

Proficiency Badges



Animal Lover

1. Visit a zoo or wildlife park and find out about some of the feeding habits and natural habitats of the animals and creature you see.
2. Care of a pet. Know the correct foods to give it and how to recognise and prevent common illnesses and how to treat them.
3. Help to care for a farm animal, know the correct food to give it and how to look after it. Know how to recognise common illnesses and what special care is needed before and after the birth of farm animals.
4. Keep a record over two weeks, in pictures, sketches, photographs or tape recordings, of bird, animal and/or insect life in your garden or local area/park.
5. Know six different freshwater, sea-water or tropical fish and know what types of foods they eat.
6. Belong to an animal, bird or wildlife society. Either take part in one of its activities or make progress in any award scheme offered.
7. Make a poster, collage or drawing about the dangers in the countryside that threaten wildlife and talk to the examiner about it.



Artist

1. Know the primary colours and demonstrate how to mix paints to make other colours.
2. Choose three other activities from the list below, one of these activities is to be done in the presence of the examiner:-
 - a. Draw with pencil, brush, pen or crayon an original illustration of any incident, character or scene.
 - b. Design and make a greetings card.
 - c. Make a poster advertising Cub Scouting or a Cub Scout event.
 - d. Make a design and print it on paper or fabric e.g. using potato cuts or lino cuts.
 - e. Design and make a decorated book cover. Draw or paint a picture from observation.
 - f. Complete any other suitable activity agreed with the examiner.



Astronomer

1. Make a model or draw a diagram of the solar system.
 2. Explain the difference between a star and a planet.
 3. Identify and find the Pole Star and at least three other constellations.
 4. Find out and present some information about two of the following:-
Comets, Meteorites, Asteroids, Northern Lights, Sun Spots, Light years, Eclipses, Black Holes, Space Exploration
 5. Observe the moon, if possible using binoculars or telescope, and describe some of its feature
- Note: Never look at the sun with binoculars or telescope, as it will damage your eyes.



Athlete

Badges for successive stages may be worn at the same time.

1. You must gain the following points:
 - Bronze - 5 points
 - Silver - 8 points
 - Gold - 10 points
2. You should add up the scores from your best four events.
3. A certificate from NAFA will qualify for the above badge for Bronze, Silver and Gold.

Event	3 Points	2 Points	1 Point
50 Metres Sprint	9 sec	10 sec	11 sec
Throwing a Cricket ball using a 135 gm ball	25 m	22 m	18 m
High Jump	96 cms	86 cms	76 cms
Long Jump	3 m	2.5 m	2 m
Sergeant Jump measurements refer to height on target	35 cms	30 cms	25 cms
Shuttle Run individual runs 6 x 10m	18 sec	19 sec	20 sec
50 metres Skipping with rope turning overhead	12 sec	13 sec	14 sec
1,000 metres Run	5 min	6 min	10 min



Book Reader

1. Produce a list of at least 6 books you have read or used recently, name their authors and be able to tell the examiner something about three of the books. The three books to be chosen by you are to include at least one story and at least one factual book and the other three books must be of a reasonable standard, taking the Cub Scout's age and development into account.
2. Show that you understand how to care for books.
3. Show that you can use a dictionary, encyclopaedia and an atlas.
4. Explain to the examiner how the books in a library are set out and how you would find fiction and non-fiction books.



Camper

1. With other Cub Scouts, camp under canvas for at least three nights (not necessarily on the same occasion).
2. Help pack your kit for a Cub Scout camp.
3. Help to pitch and strike a tent and know how to take care for it.
4. At camp, help to prepare, cook, serve and clear away a simple meal, if possible out of doors.
5. Know the basic health and safety rules for camp and how to prepare for tent and kit inspection.
6. Take part in at least one of the following activities while at camp:

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- a. Campfire.
- b. Scout's Own.
- c. Wide Game.
- d. Joint activity with other Cub Scouts on site or from a local Group.
- e. A Good Turn for the site.
- f. Any suitable similar activity.
- g. Help to tidy up the campsite before you leave.



