



PIONEERING PROJECTS

When you are on a Good Turn Hike or an Environmental Conservation Camp or simply doing it out of necessity, you can build emergency bridges, water dams, emergency shelters, rafts, snares, fish traps, tree bark utensils, and other similar pioneering projects.

Bridge Building

In building a bridge, you must select the site of the bridge carefully. Will the bank be washed away by erosion? Will driftwood jam against the bridge?

Build where the stream is straight, never at bends. If you plan to put trestles or posts, build them on hard or rocky bottom, not on soft mud.

Light Pole Bridge. This bridge is good for shallow water. Make enough shear legs to support the bridge every two meters across the stream.

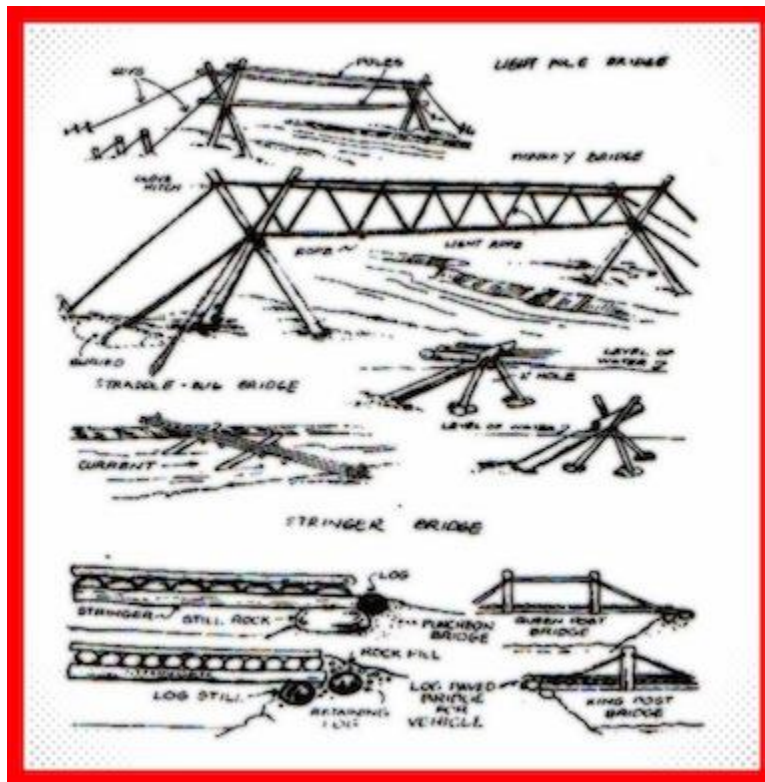
To make shear legs, lash two 5-cm. diameter poles together about one meter from the top with shear lashing. Then put a horizontal brace using a pole across the butt end with square lashings. Then lash a shorter pole to the fork to form a footway and another to one of the pole tops to form a handrail. You have made one complete bay. Make two of these bays – one on each side of the stream.

Set the first bay on solid ground, anchoring the shore ends of the footway and handrail with guy ropes. Then pass out the second bay and put it into position in the other side of the stream. A line rigged to the base of the shear pole will help you a lot. Lash to bay number one at once. Note from the drawings how the guy lines are anchored to the ground.

Test the bridge by crossing it. Go over all lashings carefully. It is a good idea to weight down the butt ends of the shear poles by crossing the bottom poles with short logs and weighing them down with stones. If the bridge is shaky in a lengthwise direction, lash braces from the footway to the shear poles, keeping the lower end as high as possible to avoid being fouled up by driftwood or other branches floating in the stream.

Monkey Bridge. Once you cross this kind of bridge, you will agree that it is for the monkeys, because it swings and sways all its own. But it has been used in many parts of the Philippine jungles as an emergency bridge. A lot of them can be found in the Cordillera Administrative Region and in the highlands of Mindanao and Palawan.

Use a foot rope at least 2 ½ and the two rope handrails about one centimeter in diameter. Cross the shear legs about 1.25 meters from the upper tips. Spread the legs about one meter and set them into holes in the ground. Anchor the lines to natural objects nearby, such as trees or big rocks, or drive stakes firmly into the earth about 2 ½ meters behind the shear legs.



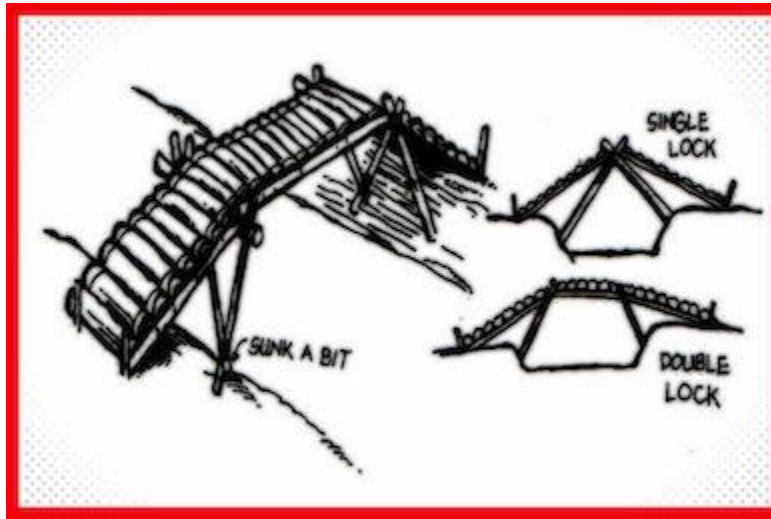
Lay out next the foot and hand ropes. Beginning at the center, lace lighter rope or binder twine as shown using clove hitches. These zigzag lines should be about one meter apart at the centers and gradually spaced to about 1 ½ meters apart towards the ends.

Be careful to secure the footrope tightly since that will be the one to hold up the weight of anybody crossing. If necessary, tighten the footrope using a block and tackle. Check all lashings, the shear legs foot and the anchorages before letting the first man across.

Straddle-bug or Slanting Foot Bridge. This is a basic form of bridge consisting of a series of “horses” connected by a walking platform. This bridge is especially suitable in swift current as the bug legs soon become buried firmly at the bottom. If you have an auger drill, the job becomes easier. Bore two holes into the bug log at an angle to each other, cut and neatly taper two saplings and drive one into each hole. (If you have no auger, lash 3 poles to the bug log using tripod lashing).

Make enough bugs to reach across the stream and stretch the platforms between them. Use logs of three different diameters as platform, placing the thickest one first with the slenderest one on the highest.

Stringer Bridge. For short spans, this simple permanent bridge is the best. It can be built to carry a cart or automobile.



First, make log sills, one on each side of the river or stream, using a hardwood setting them in shallow trenches and covering with rocks. Then make 2 stringers by flattening two logs on top with your axe. Place them on the sills and spike them well on both sides. At the end of the stringers, you need a retaining log – a split log with the flat side spiked into the ends of the stringers to keep the rock fills in place.

Cross the stringers with plankwood or puncheon or small poles and spike or lash them all to the stringers. Set up a guard rail, if so desired.

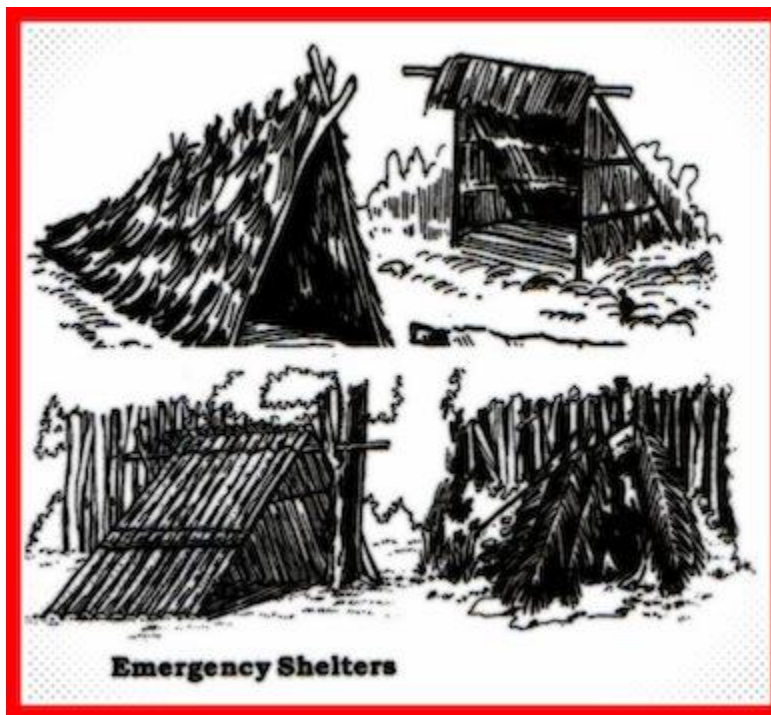
For bigger loads, increase the number and size of the stringers.

Lock Bridge. Using the simple stringer bridge design, the lock bridge allows you to cover a greater span try the use of supporting diagonals as braces. Be careful to “foot” all diagonals very well on the bank, in a rock pit if possible, and above the stream water line. The illustration will show you the details of this bridge, since the construction procedure is similar to the stringer bridge.

Emergency Shelters

Shelters in the wilderness can be made with materials abounding in the area. You can use *talahib* or *cogon* grass or even *nipa* leaves for roofing thatches. Always lock the leaves together and tuck them into the frame- work to prevent them from being blown by the wind.

Fallen trees or those shattered by lightning make good shelter roofs. Split them into long thin slabs and lay them on your shelter like roof shingles, the top one overlapping the lower one, and you have a fairly tight roof in rainy weather.

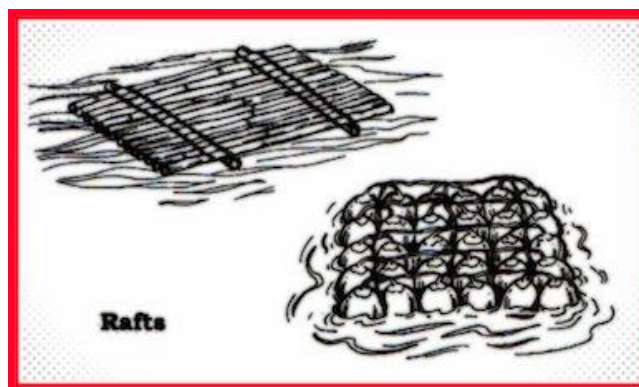


Rafts

The Filipinos' emergency water transport is a raft. It is makeshift and temporary at best. It tips and tilts and sips water, but it is better than nothing and sometimes saves lives.

