# 30 Day Second Class Challenge

| Be physically active at least 30 minutes each day for five days a week for four weeks. | Keep track of your activities. | 1. Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day. | 2. Record fitness activities. Explain & Show first-aid for:  
- Object in the eye  
- Bite of a warm-blooded animal | 3. Record fitness activities. Explain & Show first-aid for:  
- Puncture wounds from a splinter, nail, and fishhook | 4. Record fitness activities. Explain & Show first-aid for:  
- Serious burns (partial thickness, or second-degree) | 5. Record fitness activities. Explain & Show first-aid for:  
- Heat exhaustion  
- Shock |
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| 6. Explain & Show first-aid for:  
- Heatstroke  
- Dehydration  
- Hypothermia  
- Hyperventilation | 7. Record fitness activities. Show what to do for "hurry" cases of:  
- Stopped breathing  
- Stroke | 8. Record fitness activities. Show what to do for "hurry" cases of:  
- Severe bleeding  
- Ingested poisoning | 9. Record fitness activities. Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously. | 10. Record fitness activities. Explain what to do in case of accidents that require EMS response in the home & backcountry. | 11. Record fitness activities. Explain what constitutes an emergency & what information you will need to provide to a responder. | 12. Tell how you should respond if you come upon the scene of a vehicular accident. |
| 13. With your family, decide on an amount of money that you need to earn, based on the cost of a specific item you would like to purchase. | 14. Record fitness activities. Develop a written plan to earn the amount agreed upon and follow that plan. | 15. Record fitness activities. Contact at least three locations, compare the cost of your chosen item, determine the best place to purchase it. | 16. Record fitness activities. Discuss any changes made to your original plan and whether you met your goal. | 17. Record fitness activities. Demonstrate a practical use of the sheet bend knot. Explain uses for it. | 18. Record fitness activities. Demonstrate a practical use of the bowline knot. Explain uses for it. | 19. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols. |
| 20. Record fitness activities. Using a compass and map together, take a 5-mile hike (or 10 miles by bike) | 21. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area. | 22. Record fitness activities. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them. | 23. Record fitness activities. Demonstrate how to find directions during the day and at night without using a compass or an electronic device. | 24. Record fitness activities. Describe bullying, tell what the appropriate response is to someone who is bullying you or another person. | 25. Share your fitness challenges and successes once completing 4 weeks. Explain the three R’s of personal safety and protection. | 26. Explain how you have lived 1 of 4 points of the Scout Law______. (Do not use the same ones from Tenderfoot) |
| 27. Explain how you have lived 2nd of 4 points of the Scout Law______. | 28. Explain how you have lived 3rd of 4 points of the Scout Law______. | 29. Explain how you have lived the 4th point of the Scout Law______. | 30. Explain how you have done your Duty to God for this month. | | | |