Civics

1. Search through the internet and print a map or get a copy of the constituency in which you live and name the Member of Parliament for the constituency.
2. List the full names of all the Presidents of Singapore, past and present, and the period of the terms of office.
3. List the full names of all the current cabinet Ministers and their official titles.
4. Show the history of the Republic of Singapore from 1955 to the present.
5. Explain the functions of one of the following:
 - a. Housing and Development Board (HDB)
 - b. Post of Singapore Authority (PSA)
 - c. Public Utilities Board (PUB)
 - d. Singapore Tourist Board (STB)
 - e. Infocomm Development Authority of Singapore (IDA)
 - f. National Environment Agency



Collector

1. Make a collection over a period of three months of a number of similar items (e.g. stamps, postcards, matchboxes or fossils).
2. Arrange your collection neatly and in a suitable order, labelling items correctly and clearly.
3. Talk about items in your collection that particularly interest you.
4. Visit or look at a collection made by someone else and explain what you like or dislike about the presentation of the collection, choice of venue, etc. This could be a personal or public collection.



Communicator

1. Demonstrate how to use a private and public telephone and if possible use a phone card.
2. Know how to make an emergency telephone call.
3. Choose any three of the following activities:-
 - a) Find out about and make use of at least two of the following:
Facsimile machine (FAX), answering machine, walkie talkie, teletext, cellular phone, electronic mail, Citizen Band (C.B.) radio or any other telecommunication system.
 - b) Make a verbal or taped report of a local event either past or present.

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- c) Write and decipher three simple messages using codes, ciphers or invisible ink.
- d) Hold a simple conversation in another language.
- e) Make and maintain a link over a short time with another Cub Scout Pack using electronic means, videos, letters, etc.
- f) Find out how other people with a visual or hearing impairment communicate, e.g. Braille, sign language, etc.
- g) Memorise a message and deliver it 20 minutes later.
- h) Pass a message to someone else using Amateur Radio or send an SMS using a handphone.



Community Living

Organised and conducted at Scout HQ.

Use a A4 Exercise Book for the assignments.

Compulsory Section

6. Keep a daily journal and write a few lines on what you have done for the day. You need only to do for a period of 2 weeks.
7. Draw a map of your neighbourhood and mark on your map the location of your house and the location of the following (nearest your home):
 - (a) Community Centre or Community Club.
 - (b) Post Office Box
 - (c) Fire Hydrant
 - (d) Hospital or Outpatient Clinic or Private Clinic
 - (e) Fire Station or Civil Defence Post
 - (f) HDB Area Office
 - (g) Town Council
 - (h) Post Office
 - (i) Police Station or Police Neighbour Post
 - (j) Market
 - (k) School
 - (l) A Place of Worship (Church, Mosque, Temple, etc.)
8. Find out the following:
 - (a) Name of the constituency in which you live.
 - (b) Member of Parliament for your constituency.
 - (c) Get a list of emergency telephone numbers including your father's work place, mother's work place, neighbour, Police, Civil Defence, Ambulance, HDB Maintenance Service etc.)
 - (d) Collection Times for the mail at the Post Box on weekdays, weekends and public holidays.
 - (e) Bus Services that serve your neighbourhood, example, SBS / TIBS / CSS etc.
9. Visit your neighbour and find out about your neighbour and the family.
 - Number of members in the family (Name, age, occupation and place of work/study).
 - Write a brief description about My Neighbour.
10. Visit a family of a different race.

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- Number of members in the family (Name, age, occupation and place of work/study).
 - Write a brief description about My Neighbour.
11. Do a log book of about 10 pages of A4 Size papers.
- Find and collect pictures from newspapers or magazine cuttings about Community and Family Life.
 - Paste them in the logbook and given a brief description about your articles.
 - Stick a photograph or draw and colour a picture of your family.
 - Draw the following sketches:-
 - Greet Your Friends and Teacher when you meet them.
 - A Happy Family.
 - Getting Along With Friends.
 - Helping Around The House.
 - A Happy Occasion.

Choose only ONE assignment from the following:

1. Visit the Community Centre or Community Club near your home.
 - (a) Find out what activities and courses are organised including the duration, day and time.
 - (b) Write down the activities or courses you can join.
2. Visit a Police Post near your home.
 - (a) Find out how the Police Officers can help you and your family.
 - (b) Write down what you have found out.
3. Find out about the Resident's Committee in your neighbourhood.
 - (a) The numbers of members in the Committee.
 - (b) The names and addresses of the important members in the Committee.
 - (c) Write down how the Resident's Committee serves your neighbourhood.
4. Find out about the Neighbourhood Watch Group (if there is one) operating in your block or estate.
 - (a) The numbers of members in the group.
 - (b) The names and addresses of the important members in the Committee.
 - (c) Write down how the members help one another.