You can make a raft using banana trunks, or bamboos lashed together. The coracle raft (see illustration of emergency rafts) is a modern version of an old stunt. Peg out a rounded shape smaller than your waterproof poncho or ground cloth. Fill between pegs with dry twigs and small Wood and lash them together with rope or twine. Tuck a stout webbed stick floor into the bundle and remove the form pegs. Now slide the bundle into your poncho and lash the poncho securely all around and you have a fairly good little raft that can carry you and a few kilos of belongings.

Another way is to fill up the halves of pup tents with dry sticks and lash them into "sausage-like" cylinders by tying the ends securely. Lash about 6 to 8 of these sausages to light spars, cross-braced, and you have a buoyant raft.



Fishing Twine and Rope

Fishing twine used for fish lines, fish nets, or fish traps is made from tough vines or peeled fibers of some tree barks. Gather some fibers and tie them together at one end with an overhand knot. Then twist them around each other to make a fishing twine (see instructions on rope-making in an earlier section of this Chapter).

Fish Traps. Negritos catch their fish by setting a baited basket into which the fish swims and, as it nibbles the bait, springs a simple trigger and, aided by a sapling on the shore, is hoisted aloft ready for broiling.

Fish Hooks. Fish hooks can be made with animal or fish bones, hardened in fire. For large fishes, the upper bulb is essential 'but for smaller ones, a notch in the lower one is enough. Bait with worms or grasshoppers, or live frogs. If you add a bright feather, clam shell, coin, or button, it will lure *lapu-lapu* and similar fish varieties.

Fish Spears. Fish spears are popular in densely-populated fish areas. Their purpose is not necessarily to kill but to catch; hence, a barb of some sort should be provided. The ideal spear must puncture surely and deeply, but will resist withdrawal. See illustrations for the examples of fishing spears.

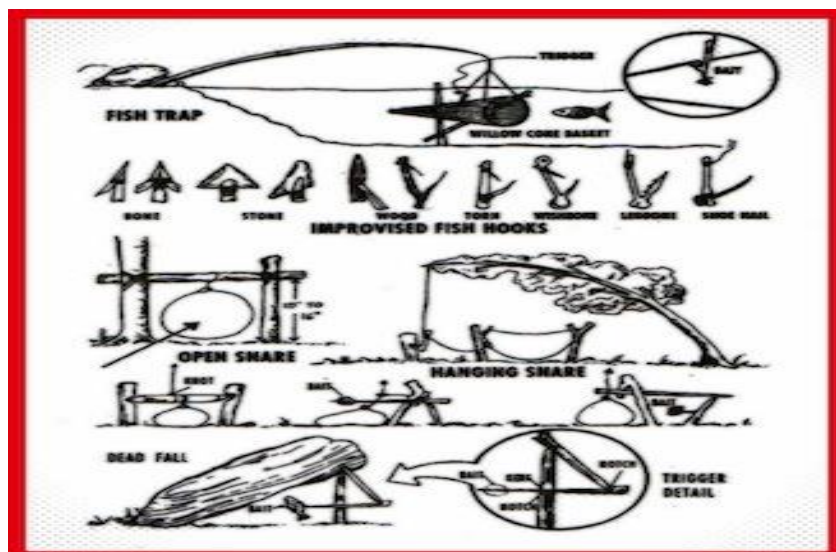
Snares and Traps

If game food still abounds in the forest you are staying, you can trap them using certain methods. Your snare or trap should be big and strong enough to withstand the weight of the wildlife you are trying to catch.

Open Snare. This is the simplest of all small game snares. Simply place a suspended loop of stiff twine in a known runaway at a height enough to engage the animal's head and neck. Since wild animals do not back away when alarmed but rather dash forward, they soon are "hung" as their struggles tighten the noose.

Hanging Snare. Attach an o sapling which is held in place by a trigger device, as illustrated.

Deadfalls. Some larger animals such as wild pigs are best caught by a log or stone downfall. This is a simple "figure-4" baited trigger which, since the animal is attracted by the bait, allows a heavy weight to fall upon and crush it.



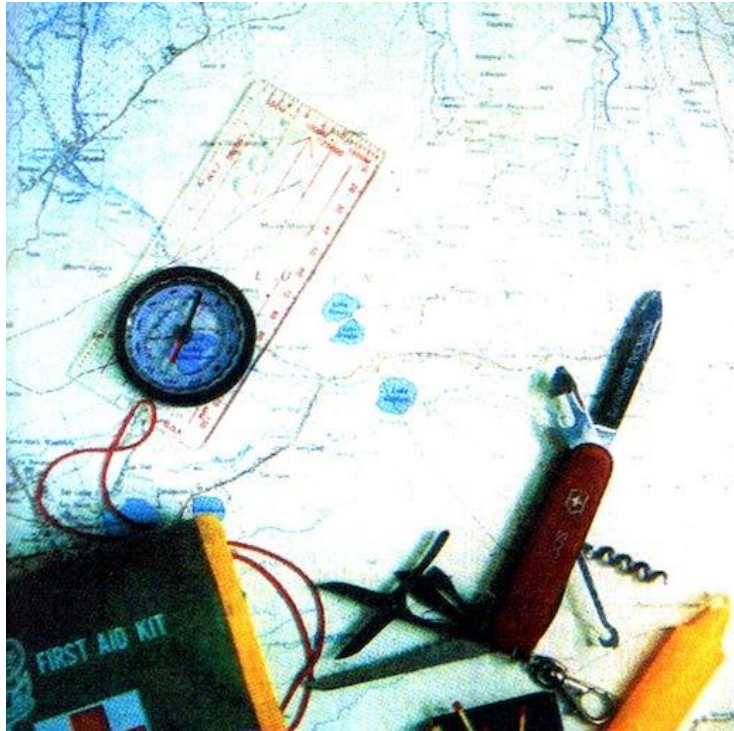
Conservation

Before you leave this chapter, a little reminder about Conservation. As a Senior Scout, you stand as a friend of the environment and a traditional enemy of needless and wanton destruction of the wildlife and the ecological balance of nature. You should carefully observe Philippine national and local game laws and conservation ordinances.

A real Senior Scout does not destroy living trees, he fishes and hunts for emergency food. He guards against forest fires always. Practicing Backwoods Engineering does not excuse him from breaking any law or rules of decency and good citizenship. Perhaps the only excuse is that he must live under emergency conditions, which may justify his departing from the laws of civilized men.



Chapter 10: Survival



In the afternoon of July 16, 1990, everyone in Nueva Ecija, Tarlac, Pangasinan, Dagupan City, La Union, and Baguio City was up and about in their usual business – not knowing that disaster was about to strike. Life in those provinces has been relatively peaceful – idyllic, you might even say – with people going about their work.

Then at 4:26 o'clock in the afternoon, a very strong earthquake rocked that entire section of the country. Measuring Intensity 7.8 on the open-ended Richter Scale, it lasted for 45 seconds destroying thousands of houses and buildings, killing hundreds of people in Nueva Ecija and Baguio City, and rendering more than a million people homeless. There was no electricity for more than a week – even up to one month in some portions of the affected areas – and drinking water became a very real problem. As though with a sweep of the hand, everyone in the area returned to almost primitive stage of life. All the people had only one common thought in mind: SURVIVAL.



On June 12, 1991, Mount Pinatubo in Zambales erupted. Dormant for more than 600 years, it spewed forth tons and tons of volcanic ash and *lahar* (ashes carried by floodwaters) covering thousands of kilometers of land area with ashfalls reaching as far as the Bicol Region, Southern Tagalog. The winds carried the ashfall also as far as Europe. There was no electricity, no water, no shelter, for days.

What was described above were only two of the many natural disasters that had happened and may happen again to our country in the future. Disasters are not predictable. They can happen anytime – day or night. We must always BE PREPARED for them.

As a Senior Scout, if you happen to be in those places, how prepared are you to survive?

There are also man-made disasters – fires, getting lost in the wilderness, falling into ravines, a car accident, a plane crashing into the mountains, and a dozen other possible things that may happen to you or your family and friends where your knowledge of, and skill in, SURVIVAL may spell the difference between life and death.

To survive means “to continue living” (from Anglo-French: *sur* = above ; *vivere* = live). It means victory of life over death. Most of us are close to disasters one time or another. One moment things are working out fine; then all of a sudden, someone has a broken ankle, an accident, the weather changes as we are hiking. A sudden rain comes and you slip and fall into a deep ravine; we find ourselves lost in unfamiliar forest – and suddenly things are different. At first, it may not look serious, but things begin to happen which you have not planned for, and suddenly you realize that you are alone, lost or adrift, cut off from civilization, your conveyance wrecked, your radio is dead (or electricity is gone for good). Now you are on your own – and you need help.

How long will you be in your emergency situation before help arrives? Or, will it come at all? Can you manage to survive until help arrives?

Very many people in a survival situation have no training for it. But, you – a Senior Scout – must train and prepare for any emergency, both physically, mentally, and morally.

Disasters can be averted and emergencies can be avoided if you take time out to think of possible things that may happen (before they happen) and do something to prevent them from happening. For instance, when you go out on a hike, the authorities must know where you are going and how long you will stay out. You will make them happy just by telling them your possible whereabouts because they are the ones who will probably look for you in case you do not return on time. It is your responsibility to anticipate the hazards you may encounter and to take proper precautions against them. Practice this always even if others will laugh at your over-concern or try to talk you out of doing these precautions. After all, you are the one who may get lost, not they.

“An ounce of prevention is worth a pound of cure”, said American philosopher Benjamin Franklin some 300 years ago. So, do some prevention measures before anything untoward happens.

Even so, it is still possible to find yourself in a desperate situation in spite of all these precautions. So, it is not your own fault. But in that desperate situation, your responsibility is to survive and to help others to survive.

Let us, therefore, look at some key problems in survival and some solutions that may be useful in many instances.

THINGS NEEDED TO SURVIVE

In survival, there are two basic things needed: what you know and can do, and what you have. First, you have your physical strength, your mental powers of thinking and reasoning and knowledge of improvising plus your positive attitude. Add to these your special survival skills learned in Senior Scouting and you have already more than one-half of what you need to survive.

There are also many physical resources around you which you can find and, with a little ingenuity and creativity, can utilize them to your advantage. The trick is to fit what you have with what you know and can do in order to fit to your survival needs.

A lot of skills mentioned in the previous chapters of this Handbook will be very useful to you during emergency situations. The important thing is to practice these skills often so that they become automatic to you when they are needed.

Lost

Let us say that you found yourself lost in the wilderness and you can't find your way back. You know that it will take some time (maybe days) before rescuers will find you. You assume that you will be missed beyond the time you are expected back and that rescue is coming.

What are you going to do?

Well, perhaps the best Way is to STOP and sit down. Try to figure out just what kind of situation you are in. Relaxing your mind even for a few minutes and fighting off any feeling of panic will certainly help. Praying may be a good idea at this point.

