

# Chief Scout's Gold Award



Name: \_\_\_\_\_

## Log Book



Dear Scout

During your time within our Scout Troop you can be working towards your Chief Scout's Gold Award; this is the highest award you can achieve as a Scout. To gain the Chief Scout's Gold Award, you must complete: The Promise Challenge, The Community Challenge, The Fitness Challenge, The Creative Challenge, the Global Challenge, The Outdoor Challenge, at least two of The Adventure Challenge, The Expedition Challenge, and the Outdoor Plus Challenge.

You are already working towards the challenge awards by participating in the balanced Troop programme that includes activities on our normal troop Meetings, camps, hikes, etc. Achieving the Award is your responsibility, but the Leaders are here to help and guide you, you need to plan your Scouting carefully, some of the requirements of the Chief Scout's Gold Award you can do on your own, some involve preparation and some are over a period of several months.

Scouts are between the ages of 10 ½ to 14. so you should be aiming to complete the award before you leave to move on to Explorer Scouts. The first step is to start completing this log by looking through what challenge you have completed and writing down what you have done to complete them.

Remember the Leaders are there to help you so if you need it just ask, but they are not there to do the work for you. It is your award and as such you are expected to do the work. It may be helpful for you to print off this log book at home to help you record what you have done and what you plan to do.

For more information check out the Scout Website: [Scouts.org.uk](http://scouts.org.uk)

<http://scouts.org.uk/supportresources/212/chief-scouts-gold-award?moduleID=10&cat=56,135,157>

Near to the end of you completing your Chief Scout's Gold Award you may have to meet with the Assistant District Commissioner for Scouts. Their job is to make sure that you have completed all the requirements of the Chief Scout's Gold Award and that it has been a challenge you have risen to. As well as this log book which will help you to answer many of the questions they may want to see some evidence of the completed projects – eg photos, certificates or awards, thank you/congratulation letters, any models you have made. Please keep all this together as you work towards your award.

## The Chief Scout's Gold Award

To gain this Award, the Scout must complete all of

- The Promise Challenge
- The Community Challenge
- The Fitness Challenge
- The Creative Challenge
- The Global Challenge
- The Outdoor Challenge

and at least two of

- The Adventure Challenge
- The Expedition Challenge
- Outdoor Plus Challenge.





***Promise Challenge***

Complete five activities in total, taken from at least two areas. Examples are provided below but other similar activities can also be undertaken.

**Activities completed**

1.

2.

3.

4.

5.

***Date Awarded*** \_\_\_\_\_



## **Community Challenge**

Complete the activities in the two following areas. Examples are provided below but other activities can also be undertaken.

### **Activities completed**

#### **Area 1. Exploring the Local Community**

Explore one aspect of how the local community works and is organised to the benefit of its members. The project should include some fact-finding, a visit to or from a community facility or group and some form of report back.

For example: visits to see the workings of a theatre, tourist attraction, railway station, airport, local industry; chances to meet people involved in local government, charities, faith groups, interest groups; opportunities to hear about/take part in community traditions/customs, local clubs and interest groups.

#### **Area 2. –Community Service**

Take an active part in some form of local community service totaling at least six hours. The time may be spent doing a number of different projects or by showing commitment to a single project over a longer period of time. For example: running a fund-raising stall or game; delivering leaflets, clearing an area, gardening, collecting materials for recycling, helping with activities for younger children; moving furniture, clearing debris, painting fences, environmental projects. Where possible the service should link in with the visit in Area 1.

**Date Awarded** \_\_\_\_\_



## ***Fitness Challenge***

Complete the activities from **one** of the following two areas, demonstrating a noticeable improvement in the chosen discipline:

### **Area 1. Exploring the Local Community**

Choose a physical challenge which is new or which builds on an earlier achievement. The challenge could be an athletic event, a charity swim, a long distance cycle ride, a pool life-saving test or a long distance challenge hike. Indeed, it could be any event that requires the need to physically train in order to succeed. Consider a variety of activities/interests in choosing this challenge, and agree your choice with a Leader.

To complete the challenge:

- Spend between four and six weeks preparing for the event, through an agreed programme of activity/training.
- Show an understanding of the importance of a sensible and appropriate diet and the need for sufficient sleep.
- Be able to explain the dangers and harmful effects of smoking, alcohol and drugs.
- Successfully take part in the chosen physical challenge.

### **Area 2. –Community Service**

Choose a physical activity, which you wish to develop.

For example: circuit training, football skill training, aerobics routine, light weight training.

To complete the challenge:

- Exercise regularly over a period of four to six weeks and keep a record that shows improvement over this period.
- Show an understanding of the importance of a sensible and appropriate diet, and the need for sufficient sleep.
- Be able to explain the dangers and harmful effects of smoking, alcohol and drugs.

***Date Awarded*** \_\_\_\_\_



***Creative Challenge***

Complete activities from three of the six areas:

**Activities completed**

1.

2.

3.

***Date Awarded*** \_\_\_\_\_



## ***Global Challenge***

Complete all the activities in one of the following two areas:

### **Area 1. International Contact.**

Make contact with Scouts from another country outside the United Kingdom.

Then

Take part in a Troop or Patrol activity with these Scouts.

or

Take part in a Patrol or Troop activity based on things found out during the International contact.

This can be done a number of ways, for example through Nights Away in the UK or overseas, the Internet, pen pals, Jamboree on the-Air (JOTA), Jamboree-on-the-Internet (JOTI), or Lands of Adventure.

### **Area 2. –International Issues**

Choose and investigate an international issue.

For example: Trade, Health, Water & sanitation, Environment, Conflict, Refugees, Peace, Tourism, Homelessness, Poverty, Animal welfare, Conservation.

Then complete the following:

- Show an understanding of the issues involved.
- Take some action as a result of research
- Compare how the issues affect the UK and countries overseas.

***Date Awarded*** \_\_\_\_\_





**Outdoor Challenge**

Write down what residential experiences you have been on as a Scout (you should have a record of these in the back of your progress books). For each one write down how many nights away you camped and a minimum of two activities you completed during the experience.

**Activities completed**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

This Scout has demonstrated basic emergency aid skills when on a residential experience:

Signed by S.L. / A.S.L.

**Date Awarded** \_\_\_\_\_



### **Outdoor Plus Challenge**

Complete the following activities:

- Hold the Outdoor Challenge.
- Have spent at least eight nights away as a Scout, four of which must be camping.
- Take an active part in further camp(s) as a camp leader.

### **Activities completed**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

This Scout has demonstrated basic emergency aid skills when on a residential experience:

Signed by S.L. / A.S.L.

**Date Awarded** \_\_\_\_\_



## ***Adventure Challenge***

Take part in three different activities, ideally on separate occasions.

For each activity:

- Know the safety issues involved and understand the use of any equipment needed for the activity.
- Show an awareness of environmental issues around the activity (such as erosion at popular climbing areas).
- Know about further opportunities to take part in the chosen activities.

## **Activities completed**

1.

2.

3.

***Date Awarded*** \_\_\_\_\_



***Expedition Challenge***

Take part in one expedition.

**Activities completed**

***Date Awarded*** \_\_\_\_\_

# 1<sup>st</sup> Gossoms End Scout Group



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