

___Balham___PATHFINDER CLUB

**RANGER
WORKBOOK**

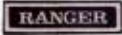


RANGER NAME:

TEACHER:

YEAR:

Ranger Contents / Requirement Sheet



General

Requirement	(·)	Date	Signature
1. Be a teenager 13 years of age, and/or in Grade 8 or its equivalent.			
2. Memorize and understand the Adventist Youth Aim and Motto.			
3. Be an active member of the Pathfinder Club.			
4. Select and read three books of your choice from the teen Book Club List.			

Spiritual Discovery

Requirement	(·)	Date	Signature
1. Discover in group discussion: <ul style="list-style-type: none"> a. What Christianity is b. What are the marks of a true disciple. c. The forces involved in becoming a Christian. 			
2. Investigate the history of the bible.			
3. Invite at least three people (non-members) to your Sabbath School Class.			
4. Have a current Memory Gem Certificate.			

Community Outreach

Requirement	(·)	Date	Signature
1. Under the direction of your leader, participate at least once, in two different types of outreach programs.			
2. With the help of a friend, spend a full day (at least 8 hours) working on a project for your church, school, or community.			

Friendship Development

Requirement		Date	Signature
1. In group discussion and by personal inquiry examine your attitudes to two of the following topics: <ul style="list-style-type: none"> a. Self-Confidence. b. Friendship. c. The Social Graces. d. Will Power. 			

Ranger Contents / Requirement Sheet



Health and Fitness

Requirement		Date	Signature
1. Participate in one of the following: a. Discuss the principles of physical fitness. Provide an outline of your daily exercise program. Write out and sign a personal pledge of commitment to a regular exercise program. b. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with Biblical principles.			

Organization and Leadership Development

Requirement		Date	Signature
1. Attend at least one church business meeting. Prepare a brief report for discussion in your group.			
2. With your group make plans for a social activity at least once a quarter.			

Nature Study

Requirement		Date	Signature
1. Review the story of the flood and study at least 3 different fossils; explain their origin and relate them to breaking God's Law.			
2. Complete a Nature Honour not previously earned.			

Outdoor Life

Requirement		Date	Signature
1. Build and demonstrate the use of a reflector oven by cooking something.			
2. Participate in a two night camp out. Be able to pack a pack or ruck sack, include personal gear and food sufficient for your participation in a two night camp out.			

Lifestyle Enrichment

Requirement		Date	Signature
1. Complete one Honour in Outreach Ministry, Vocational, or Outdoor Industries not previously earned.			

For all documents to support this curriculum visit:
<http://gcyouthministries.org/Ministries/Pathfinders/Downloads/tabid/89/Default.aspx>

General



Personal Details

Paste your photo here

My Name is.....

My Date of Birth is

I am Years Old.

I confirm that I am an **ACTIVE MEMBER** of the _____
Pathfinder and Adventurer Club.

Club Member Signature _____ Date _____

Pathfinder Leader Signature _____ Date _____

BOOK CLUB CERTIFICATE

[Compulsory Requirement]

1. Pathfinders are to read a minimum of 4 books every year. One book must be from each of the following categories:
 - a) Missions
 - b) Autobiography
 - c) Nature of Science
 - d) One book of personal choice (excluding fiction e.g novels, etc)
2. Juniors are to read a minimum of 40 pages.
3. Teens are to read a minimum of 80 pages.
4. Pathfinders must inform their Club Leaders/Counsellors about the choice of books BEFORE commencing to read so that the category of book and suitability can be decided upon. Club Leaders may choose to have a collection of books as reference but Pathfinders may have books at home that will fall into the categories listed above.
5. Upon completion, Pathfinders must prepare a summary of what they have read to include:
 - Title of Book
 - Author
 - Publisher and Year Published
 - Paraphrased, bulleted points or outline of main events or ideas.
6. Reports should be a minimum of 80 words for Juniors and 120 words for Teens, completed in their own time.
7. The Pathfinder and the Club Leader/Counsellor must date and sign each completed Book Club Certificate Report (sample Report in Leaders Book – copy as required).
8. The completed work must be kept in the Pathfinder's folder for inspection at the Evaluation Day.