Then try to retrace your steps back to the nearest spot you can remember before you got lost. If you do find it, then your chances of getting back to civilization are greater. If, however, you cannot retrace your steps, the next best thing to do is STAY WHERE YOU ARE. Going around or walking to and from may only result in your getting lost some more.

See how the following things might fit into your situation at the moment in order to survive until rescue comes: Signals to searchers or rescuers; improvised shelter to protect you from the elements; water to sustain your life; fire for signaling; cooking, and warmth for protection; food for energy; tools to obtain food. In that order.

Let us tackle each one.

Signals

Making your position known for searching rescuers is the goal of signaling. In the forest only two methods of search is possible: air search and ground search. Air search is the fastest way, so make your location known as soon as possible. Send out signals at once to show location and, if urgent, your condition.

The best signal is, of course, by radio. Smoke is second best during the daytime and fire at night. A good long-distance signal device is a mirror (or even a bright metal can lid) to sweep the horizon often during daytime. It may be seen by aircraft or even by hunters and woodcutters nearby. Attention getting devices are superb. Try anything that resembles a large flag contrasted with the background of trees. (Anything white, for instance, against the dark green trees). Do anything to disturb the "natural look" of the area to make people aware that someone is there.

Radio. If you have a radio on hand and it is working, you may want to send a “Mayday” or distress call with the hope that somebody outside will pick it up in his set. You can say:

*This is Scout “Mayday! calling anybody
who can hear me.
Please respond.”*

If somebody answers, then you can give your general location, particularly stating some very prominent landmarks around you (e.g. a large white rock, a tall tree without branches on a hill, etc.). If your radio is on CW status, you can send message by Morse Code.

You can also send Morse signals by interrupted light or sound – by flashlight, lantern, mirror, horn, whistle or flag. The S.O.S. is a universal distress signal (••• /— - - / •••). Body signals will send direct messages to a visible aircraft.

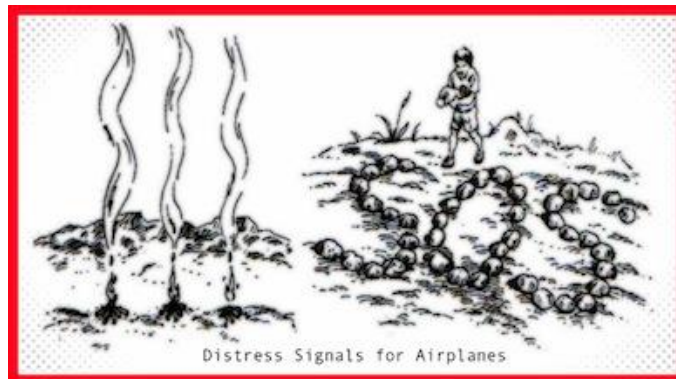
Ground-to-air signals can be made in an open area. Tramp out sand as big as you can to form these signals. Or line up stones or twigs or branches of trees to show these signals. Burn grass or turn over sod. Lay out any material (clothes, tents, etc.) that can be seen from the air. These signals will work even if you are asleep or sick. When you are rescued, destroy them.

Shelter

While waiting for rescue to come, your next concern is to seek shelter. Depending on where you are and the terrain of the place, you can decide what to use as shelter. You can use a cave, a log, a tree, a big rock, or whatever is on hand to provide windbreak or shade. The important thing is to get out of the sun, the wind, and/or the rain. If it is necessary for you to dig because that is the only way you can get sheltered – then dig.

However, don’t knock yourself out and waste your energy building a very elaborate “home away from home.” You are not going to stay there longer than it takes to get you rescued. Rocks, overhang, or caves can provide shelter; just add screening of boughs or branches with leaves to impose it. (However, check on previous tenants in caves; they may resent sharing it with you.) A large log or a huge “blowdown” may screen one side of you and you can crawl under the roof poles laid on it.

You can also prepare a lean-to from dried branches of trees; Use two tree trunks or two forked upright to support a ridgepoles. Use also your knowledge of lashing to secure rafters slanted to ground and cross poles to hold leaves, grass thatch, or polar leaves.



Fire

The best chance of having a good smoky signal fire is by having dry matches. The only way to have matches you can use (even during wet weather) is by bringing matches soaked in paraffin and ample dry tinder soaked in paraffin, too.

A Senior Scout should be prepared for emergencies by keeping a Firestarter's handy at all times. Firestarter's such as waxed bundle of matches, waxed cardboard coil, a candle stub, a cube of wax-soaked insulating board (cardboard) are very necessary especially during rainy season.

However, save your matches by trying primitive fire-making (fire by friction or fire flint and steel) first. Collect kindling as you walk around. Keep a small fire going; in fact keep several small fires around you for warmth instead of a big one.

Dry tinder is going to be a problem during rainy season and you should prepare and bring some in your "survival kit." (How to make a survival kit emergency; kit will be seen at the last section of this chapter.) birds' nests, dry weed tops, mouse nest, charred cloth, or dry paper.

You should know different ways of making fire with different kinds of materials since not all materials are available in your site. For instance, if you have 2 dry cells (1.5 Volts each) and steel wool, you can produce incandescence and produce flame. If you have a binocular, or camera lens, or anything with a convex lens to focus the rays of the sun on tinder you can also produce fire so long as there is a bright sun.

Protection

Protect yourself from biting or stinging insects. Bring an insect repellent in your survival kit (insect repellent can be bought in many drugstores throughout the Philippines) and rub it on your exposed skin to protect you from mosquitoes and other forest insects. Smoke also deters them. Treat bites and stings as mentioned in the Chapter on *Trail First Aid*. Do not scratch, since infection may occur. Check your shoes and clothes for scorpions and spiders before putting them on.

Sunburn can be very serious, especially if you are in or near water. Bare feet are very vulnerable. Seek shelter or stay clothed. If you are forced to stay under the sun when working, cover your head with neckerchief, bandana, or T-shirt to shield your ears, eyes, neck, nose.

Dry your feet as often as you can. Even your socks and shoes must be dry. Tie your trouser cuffs over your shoe tops to keep dry. If your feet get numb, white, soaked, and wrinkled, you are in danger of getting immersion foot unless you can find a way to get your feet dry and warm very soon.

Water

Your next concern should be your water supply. If there is a stream or spring nearby, it should not be a problem. However, check the source of the water upstream to make sure there is nothing that will make it poisonous. One Scout saw a stream during a long hike and, due to thirst, he immediately knelt down to drink. Luckily, his companion pulled him back in time and pointed to some 20 meters upstream where a dead poisonous snake laid in the water.

Don't waste your time looking for food if you are not yet assured of adequate water supply. You can last for weeks without food if your health is good, but 3 days without water and you die. In extremely hot areas, you must have water within a day or two at most or will easily get dehydrated.

Few hints will help you during emergencies:

1. Don't put off drinking whatever water you have but try to find new sources immediately.
2. If you must ration the water supply you have, make sure that you drink a little at a time.
3. Never, even in extreme circumstances, drink alkali water, sea water, or urine. They are all poisonous. It is possible, however, to evaporate them and condense freshwater for drinking by using a makeshift solar still.

A solar still can be made by following these directions:

“Dig a pit 4 feet in diameter by 3 feet deep. Put a shallow container in the center. If possible, rig a tube (softdrink straw, for example) from this up to the pit. Stretch clear plastic over the pit, with a rock in the center to form a cone directly over the container. Any kind of water poured around the pit will help. Solar heat evaporates water that will condense on plastic and rip into the container. Draw water through the tube to avoid disturbing the solar still. Make several stills if these are your sole source.”

4. Avoid loss of body water through generating or worked dehydration. Even if uncomfortable, wear clothing. Stay in the shade.
5. Your best sources of water are, rain, ground water, dew, succulent plants [papaya stalks} sap of trees and vines (never drink milky sap of any sort), and fruits — all depending on the season and your location. Green coconut milk is good.
6. In rocky area-, look for pools of standing water or seepage in limestones, for instance. Dig in dirt near any plant or vegetation and see if water will seep into the hole. Do not bother digging in areas where there is no sign of dampness, except in streambeds or obvious dry springs.
7. Rain that is caught in clean containers are safe to drink. Put out shells, coconut shells, plastic sheets, or anything that will catch rainwater.

Food

You can get food, even in areas where you think food is available.

Wherever you are, there should be some sort of food – plant or animal. You may find some of it to be

strange, others you may not dream of even eating at all – but this is survival, so eat.

Plants are nearly everywhere and most are edible. If you see fruits from strange looking trees being eaten by birds, they are edible for man. Root crops are also edible.

With few exceptions, you can eat anything that walks, crawls, swims, or wiggles. Only animals can provide your needed protein intake – 3 ounces a day.

Make emergency hunting and fishing gears and use them to catch your food. Make snares and traps for frogs, mice, lizards, snakes which, if caught can be boiled or broiled.

Tools

It may take you days, even weeks or months, before you are rescued, you should prepare for food to last you the waiting time by hunting and fishing for food.

Use snares, traps, and deadfalls to trap your food. See the chapter on backwoods Engineering for details on how to construct these.

Try to set traps in identified animal trails; check for signs for animal droppings, animal fur, or signs of kill. Areas near water holes, meadows, clearings, or near swamps are possible sites for trapping. Also the most likely time for hunting game is from dusk to dawn when other animals are hunting.

When You Are Rescued

At last, you are rescued! What a relief! What should you do?

First, you must thank your rescuers for giving their all-out efforts to find you. Were it not for this perseverance, you will still be lost and trying to survive.

Second, remove all signs of your having been there. Clean the area; remove or bury things that may destroy the ecology of the area.

The only ones you will leave behind are signs and field marks indicating danger areas and possible physical pitfalls that can guide future men who may unconsciously venture out to that area.

To survive means to "live on." It is a matter of life over death. Therefore, you must always be "*Laging Handa*" for any eventuality or accident. Preparing yourself involves also practicing survival techniques, approximating real situations. Knowing survival techniques and being skillful on them will give you enough confidence that, should the real thing happen, you can rely on yourself to live through it. That is the basis for morale and this is the most important single factor in survival.

Survival Kit

Finally, you should know by now that to be fully prepared at all times, you should carry with you certain valuable and essential survival items which should go into your "survival kit." Your survival kit container should be waterproof and small enough to fit into your pocket, if possible.

