



RANGER

Achievement Class



Youth Ministries Department of the Seventh-day Adventist® Church

Curriculum
Requirements &
Developed Resources

PATHFINDER CLUB

RANGER WORKBOOK



RANGER NAME:

TEACHER:

YEAR:

Ranger Contents / Requirement Sheet



GENERAL (pgs. 4-11)

Requirement	(✓)	Date	Signature
1. Be a teenager 13 years of age, and/or in Year 9 or its equivalent.			
2. Memorize and understand the Adventist Youth Aim and Motto.			
3. Be an active member of the Pathfinder Club.			
4. Select and read three books of your choice from the teen Book Club List.			

SPIRITUAL DISCOVERY (pgs. 12-17)

Requirement	(✓)	Date	Signature
1. Discover in group discussion:			
a. What is Christianity?			
b. What are the marks of a true disciple?			
c. What forces are involved in becoming a Christian?			
2. Participate in a bible marking programme on the inspiration of the bible			
3. Enrol at least three people in a Bible Correspondence Course			
4. Have a current Memory Gem Certificate.			

SERVING OTHERS (pgs. 18-20)

Requirement	(✓)	Date	Signature
1. Under the direction of your leader, participate at least once, in TWO different types of outreach programs.			
Outreach Programme 1			
Outreach Programme 2			
2. With the help of a friend, spend a full day (at least 8 hours) working on a project for your church, school, or community.			

FRIENDSHIP DEVELOPMENT (Pgs. 21-22)

Requirement	(✓)	Date	Signature
1. In group discussion and by personal inquiry examine your attitudes to TWO of the following topics: a. Self-Confidence. c. The Social Graces. b. Friendship. d. Will Power.			
Topic 1:			
Topic 2:			



Ranger Contents / Requirement Sheet



HEALTH AND FITNESS (pgs. 23-26)

Requirement	(✓)	Date	Signature
1. Participate in ONE of the following: <ul style="list-style-type: none"> a. Discuss the principles of physical fitness. <ul style="list-style-type: none"> • Provide an outline of your daily exercise program. • Write out and sign a personal pledge of commitment to a regular exercise program. b. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with Biblical principles. 			

ORGANIZATION AND LEADERSHIP DEVELOPMENT (pgs. 27-29)

Requirement	(✓)	Date	Signature
1a. Attend at least one church business meeting.			
1b. Prepare a brief report for discussion in your group.			
2. With your group make plans for a social activity at least once a quarter.			
First Quarter Activity:			
Second Quarter Activity:			
Third Quarter Activity:			
Fourth Quarter Activity:			

NATURE STUDY (pgs 30-33)

Requirement	(✓)	Date	Signature
1a. Review the story of the flood.			
1b. Study at least 3 different fossils			
1c. Explain their origin and relate them to breaking God's Law.			
2. Complete a Nature Honour not previously earned.			

OUTDOOR LIFE (pgs 34-44)

Requirement	(✓)	Date	Signature
1. Build and demonstrate the use of a reflector oven by cooking something.			
2a. Participate in a two-night camp out.			
2b. Be able to pack a pack or ruck sack, include personal gear and food sufficient for your participation in a two-night camp out.			
3. Pass a test in Ranger First Aid			

LIFESTYLE ENRICHMENT (pg 45)

Requirement	(✓)	Date	Signature
1. Complete one Honour, not previously earned, in Outreach Ministry, OR Vocational, OR Outdoor Industries.			



Personal Details

Paste your photo here

My Name is.....

My Address is

Email address.....

My Date of Birth is

I am Years Old.

I confirm that I am an **ACTIVE MEMBER** of my Pathfinder Club.
I make regular financial contributions and I have participated in at least 75% of club activities.

Club Member Signature _____ Date _____

Pathfinder Leader Signature _____ Date _____

Pathfinder/Adventist Youth Aim

The Advent Message To All The World In My Generation.

Pathfinder/ Adventist Youth Motto

“The Love of Christ Constrains Me”

Pathfinder Pledge

By the grace of God,
I will be pure,
I will be kind,
I will be true
I will keep the Pathfinder Law
I will be a servant of God
I will be a friend of man

Meaning of the pledge:

By the grace of God.

Only as we rely on God to help us can we do His will.

I will be pure

I will fill my mind with everything that is right and true and spend time in activities that will build a strong, clean character.