Book Club Certificate – Report Form
[Compulsory Requirement]

Name..... Age

Book Title

Book Category..... Date(s) Read

Author ISBN No

Publisher Year Published

Report:

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Signed: Date:
[Pathfinder]

Signed: Date:
[Club Leader/Counsellor]

Book Club Certificate – Report Form
[Compulsory Requirement]

Name..... **Age**

Book Title

Book Category..... **Date(s) Read**

Author **ISBN No**

Publisher **Year Published**

Report:

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Signed: **Date:**
[Pathfinder]

Signed: **Date:**
[Club Leader/Counsellor]

Spiritual Discovery



The purpose of this section is to renew and develop the teenagers' confidence in the Bible as the Word of God, and to help them discover a saving relationship in Jesus, leading to a decision of commitment and baptism.

1. Discover in group discussion:

- a. What Christianity is
- b. What are the marks of a true disciple? (Matthew 6:19-34; Luke 14:26-33.)
- c. The forces involved in becoming a Christian.



You will need a **BIBLE** for this requirement.



Write down your thoughts on the above questions:



You will need to insert additional sheets for this requirement.

Discuss the following questions:



1. What does the parable say about:
 - a. What God is like? (1 John 1:5-10; 4: 11-17)
 - b. What I am like? (Rom. 3:9-20)
 - c. What the GOOD NEWS about God is? (Mark 1:14, 15; Eph.1:13; 2 Cor. 4, Eph. 3:6-8)
 - d. How God deals with me? (Rom. 3:21-27)
 - e. How we walk with God? (I Peter 4:1-3, Col. 3:7-17)

2. Define what Christianity is, and what it offers you personally.

God Leads a Pretty Sheltered Life (Anonymous)



At the end of time, billions of people were scattered on a great plain before God's throne. Some of the groups near the front talked heatedly - not with cringing shame, but with belligerence.

"How can God judge us? How can He know about suffering?" snapped a joking brunette. She jerked back a sleeve to reveal a tattooed number from a Nazi concentration camp. "We endured terror, beatings, torture, death!"

In another group, a black man lowered his collar. "What about this?" he demanded, showing an ugly rope burn. "Lynched for no crime but being black! We have suffocated in slave ships, been wrenched from loved ones, toiled till only death gave release."

Far out across the plain were hundreds of such groups. Each had a complaint against God for the evil and suffering He permitted in His world. How lucky God was to live in heaven where all was sweetness and light, where there was no weeping, no fear, no hunger, no hatred. Indeed, what did God know about what man had been forced to endure in this world? "After all, God leads a pretty sheltered life," they said.

So each group sent out a leader, chosen because he had suffered the most. There was a Jewish person, a black person, an untouchable from India, an illegitimate, a person from Hiroshima, and one from a Siberian slave camp. In the center of the plain they consulted with each other. At last they were ready to present their case. It was rather simple: Before God would be qualified to be their judge; He must endure what they had endured. Their decision was that God "should be sentenced to live on earth-as a man!" But, because He was God, they set certain safeguards to be sure He could not use His divine powers to help Himself.

Let Him be born a Jew.

Let the legitimacy of His birth be doubted, so that none will know who His father really is.

Let Him champion a cause so just, but so radical, that it brings down upon Him the hate, condemnation, and elimination efforts of every major traditional and established religious authority.

Let Him try to describe what no man has ever seen, tasted, heard, or smelled – let Him try to communicate God to men.

Let Him be betrayed by His dearest friends.

Let Him be indicted on false charges, tried before a prejudiced jury, and convicted by a cowardly judge.

Let Him see what it is to be terribly alone and completely abandoned by every living thing. Let Him be tortured, and let Him die! Let Him die the most humiliating death - with common thieves.

As each leader announced his portion of the sentence, loud mummers of approval went up from the great throng of people. When the last had finished pronouncing sentence, there was a long silence. No one uttered another word. No one moved. For suddenly all knew...God had already served His sentence.



After reading the short story "God Leads A Pretty Sheltered Life," record your conclusions below on how much God really cares for us and is prepared to give all to save us.