Your kit should contain:

- Emergency food (bouillon cubes, instant noodles etc.)
- Matches waterproofed with nail polish
- Tightly rolled paper soaked in paraffin, as fire starters
- Compass

- Whistle, to let searchers know where you are
- Small mirror (for signaling)
- Razor blade
- Fishline and hook
- Fine string, 3 meters long
- Pen and paper for messages
- Aluminum foil
- First Aid Supplies
- Adhesive tape
- Bandages
- Water Purifiers
- Scout Knife
- 6 feet plastic tubing
- 2 pcs. 6x6 plastic sheets
- small flashlight





Chapter 11: Swimming and Water Safety

There is one activity that is never left out especially during Summer Camps and that is SWIMMING. It is one way of cooling-off after a whole day's work. It also leads to developed physical fitness benefitting the heart, lungs, and muscles generally.

However, swimming isn't as easy to learn as A-B-C, it takes time. Swimming is very important to every Senior Scout. The Scout Motto says, *LAGING HANDA*. But then, how can a Senior Scout be prepared to rescue someone who is drowning if he does not even know how to swim? That is where this chapter comes in! By the time you finish reading this chapter, you should be able to know the basics in swimming, safety rules, and water rescue.

SAFE SWIM DEFENSE

Do you want to know a secret? Do you want to know why reports of drowning in a Boy Scout Summer Camp are scarce? This is with a special thanks to a special defense system called "Safe Swim Defense." This system is composed of 8 steps: adult supervision, physical examination, safe swimming

area, life guards, look-out, ability groups, buddy system, and discipline.

Step 1. ADULT SUPERVISION. So you think “older” people do not exist in Summer Camps, huh? Well, that is where you are mistaken. It is in Summer Camps that “older” people are needed most to take charge of the “younger” ones. But don’t feel so bad. They are only there to supervise, A well-trained adult swimmer or his helper must be around during a Scout Swim. He must have qualified in water safety training.

Step 2. PHYSICAL EXAMINATION. Swimming isn’t all that bad once you get the hang of it. You just have to live with it. But before you do anything else the first thing you’ve got to do is to make sure you are physically fit. Have an annual physical examination. It always pays to know how your body is doing. Most cases of drowning are suspected, and is proven, to be caused by weak hearts, fainting spells, and many other physical differences. So have a doctor examine you before you take that plunge into the water.

Step 3. SAFE SWIMMING AREA. We don’t call this Safe Swim Defense if the area itself is not safe. Before a swim, a group of Senior Scouts should check out the water for hazards and mark the area where swimming is safe. A good 2 meters for non-swimmers; i.e., swimmers who are just beginning; just over the head for beginners, and deep water for swimmers.

Step 4. LIFEGUARDS. Even though the area has been checked thoroughly, one way or the other accident can still occur. Senior Scouts who post as lifeguards are strong swimmers. They stand near the shore with a life-line ready to help a drowning victim. During a drowning incident, the first one grabs one end of the line and jumps into the water to the victim while the other one holds the other end and pulls the first one and the victim to shore.

Step 5. LOOKOUT. A lookout plays some of the roles of a lifeguard or an adult supervisor. His job is also to supervise. However, the lookout stands where he can see and hear everything and enable him to yell out orders to the Scout swimmers. Do you want to know why he is called a lookout? The reason here is when a big wave is about to come your way he yells, “LOOKOUT!”

Step 6. ABILITY GROUPS. In Summer Camp, you don’t swim with a professional swimmer if you are just a beginner or a non-swimmer. Before a swim, each Senior Scout is grouped based on his swimming ability. Non-swimmers are just learning so they are placed in the shallow area. Beginners are those who can swim 20 meters while swimmers are those who can swim a good 200 meters and can float. Swimmers are not allowed to go beyond their ability group area.

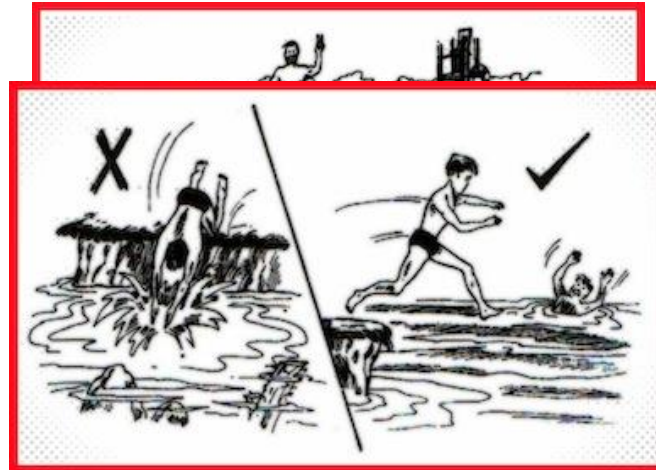
Step 7. BUDDY SYSTEM. Another thing you must remember whenever you go swimming – NEVER swim alone! Even a very experienced swimmer can get into some kind of trouble and it also pays to have someone with you to lend a hand. In a Summer Camp Scout swim, not only are they grouped according to their ability groups; they are further grouped by twos. This is called the “BUDDY SYSTEM.”

In the Buddy System, a Scout is paired with another Scout with the same swimming ability. They are supposed to look after each other. They swim approximately 5 meters from each other and check on each other every 2 minutes or so. Then, when the swim is almost over, at a Buddy signal, the two-some grabs hold of each other’s hand and raises them. After a quick check, they are allowed to spend a little more time in the water.

Step 8. DISCIPLINE. Following the strict rules given by the adult supervisor or the lookout leads to a better, fun-filled experience in the water. The rules are not made to deprive you of doing something you want to do; rather they are tips on how to become a better swimmer. Of course, you don’t realize that,

because you are too busy thinking about how you can pull one off on the officer. But now that you know, better stop making those devilish plans in your head and thank him instead.

LEARN TO SWIM



You have just read the eight (8) steps of Safe Swim Defense in a Scout Camp. The rest comes naturally. The next thing you've got to do is learn how to swim first. But before that, here are some tips on how to avoid danger and become a good swimmer:

- ***Don't Be A Show-Off.*** When you are showing off you think as if you can do anything when in fact you can't. Just be yourself and enjoy your swim instead.
- ***Don't Take Dares.*** Taking dares is as bad as being a show-off. Both will only put you in trouble. If someone dares you to do something which you know is impossible for you to do, don't mind it. There's more to life than braggadocio.
- ***Avoid Diving Into The Water Head First.*** Even in emergencies, always dive feet first. You'll never know what you may bump into in the water. Hazards such as shallow water, sharp stones or rocks, and many others are impossible to foresee when out on the surface.
- ***Always Swim With A Companion.*** Once again here's the rule discussed in step 7 of Safe Swim Defense, NEVER swim alone! Don't run that risk of swimming alone if it can be helped.
- ***No Running On Decks, Docks, Rafts Or Diving Boards.*** Some decks, docks, rafts or diving boards, due to antiquity, are not sturdy enough to hold a body's weight. In most cases, these collapse on weight of pressure and you might end up injuring yourself.
- ***Stay In Depths You Can Handle.*** Application of Step number 6 – ability groups – Safe Swim Defense. Watch out, specifically, for strong currents and big waves. Such are likely to control you and not have you controlling it.
- ***Know The Rules.*** And obey them. These rules will protect you and not deprive you of such power or

freedom you so desire.

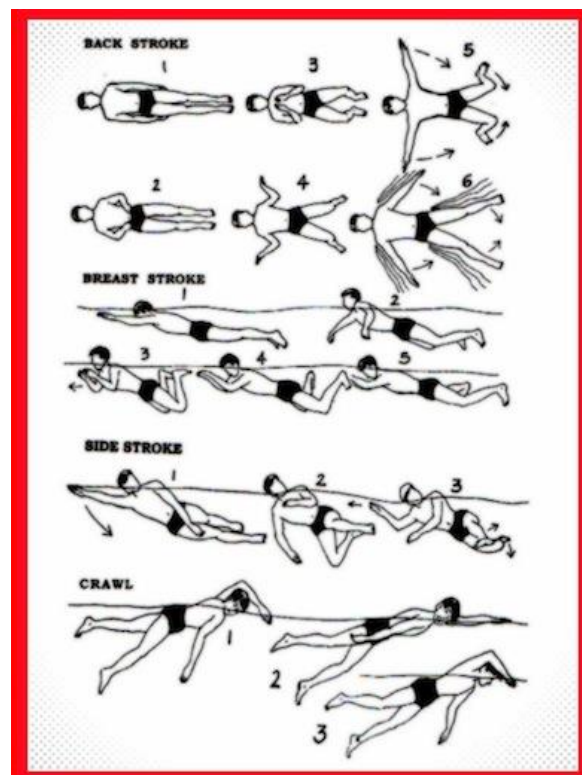
Now comes the best part, learning how to swim. Through application of all you've learned so far, a few more guides and you'll soon be swimming like a champion.

The first step in learning how to swim is to determine whether the water will hold you up. So, with experienced swimmer standing close by, you wade into the water approximately waist deep. You take a deep breath and wrap both arms around your legs pulling them up to your chin against your chest. This act will make you lose your footing but do not be alarmed; you will not sink or drown, if you just stay calm, you'll float. This is sometimes referred to as "jellyfish float." You will bob up and down like an easygoing jellyfish in the middle of the ocean.

Next, is the breathing lessons. Breathing in water is different from breathing on land. It's as different night and day. When you breathe on land, air enters and exits through your nose. When you breathe in the water, it also requires the aid of the mouth. You take air in through your mouth and hold it as you immerse into the water (about waist-deep for starters). Then, slowly, very slowly, breathe out through your nose. Do this over and over again but this time count the number of seconds your face were immersed in the water. At the beginning, it should be at least 10-15 seconds but as you continue practicing it, the time span should soon reach a minimum of 1 minute or more. When this happens you're ready to start gliding in the water.

Gliding on water is easy. When you know how to glide, just a few more lessons and tricks and you will feel as if you've been doing it all your life. So, with your arms stretched ahead of your head, you take a deep breath. And plunge into the water using your legs to push you off the sea bottom. When you had accomplished this, just relax your whole body and enjoy the glide.