I will be kind

I will not only be considerate and kind to my fellow men, but also to all of God's creation.

I will be true

I will be honest and upright in study, work, and play; and can always be counted upon to do my very best.

I will keep the Pathfinder Law

I will seek to understand the meaning of the Law and will strive to live up to its spirit, realizing that obedience to law is essential in any organization.

I will be a servant of God

I will pledge myself to serve God first, last, and best in everything I am called upon to be or do.

I will be a friend to man

I will live to bless others and do unto them as I would have them do unto me.

Pathfinder Law

The Pathfinder Law is for me to:

Keep the morning watch
Do my honest part
Care for my body
Keep a level eye
Be courteous and obedient
Walk softly in the sanctuary
Keep a song in my heart
Go on God's errands

Meaning of the Law:

Keep the Morning Watch.

I will have prayer and personal Bible Study each day.

Do my honest part.

By the power of God, I will help others and do my duty and my honest share wherever may be.

Care for my body.

I will be temperate in all things and strive to reach a high standard of physical fitness.

Keep a level eye.

I will not lie, cheat, or deceive and will despise dirty talk or evil thinking.

Be courteous and obedient.

I will be kind and thoughtful of others, reflecting the love of Jesus in all my association with others.

Walk softly in the sanctuary.

In any devotional exercise I will be quiet, prayerful, and reverent.

Keep a song in my heart.

I will be cheerful and happy and let the influence of my life be as sunshine to others.

Go on God's errands.

I will always be ready to share my faith and go about doing good as did Jesus.

Memorise and Understand the Adventist Youth Aim and Motto



You will need to have a discussion with your class teacher. Demonstrate your understanding by participating in one of the following: Role-Play. Panel Discussion, Essay or a Project of your choice i.e. drawings, pictures, diagrams, or any other form or cut-out.

Report - Explaining your understanding of the Adventist Youth Aim and Motto.

Here are some discussion starters:

- a. *What is the Advent Message?*
- b. *What is the world?*
- c. *What is my relationship to it?*
- d. *What is the meaning of "constrains"? (2 Corinthians 5:14. This word has completely changed its meaning over the years. Its Old English meaning was "to urge, or compel."). "The Love we have for Christ is what motivates us" (The Clear Word).*





BOOK CLUB CERTIFICATE

[Compulsory Requirement]

1. Pathfinders are to read a minimum of 4 books every year. One book must be from each of the following categories:
 - a) Missions
 - b) Autobiography
 - c) Nature of Science
 - d) One book of personal choice (excluding fiction e.g novels, etc)
2. Juniors are to read a minimum of 40 pages.
3. Teens are to read a minimum of 80 pages.
4. Pathfinders must inform their Club Leaders/Counsellors about the choice of books **BEFORE** commencing to read so that the category of book and suitability can be decided upon. Club Leaders may choose to have a collection of books as reference but Pathfinders may have books at home that will fall into the categories listed above.
5. Upon completion, Pathfinders must prepare a summary of what they have read to include:
 - Title of Book
 - Author
 - Publisher and Year Published
 - Paraphrased, bulleted points or outline of main events or ideas.
6. Reports should be a minimum of 80 words for Juniors and 120 words for Teens, completed in their own time.
7. The Pathfinder and the Club Leader/Counsellor must date and sign each completed Book Club Certificate Report (sample Report in Leaders Book – copy as required).
8. The completed work must be kept in the Pathfinder's folder for inspection at the Evaluation Day.

Spiritual Discovery



The purpose of this section is to renew and develop the teenagers' confidence in the Bible as the Word of God, and to help them discover a saving relationship in Jesus, leading to a decision of commitment and baptism.

1. Discover in group discussion:

- a. What is Christianity?
- b. What are the marks of a true disciple? (Matthew 6:19-34; Luke 14:26-33.)
- c. What forces are involved in becoming a Christian?



You will need a **BIBLE** for this requirement.



- a. **Define what Christianity is, and what it offers you personally.**
Write down your thoughts, discussion points



You may need to insert additional sheets for this requirement.



b. What are the marks of a true disciple? (Matthew 6:19-34; Luke 14:26-33.) *Write down your thoughts, discussion points*





c. What forces are involved in becoming a Christian?



Write down your thoughts, discussion points

2. Participate in a Bible Marking Program on the Inspiration of the Bible.



List of some Bible texts marked.