Cook

1. Discuss with the examiner the advantages and disadvantages of different methods of preparing and cooking food and the importance of a balanced diet.
2. Plan, cook, serve and clear away a two-course meal for at least two people. The following dishes are given as suggestions. You may produce your own menu which will be approved by the examiner beforehand.

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Main Courses

A meat dish, such as scrambled eggs, spaghetti bolognese, curry.

A fish dish, e.g. fried fish fingers, fish ball soup, etc.

A vegetarian dish, e.g. vegetable salad, roast corn, etc.

Sweets

Agar-Agar or Fruit Cocktail.

Baked apple and custard

Fruit crumble

Fresh fruit salad

Trifle

Banana split Ice-cream

3. Prepare and cook fresh vegetables.
4. Make either kueh-kueh, small cakes, biscuits or tarts.
5. Make and serve a hot drink.
6. Know the basic rules of safety and hygiene in the kitchen and the reasons for them.



Craftsman

You must complete three activities to a high standard, one of which must be completed in the presence of the examiner.

1. Make a model out of clay and fire it in a kiln if appropriate.
2. Make a decorative article from cane, raffia, wool, leather, wood or any other suitable material approved in advance by the examiner.
3. Design a print on fabric or paper, e.g. screen printing, fabric print, lino print, etc.
4. Make a toy, puppet or model of your own design.
5. Make a collage using a variety of materials, cloth, felt, wool
6. Find a natural object such as a piece of wood or a stone that has an interesting shape. Clean, rub down and varnish it, then mount it to make an ornament.
7. Undertake a project, having agreed it with the examiner, involving the use of a plastic or metal construction kit such as Meccano. The standard expected should demand a high quality of workmanship.
8. Complete a project in a craft such as marbling, origami, string work, macramé, papier mache, plaster casts, weaving or other craft agreed with the examiner.



Cyclist

1. Own or have the regular use of a bicycle of suitable size.
2. Be able to mount and dismount properly.
3. Understand the need for keeping the bicycle in a road worthy condition, and help to do this.
4. Be able to clean and oil a bicycle. Show pump up the tyres and how to mend a puncture.
5. Understand the need for keeping a bicycle locked when leaving it unattended.

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6. Show knowledge of the proper use of those signals and rules applicable to cyclists as set out in the Highway Code in the Section for the Road User on Wheels and Extra Rules for Cyclists.
7. Understand the need for lights and reflective clothing. Talk about the safety measures necessary for riding in poor light.
8. Under observation go for a short ride in a safe place to show that you can ride safely and confidently.

Note: Cycling safety helmets should be worn by all cyclists in all organised events or tests for Cub Scouts.



Entertainer

Carry out at least two of the following either with a group of other Cub Scouts or by yourself.

1. Help to make up a mime or play and perform it.
2. Perform a puppet play or shadow graph using puppets which you have made.
3. Help to plan and make an entertainment recorded on video or audio tape.
4. Sing a programme of songs, carols or hymns.
5. Perform some folk or traditional dances.
6. Make a selection of simple rhythm instruments and use them as accompaniments
7. Take part in a gymnastic display.
8. Make up and perform a dance to a piece of music of your own choice.
9. Help plan and perform a series of magic tricks.
10. Take part in a gang show, concert or band performance.
11. Or any other suitable activity agreed with the examiner.



Explorer

1. Know the preparations required for a one-day expedition in the countryside, e.g. cost, correct clothing, footwear, first aid kit and food.
2. Take part in two Cub Scout expeditions outdoors, one of which should include a hike of at least 10 kilometres.
3. Build and light a fire outdoors and use it to make a hot drink.
4. Build a simple shelter.
5. Find your way along a route of at least 1 kilometre using one of the following methods: compass, maps, landmarks, tracking signs, clues and codes.



First Aider

Compulsory requirements for the Gold Arrow Award and Akela Award.

1. How to pack a standard 1st Aid Kit
2. Know your limits of first aid and when you would get adult help.
3. Know how to control bleeding by direct pressure on a wound.

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4. Know the importance of cleanliness and show how to dress minor cuts and grazes with gauze and a roller bandage; apply and remove adhesive dressings.
5. Demonstrate the use of a triangular bandage as an arm sling, knee and head bandage.
6. Know how to treat burns and scalds and how to put out burning clothing.
7. Know how to treat a wasp and bee sting and how to remove a splinter.
8. Have knowledge of mouth-to-mouth resuscitation and where possible demonstrate this method by use of a mannequin or other approved aid.
9. Demonstrate how to make a patient comfortable.
10. Passed the Junior 1st Aid (Red Cross) or Basic 1st Aid (St John) allows exemption.