Once you have perfected the glide, you're now ready for the swimming strokes. There are three (3) easy strokes for beginners. These are:



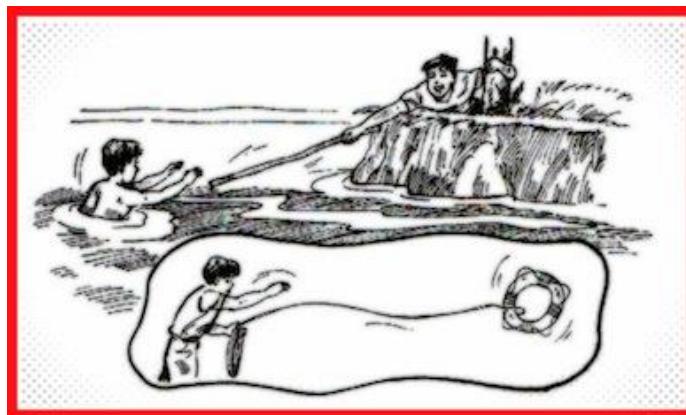
- **Leg Kicks.** Follow the steps given previously on the execution of the glide. When you are already gliding, instead of continuing to glide in the water, start kicking with your legs. Move your legs up and down alternately while your arms are maintained on its former position – above your head. While executing leg kicks, always remember to kick from the hips not from the knees. Keep your legs always straight as you kick.
- **Arm Strokes.** Starting with a glide and with your legs straight behind you, swing your arms alternately, with the hands in cupped position (like spoons) down to your hips.
- **Legs And Arms Dual Power.** To develop into a more stronger swimmer, practice the leg and arm strokes together. It will strengthen the muscles on your arms and legs which may enable you to swim a good 50 meters or more. This is also referred to as the “American Crawl.”

“**Elementary Backstroke.**” The elementary back-stroke is one of the easiest to execute.

Take a deep breath and let yourself float on your back with the legs dangling from the knees in the water. Arms are spread out on the side, hands in cupped position, and stroking the water in a downward position. Just one stroke will travel a long distance already. That’s why it is useful in swimming a great distance without tiring.

WATER RESCUES

Even with the strictest observance of swimming rules, still an accident can occur. When that happens, we have to be on guard. If you suddenly see somebody drowning while passing by a lake, do stay calm and decide what to do.



There are four (4) ways to rescue a drowning person. These are the “reach,” “throw,” “row,” and “go,” in that order.

- **REACH.** Sometimes a person drowning is just near the shoreline and can easily be rescued by either extending a hand, a leg, a pole or a twig/branch while holding on with your hand at something strong enough to act as support as you reach out to the drowning victim.
- **THROW.** When a drowning victim is too far out in the water to be reached, an option would be to throw a life- saving buoy or a rope. Most swimming docks or decks should have a life-saving buoy hanging where it is accessible when incidents like this happen. When a buoy is not available, a rope with a loop in the thrown end would be just as useful.



- **ROW.** If you are not a strong swimmer, another option for rescue is to jump into a sturdy boat or raft on the shore and row! This is also termed as “going with support.” Once you are a good 2 or 3 meters from the victim you ease up on the rowing and approach the victim along the safest part of the boat or the raft. The raft’s safest part would be on the side; in a row boat, it would be the stern side. Once accomplished, have him reach for a rope attached to the craft or an extended paddle and help him up on the boat. Then row back towards the seashore.
- **GO.** When none of the above is possible, the only thing you can do is go into the water yourself and swim towards the victim.

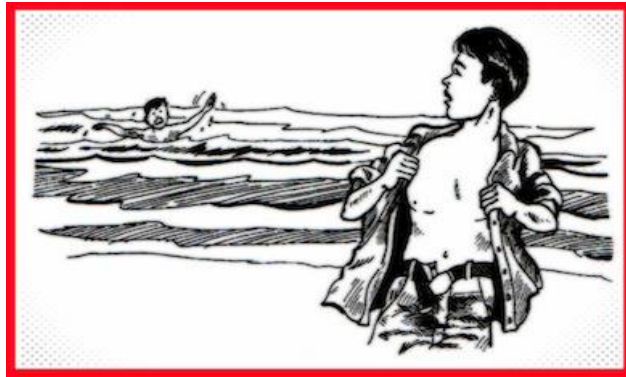
Before jumping into the water you must take off your clothes first, while keeping a close watch on the victim. This is to enable you to swim swiftly and freely. If you jump into the water – clothing and all – the water will soak the material and you will end up doubting your swimming efforts because of the heavy load of clothes. Thus, it will slow down the rescue.



Stripping off your clothes should not take more than 30 seconds. Every second is important and you

must make every “TIK!” of the clock count. Practice stripping off your clothes fast regularly a number of times, such as every night before going to sleep, etc.

Dive into the water feet first with a shirt clenched between your teeth. When you are close enough to the victim, throw one end of the shirt to him and pull the victim to safety. However, you must not attempt to do this if you are not a strong swimmer.



Strong Swimmer’s Rescue

To be able to swim a great distance is already a big accomplishment, but what good would it do if you do not know how to rescue someone who is drowning.

This section of the chapter covers the skills necessary for a strong swimmer’s rescue in connection with one of the approaches for water rescue – the GO approach. A Scout who is a strong swimmer and who possesses such skill won’t have any trouble conducting an actual rescue. So, you’d better start practicing right away. You’ll never know when an accident will take place.

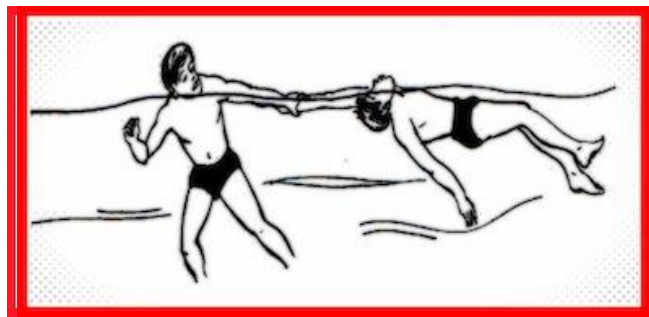
In a drowning accident, follow these few simple steps:

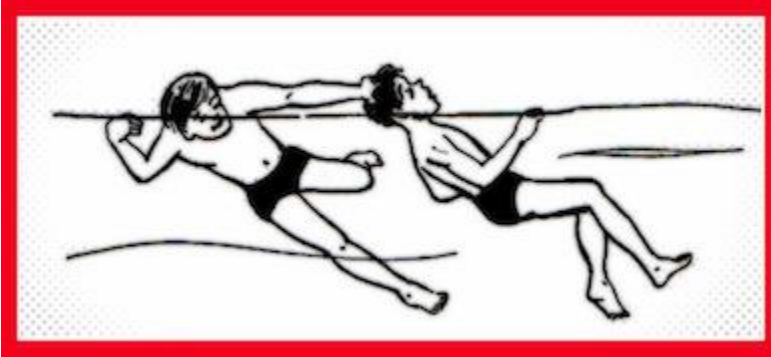
Strip off your clothes and while keeping your eyes on the victim leap far out and up into the water with your legs wide apart.

Then, snap your legs together and bring your arms down fast and hard after you hit the water feet first. Level off and swim out over to the victim. Approach the victim from behind. Reach over to his shoulder, grasp his chin, pull his chin under your towing arm.

Sometimes when the victim has already swallowed a lot of water, he eventually becomes unconscious. In matters like these, use the hair carry to tow the victim, especially when you must go a long distance, to shore. Take a firm grasp of his hair with your entire hand. Then, use a side stroke to bring him in.

Another method you can use for rescuing an unconscious victim is the front surface approach. This can be used when the victim is bald and hair carry is impossible. This is done by swimming in and grasping his hand. Shift your grasp firmly to his wrist after doing so. Using the wrist, tow twist him around so that he is face up and tow him ashore.

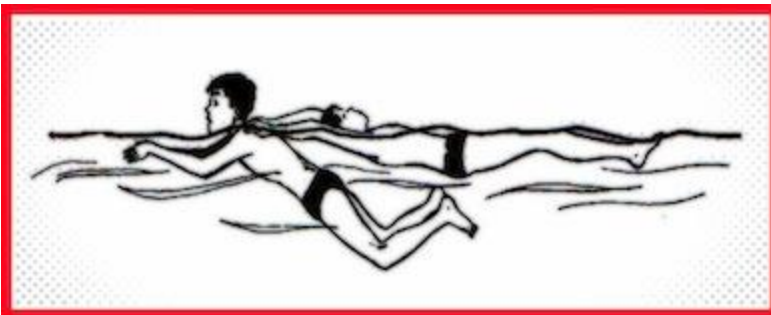




Usually, when the victim is in panic he will eventually try to grab you, In situations like these, use a straight-arm push to keep him away. Then, swim around him, and get hold of him from the rear.

When the victim is suffering from exhaustion, the best method to use is the tired swimmer's assist. Have him float face-up, his hands on your shoulders. Float with breaststroke movement to safety.

One last thing to remember: *Never attempt the strong swimmer's rescue if it can be helped or if you are not properly trained for it.*



Chapter 12: The Merit Badge Scheme



Merit Badges give you a chance to add to the skills you learn and apply in Scouting. They give you a chance to try out several activities so you can discover which of these you like best and which interest you most. You will also discover your natural abilities and be able to choose your future career.

For example, some Scouts who like first aid later became doctors. Some who like to take care of plants became agriculturists.

So there is a good reason for you to try to earn Merit Badges besides just learning new skills and

advancing in your Scouting.

So take it seriously. There are many people who are ready to help you – your Outfit Advisor, their Assistants, and the Merit Badge Counsellors.

Steps in Earning a Merit Badge

Some Merit Badges are required – you have to earn them. Others, are electives - you can select from a certain grouping called Specialist Ratings.

1. Determine what Merit Badges are required.
2. If it is an elective – select the one that interest you most from the group. If you cannot make a choice, ask your Outfit Advisor for advise.
3. After you have identified the Merit Badges you need or want, tell your Outfit Advisor. He will help you fill up the Merit Badge Application Form and sign it.
4. The Outfit Advisor will tell you who your Merit Badge Counsellor is and he will introduce you to him.
5. You will have two or more meetings with your Merit Badge Counsellor.
 - a. he will explain the subject and teach you everything he knows. He will suggest books or pamphlets you can read. He will also assign you a project to do by yourself at home, on your own time. If at anytime you need his help, he will be available.
 - b. During the second meeting you will bring your completed project and the Counsellor will talk to you and try to find out if you have really studied and complied with the requirements. If he is satisfied that you know the subject, he will sign your Application Form and certify that you have earned the Merit Badge. If he is not satisfied, the Merit Badge Counsellor will ‘advise you what to do and ask you to try again. You may have other meetings with him until he is satisfied that you deserve the Merit Badge.
6. You return the Application Form now signed by the Merit Badge Counsellor to your Outfit Advisor who will then submit it to the Board of Review.
7. Present yourself at the Board of Review. Be -sure to bring with you the required projects or assignments you completed pertaining to the Merit Badges you are applying for.
8. In due time you will be presented your Merit Badge at an appropriate ceremony.

