

CAMPING AND HIKING

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award
Advanced

	<u>Date</u> <u>Completed</u>	<u>Leader's</u> <u>Initials</u>
1. Explain these terms: erosion, ecosystem, conservation, vegetation, predator, food chain, habitat and biodegradable.	_____	_____
2. Demonstrate how to find the four basic directions using the sun and/or moon and a compass.	_____	_____
3. Identify at least five potential emergency situations that could occur in an outdoor adventure. Describe how to prevent the situation and how to deal with the emergency if it occurs.	_____	_____
4. Help someone else by sharing your knowledge or by participating in an activity that has to do with preserving the outdoors in a pristine state, or restoration of a wildlife area.	_____	_____
5. Try one of the following with adult supervision and permission: fishing, rafting, ropes course, canoeing, mountain biking, backpacking, kayaking, caving, or rock climbing.	_____	_____
6. Demonstrate an ecosystem by building a terrarium.	_____	_____
7. Keep record in a least two of the following categories: wildlife, plant/soil, rocks/minerals, fish, birds, etc. Describe what you saw, when seen, what it was like, where found and how many.	_____	_____
8. Make at least one piece of practical equipment that can be used on an outing (example solar oven, lean to, outdoor shower, etc)	_____	_____
9. Draw a simple map that could be used by another person for directions to an outing.	_____	_____
10. Explain how to test water for portability. Describe two methods for making water potable.	_____	_____
11. Be a Jr/Teen leader for your Camping project.	_____	_____
12. Demonstrate to project members how to tie five different knots and tell how each should be used.	_____	_____
13. Plan a menu for a three day overnight outing.	_____	_____
14. Participate in one field visit to an outdoor equipment manufacturer or provider.	_____	_____
15. Give a presentation at County Presentation Day.	_____	_____

Project Leader's Signature of Completion: _____

Date: _____

Club Leader's Signature of Completion: _____

Date: _____