

# **Webelos & Arrow of Light Cub Scout Requirements to Do Without Equipment**

## **Webelos & Arrow of Light**

### ***Webelos Adventure: First Responder***

1. Explain what first aid is. Tell what you should do after an accident.
3. Show how to help a choking victim.

### ***Webelos Adventure: Stronger, Faster, Higher***

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.

### ***Webelos Adventure: Webelos Walkabout***

3. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.

### ***Arrow of Light Adventure: Building a Better World***

2. Learn about and describe your rights and duties as a citizen, and explain what it means to be loyal to your country.
3. Discuss in your Webelos den the term “rule of law,” and talk about how it applies to you in your everyday life.

### ***Arrow of Light Adventure: Scouting Adventure***

- 1A. Repeat from memory the Scout Oath, Scout Law, Scout motto, and Scout slogan. In your own words, explain their meanings to your den leader, parent, or guardian.
- 1B. Explain what Scout spirit is. Describe for your den leader, parent, or guardian some ways you have shown Scout spirit by conducting yourself according to the Scout Oath, Scout Law, Scout motto, and Scout slogan.
- 1C. Give the Boy Scout sign, salute, and handshake. Explain when to use each.
- 1E. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning.

### ***Webelos/AOL Elective Adventure: Aquanaut***

1. State the safety precautions you need to take before doing any water activity.
2. Discuss the importance of learning the skills you need to know before going boating.

### ***Webelos/AOL Elective Adventure: Build My Own Hero***

2. Describe how citizens can be heroes in their communities.

### ***Webelos/AOL Elective Adventure: Castaway***

2. C. Discuss what to do if you become lost in the woods. Tell what the letters “ST-O-P” stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.

### ***Webelos/AOL Elective Adventure: Earth Rocks!***

- 1A. Explain the meaning of the word “geology.”
- 1B. Explain why this kind of science is an important part of your world.

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## ***Webelos/AOL Elective Adventure: Fix It***

3. Describe to your Webelos den leader what you would do to fix or make safe the following circumstances:

- a. A toilet is overflowing.
- b. The kitchen sink is clogged.
- c. A circuit breaker tripped, causing some of the lights to go out.

## ***Webelos/AOL Elective Adventure: Into the Wild***

7. Give examples of at least two of the following:

- a. A producer, a consumer, and a decomposer in the food chain of an ecosystem
- b. One way humans have changed the balance of nature
- c. How you can help protect the balance of nature

## ***Webelos/AOL Elective Adventure: Sports***

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.

3. Complete the following requirements:

- a. Explain what good sportsmanship means.
- b. Role-play a situation that demonstrates good sportsmanship.
- c. Give an example of a time when you experienced or saw someone showing good sportsmanship.