CAMPING



To earn this Merit Badge, a Scout must:

1. Show his Counsellor and Outfit Advisor the following:
 - a. Preparing for camp: clothing and equipment and how to pack them.
 - b. Camp shelter and sanitation, including tent pitching.
 - c. Precautions to be taken on a Crew/ Outfit camp.
2. Make a camp lay-out and prepare a plan for a week-end camp including a schedule of activities; submit these to his Counsellor. With the members of his Crew/ Outfit discuss the Camp plan in the presence of the Outfit Advisor and his Counsellor. Carry out the camp plan.
3. While in camp, do the following:
 - a. Make a comfortable ground bed and sleep on it. Use ground cloth and padding of clothing, grass leaves or straw.
 - b. Make a camp table, a tripod for suspending camp supplies, clothesline or other camp conveniences using proper lashing techniques.
4. Show and explain the proper method of storing and protecting his food and equipment against small animals, insects, and wet weather.
5. Tell how he could protect himself against wet weather and cold while in camp.
6. Camp a total of at least 20 days and 20 nights in the out-of-doors. (He may use a week-end camp and/ or a week of summer camp as part of the 20 days-20 nights) Submit reports to his Outfit Advisor and Counsellor of his participation only 15 days and 15 nights of the above required camping days. Which should include the following:
 - a. Sketches of the campsites.
 - b. Schedule and details of activities in camps.
 - c. What he did or learned in camp, and
 - d. Experience in the camp, which developed his character, his health, his self-reliance and his harmonious relationship with other Scouts.

CITIZENSHIP IN THE COMMUNITY



To earn this Merit Badge, a Scout must:

1. Prepare a written outline of the history of his community including such known information as who the first settlers were, when they came, important historical events, and people who figured prominently in the growth of the community.
2. Mark or point out on a map of his community:
 - a. Principal government buildings.
 - b. Fire station (fire brigade), police station (outpost), hospital or puericulture center, schools and churches.
 - c. Main highways and/or feeder roads to neighboring cities or towns.
 - d. Nearest railroad and/or bus station, pier and airport, if any
 - e. Chief industries (principle sources of income or livelihood)
 - f. Historical spots and or other points of interest.
3. From newspaper, radio, forums, or other sources of public information and discussion, gather opinions on both sides of a public issue and give his own idea on it.
4. Draw a diagram of the organizational structure of his provincial or city government, showing its executive, legislative, and judicial branches, and tell briefly what each branch performs.
5. Do two of the following:
 - a. Draw a diagram of the organizational structure of his barrio, town, or city government showing the top officials, courts, and administrative department. Indicate who among these
 - b. Know and. tell how to do at least SEVEN of the following in his community:
 - 1) Report a fire.
 - 2) Report a vehicular accident.
 - 3) Call a physician and/or ambulance.

- 4) Report damage to electric power, gas, or water supply system.
 - 5) Report damage to or need of repairs on streets, roads, bridges, or sewerage system.
 - 6) Obtain a bicycle license.
 - 7) Have your dog vaccinated.
 - 8) Have a garbage disposal in the community (construction of a composite pit in the community if there is none)
 - 9) Report a mad dog scare.
 - 10) Report contagious diseases.
 - 11) Obtain a building permit
 - 12) Obtain help from a representative of the agricultural agency in his locality.
 - 13) Report to the authority the commission of crime such as robbery, theft, burglary, illegal cockfighting, gambling, etc.
 - 14) Report to the authority traffic violation.
 - 15) Report to the authority election violation.
- c. Visit one department of his local government and report on what services it offers for the community; OR attend a court session or a public meeting of a government body and report what takes place.
- d. Know how much it cost to run his local government for one year; how this is obtain and for what it is chiefly spent. Tell what kind of taxes his family pays in meeting this cost.
6. Discuss with his family or Counsellor in what ways Scouting helps to train him for citizenship and give examples of democracy at work in his Outfit.
7. Take an active part and vote regularly in election of officers and matters of business in his Outfit, school and other groups to which he belongs.
8. List and briefly describe the work of several civic organizations other than the Boy Scouts of the Philippines through which people of his community work together for the general welfare by way of serving the youth, safeguarding public health or safety, disaster relief, care of orphans, aid to the poor, providing recreational facilities, promoting good business or better farming, improving labor conditions, or general civic improvement.
9. Do ONE of the following:
- a. Identify the principle political parties or faction of parties in his community or province, and explain briefly their points of view on one public issue of which they disagree.
 - b. Describe at least one vocation opportunity offered in his community in some form of public service. Tell what personal qualities are needed for the job.
10. List and explain at least five privileges and forms of protection he enjoys as a citizen in his community, and describe his obligations to the community.

11. With the advice of his Outfit Advisor and Merit Badge Counsellor, plan his own program of community service, and give at least 10 hours of his time in carrying it out; or give 10 hours of community service in a project carried out by his Outfit.

CITIZENSHIP IN THE HOME



To earn this Merit Badge, a Scout must:

1. Discuss with his parents (or teacher) and Counsellor:
 - a. The meaning of citizenship.
 - b. The importance of the home in the training of a Scout for citizenship.
2. Submit a statement from his parents or other people who are familiar with his conduct at home, evidence that he practices good citizenship at home by being courteous, fair and helpful to members of his family and that he puts into practice the Scout Oath and Law, Scout Motto and Slogan. (A suitable certification form must be made available for filling the above requirement)
3. Prepare a list (at least five) of his regular home duties for at least one month and keep a record on how often he does them.
 - a. Make or have a garbage segregation in the home
 - b. Recycle materials from the garbage that are still useful in the home. (like: dustpan, dipper, flower pots, etc.)
 - c. Identify garbage materials that could be exchange for money, like: bottle, old newspaper, etc.
4. Discuss with his family or Merit Badge Counsellor his rights and obligation in his family.
5. Do the following:
 - a. Make a health and safety check-up of his home and help his family correct as many hazards as possible.
 - b. Prepare with his family a plan of escape in case of fire in his home.

- c. Tell how to get help in case of accident, illness, fire, and other emergencies in his home.
6. Do at least one major Good Turn for his home out-side of his regular duties.
7. Make a budget and keep a record of his own income and/or allowances and expenses for two months. Explain why it is wise to live within one's means.
8. Submit a report on a family group activity that he helped to plan, prepare for and carry out.

CITIZENSHIP IN THE NATION



To earn this Merit Badge, a Scout must:

1. Read the Constitution of the Philippines and:
 - a. Explain its purpose as set forth in the preamble.
 - b. Draw a diagram to show the organization of the Philippine Government into three branches as provided.
 - c. Describe and explain the purpose of the system of checks and balances.
 - d. Tell how the constitution may be amended.
2. Present newspaper or magazine clippings showing instances on how at least three of the privileges in the Bill of Rights have been protected in our country, or how they have been set aside in countries under totalitarian rules.
3. Take part in a group discussion in his Outfit, school, family or any other Outfit, on an important national problem. (Garbage Disposal; Drugs, Youth Delinquency, Pollution, or anything of Global concern)
4. Do ONE of the following:
 - a. Visit the National or Provincial Capitol, or a National project which serve his community, province or region; or a place associated with a person who had figured in the history of our country. Prepare and submit a brief report of his visit.
 - b. Correspond with someone preferably a Scout who lives in another region of the Philippines. Exchange ideas, descriptive materials, hobby items, e.g. stamps, Scout insignias, etc.

5. Give the names of the President of the Republic of the Philippines, the Vice—President, the President of the Senate, the Speaker of the House of Representatives, the Chief Justice of the Supreme Court, any Senator, and the Representative from his District in Congress. Tell how to address a letter to each of them at their respective offices.

6. Indicate to which branches of the national government any ten of the following list fall:

- National Parks
- National forest and wildlife protection
- Fish Protection
- Flood Control
- Investigation of violations of National Laws
- Judgement of such violation
- Issuance of Currency
- Appropriations for government expenses
- Foreign Policy
- Soil Conservation
- Child Welfare
- Settlement of sparsely Populated Areas
- Fundamental Education

7. Describe five ways by which the National Government serves him, his family, and his community.

8. Present his birth certificate or other legal evidence of his citizenship; OR, if foreign-born learn what a person must do in order to become a Filipino citizen.

ECOLOGY



To earn this Merit Badge, a Scout must:

1. Explain the meaning of the following; ecology, biosphere, ecosystem, plant succession, limiting factor. Give an example of the last two.
2. With the help of his Counsellor, pick an area of 3 hectares' for study.
3. Visit the area four times for 2 hours each time. Do this at different times on one day of the

week at different times of the day.

- a. Record the temperature, rain, and wind.
 - b. List the animals he saw. Tell what they were doing.
 - c. List the plants he saw.
 - d. Name the kinds of rock and soil.
4. Write about his study in 500 words or more showing:
- a. How the climate, topography, and geology have influence the number and kinds of plant and animal.
 - b. How the living and non-living elements are interrelated. Why it is important that people understand this.
5. With his Counsellor, plan and carry out a project on ONE of the following:
- a. The effect of water-holding capacity of soil on plant life. The relation of plant cover to run-off. How both are related to water and oxygen cycles.
 - b. The influence of land plant life on temperature, light intensity, wind velocity, and humidity. The influence of water plant life on the water environment. How both land and water plants affect animal life.
6. Make a report, in the form of a short talk to a Scout group, on what he did in requirement 5.
7. Show he understands the following:
- a. The causes of water pollution. Tell what it does to rivers and lakes.
 - b. The causes of land pollution. Tell what it does to the environment.
 - c. The causes of air pollution. Tell what it does to the environment and the atmosphere.
8. Describe the duties of three positions in environmental science.

City Scouts may pick an area in a large park, if a better place is not available.

EMERGENCY PREPAREDNESS



To earn this Merit Badge a Scout must:

1. Earn the FIRST AID Merit Badge.
2. Tell what he would do to prevent injury and possible loss of life to himself and others in each of the following situations: Fire or explosion at home or in a public building, car stalled in a secluded place, motor vehicle accident, mountain accident, food poisoning, boating accident, search for lost person, gas leak, earthquake, flood, typhoon, lightning, and landslide.
3. Demonstrate and explain how he could safely save a person from the following situations:
 - a. Touching a live electric wire.
 - b. A room-filled with carbon monoxide or other fumes or smoke.
 - c. Clothes on fire.
 - d. Drowning using non-swimming rescues (including river, sea or beach accidents).
4. Tell the things a group of Scouts should be prepared to do, the training needed and the safety precautions to be taken for the following emergency situations:
 - a. Crowd and traffic control.
 - b. Messenger service and communication.
 - c. Collection and distribution of services.
 - d. Group feeding, shelter and sanitation.
5. Demonstrate the following:
 - a. Three ways of attracting and communicating with rescue planes and helicopters. .
 - b. The proper use of ropes and lines for rescue work by doing the following:
 - a) Tie knots for joining lines, shortening or adjusting lines and lashing.
 - b) Lower a person from a height sufficient to show how a rescue is done.
 - c) Coil and accurately throw light and heavy 50- foot heaving lines.
6. Prepare a written plan for mobilizing his Outfit for emergency service. Prepare an “emergency kit” for use by his crew or his family.
7. Be a member of an Emergency Service Corps.

