

# AOL Scouts in new program

Helping the troop help the AOL scouts

# Follow the Trail

6 Adventures

2 Electives

Do Bobcat first in September

## Bobcat

- Get to know your patrol members
- Create a code of conduct
- Recite oath, law, motto, slogan
- Show scout sign, salute, handshake
- Den now a patrol
- Have a name of the patrol
- Elect a patrol leader
- Discuss benefits of patrol method
- Visit a troop meeting
- How to prevent child abuse

## Outdoors adventure

- Do a campout with a troop
- SAFE
- Scout Basic Essentials
- Set up kitchen, camp site
- Food safety
- Review and critique trip

## Personal Fitness

- Cooking a balanced meal
- Physical fitness
- Track 30+ minute exercise in 14 days
- Review BSA Annual Health and Medical record

## Citizenship

- Identify a service project your patrol or pack can do
- Participate in a service project for at least two hours

## First aid

- YPT video
- Explain about hurry cases
- Demonstrate what to do
- Demonstrate what to do for choking and shock
- Minor treatments
- Make a first aid kit

## Duty to God

- Discuss faith traditions with family
- Meet with a faith traditions representative who helps others
- Discuss what “Duty to God” means to you and
- how you practice it.



## 2 Electives

- Champions of Nature –Food
- Cycling
- Engineer
- Estimations
- High Tech outdoors
- Into the Wild –animals and their ecosystem
- Into the Woods –plants and trees
- Knife safety

## More electives

- Paddlecraft
- Race time (Pinewood derby)
- Summertime Fun
  - 3 activities in May through August
- Swimming

Think how you can help the AOL scout do these adventures and electives.

- Open House
- More than one camping trip
- Visit the patrol
- Other ideas?