2b. Participate in a Bible Marking Program on the Inspiration of the Bible or complete the Bible Marking Honour.



List of some Bible texts marked.



4. Hold a current Memory Gem Certificate



1. You will need a **BIBLE** for this requirement.
2. You will also need the **Memory Gem Gap Fill** for your chosen texts.



Memorise 7 bible texts – ONE from each of the seven categories below for each class. (You may use whichever version of scripture you wish)

RANGER CLASS		
I. GREAT PASSAGES	II. SALVATION	III. DOCTRINE
1. Psalms 119:105 2. Colossians 3:16 3. Option _____	1. John 3:17 2. Galatians 6:14 3. I John 3:1-3 4. Option _____	1. John 14:1-3 2. Mark 1:27,28 3. Option _____
IV. PRAYER	V. RELATIONSHIPS	VI. BEHAVIOUR
1. Hebrews 11:6 2. James 15:6 3. Option _____	1. Proverbs 18:24 2. Ephesians 4:23 3. I Timothy 4:12 4. Matthew 24:14 5. Option _____	1. Galatians 6:7 2. Matthew 7:12 3. I John 2:15-17 4. Option _____
VII. PROMISES/PRAISE		
1. Psalms 145:18 3. Psalms 27:1	2. James 1:17 4. Option _____	

Write your 7 chosen bible texts below:

1. Great Passages..... Signature_____
2. Salvation..... Signature_____
3. Doctrine..... Signature_____
4. Prayer..... Signature_____
5. Relationships..... Signature_____
6. Behaviour..... Signature_____
7. Promises/Praise..... Signature_____

(Please insert the Memory Gem "gap fill" and explanation as evidence of memorising your texts.)



Community Outreach

The aim of this section is to develop within the Rangers the skills and enjoyment of sharing their Christian beliefs.

- 1. Under the direction of your leader, participate at least once in two different types of outreach programs.**



You will need to speak your COMMUNITY SERVICE leader in church for this requirement and participate in one of their planned activities.

Event 1 Name:

Place:

Date:



Write a summary of the event you assisted in:



The outreach ministries may include the following programs:

a. Christian Services
c. World Mission

b. Church Projects
d. Unchurched People



Event 2 Name:

Place:

Date:



Write a summary of the event you assisted in:



The outreach ministries may include the following programs:

a. Christian Services

b. Church Projects

c. World Mission

d. Unchurched People

2. With the help of a friend spend a full day (at least 8 hours) working on a project for your church, school, or community.

Summarise your participation below:



This could be any program including AYS, Sabbath School, Children's Day or a Community Program or the Hyland House annual school fete.

1. _____

Friendship Development



1. In group discussion and by personal inquiry, examine your attitudes to two of the following topics:

- A. Self-confidence** (Additional resources in Explorer class under Health & Fitness)
- B. Friendship**
- C. The Social Graces**
- D. Will Power**

Topic 1: _____



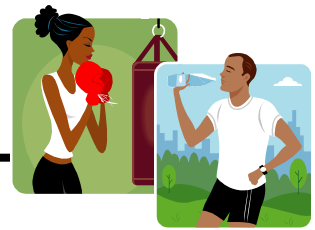
Write a summary of your discussion/outline in this space:

Topic 2: _____



Write a summary of your discussion/outline in this space:

Health and Fitness



The aim of this section is to give practical guidelines which will help to strengthen the Ranger's desire to care for his mind and body.

1. Participate in one of the following:

a. Discuss the principles of physical fitness.

- **Provide an outline of your daily exercise Program.**
- **Write out and sign a Personal Pledge of Commitment to a regular exercise program.**

The Principles of Physical Fitness



Write a summary of your discussion below:

Provide an outline of your daily exercise Program.



Sunday

Monday

Tuesday

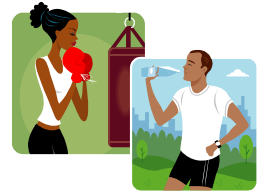
Wednesday


Thursday

Friday

Saturday

Write out and sign a Personal Pledge of Commitment to a regular exercise program.