FILIPINO HERITAGE



To earn this Merit Badge, a Scout must:

1. Write a biography of at least five Filipino heroes or great men, explain to his Outfit what outstanding work ' they did for our country that made them great. Describe any of their personal virtues or qualities that are worth emulation by the youth.
2. Cite at least five (5) literary works written by Filipino heroes or great men. Explain to his Outfit the significance of each of these literary works. Select at least three (3) passages/ ideas from each which he thinks are still relevant today.
3. Compile and relate to his Outfit ten (10) Filipino traditions that are worth emulating. Give reasons why they should be emulated and preserved.
4. compile and recite to his Outfit twenty (20) Filipino proverbs: explain at least half of them.
5. Recite a poem written by his favorite Filipino hero or great man in an Outfit meeting and explain the meaning of the lines or phrase of the poem.
6. Take part in a Crew or Outfit activity or any project honoring the memory of Filipino heroes or great men.
7. Visit any historical place or shrine connected with Filipino heroes or great men. Make a written report of the visit to his Outfit Advisor.

FIRST AID



To earn this Merit Badge, a Scout must;

1. Show the correct way to:
 - a. Transport a person with compound fracture of the forearm; head injury; spinal column injury.
 - b. Apply splints for a broken thighbone.
 - c. Explain the dangers involved in the transportation of an injured person even before the injury is known.
2. Show how to:
 - a. Stop bleeding from a ruptured varicose vein in the leg.
 - b. Control arterial and /or venous bleeding on the wrist and calf of leg and other parts of the body.
3. Tell and show what to do in the following cases:
4. Tell what diseases or germs are likely to be found in a gunshot wound, stab wounds, wounds caused by rusty nail, pitch pork or garden rake, or powder burn; explain why the patient in such cases must be taken to a physician for treatment.
5. Show how to:
 - a. Sterilize a small piece of cloth or part of his shirt if he has to use it as an improvise bandage or dressing.
 - b. Treat extreme shock, using cover, correct position and heating devices.
 - c. Give a patient external massage.

LIFE SAVING



(These test must be performed before a Counsellor who is a certified water safety instructor of the Philippine National Red Cross)

To earn this Merit Badge, a Scout must:

1. Earn the Swimming Merit Badge. ,

2. Do the following:

- a. Spend at least six hours in preparing and practicing-lifesaving skills.
- b. Surface dive into open water, 2 to 3 meters deep, recovering various objects three times, and a 5-kilo weight once.

3. Show the following:

- a. For two times, remove his street clothes in 30 seconds or less. (Street clothes means socks, shoes, trousers, *barong*/shirt/sweatshirt).
- b. The correct approach to a drowning person who is in the following positions:
 - 1) Back to Scout – Back approach
 - 2) Face to Scout with head above water – underwater approach

4. With the help of a buddy and a subject, show the following rope rescue (reel-in rescue) both as line tender and as rescuer:

- a. As Rescuer – carrying the looped end of a rope 20 meters long, ½-centimeters in diameters across his shoulder and chest, make a running or leaping entry into the water, swim 20 meters to struggling subject, and tow him ashore with the rope.
- b. As Line Tender – chain knot rescue line. Tie and place loop around rescuer's shoulder, pay out rope and pull rescuer and subject ashore.

5. Keeping in sight a struggling person enter the water feet first and –

- a. Swim 10 meters, make correct approach, and tow victim 10 meters to shore with cross chest carry.
- b. Swim 10 meters, make correct approach, and tow victim 10 meters to shore with hair carry.
- c. Swim 10 meters, make correct approach, and tow victim 10 meters to shore with collar or wrist carry.
- d. Swim 10 meters, make correct approach to tired swimmers carry and push him 10 meters to shore.

6. Do the following:

- a. In water at least two meters deep, show how to block effectively and avoid attempts of a struggling person to grasp him around the neck with right arm and with both arms. In each case, show how to tow him to shore.
- b. In water at least two meters deep, show to disengage himself from any of the following grasp:
 - 1) Wrist
 - 2) Front head hold
 - 3) Rear head hold

- 4) Arms around the body, at the front, below the armpit.
 - 5) Around the body from the back.
- c. Demonstrate resuscitation for two minutes using the Cardio-Pulmonary Resuscitation (CPR).

PHYSICAL FITNESS



To earn this Merit Badge, a Scout must:

1. Submit the evidence of his general medical examination done within the year. State what has been or will be done to correct conditions needing remedial measures.
2. Do the following:
 - a. Have himself examined by his dentist. Tell how to care for his teeth.
 - b. Tell about his daily health habits and the care of his skin, hands, fingernails, toenails, eyes, ears and nose.
3. Explain how to ventilate a sleeping room properly. Give the number of hours of sleep needed by a person of his age. Explain why a person should sleep by himself and what distance should separate his bed from the others. Explain and show proper breathing and how it affects health.
4. Explain the following:
 - a. HOW disease is spread by drinking water, common drinking cups, dirty dishes, and dirty dish towels, soiled bath towels, unpasteurized milk and personal contact.
 - b. The essential foods for the daily diet of a person of his age and why he should observe good eating habits.
 - c. Diseases against which he may be immunize or protected.
 - d. How the use of alcohol, tobacco and drugs can be harmful to him.
 - e. The value of clean moral habits to general health.
5. Do the following:
 - a. Record his best scores in the following test: push- ups, jump-reaches, run-walks and

sit-ups.

b. Set goals to reach during the next 30 days.

c. Do daily exercise and keep a record for 30 days or until his goals are met.

6. With his Outfit Advisor and Counsellor, accomplish the following physical fitness test. (Earn a minimum of not less than 200 points which must come from not more than five events):

PFT. N0. I. SWIMMING (50 points maximum)

A. 15 meters speed swim-5 points for each second faster than 25 seconds.

B. Distance Swim-50 points for swimming 500 meters, 25 points for swimming 250 meters.

PFT. N0. II. ARM STRENGTH (50 points maximum)

A. Pull-ups – 10 points for each pull up.

B. Push-ups – 2 points for each push-up.

C. Archery – 5 points for every bulls-eye.

PFT. No. III. ABDOMINAL POWER (50 points maximum)

Bent-knee sit-ups – 1 point for each sit-up.

PFT No. IV. SPEED RUNNING (50 points maximum)

A. 50yard dash – 2 points for each 1/ 10 of a second faster than 11 seconds.

B. 40 yard shuttle run – 2 points for each 1/ 10 of a second faster 15 seconds.

PFT No. V. ENDURANCE RUNNING OR WALKING (50 points maximum)

A. 600-yard run walk – 1 point for each second faster than 3 minutes and 30 seconds.

B. One-kilometer walk – 10 points for each minute faster than 20 minutes.

VI. J UMPING (50 points maximum)

A. Standing Long Jump – 5 points for each inch over 4 feet

B. Vertical Jump and Reach – 5 points for each inch over 7 inches.

VII. BODY COORDINATION (50points maximum)

A. Basketball Throw – 2 points for each foot over 30 feet

B. Softball Throw – 1 point for each foot over 70 feet.

C. Archery – 5 points for every bulls-eye.

7. Explain in a discussion with his Counsellor, how a Scout can serve others by being physically fit.

SAFETY



To earn this Merit Badge, a Scout must:

1. Make an inspection of his home using a safety list checked by his Outfit Advisor and Counsellor. Tell what hazards he found, why they are hazards, how they can be removed.
2. As a result of the inspection, list down ten (10) safety rules to be observed in his home.
3. Do ONE of the following:
 - a. Take active part in the safety work in school over a period of at least 10 weeks, at all times doing his best by example and attitude, to interest his schoolmates in safety activities. OR
 - b. Build a Cabinet for the safe and proper storage of medicines or poisons or a suitable playpen for a baby or recommend a safety device for the home or the Outfit and with the approval of the Counsellor, make such a device.
4. Show or tell:
 - a. How he would make himself visible while walking on the road at night; on which side of the road he should walk, day or night and why?
 - b. A good knowledge of local traffic regulations and basic rules of the road.
 - c. Correct way to carry a full-sized bolo.
 - d. How to handle, carry and store various kinds of farm tools in the home or shop safely.
 - e. His familiarity with and ability to operate common types of fire extinguishers.
5. Submit and comment on newspaper accounts which he has gathered within the past six months, describing at least three kinds of accidents due to any one of the following causes:
 - a. Getting on and off moving vehicles
 - b. Crossing streets or highways.
 - c. Reckless driving.
 - d. Failure to observe traffic laws.
6. Explain in discussion with his Counsellor or dramatize with members of his crew, what he

considers as the main hazards involved in:

- a. Modern transportation
- b. Industry
- c. Recreation
- d. Home

7. Tell how to deal safely with the following :

- a. Wire dangling from an electric line.
- b. Safe storage and use of gasoline
- c. Running engine in a closed garage.
- d. Three ways of turning on a fire alarm, citing the best local method and giving the exact location of the fire alarm nearest to his home, school and Outfit meeting room and
- e. Danger of firecrackers

8. Explain in discussion with his Counsellor how he can contribute to the safety of his own self, his family and his community, as proof of his understanding and appreciation of SAFETY.

SOIL AND WATER CONSERVATION



To earn this Merit Badge, a Scout must:

1. Define what is soil. Explain how soil is formed. Explain the importance of conserving soil.
2. Do the following:
 - a. Collect and identify various kinds of rocks from which soil is formed.
 - b. Present samples of three classifications of soil- sand, silt and clay. Explain their relationship with water.
 - c. Explain and show why soil fertility is important to soil conservation.
3. Demonstrate and explain any three of the following:
 - a. Why organic matter called “humus” is important to soil.
 - b. How living organisms like earthworms play an important role in conserving soil.

- c. Beneficial effects of compost heap when added to soil.
 - d. How indiscriminate burning of grass and leaves of trees or plants and “*kaingin*” causes soil erosion.
 - e. Name three kinds of soil, describe each and how they can be prevented or controlled.
 - f. Describe how a gully could be healed.
4. Make a drawing showing the water cycle and explain. Explain why a disturbance in the water cycle is a threat to man.
5. Show and explain three (3) of the following:
- a. The importance of water to man.
 - b. The disastrous effects of water pollution to man.
 - c. How water is polluted in rivers or streams, water for homes, farms and factories.
 - d. The three steps of waste water treatment.
 - e. What is a watershed? How removal of vegetation will affect the way water runs off a watershed.
 - f. At least five (5) ways of conserving water.

SWIMMING



(These test must be performed before a Counsellor who is a recognized swimming instructor of the Philippine National Red Cross).