Fisherman

1. Hold the Swimmer Badge.
2. Know the dates of the Monsoon seasons.
3. Know the names & identify at least 3 types of fish sold in the local market.
4. Make a fishing rod and tackle or show how to fix up a fishing hook & bait.
5. Keep a log book over a period of three months of fishing trips undertaken. The log to contain a note of water conditions, weather, wind direction and strength, species and numbers of fish caught and baits which prove successful.



Food Watch

- Knowledgeable about food hygiene.

To earn a Food Watch Badge, a Cub Scout must complete the following activities within two months of his start date:

1. Attend a half-day course on food hygiene organised by the NEA (This mark the start date) on how to identify different types of mosquitoes, find out where they breed and why they are dangerous and harmful to humans.
2. A Cub Scouts in schools have given talks at school assemblies and displayed creative informative posters on their school notice boards. Some have done power point presentation to their classes and exhibited their work to their classmates. It allowed them to earn the Food Watch Badge as well.

A Cub Scout who completed the workbook will received a certificate and a badge from Scout HQ. The participated schools were also given certificates of participation for their contributions.



Gardener

1. Either:
 - a) Look after a patch of garden, know what tools are needed and how to use and look after them. Grow something in your garden suitable for the time of year.

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Or:

- b) Grow a variety of plants indoors and know the conditions under which they must be kept.
2. Choose any two alternatives from the following list:
- a. Grow vegetables or flowers from seed; know how to prick out and transplant.
 - b. Know about hazards to plants and flowers (e.g. diseases, pests) and understand what preventative measures can be taken and what can be done to aid growth.
 - c. Know how to store vegetables and how long they may be stored.
 - d. Show how to prepare flowers for display.
 - e. Make a compost heap.
 - f. Carry out a soil test using a standard kit.
 - g. Help plan and plant a rockery garden, a fern or herb garden, herbaceous border, hanging basket, garden tub, etc.
 - h. Help maintain a lawn and understand why it needs constant attention.
 - i.



Handyman

1. Demonstrate the safe use of, and how to take care of, tools such as hammer, saw, screwdriver, spanner, pliers.
2. Demonstrate how to prepare and paint a vertical surface with paint-brushes, roller or pad and show how to clean them.
3. Complete two projects from the following list:
4. Help design and make:
 - a nesting box or window box
 - a box for storing tools, pencils, tapes, etc.
 - a rack for keys, mugs or coats
 - book ends or bookstand
 - a shoe rack
 - notice board for camp
 - letter holder
 - towel rail
5. Any other project agreed between you and the examiner.



Hobbies

1. Show a continuing interest in your chosen hobby for at least three months.
2. Demonstrate to the examiner how you pursue your hobby and what equipment, materials and background information you have used.
3. Discuss with the examiner how you plan to develop your hobby or skill in the future.



Healthy Lifestyle

- Know the importance of being healthy and fit.
- A person who is healthy often enjoys life better than someone who is not. He is able to study, work and play better.
- A person who takes care of his health also falls ill less often. He will also reduce his risk of getting serious health problems such as heart attacks, high blood pressure and many types of cancer.
- Know four basic guidelines to a healthy lifestyle:
 1. Eat wisely
 2. Exercise regularly
 3. Be a non-smoker
 4. Cope with stress
- Must complete the following activities within two months of the start date::
 1. Attend a half-day talk on :
 - The harmful nature of cigarette smoking.
 - Standing up for your rights.
 - Stress management.
 - Physical fitness.
 - A healthy diet
 2. Create a design based on a healthy lifestyle theme (to be used on bookmark, t-shirt, badge, poster etc).
 3. Plan an exercise schedule and follow it for one week.
 4. Make a plan for a healthier diet and use it to eat wisely for one week.
 5. Explain to your Cub Scout Leader why you feel it is important to stay smoke-free and how you can do so.
 6. Explain to two school-friends or an adult relative why it is important to remain smoke-free.
 7. Demonstrate ways to say 'No' when pressured to do something harmful.
 8. List 4 of your strengths and 4 of your weaknesses. Suggest ways to improve/use your strengths and overcome your weaknesses.
 9. Complete the workbook.
 10. Pass a written Test.