 You can design a pledge card and stick it below or write your pledge in the space below.

b. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with biblical principles.



Write a summary of your discussion in this space:

Organisation and Leadership Development



1. Attend at least one church business meeting.

Walthamstow Church Business Meeting

Date:

Place:



Write a summary of what took place:

Ranger



Include the agenda for the church business meeting.



2. With your group make plans for a social activity at least once a quarter.



Outside the Sabbath Hours:

Plan your activity in keeping with the principles of ` Christian recreation.

Suggestions for activities include:

- Games Evening Barbecue and Bonfire
- Hay Ride Film Night
- Concert Reverse Night
- (gymnastics, etc.) Observation Evening
- Progressive Party Homes Evening
- Hobby Night Sports Center
- Display Night Moonlight Hike

1st Quarter

Event: _____

2nd Quarter

Event: _____



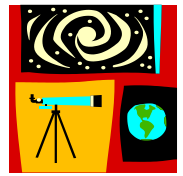
3rd Quarter

Event: _____

4th Quarter

Event: _____

Nature Study



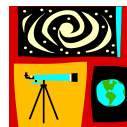
- 1. Review the story of the flood and study at least three different fossils.
Explain their origin and relate them to breaking God's Laws.**



Write a summary of the flood story in the space below:



This requirement could include a visit to a museum and study the fossils there.
– if time permits.



Study at least three different fossils.



You can stick it a fossil images below or draw them in the space below

Fossil 1:

Fossil 2:



Fossil 3:

Explain their origin and relate them to breaking God's Laws.

2. Complete a Nature Honour not previously earned.



Honour:

Signature_____

Honour:

Signature_____

Honour:

Signature_____



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.

Outdoor Life



The purpose of this section is to have the Rangers continue developing their outdoor living and safety skills.

1. Build and demonstrate the use of a reflector oven by cooking something.



List the items need to build a reflector oven and explain how to build it.:

Recipe:



List the ingredients used and method of making your meal.

Ingredients:

Method:



2. Participate in a two-night CAMP OUT. Be able to pack a ruck sack, include personal gear and food sufficient for your participation.

Consider the following when packing:

- Gear list
- Something to eat with
- Something to sleep in
- Something to keep dry in
- Something to keep warm in
- Something to have fun in
- Something to keep clean with
- Miscellaneous

Date of Camp-Out: _____

Event: _____

Method of packing / Items to pack:



Cont'd



Rangers following the DofE Curriculum can meet these requirements. These can also be met at the annual Camporee.

3. Pass a test in Ranger first aid.



Ranger First Aid Notes

Electrical Shock

Turn off the current if possible, but always disconnect the victim from the contact using a dry stick or coat or other non-conductive material. Do not use unprotected hands or feet. It is no use having two casualties. If the victim has stopped breathing, begin CPR and check the carotid pulse. Remember your A,B,C,D, procedure. If the victim's heart has stopped and you have been trained in external cardiac compression, continue cardio-pulmonary resuscitation. All electrical burns are more severe than they first appear. Even if the victim recovers it is essential that they seek medical advice.

Poisoning

Poisons may be solid, liquid, or gases.

They may be:

- ❖ Taken by mouth
- ❖ Inhaled through the nose
- ❖ Absorbed through the skin, or injected.

Calmness-not panic-is the essential in the treatment of poisoning. As prevention is better than cure, make sure all poisons are correctly labeled and stored out of reach of children. Never leave poisonous substances in an open container.

General Rules for Treatment of Poisoning:

1. Protect yourself from being overcome by the poison.
2. Remove the victim from the danger source.
3. Wash off any poison from the skin.
4. Arrange for medical aid.
5. Dilute, eliminate, or neutralize the poison.
6. **DO NOT**. . . Give fluids if the victim is unconscious.
7. **DO NOT**. . . Give an emetic if the poison is a corrosive.
8. **DO** Give samples of the poison or vomit to the doctor.



