THE GOSPEL COMMISSION:** Matthew 28:18-20

Date: _____

Scriptures Memorised: _____




Supervisor's Signature: _____



REQUIREMENT 5

START A FIRE WITH ONE MATCH, USING NATURAL MATERIALS, AND KEEP THE FIRE BURNING.

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

 <p>NATURAL MATERIAL</p>	
 <p>LIGHTING THE FIRE</p>	
 <p>CARE OF MATCHES</p>	

I can light a fire with only one match

I lit my fire at: _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 6

ATTEND AT LEAST ONE CONFERENCE EVENT.

Conference Event Name: _____

Location: _____

Date: _____

Supervisor's Signature: _____





REQUIREMENT 7

OBTAIN 2 MEMORY GEM CERTIFICATES.

I passed my Memory Gem test on: _____

Supervisor's Signature: _____

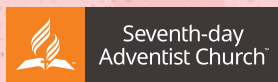


NOTES



NOTES





South Pacific