To earn this Merit Badge, a Scout must:

1. Swim continuously for 150 meters using the following strokes in good form for the distance specified:
 - a. Side-stroke – 45 meters
 - b. Elementary Back Stroke – 45 meters
 - c. Breast-stroke – 60 meters
2. Surface dive in two meters in water and recover an object from the bottom.
3. In water, two and a half (2 ½-) meters deep, while fully dressed, remove trousers, tie an

overhand knot on the bottom of each leg, inflate trousers and float motionless for one (1) minute using the inflated trousers as buoys; or while dressed as above, tread water, inflate shirt and float motionless for one (1) minute.

4. Rest motionless in the water, or as nearly so as possible, at any angle, for one minute.

5. Enter water without sound, swim silently without splash for fifteen (15) meters (in breast-stroke), and leave water without a sound.

6. While swimming, submerge quickly (using both surface dive, jack knife and tuck dive and feet first method), swim three strokes forward under water, return to surface and at signal, repeat three (3) times.

7. In deep water, remove street clothes (to include socks, shoes, trousers, shirts, sweater or sweatshirt) and swim forty (40) meters.

WEATHER



To earn this Merit Badge, a Scout must:

1. Show that he knows the composition of the air, referring to both constant and variable elements of the air, and 45%. :14 what functions each performs.
2. Tell how the following are formed: moisture, fog and rain.
3. Explain the electrical and optical phenomenon in the air, such as rainbows, -mirages, looming, halos, lightning and thunder. Describe as many of the above as he has seen.
4. Tell the uses, construction and how to read a barometer, thermometer, anemometer, psychrometer, wind vane and rain gauge. Make a simple weather vane. Show he knows the weather or storm signals.
5. Do the following:
 - a. Write a simple statement on the climate of the Philippines.
 - b. Tell the value of weather prediction. Write a brief account of the Philippine Atmospheric Geophysical and Astronomical Services Administration (PAGASA) stating what daily, weekly or monthly publications are prepared and distributed by it. Be able to interpret the chart and graphs contained in these publications.

- c. Keep a daily record for a month of the following: Dew or Fog in the morning; at a specific hour each day, the direction and force of wind; the temperature and the kinds of clouds (if any) in the sky.
6. Name some places where, during severe thunderstorms, the danger from lightning is great, and some places where the danger is small.
7. Show knowledge of the causes and unusual origin and trajectories or paths of typhoons in the Philippines.

WORLD BROTHERHOOD



To earn this Merit Badge, a Scout must:

1. Have an elementary knowledge of the geography, history, customs and characteristics of people of at least three countries other than his own.
2. Correspond regularly for a period of not less than one year (write at least six letters and receive at least replies) with a Scout of another country. (This project may be done individually or as part of an Outfit “link-up.” Request for contacts with overseas Scouts may be made with Boy Scouts of the Philippines, National Office, Manila).
3. Give an informative talk of at least 3-minute duration to the members of his Crew or Outfit on the interest and knowledge gained by corresponding with or visiting a Scout of another country.
4. Do the following:
 - a. Tell in his own words how the Scouting Movement began, point out on a world map the five Scouting regions and identify at least thirty countries, which have Scouting.
 - b. Describe and demonstrate at least three ways by which Scouts from various countries can recognize one another (by similarities in uniforms, insignias, badges, oath and law, motto, sign, handshake, etc.)
 - c. Explain the organization and operation of the World Organization of the Scout Movement (Conference, Committee and Bureau).
5. Do any three of the following:
 - a. Identify the flag of the United Nations and those of at least twelve member-countries.
 - b. Read the preamble of the Charter of the United Nations; outline in his own words the purpose of the United Nations Organization as set forth in Chapter I of its Charter.

- c. Describe the work of the specialized agencies of the United Nations.
 - d. Read the Universal Declaration of the Human Rights and list at least five Rights directly related to himself and his family.
6. Do any three of the following:
- a. Take part in some practical activity of an International Charter such as the collection or distribution of relief supplies. The reception and entertainment of visitors from overseas or assist in a project of a non-partisan organization to promote world brotherhood.
 - b. Camp at least five days with Scouts of another country either in his own or in a foreign country. Keep a logbook covering the event and note down his impressions. Show that he has a fair understanding of the culture, customs, and characteristics of the Scouts he had camped with.
 - c. Carry on a conversation with another person in a foreign language for at least five; translate at least 100 words of that language given by the Counselor.
 - d. Keep an album or scrapbook for at least one year depicting activities of another country.
 - e. Relate briefly to the members of his Crew/Outfit the history of Scouting in three member-countries of the World Organization of the Scout Movement. Draw their Scout Emblems.

Acknowledgment

Senior Scouting in the Philippines before 1974 was a very dynamic program for teenage boys. It drew a lot of young men. “For once”, they said, “here is a program suitable for our age level” – a period in life when these boys are eager to step into manhood, yet part of them still lingers in childhood.

The Boy Scouts of the Philippines wishes to express its sincere appreciation and gratitude to the many people who worked hard to provide gems of ideas for inclusion-into the program, among them:

The World Scout Bureau Staff with Messrs. Jim Sharp, Director of Program, Geneva, Switzerland, and Wilfredo B. Granada and Golam Sattar of the Asia- Pacific Regional Office, for providing direction through the 10-Step Systems Approach to Program Development;

Regional Commissioners Romeo U. Alag, Cesar A. Catapang, Emolyn A. Corteza, and Catalino M. Taguba, National and Regional Scout Directors, and selected members of the Training Team who participated in the National Program Development Seminar held in November, 1990 at the Philippine Scouting Center for the Asia-Pacific Region (PSC-APR) which planted the seed of this Senior Scouting Program;

Dr. Cesar A. Santos, over-all Chairman of the Program Development Task Group, and member of the Program and Training Development Committee (Now - Program & Adult Resources Development Division) and of the panel of psychologists and sociologists for setting the guidelines and coordinating the work of the Task Groups;

Scouters Romeo M. Akrnad, Edmundo L. Atilano, Mario C. Axinto, Rosario Bagasol, Rudy K. Balhaman, Ernesto F. Barquio, Eliseo Calumpiano, Sergio P. Damazo, Jr., Roberto L. Empisto, Joseph Ferrer, Victorio C. Guipo, Jesus A. Lledo, Akmad U. Mangatong, Rudito B. Saluta, members of the Senior Scout Section Program Development Task Group; and Scouters George Adlaon, Rainier Apistar, Van Der Vee L. Arcenas, Alberto Ayson, Rolando O. Baylongo, Ruperto G. Dumo, Jr., Loreto M. Ignao,

Antonio R. Ferrer, Cesar L. Gayod, Benito C. Guzon, Dick C. Kitma, Celestine Lambo, Jaime P. Leonor, Apolinario Leyson, and Manuel A. Salazar whose participation in the Task Group meetings and feedbacks provided fresh insights into Senior Scouting and the field input that assured the relevance of this program;

Scouters Andres B. Baul, Eugenio C. Castaneda, Emmanuel N. Dy-Liacco, and Manuel S. Salumbides of the Program Development Task Group and participants in the Program Development Workshop held at the PSC-APR in October 1991 which identified the important features of the program;

The Council Scout Executives and Regional Scout-Directors who attended the 34th Annual Scout Executives' Conference in November 1991 at the PSC-APR, for their invaluable suggestions and comments relevant to the applicability of the program in the field, especially to Directors Carlos DL. Ferrer and Camilo D. Neverida, Facilitators; and Messrs. Rosauro V. Lasan and Gilberto Maspinas, Chairman and Rapporteur respectively of the Commission Group for Senior Scouting.

The Panel of Psychologists and Sociologists, which included Drs. Crispin Domingo and Evelina M. Vicencio for generously sharing their expertise in providing a sound basis for the program;

The members of the KAB, BOY, and ROVER Scout Section Task Groups, for their reactions and comments that provided the articulation from one Section to another;

The Technical Committee, which included Messrs. Julito F. Berdan and Crispin G. Castro, for their effort in consolidating the suggestions and reactions of the different groups;

Dr. Pedro O. Sanvicente, former Chairman, Program and Training Development Committee and the members which include Ms. Prosperidad M. Arandez, Ms. Delia E. Broqueza, Dr. Hernando S. Dizon, Fr. Jean-Marie F. Tchang and Messrs. R. R. dela Cruz, Maximino J. Edralin, Jr., Alfredo S. Israel, Jaime P. Neric, Antonio T. Uy, for their worthy comments and open-hearted support.

The members of the Writing Team which include Mr. Rodrigo A. Duque and Ulderico A. Santos, for putting flesh into the program framework; The following Scouters whose dedication saw the program through its final form:

Dr. Roberto A. Delos Reyes, Chairman of the Senior Scout Technical and Writing Team and member of the Editorial Committee and the Panel of Psychologists/Sociologists.

Mr. Rufo A. Bautista Chairman of the Senior Scout Section during the Program Development Workshop and member of the Senior Scout Section Task Group, the Writing Team, and the Technical Committee.)

Special recognition is due the following professional staff of the Program and Training Division of the Boy Scouts of the Philippines for providing the much-needed technical and secretarial support throughout the re-building of this Senior Scouting Program: Mr. Rogelio R. Vicencio, former Director of Program and Training; Mr. Maximo G. de Jesus, former Program Executive, Task Group Coordinator and member of the Writing Team, Messrs. Roberto G. Felix, Fergus Bonifacio, staff artists; Ms. Rebecca D. Belandres, Ms. Ma. Luisa B. Fabian, Ms. Natividad M. Daarol, and Ms. Geraldine Gomez, recording secretaries and computer encoders; Mr. Ruben B. Perez, mimeographer.

Ms. Melchora M. Castillo and Frederick E. Bonifacio artists/illustrators/photographer;

Special Recognition is also due the following members of the Review Committee, Mr. Rogelio R. Vicencio, former Assistant Secretary General, Mr. Eduardo C. Delgado, Mr. Hilario Andino and Manuel Salumbides, who painstakingly edit the whole contents to ensure of its relevance to the present

times.

And also special thanks goes to Aurora Council who had participated in the pictorial headed by Governor Edgardo L. Ong, Council Chairman; Mr. Arwyn Y. Fabellon, Council Scout Executive and his Boy and Senior Scouts Mr. Michael D. Edwards and Mr. Antonio P. Pascua, Jr., Program Assistants; and Mr. Carmelo B. Francia, Program Officer.

Mr. Samuel C. Cribbe, Training Executive and Mr. Rolando B. Frejas, Program Executive.

Mr. ROGELIO S. VILLA, JR., Director, Program and Adult Resources Development Division.

CARLOS C. ESCUDERO
Secretary General

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