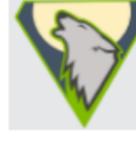


The 33rd Kerrisdale Group Youth Leadership Development Program - CUB PACK

6 Program Areas						
PACK	Environment and Outdoor	Active and Healthy Living	Belief and Value	Citizenship	Creative Expression	Leadership
	Camping [🌿], Map reading [📄], Knotting[★], Cooking [🍳]	Emergency preparedness [🔥], first aid [❤️], physical fitness [🏃]	Scout ceremony [🏹], cub law & promise, scouting history, jungle book [📖]	Scout organization [🏹], flag [🚩], Community [🌍]	Campfire song and cheers [🔥], game and skit [🎭], craft [🎨]	Discipline, organization skills, foot drill and scout sign [🏹]
Cub Investiture	1) Take part in a nature exploration activity such as camping and hiking before 2) Able to tie own shoe lace	1) Show that you know about personal hygiene by showing to care for your teeth, hair, skin, fingernails and feet	1) Show a knowledge and understanding of the Cub Law, Promise and Motto 2) Handshake and why 3) Salute and why 4) Participate in at least one Grand Howl			1) Know how to stand at alert and at ease properly
Runner (Age 8) 	1) Participate in overnight camps in two different seasons [🌿] 2) Make a shelter [🌿] 3) Be able to pack own backpack [🌿] 4) Participate in hiking activity [🌿] 5) Draw a map of the streets in your neighborhood [📄] 6) Demonstrate how to make reef knot and bowline, and show how to use it [★] 7) Know about fire safety and cook a hot dog at camp with supervision [🍳]	1) Explain what buddy system is [🔥] 2) Explain what to do in case of fire and earthquake [🔥] 3) Make a list of emergency and frequently used phone numbers including own home number, and parents' contact phone numbers [🔥] 4) Demonstrate how to stop nose bleed [❤️] 5) Demonstrate how to gently clean a cut or graze, apply an antiseptic cream and a plaster [❤️] 6) Take part in Sun Run with the pack [🏃]	1) Take part in a campfire ceremony [🏹] 2) Know the Jungle name of all the leaders in your pack [📖]	1) Choose 5 of the following and Locate on a map (Community Center, Library, Hospital, Police station, Fire station, Our meeting place, School, a Large Mall, a Park, A skytrain station, Airports) in local community [🌍]	1) On your own or with a friend, lead a cheers at camp [🔥] 2) Know 3 songs and sang at a campfire [🔥] 3) Participate in kub kars [🎭]	1) Follow all member responsibility including: - be on time - no missing uniform items - no missing regular meeting materials - obtain weekly message on time - submit permission form on time - 85% attendance minimum 2) Know what it means when a leader puts up a Cub sign [🏹]
Tracker (Age 9) 	1) While on camp, assist with duties such as washing dishes, tidy the campsite, or preparing a meal [🌿] 2) Demonstrate how to make trail signs with natural materials [🌿] 3) Know how to read a simple topographic map [📄] 4) Demonstrate how to make clove hitch, sheetbend, sheepshank knots, and show how to use it [★] 5) Cook a full meal at camp as a Six with supervision (Breakfast, Lunch, or Dinner) [🍳]	1) Explain how to call an ambulance, police and fire and when this should be done [🔥] 2) Explain how to treat insect bites and stings, dressing wound (large deep cut) [❤️] 3) Explain how to provide choking treatment [❤️] 4) Take part in Sun Run with the pack and achieve better time than own record in previous years [🏃]	1) Take part in Cubs own and/or a Scouts own [🏹] 2) Know the jungle book story [📖]	1) Locate the nearest Community Centre and findout what it is used for [🌍] 2) Locate all the Canada line stations [🌍]	1) On your own or with other cubs, teach the pack a new campfire song [🔥] 2) Lead a cheer [🔥] 3) Take part in a Cub Skit at a campfire [🎭]	1) Respect others and stay quiet when others are speaking 2) 85% attendance minimum 3) Understand and follow foot drill commands (e.g. alert, ease, dressing, form three deep, sound off, to the right by three nums) [🏹]
Howler (Age 10) 	1) With a friend or a team, show that you can pitch a tent and pack it away correctly [🌿] 2) Explain why tents need to be aired and dried completely before being put in storage [🌿] 3) Draw and label the main parts of a compass [📄] 4) Demonstrate how to make round turn knot and show how to use it [★] 5) Learn 1 lashing (sheer, diagonal, square, tripod, etc.) [★] 6) Create nutritious meal including the menu, shopping list, and cooking [🍳]	1) Explain the limits of first aid treatment and when it's important to call an adult [🔥] 2) Explain how to stop a puncture wound [❤️] 3) Explain what hyperthermia, hypothermia treatment and symptoms are [❤️] 4) Explain what frostbite, heatstroke treatment and symptoms are [❤️] 5) Take part in biking activity with the pack [🏃]	1) Take part in Cubs own and/or a Scouts own [🏹] 2) Know the jungle book story [📖]	1) Participate in a community service event, e.g. neighborhood cleanup, collect food and donate to a food bank [🌍] 2) Find a way to get from point a to point b using public transit Point A and Point B will be given by a leader [🌍]	1) On your own or with other cubs, lead the pack a new game [🎮] 2) Create your own game [🎮] 3) Lead your team to do a campfire skit or song [🎭]	1) Set good example to younger members 2) Be a teamplayer and help your team grow 3) 85% attendance minimum
Themes for 3 years of Cub:						
Runner - LEARNING - Learn from the older Cubs how to run with the Pack and discover great new adventures						
Tracker - MENTORING - Mentor the Runners						
Howler - HELPING - Help plan and organize meetings and adventures with a helping hand from the Pack Scouters						