3. Enrol at least three people in a Bible Correspondence Course.

Person 1
Name: _____ Date: _____

Person 2
Name: _____ Date: _____

Person 3
Name: _____ Date: _____



4. Hold a current Memory Gem Certificate



You will need a **BIBLE** for this requirement.



Memorise 7 bible texts – ONE from each of the seven categories below.
(You may use whichever version of scripture you wish)

RANGER CLASS		
I. GREAT PASSAGES	II. SALVATION	III. DOCTRINE
1. Psalms 119:105 2. Colossians 3:16 3. Option _____	1. John 3:17 2. Galatians 6:14 3. I John 3:1-3 4. Option _____	1. John 14:1-3 2. Mark 1:27,28 3. Option _____
IV. PRAYER	V. RELATIONSHIPS	VI. BEHAVIOUR
1. Hebrews 11:6 2. James 15:6 3. Option _____	1. Proverbs 18:24 2. Ephesians 4:23 3. I Timothy 4:12 4. Matthew 24:14 5. Option _____	1. Galatians 6:7 2. Matthew 7:12 3. I John 2:15-17 4. Option _____
VII. PROMISES/PRAISE		
1. Psalms 145:18 3. Psalms 27:1	2. James 1:17 4. Option _____	

Write your 7 chosen bible texts below:

1. Great Passages..... Signature_____

2. Salvation..... Signature_____

3. Doctrine..... Signature_____

4. Prayer..... Signature_____

5. Relationships..... Signature_____

6. Behaviour..... Signature_____

7. Promises/Praise..... Signature_____

Write a brief explanation of each Text Memorised in the box.



1. Great Passages Text:	2. Salvation Text:	3. Doctrine Text:
4. Prayer Txt:	5. Relationships Text:	6. Behaviour Text:
7. Promises/Praise Text:		



Name of Outreach Event 2:

Place:

Date:



Record a summary of the outreach program you were involved in and your reactions to the value of the event:



The outreach ministries may include the following programs:

- a. Christian Services
- b. Church Projects
- c. World Mission
- d. Unchurched People



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.

2. With the help of a friend spend a full day (at least 8 hours) working on a project for your church, school, or community.



This could be any program including AYS, Sabbath School, Children's Day or a Community Program or the Hyland House annual school fete.

Summarise your participation below:



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.

Friendship Development



1. In group discussion and by personal inquiry, examine your attitudes to TWO of the following topics:

- A. Self-confidence (Additional resources in Explorer class under Health & Fitness)
- B. Friendship
- C. The Social Graces
- D. Will Power

Topic 1: _____



Write a summary of your discussion/outline in this space:

Topic 2: _____



Write a summary of your discussion/outline in this space:

A large, empty rectangular box with a thin black border, intended for the student to write a summary of their discussion or outline.



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.

Health and Fitness



The aim of this section is to give practical guidelines which will help to strengthen the Ranger's desire to care for his mind and body.

1. Participate in **ONE** of the following:

a. Discuss the principles of physical fitness.

- Provide an outline of your daily exercise Program.
- Write out and sign a Personal Pledge of Commitment to a regular exercise program.

OR

2. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with biblical principles.

The Principles of Physical Fitness



Write a summary of your discussion below:



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.

Provide an outline of your daily exercise Program.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Write out and sign a Personal Pledge of Commitment to a regular exercise program.



 You can design a pledge card and stick it below or write your pledge in the space below.

OR

- b. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with biblical principles.**



Write a summary of your discussion in this space:



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.

Organisation and Leadership Development



The aim of this section is to develop a sense of belonging and purpose through an understanding of the administrative functions of the church and by participating in recreational fellowship.

1. Attend at least one church business meeting.

Church Business Meeting

Date:

Place:



Write a summary of what took place at the Business meeting:



Include the agenda for the church business meeting.

Write a summary of the group Discussion which took place after the Business meeting:



3rd Quarter **Name of the Event:** _____
Show Plans & a Summary of the Event:

4th Quarter **Name of the Event:** _____
Show Plans & a Summary of the Event:



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.

Nature Study



- 1. Review the story of the flood and study at least three different fossils.
Explain their origin and relate them to breaking God's Laws.**



Write a summary of the flood story in the space below:



This requirement could include a visit to a museum and study the fossils there. – if time permits.

Study at least three different fossils.