Information Technology

1. (a) Draw a diagram to show the various parts of a computer system.
(b) Show on your diagram at least three ways in which information can be put into the computer, at least three ways of getting information from the computer.
2. (a) Demonstrate an ability to format a disk.
(b) Select a software application and load it into the computer.
(c) Create a document or file and save it on floppy or hard disk.
3. Using a commercially available software package, choose one of the following and demonstrate to the examiner, preferably using printed output or on screen if a printer is not available.

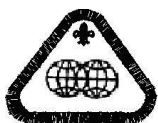
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- (a) Design an original picture.
 - (b) Draw a map of your own community, showing local services, such as police station, doctor's surgery, shops, Scout Headquarters and so on.
 - (c) Using a simple database, show how it is possible to enter, store and retrieve names and addresses of your relatives or Members of your Six.
 - (d) Design an advertising poster for a forthcoming event at your Pack or school, using both text and graphics to make it eye catching for the people you wish to attract to the event.
 - (e) Create an A4 newsletter for your Cub Scout Group. This should include graphics or scanned photographs and cover both past and future events.
 - (f) Write a simple tune using a programme that can play it back to you. Show that you can modify the tune and play it to your examiner.
4. Make a collage to demonstrate how computer technology affects our daily life and discuss with the examiner some of the benefits and disadvantages of these effects.
5. (a) Find out what copyright law is for and how you think it might apply to computers.
(b) How can it cause problems to your system if you share disks with other people?
6. Show the examiner some of the programmes that you have used recently and explain which you enjoy using the most.



Life Saver

1. Hold the Swimmer (Silver) Badge.
2. Swim 100 metres continuously in any strokes.
3. Swim 25 metres by any stroke other than the back stroke, using your legs only, and 25 metres on the back, showing ability to change direction left and right; during the swim on the back, your arms must be folded on the chest, the full distance of 50 metres must be done without pause as one continuous swim. You must wear a shirt and short for this test.
4. Demonstrate correctly the Mouth-to-mouth expired air resuscitation for 5 minutes duration.
5. Show how to reach out to a non-swimmer fallen into water using at least 2 non-direct contact methods of rescue. List at least 5 basic water safety rules.
6. Those who passed Singapore Sports Council National Swimming Survival Silver Award or Swimming Teachers Association Swimming Survival Silver Award, is exempted from 1 to 3.
7. Those who passed Singapore Life Saving Society "Life Saving 1, 2, 3" or higher Awards will be awarded this badge without further test.



Linguist

1. Be able to read a given passage smoothly and be able to answer questions on it in your second or foreign language.
2. Be able to converse in your second or foreign language for ten minutes on any topic chosen by the Examiner.
3. Write a letter of at least 100 words in your second or foreign language.



Local Historian

Choose any three of the following alternatives.

1. Find out about someone who lived in or near your town who was famous, or visit and find out about a famous old building, monument, earthwork or other place of historical interest. Make a logbook or scrapbook and discuss what you have found out with the examiner.
2. Find out the meaning of, and collect picture of your District or our coat of arms. Tell the examiner how many different places you have seen the coat of arms displayed.
3. Talk to someone who has lived in your area for a long time and find out about what they did at your age, and what changes they have seen in your area over the past years.
4. Choose two different locations in your area such as a road, park, field, hill, lake, streams and find out how they got their names.
5. Draw a map of your area and mark on it places of historical interest for visitors.
6. With your examiner, go on a short walk of your choice in your local area and describe to him local points of historical interest.



Map Reader

1. Understand the principal signs and symbols used on a 1:50 000 scale Ordnance Survey map of your locality. Be able to pin-point your home and Scout Headquarters. Explain how well known local features of your choice are represented on the map.
2. Make a scale model of an 80 metre (250 ft) hill -- showing the contour layers at regular intervals.
3. Describe what you would see along a 5 kilometre (3 miles) stretch of road set by the examiner on any 1:50 000 Ordnance Survey map.
4. Show you can use 6 figure grid references.
5. Know how to use a compass and set a map.
6. Know how to use a local street directory.



Mozzie Buster

- Knowledgeable about mosquitoes.
- Able to spot mosquito breeding sites and get rid of them.
- Able to educate others in order to enable them to keep their own homes and neighbourhoods mosquito-free.