<i>COMMON POISONS</i>		
Kerosene, Petrol, Turpentine	NO EMETIC	Plenty of milk
Acids	NO EMETIC	Milk or water and beaten egg whites
Alkalis	NO EMETIC	Lemon juice, egg whites
Bleach or Phenol	NO EMETIC	Milk, beaten egg whites
Alcohol, Insecticides, Match Heads, Tablets	GIVE AN EMETIC	

- ✚ REMEMBER: If the poison is a corrosive (Burns on way down) DO NOT GIVE AN EMETIC. If in doubt, then give plenty of milk.
- ✚ EMETIC: Use Syrup of Ipecac from your first aid kit. In all cases, seek medical aid. If breathing fails, begin CPR (Mouth to Mouth).
 - ❖ Wash the affected area with soap and water. Take a shower if possible.
 - ❖ Discard the clothes.
 - ❖ Get patient to drink plenty of water or milk.
 - ❖ Induce vomiting if a chemical has been swallowed.
 - ❖ If breathing stops begin CPR.
 - ❖ Quickly remove the patient to fresh air.
 - ❖ Indicated by abdominal pains, vomiting and diarrhea.
 - ❖ Give nothing by mouth.
 - ❖ Seek medical help.

Fits

Epileptic fits are not uncommon. The victim may utter a sigh or cry, fall to the ground, remain rigid for sometime, then begin thrashing around. It is possible they may froth at the mouth and become cyanosed. It is not unusual for the patient to be



incontinent. Protect the victim from danger, but do not restrict movements. If the opportunity arises, place something soft between the teeth. If the patient becomes limp, place in the recovery position. Seek medical aid. Do not awaken if they fall asleep.

Convulsions

These usually occur in young children, and may be caused by a digestive upset, teething, high temperature, or constipation. The child may arch his back, twitch his limbs, roll the eyes and even become cyanosed.

Loosen the clothing, ensure a clear airway, reduce the temperature by sponging the child, and seek medical aid.

Foreign Body in Eye

Do not rub the eye. Rinse with a gentle stream of tap water into the inner corner of the eye. Eye baths should be clean. If an assistant can see the foreign body, moisten a wisp of cotton wool or the corner of a clean handkerchief and gently lift the foreign body away from the surface of the eye. If the foreign body is on the window of the eye (pupil) or stuck to the surface of the eye, or is known to be a sharp object, medical help should be sought urgently. Chemical burns - wash with water immediately and seek medical help urgently.

Foreign Body in Nose and Ears

Foreign bodies in the ear or nose should be removed by a doctor.

Fractures

Fractures can be caused by direct action (such as a blow or a fall), indirect action (where the break occurs away from the site of the direct blow) or muscular action (where the kneecap or thigh may break due to a jerk or a trip). Fractures will be recognized by pain or discomfort in the region affected, swelling, loss of power of the limb, deformity, irregularity of the bone, unnatural movement and a bony grating which the injured person may feel. The last two signs should never be sought deliberately. Fractures are classified as closed when the skin surface is not broken, open when a wound is present, and complicated when a fracture, either closed or open, is associated with an injury to a more important part of the body such as the brain, lungs, a major blood vessel or nerve, the treatment of which has priority.

If in doubt, treat injury as a fracture and unless life is endangered by fire, rising water or other hazards, **DO NOT MOVE** the patient before treating his injuries and immobilizing any fracture. In all cases of fracture there is a danger that further injury may be caused if a limb or part is moved before being immobilized.

Immobilizing can be achieved by supporting the injured limb or part in as natural a position as possible with bandages, slings and padding.

Fractured Collarbone (clavicle):

In the case of a fractured collarbone the patient will often support the elbow to relieve pain and incline his head towards the injured side. A common cause is



fingers point toward the apex.

- ❖ Bring the apex over the back of the hand.
- ❖ Fold the extra cloth in neatly.
- ❖ Tie the ends on the outside of the wrist.

Open-foot Bandage:

This is similar to the open-hand bandage.

- ❖ Place the foot on the bandage so that the heel is toward the base and the toes point to the apex.
- ❖ Bring the apex up over the top of the foot.