You can stick down fossil image/pictures below or draw them in the space below

Fossil 1:

Fossil 2:



Fossil 3:

Explain their origin and relate them to breaking God's Laws.

 Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.

2. Complete a Nature Honour not previously earned.



The Nature Honour I completed: _____ Date: _____

Name and Signature of Teacher: _____



Please insert completed Honour Requirements and any other supporting evidence i.e. photos, worksheets, pictures etc.

Outdoor Life



The purpose of this section is to have the Rangers continue developing their outdoor living and safety skills.

1. Build and demonstrate the use of a reflector oven by cooking something.



List the items need to build a reflector oven and explain how to build it.:



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.

Recipe:



List the ingredients used and method of making your meal.

Ingredients:

Method:



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.



Give a brief report about making your meal.



A large empty rectangular box for writing a report.



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.



2. Participate in a two-night CAMP OUT. Be able to pack a Ruck-Sack, include personal gear and food sufficient for your participation.

Consider the following when packing:

- Gear list
- Something to eat with
- Something to sleep in
- Something to keep dry in
- Something to keep warm in
- Something to have fun in
- Something to keep clean with
- Miscellaneous

Date of Camp-Out: _____

Event: _____

Method of packing / Items to pack:



Report / highlights about your Camp-Out:



Please insert any other supporting evidence i.e. photos, worksheets, pictures etc.



Rangers following the DofE Curriculum can meet these requirements. These can also be met at the annual Camporee.



3. Pass a test in Ranger first aid.

I completed the Ranger First Aid test on (Date): _____

The results of my test was (Pass or Fail):



Signature (Class Teacher) _____

Ranger First Aid Notes

Electrical Shock

Turn off the current if possible, but always disconnect the victim from the contact using a dry stick or coat or other non-conductive material. Do not use unprotected hands or feet. It is no use having two casualties. If the victim has stopped breathing, begin CPR and check the carotid pulse. Remember your A,B,C,D, procedure. If the victim's heart has stopped and you have been trained in external cardiac compression, continue cardio-pulmonary resuscitation. All electrical burns are more severe than they first appear. Even if the victim recovers it is essential that they seek medical advice.

Poisoning

Poisons may be solid, liquid, or gases.

They may be:

- ❖ Taken by mouth
- ❖ Inhaled through the nose
- ❖ Absorbed through the skin, or injected.

Calmness-not panic-is the essential in the treatment of poisoning. As prevention is better than cure, make sure all poisons are correctly labeled and stored out of reach of children. Never leave poisonous substances in an open container.

General Rules for Treatment of Poisoning:

1. Protect yourself from being overcome by the poison.
2. Remove the victim from the danger source.
3. Wash off any poison from the skin.
4. Arrange for medical aid.
5. Dilute, eliminate, or neutralize the poison.
6. **DO NOT**. . . Give fluids if the victim is unconscious.
7. **DO NOT**. . . Give an emetic if the poison is a corrosive.
8. **DO** Give samples of the poison or vomit to the doctor.



<i>COMMON POISONS</i>		
Kerosene, Petrol, Turpentine	NO EMETIC	Plenty of milk
Acids	NO EMETIC	Milk or water and beaten egg whites
Alkalis	NO EMETIC	Lemon juice, egg whites
Bleach or Phenol	NO EMETIC	Milk, beaten egg whites
Alcohol, Insecticides, Match Heads, Tablets	GIVE AN EMETIC	

- ✚ REMEMBER: If the poison is a corrosive (Burns on way down) DO NOT GIVE AN EMETIC. If in doubt, then give plenty of milk.
- ✚ EMETIC: Use Syrup of Ipecac from your first aid kit. In all cases, seek medical aid. If breathing fails, begin CPR (Mouth to Mouth).
 - ❖ Wash the affected area with soap and water. Take a shower if possible.
 - ❖ Discard the clothes.
 - ❖ Get patient to drink plenty of water or milk.
 - ❖ Induce vomiting if a chemical has been swallowed.
 - ❖ If breathing stops begin CPR.
 - ❖ Quickly remove the patient to fresh air.
 - ❖ Indicated by abdominal pains, vomiting and diarrhea.
 - ❖ Give nothing by mouth.
 - ❖ Seek medical help.