To earn a Mozzie Buster Badge, a Cub Scout must complete the following activities within two months of his start date::

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3. Attend a half-day course on mosquitoes organised by the NEA (This mark the start date) on how to identify different types of mosquitoes, find out where they breed and why they are dangerous and harmful to humans.
4. Perform mosquito breeding habitats surveys at any 3 locations using the equipment (pipettes and vials) provided. Create a bar graph to display the findings.
5. They are given each a workbook with a vial and a pipette to start their hands-on activities and creative projects. It encouraged them to become a Mozzie Buster.
6. Share the knowledge and findings about mosquitoes with classmates, school and neighbourhood in a creative way. Educate them about mosquitoes and show them how to keep their surroundings mosquito-free.
7. A Cub Scouts in schools have given talks at school assemblies and displayed creative informative posters on their school notice boards. Some have done power point presentation to their classes and exhibited their work to their classmates. It allowed them to earn the Mozzie Buster Badge as well.

A Cub Scout who completed the workbook will received a certificate and a badge from Scout HQ. The participated schools were also given certificates of participation for their contributions.



Musician

1. Explain the major symbols on a musical score and give the correct meanings of common musical terms.
2. Sing two songs or play two pieces of your choice which show different styles or tempos.
3. Choose any two of the following alternatives:
 - a. Sight read a simple piece of music set by the examiner.
 - b. Demonstrate some musical exercises which improve your playing and singing.
 - c. Name the parts of your musical instrument or know how your voice works.
 - d. Know how to look after your instrument or voice.
 - e. Clap out the rhythm of three pieces played by the examiner.
 - f. Listen to a piece of music and name some of the musical instruments heard.
 - g. Know the storyline of an opera, ballet or folk song.

Note: Passed the ABRSM Grade 5 theory and practical allows exemption.



My Faith

1. Collect together, over a period of three months, all you can about being a member of your religious faith. The collection can be a scrape book, it may include pictures, photographs, tapes, etc. The collection will be of anything to do with the life at your place of worship. Before you start making your collection, talk about it with a Leader, someone at home and at your place of worship. You might include:
 - Pictures of important objects at your place of worship
 - tape-recordings of favourite religious songs
 - names of people and what they do at your place of worship

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- special festivals
 - stories you have heard or read from your religious book(s)
 - some of your favourite prayers
 - a record of any special activity that you take part in, at your place of worship
 - ways in which you have helped others
- And there are many other things you may want to include.

2. When you have finished your collection show it to your Religious Leader. Tell them about all you have done for this badge.



Naturalist

Do any three of the following:

1. Make a survey of a hedgerow or wild area and be able to identify at least six species of wild flowers, grasses or ferns.
2. Keep a record of birds you have spotted over one week and be able to identify at least six wild birds.
3. Make a survey of a pond, river, stream or seashore and be able to identify some animal, insect or plant life you find.
4. Explore the insect life of a particular area and be able to identify some of the types of insects you find.
5. Identify six different trees or shrubs from their leaves, shape, fruit or nuts and make a bark rubbing.
6. Identify six butterflies and or moths and talk to the examiner about their life style.



Navigator

1. Go for a walk or car journey with an adult around your local area, using one or more of the following methods of navigation
 - a. written instructions
 - b. taped instructions
 - c. road signs
 - d. tracking signs
2. Find a number of routes between two given places and choose the most practical and safe for a blind or physically handicapped person. Explain your choice and tell the examiner what could be done to make the route safer.
3. By drawing a map, direct someone from your meeting place to a local railway or bus station, hospital, doctor, Post Office, etc.
4. Using a local street map, find certain roads and places of interest as requested by the examiner.
5. Help plan, or take part in, a treasure hunt using clues, directions and signs to reach a secret destination.



Optimist

Bronze

To formulate a step-by-step guide for all interested young cub scouts to enjoy and fully develop their potentials in sailing the Optimist.

1. Able to swim 50 metres with the aid of life-vest.
2. Topics
 - Introduction to sailing
 - Parts of the Optimist boat
 - Safety precautions
 - Rigging / De-rigging
 - Points of sails
 - Tacking / Gybing
 - Heave-To
 - Capsize demonstration & drill
 - Basic rules of the road
 - Rope work.
 - Getting out of irons
 - Weather / Tide / Current
 - Introduction to Troangles & Sausage course
 - Launching / Recovery.

Silver

To assign the young Cub Scout sailors to training classes which measures up to their individual sailing abilities.

Topics

- Rigging / De-rigging
- Rope work
- Emergencies
- Reading the wind
- Sail trimming
- Short races
- Launching / Recovery

Gold

To maintain and monitor the sailing history of all young Cub Scout sailors.