Collar and Cuff Sling:

- ❖ Place the forearm across the chest with the fingers pointing towards the opposite shoulder.
- ❖ Pass a clove hitch over the hand and round the wrist, the knot of the clove hitch on the thumb side of the wrist, and a fold of the cuff on either side of the wrist.
- ❖ Tie the ends of the bandage in the hollow just above the collarbone on either side.
- ❖ Check the circulation.
- ❖ This sling supports the wrist.
- ❖ If the shoulder is injured also, bring the lower end of the bandage up over the forearm and under the shoulder of the injured side and tie the two ends with a knot. Thus all the weight of the injured arm will be borne by the uninjured shoulder.
- ❖ You should be able to apply a sling with the injured person lying down.
- ❖ Place one end of a triangular bandage over the shoulder of the injured side.
- ❖ Let the bandage hang down over the chest with the apex level with the elbow of the injured arm.
- ❖ Bend the elbow of the injured arm, bringing the forearm up in front of the bandage, with the hand elevated about four inches above the elbow and the tips of the fingers extending just beyond the base of the bandage.
- ❖ Bring the lower end of the bandage up over the forearm and over the shoulder of the injured side, and tie the two ends at the side of the neck.
- ❖ Bring the apex of the bandage forward and fasten with a safety pin.

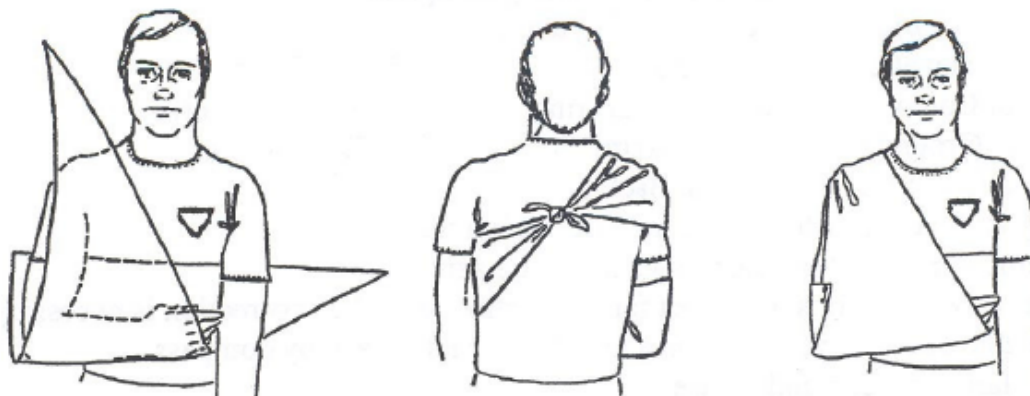


Chest or Back Bandage:

- ❖ Place a triangular bandage against the chest (or back) so that the apex is at the shoulder.
- ❖ Have the patient hold the apex there.
- ❖ Now fold the base inward as far up as you desire.
- ❖ Carry the ends around the body and tie directly below the shoulder. You will always have one protruding long end after you tie.
- ❖ Take this end and bring it up to the shoulder, tying it and the apex of the bandage together.

Splint to the Forearm:

- ❖ Don't twist or turn the arm to see whether it is broken.
- ❖ It is best to use two splints. One should extend from the elbow to the fingers on the palm side, and the other should be placed on the opposite side.
- ❖ Fold several triangular bandages into cravat shape and use them to bind the splints snugly in place. Three or four are usually best, though two will do well.
- ❖ If material is available, the splints should be padded before being used.
- ❖ After the splint is applied, put on an arm sling to support the arm.



Splint to the Palm or Wrist:

- ❖ In case of a palm or wrist injury, one splint is sufficient. It should be padded and should extend from the elbow to the finger tips.
- ❖ Place it on the palm side and bandage securely in place.
- ❖ Then put on an arm sling.

Method of Testing



The instructor will give the examination.

Ranger first aid does NOT complete the First Aid Honour, nor is the certificate awarded.

If one chooses to complete the current St. John or Red Cross First Aid Certificate,
then this will meet the requirements for Ranger, Voyager and Guide.

Lifestyle Enrichment



1. Complete one honour not previously earned in Outreach Ministry, Vocational, or Outdoor Industries.

Honour:

Signature_____

Honour:

Signature_____

Honour:

Signature_____



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.