Fits

Epileptic fits are not uncommon. The victim may utter a sigh or cry, fall to the ground, remain rigid for sometime, then begin thrashing around. It is possible they may froth at the mouth and become cyanosed. It is not unusual for the patient to be



incontinent. Protect the victim from danger, but do not restrict movements. If the opportunity arises, place something soft between the teeth. If the patient becomes limp, place in the recovery position. Seek medical aid. Do not awaken if they fall asleep.

Convulsions

These usually occur in young children, and may be caused by a digestive upset, teething, high temperature, or constipation. The child may arch his back, twitch his limbs, roll the eyes and even become cyanosed.

Loosen the clothing, ensure a clear airway, reduce the temperature by sponging the child, and seek medical aid.

Foreign Body in Eye

Do not rub the eye. Rinse with a gentle stream of tap water into the inner corner of the eye. Eye baths should be clean. If an assistant can see the foreign body, moisten a wisp of cotton wool or the corner of a clean handkerchief and gently lift the foreign body away from the surface of the eye. If the foreign body is on the window of the eye (pupil) or stuck to the surface of the eye, or is known to be a sharp object, medical help should be sought urgently. Chemical burns - wash with water immediately and seek medical help urgently.

Foreign Body in Nose and Ears

Foreign bodies in the ear or nose should be removed by a doctor.

Fractures

Fractures can be caused by direct action (such as a blow or a fall), indirect action (where the break occurs away from the site of the direct blow) or muscular action (where the kneecap or thigh may break due to a jerk or a trip). Fractures will be recognized by pain or discomfort in the region affected, swelling, loss of power of the limb, deformity, irregularity of the bone, unnatural movement and a bony grating which the injured person may feel. The last two signs should never be sought deliberately. Fractures are classified as closed when the skin surface is not broken, open when a wound is present, and complicated when a fracture, either closed or open, is associated with an injury to a more important part of the body such as the brain, lungs, a major blood vessel or nerve, the treatment of which has priority.

If in doubt, treat injury as a fracture and unless life is endangered by fire, rising water or other hazards, **DO NOT MOVE** the patient before treating his injuries and immobilizing any fracture. In all cases of fracture there is a danger that further injury may be caused if a limb or part is moved before being immobilized.

Immobilizing can be achieved by supporting the injured limb or part in as natural a position as possible with bandages, slings and padding.

Fractured Collarbone (clavicle):

In the case of a fractured collarbone the patient will often support the elbow to relieve pain and incline his head towards the injured side. A common cause is falling on the outstretched hand or shoulder—a very common sports injury. falling on the outstretched hand or shoulder—a very common sports injury.

- Remove and loosen any clothing or strap on the injured side.
- Pad under the armpits and the chest wall, both back and front.
- Place a broad bandage under the armpit on the right side, over the shoulder, and tie at the back.

- Repeat this on the left side.
- Take a third bandage and lash the loops together tightly between the shoulder blades.
- Check to see that the circulation is normal at the pulse in both arms.



Fractured Upper Arm (Humerus):

- Apply a collar and cuff sling.
- Place soft padding between the elbow and the chest.
- Bind the limb firmly to the body—first above the fracture and next below the fracture.
- Check the pulse rate at the wrist to ensure that the blood is circulating through the arm.

Fractured Forearm or Wrist:

- Apply a padded splint on the front or back of the forearm - the splint must extend from the elbow to the fingertips.
- Bind the limb firmly to the splint with three bandages, the first between the fracture and the elbow, the second between the fracture and the hand, the third supporting the hand with the splint.
- Apply an arm sling.
- Check the pulse

Bandaging and Splints



Triangular bandage to the head:

- Fold a hem inwards along the base of the bandage.
- Place the base of the triangle on the forehead and bring the ends around the head, crossing over the apex at the rear, and meeting again at the centre of the forehead.
- Tie the ends.
- Bring the apex up and fasten with a safety pin

Open-hand Bandage:

- Fold a hem along the base of the bandage.
- Place the hand, palm down, on the bandage so that the wrist lies on the base of the triangle and the fingers point toward the apex.
- Bring the apex over the back of the hand.
- Fold the extra cloth in neatly.
- Tie the ends on the outside of the wrist



Open-foot Bandage:

This is similar to the open-hand bandage.

- ❖ Place the foot on the bandage so that the heel is toward the base and the toes point to the apex.
- ❖ Bring the apex up over the top of the foot.

