

## Arrow of Light

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.**

**First Aid (Required):** May be completed at First Aid Baseball.

- Requirement 2: Explain what you should do if you encounter someone in need of first aid.
- Requirement 3: Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
- Requirement 4: Demonstrate how to help a choking victim.
- Requirement 5: Demonstrate how to treat shock.
- Requirement 6: Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleed.
- Requirement 7: Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit.
  - NOTE: this will have to be prepared ahead of the event and brought to the station.

**Outdoor Adventurer (Required):** This may be completed before the event, by camping at the event, and after the event.

- Requirement 1: Learn about the Scout Basic Essentials.
  - Before event
- Requirement 2: Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.
  - Before event
- Requirement 3: Review the four points of the BSA SAFE Checklist and how you will apply them on the campout.
  - Before event
- Requirement 4: Locate the campsite where you will be camping on a map.

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- Requirement 5: With your patrol or a Scouts BSA troop, participate in a campout.
- Requirement 6: Upon arrival at the campout determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.
- Requirement 7: Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.
- Requirement 8: After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave Not Trace Principles for Kids.

**Personal Fitness (Required):** may be completed ahead of the event

- Requirement 4: Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities.

**Estimations (Elective):** can be completed throughout the event if the opportunity presents itself.

- Requirement 2: Estimate the time of day.
- Requirement 3: Estimate the height of a distant object.
- Requirement 4: Estimate the distance between two points.

**High Tech Outdoors (Elective):** can be completed ahead of event.

- Requirement 1:** With an adult, use a weather app or website to see the forecast for an outdoor activity and discuss any preparation needed to accommodate the weather.

### **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.

**Slingshot- Arrow of Light (Elective):**

- Requirement 1: Identify and wear appropriate safety gear.
- Requirement 2: Recite the safety rules for using a slingshot.
- Requirement 3: Demonstrate proper range commands and explain them to an adult or to another Scout
- Requirement 4: Explore the parts of a slingshot and their proper usage.

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- 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: Following the directions of the range master, shoot at least 5 shots at your target with your non-dominant hand.
- Requirement 9: Demonstrate how to put away and properly store your slingshot and shooting equipment after use.

### **Archery- Arrow of Light (Elective):**

- 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 and explain them to an adult or another Scout.
- 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 four times and do your best to improve your score each time. Shoot at least 25 arrows.
- Requirement 7: Demonstrate how to safely retrieve your arrows.

### **BB Gun- Arrow of Light (Elective):**

- Requirement 1: Identify and wear the appropriate safety gear.
- Requirement 2: Recite the 4 safety reminders.
- Requirement 3: Demonstrate proper range commands and explain them to an adult or another Scout.
- 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 the prone, bench, and sitting positions for shooting a BB gun.
- Requirement 7: Fire 5 BBs at the target and score your target. Repeat three times and do your best to improve your score. Fire at least 20 BBs.
- Requirement Demonstrate how to put away and properly store your BB gun and shooting equipment after use.