

Bears

Three Rank Circus is meant to be a fun day/weekend for our older Cub Scouts. We have many fun activities planned. Throughout the weekend there are opportunities to have some requirements for various Adventures completed. We are not presenting entire adventures. The following is a list of the requirements that *may* be completed at our event. We do not guarantee every item on this list will be completed by every scout. Feel free to print this list out to check off what your scout completes during the weekend. Whether the Adventure is a required or elective Adventure is listed with the Adventure name. **Please speak to your Den Leader/Cub Master to see how they would like to record completions. Three Rank Circus staff and volunteers will not be responsible for recording completions.**

Fellowship (Required): may be completed throughout the day as opportunity presents itself.

- Requirement 3: Carry out an act of kindness.

Bear Strong (Required): may be completed in the planning to come to the event and throughout the day at various activities or in the camp site.

- Requirement 1: Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.
- Requirement 2: Be active for 30 minutes with your den or at least one other person in a way that includes both stretching and moving.
- Requirement 3: Be active for 15 minutes by doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.
- Requirement 4: Do a relaxing activity for 10 minutes.
- Requirement 5: Review your [BSA Annual Health and Medical Record](#) with your parent or legal guardian. Discuss your ability to participate in den and pack activities.

Standing Tall (Required): May be done in combination of First Aid Baseball and Range and Target Activities

- Requirement 4: Identify common personal safety gear for your head, eyes, mouth and nose, hands, and feet. List how each of these items protect you. Demonstrate the proper use of personal safety gear for an activity.

Let's Camp- Bear (Elective): Can be completed in planning to attend and camping overnight.

- Requirement 1: Review the buddy system and how it works outdoors.
- Requirement 2: Pack your [Cub Scout Six Essentials](#) for the campout.
- Requirement 3: In addition to your [Cub Scout Six Essentials](#), show the personal items you need for your campout.

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- Requirement 4: Help up a tent. Determine a good spot for the tent. Explain why you picked the spot.
- Requirement 5: Attend a council or district Cub Scout overnight camp or attend a campout with your pack.

Baloo the Builder (Elective):

May be completed at the Baloo the Builder station.

- Requirement 1: Learn about some basic tools and the proper use of each tool. Learn about and understand the need for safety when you work with tools.
- Requirement 2: Practice using four of the tools you learned about in requirement 1.
- Requirement 3: Choose a project to build.
- Requirement 4: Determine the tools and materials needed to build your project in requirement 3.
- Requirement 5: Build your project.

Balancing Bears (Elective):

May be able to be completed throughout the day while walking around camp.

- Requirement 2: Identify an animal that has a pattern to its physical appearance. Investigate how the animal uses its pattern.
- Requirement 3: Find examples of bilateral symmetry in nature.
- Requirement 4: Find examples of radial symmetry in nature.

Chef Tech (Elective): May be completed at Pancake Toss

- Requirement 1: Pick a kitchen appliance that uses technology to complete the following requirements.
- Requirement 2: With an adult, review the safety guidelines in the owner's manual.
- Requirement 3: With adult supervision, download a cooking app or search online to find a recipe that uses the appliance selected in requirement 1.
- Requirement 4: With adult supervision, follow the selected recipe and make the recipe.

Range and Target Activities

NOTE: When the word 'demonstrate' is used in a requirement, a simple demonstration made by the Cub Scout showing their understanding will serve as meeting that requirement. Where the word 'discover' is used in a requirement, explanation accompanied by visual aids will serve as meeting that requirement. When appropriate, some demonstrations/discussions can be held away from the firing line. Each Cub Scout should do their best based on their physical abilities.

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Archery - Bears (Elective): Can be completed at the Archery Range

- Requirement 1: Identify and wear the appropriate safety gear.
- Requirement 2: Demonstrate the archery range safety rules and whistle commands.
- Requirement 3: Demonstrate proper range commands.
- Requirement 4: Identify the main parts of your shooting equipment and how to properly use them.
- Requirement 5: Demonstrate proper stance and shooting techniques.
- Requirement 6: Shoot 5 arrows at a target. Repeat twice and do your best to improve your score each time. Shoot at least 15 arrows.
- Requirement 7: Demonstrate how to safely retrieve your arrows.

BB Gun - Bear (Elective): May be completed at the BB range.

- Requirement 1: Identify and wear the appropriate safety gear.
- Requirement 2: Recite the four safety reminders.
- Requirement 3: Demonstrate proper range commands.
- Requirement 4: Show how to use the safety mechanism.
- Requirement 5: Demonstrate how to properly load, fire, and secure your BB gun.
- Requirement 6: Demonstrate one of the positions for shooting a BB gun.
- Requirement 7: Fire 5 BBs at the target and score your target. Repeat twice and do your best to improve your score. Fire at least 15 BBs.
- Requirement 8: Demonstrate how to put away and properly store your BB gun and shooting equipment after use.

Slingshot - Bear (Elective): May be completed at the Wrist Rocket range.

- Requirement 1: Identify and wear the appropriate safety gear.
- Requirement 2: Recite the safety rules for using a slingshot.
- Requirement 3: Demonstrate proper range commands.
- Requirement 4: Explore the parts of a slingshot and their usage
- Requirement 5: Discover the types of ammunition that may be used and types that may not be used.
- Requirement 6: Discover the types of targets that may be used and types that may not be used.
- Requirement 7: Shoot 5 shots at a target. Repeat twice and do your best to improve your score each time. Shoot at least 15 shots.
- Requirement 8: Demonstrate how to put away and properly store your slingshot and shooting equipment after use.