Topics

- Boat handling
- Boat tuning
- Racing rules
- The Elements
- Racing / Tactics
- Starts / Finishes

Note: All lessons will be conducted at the National Sailing Centre.



Photographer

1. Understand the features of the camera you are using and show that you know about lens focusing and apertures and their use in taking good pictures.
2. Be able to identify good practice and common mistakes in taking pictures.
3. Understand the different types of film available for different types of camera, video or digital camera.
4. Use the above skills and take a set of 12 pictures, or a short movie or video film on a theme of your choice.
5. Present a display of photographs or give a film/video show.



Road Safety

1. Attend and take a Practical Test at the Road Safety Community Park (2 hours).
 - a. Identify at least ten traffic signs.
 - b. Show you know how to behave as a pedestrian or cyclist or driver. How to walk safely on roads with no footpaths and knowledge of the unsafe & discourteous acts.
 - c. Show you know how to cross the road safely and how to use zebra, pelican and railway crossings. What are the dangers of crossing the road?
2. Show how to use a public telephone and know how to make an emergency telephone call.
3. Show you know how to behave safely as a car passenger.
4. Make a poster to promote road safety to pedestrians.
5. Personal Assignments:-
 - Draw a sketch map of a road with at least 2 Traffic signs or signals. Name the road and signals or signs used and why they are used.
 - Keep a scrap book of accident articles and photographs published in the local newspaper.

Note: A certificate of participation at the Road Safety Park will qualify for the above badge.



Scientist

Choose three experiments from each section (six in total) of the badge and explain to and/or show the examiner what you have done. Where appropriate explain any conclusions you have made.

The Physical World

1. Make a simple switch from household items and demonstrate how it could be used to control a light bulb and battery.
2. Demonstrate that electrical currents produce magnetic, chemical and heating effects, and explain what happens.

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3. Show that hot air rises.
4. Make an artificial rainbow by splitting up a beam of white light.
5. Make a pin-hole camera and understand principles of operation, e.g. size of hole.
6. Keep simple weather records over a month (e.g. rainfall, temperature, cloud cover, wind direction).
7. Make a simple compass and show the effects of metallic and magnetic materials upon it.
8. Make a simple periscope.
9. Demonstrate how to recover dissolved substances from sea water or river water.

The Living World

1. Make some yoghurt and find out how living creatures are involved in the process.
2. Grow cress (or a similar plant) and investigate what happens when light and water are excluded from it.
3. Use a net and jar to find out how many different creatures live in the water and mud at the edge of a pond.
4. Set up a wormery or ant colony and record activity over a few weeks.
5. Grow a bean or pea. When the root and shoot are visible investigate what happens when the seed is turned upside down and left to continue growing
6. Collect seeds from various plants and discover how these are protected and dispersed.
7. Grow or make crystals or make crystal shapes from paper.
8. Investigate what happens to your pulse rate before and after exercise.

Note: Other experiments of comparable standard are acceptable if agreed with the examiner beforehand.



Sportsman

1. Show a good sportsmanlike attitude in all games and sports in which you take part.
2. Be able to tell the examiner the aims and rules of two sports whether individual or team, indoor or outdoor, e.g. rugby football, association football, cricket, hockey, rounders, horse riding, judo, archery, basketball, tennis, badminton, squash, gymnastics, golf, snooker, tenpin bowling, table tennis, athletics or any other suitable sport. Knowledge of a sports junior version, such as mini rugby, is acceptable.
3. Show reasonable proficiency and be taking an active part regularly in at least one of the above sports.
4. Show that you know the equipment and clothing necessary for the sport selected to pass part 3 and how to look after it, and good habits and hygiene.
5. Tell the examiner what training and preparation you take part in for your chosen sport and when you practise.

Swimmer



Bronze

Perform the following:

1. A jump or dive from the side of the swimming pool.
2. Breathing exercise.
3. Front glide.
4. Back glide.
5. Front paddle 10 metres.
6. Back paddle 10 metres.
7. Backstroke, without the use of arms, hands on hips, 10 metres.
8. 25 metres of either breaststroke, front crawl or back crawl.
9. Know the water safety rules and where it is safe to swim locally.

Silver

Requirements 1 to 4 to be performed in shirt and shorts or pyjamas.