Collar and Cuff Sling:

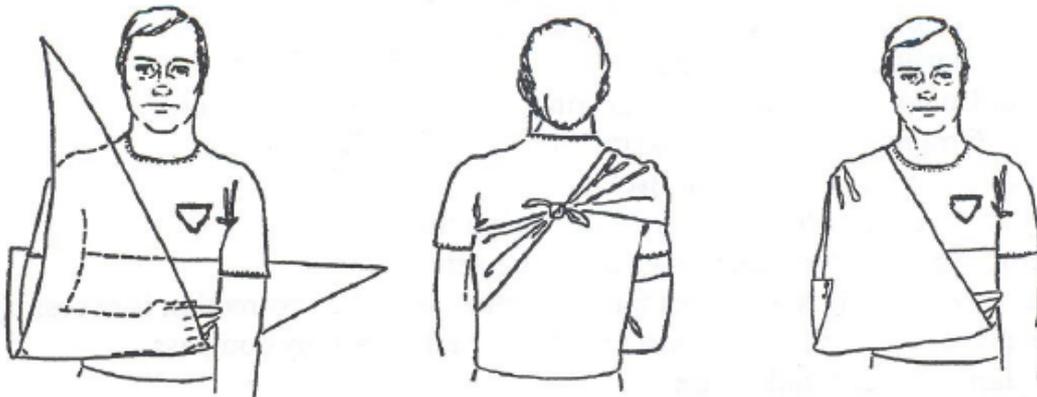
- ❖ Place the forearm across the chest with the fingers pointing towards the opposite shoulder.
- ❖ Pass a clove hitch over the hand and round the wrist, the knot of the clove hitch on the thumb side of the wrist, and a fold of the cuff on either side of the wrist.
- ❖ Tie the ends of the bandage in the hollow just above the collarbone on either side.
- ❖ Check the circulation.
- ❖ This sling supports the wrist.
- ❖ If the shoulder is injured also, bring the lower end of the bandage up over the forearm and under the shoulder of the injured side and tie the two ends with a knot. Thus all the weight of the injured arm will be borne by the uninjured shoulder.
- ❖ You should be able to apply a sling with the injured person lying down.
- ❖ Place one end of a triangular bandage over the shoulder of the injured side.
- ❖ Let the bandage hang down over the chest with the apex level with the elbow of the injured arm.
- ❖ Bend the elbow of the injured arm, bringing the forearm up in front of the bandage, with the hand elevated about four inches above the elbow and the tips of the fingers extending just beyond the base of the bandage.
- ❖ Bring the lower end of the bandage up over the forearm and over the shoulder of the injured side, and tie the two ends at the side of the neck.
- ❖ Bring the apex of the bandage forward and fasten with a safety pin.

Chest or Back Bandage:

- ❖ Place a triangular bandage against the chest (or back) so that the apex is at the shoulder.
- ❖ Have the patient hold the apex there.
- ❖ Now fold the base inward as far up as you desire.
- ❖ Carry the ends around the body and tie directly below the shoulder. You will always have one protruding long end after you tie.
- ❖ Take this end and bring it up to the shoulder, tying it and the apex of the bandage together.

Splint to the Forearm:

- ❖ Don't twist or turn the arm to see whether it is broken.
- ❖ It is best to use two splints. One should extend from the elbow to the fingers on the palm side, and the other should be placed on the opposite side.
- ❖ Fold several triangular bandages into cravat shape and use them to bind the splints snugly in place. Three or four are usually best, though two will do well.
- ❖ If material is available, the splints should be padded before being used.
- ❖ After the splint is applied, put on an arm sling to support the arm.



Splint to the Palm or Wrist:

- ❖ In case of a palm or wrist injury, one splint is sufficient. It should be padded and should extend from the elbow to the finger tips.
- ❖ Place it on the palm side and bandage securely in place.
- ❖ Then put on an arm sling.

Method of Testing



The instructor will give the examination.

Ranger first aid does NOT complete the First Aid Honour, nor is the certificate awarded.

If one chooses to complete the current St. John or Red Cross First Aid Certificate, then this will meet the requirements for Ranger, Voyager and Guide.

Lifestyle Enrichment



1. Complete one honour not previously earned in Outreach OR Ministry, OR Vocational, OR Outdoor Industries.

The Honour I completed: _____ Date: _____



Name and Signature of Teacher: _____



Please insert completed Honour Requirements and any other supporting evidence i.e. photos worksheets, pictures etc.