Perform the following:

1. Tread water for 1 minute in a vertical position.
2. A surface dive to touch the bottom with both hands in at least shoulder depth water.
3. Mushroom float for 5 seconds.
4. Swim across the width of the bath on any front stroke. At the halfway mark turn over on to the back and finish the distance on any back stroke of your choice.
5. Plunge (dive and glide) as far as possible.
6. Commencing with the appropriate racing start swim, 25 metres front or back crawl.
7. Commencing with the appropriate racing start swim, 25 metres breast or butterfly stroke.

Gold

Perform the following in the order set out:

1. Where possible, dressed in trousers and shirt or pyjamas, enter the water from the side of the pool by a straddle or tuck jump, swim 45 metres.
2. Tread water for 2 minutes in a vertical position.
3. Using any floating object for support, take up and hold the Heat Exposure Lessening Position (H.E.L.P.) for 2 minutes.
4. Swim 400 metres, surface diving once during the swim, and swimming at least 5 metres completely submerged.
5. Climb out from deep water without assistance or the use of steps.
6. Swim 25 metres at the shallow end and tow a conscious casualty with a float and back to start point.

Note: Holders of appropriate certificates on Swimming Survival from Singapore Sports Council or Swimming Teachers Association will qualify for the appropriate badge for Bronze, Silver and Gold accordingly.



World Faiths

With the help of a leader and the agreement of somebody at home, do either requirements 1 a) or 1 b) and then all of requirement 2 and 3.

1. Either:
 - a) Make arrangements and visit a place of worship other than your own and find out some information about the building, its contents and its form of worship
- Or:
 - b) Meet someone who belongs to a faith or denomination other than your own and discover how they put their faith into practice in their daily life.
2. Find out about a faith other than your own and tell the examiner about its sacred books, holy places, religious customs and the dates of special festivals.
3. Find out the role of Inter-Religious Consultative Committee in Singapore.



World Friendship

Choose any three from the following list:-

1. Be a pen friend to a child from another country and write or email to them for at least three months.
2. Recognise the flags from ten countries in the world, five of which must be from outside the Asian Community.
3. Collect at least three coins, stamps and postcards from three different countries in the Asian Community and then discuss with the examiner what you know about the Asian Community. You will need to find out, for example: which countries are in the Asian Community, what the flag looks like.
4. Write a short essay about how scouts can contribute to world peace.
5. Make a collage, model or chart of the work of the United Nations.
6. Do something to help another country in need at the moment. Perhaps it could be a country that has had severe floods, famine, disease or an earthquake.
7. Draw six National Scout Badges from around the world.
8. Mark a world map to show where all the World Jamborees have been held.



World Conservation

Carry out these projects as a member of a group of Cub Scouts and not by yourself. This group may be your Pack, Six or other small group.

1. While you are working on this badge with your group:
 - a) Find some examples showing how man has damaged nature and others showing how man has improved nature;
 - b) Find examples of where the Country Code is being broken and the results of this.
2. Take part as a group in two projects, such as:
 - a) Clearing a ditch, pond or creek;

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- b) Making, setting up and maintaining a bird feeder, bird table, bird nesting box or bird bath;
- c) Cultivating and maintaining a garden and compost heap;
- d) Tidying up a piece of wasteland;
- e) An anti-litter campaign;
- f) Plant a tree or shrub.

Note: Other projects may be undertaken as agreed by the Cub Scout Leader.

3. Choose one from the following:

- a) Make a display to inform others about an animal, bird, plant, fish, etc. which is in danger of extinction;
- b) Organise a 'save it' campaign to encourage others to conserve energy e.g. home insulation, fuel efficient engines;
- c) Take part in or start a re-cycling scheme, e.g. bottles, cans, waste paper, etc.
- d) Visit a forest, wood or camp site to take part in a project on tree conservation to discover whether any trees have been lost and, if so whether any have been replaced. With expert help, find out how trees can be cared for.

Note: Where Cub Scouts are encouraged to carry out a project anywhere near water, for example, clearing a ditch or pond or carrying out a small fish survey, Leaders must have adequate arrangements for the safety of the Cub Scouts and ensure that the activity is properly supervised.



Writer

- 1. Make and present a collection of stories and/or poems you have written on a variety of themes.
- 2. Write a report on a recent Cub Scout event for use in a newspaper or magazine and read it to others.
- 3. Write a letter and address an envelope neatly, and show knowledge of post codes and letter postal rates: e.g. a thank you letter, an invitation, a request for help, a letter to a friend, or any other suitable subject.