



Nevada County 4-H *Camping & Outdoor Adventure* Proficiency Program



LEVEL I – EXPLORER

NAME: _____

CLUB: _____

PROJECT: _____

PRIMARY MEMBERS ARE NOT ELIGIBLE TO PARTICIPATE IN PROFICIENCY PROGRAMS

1. Explain the following terms:

erosion _____
ecosystem _____
conservation _____
vegetation _____
predator _____
food chain _____
habitat _____
biodegradable _____

2. Demonstrate how to find the four basic directions (N, S, E, W) using the sun or the moon and a compass.

_____ *Project Leader's signature* _____ *Date* _____

3. List the appropriate foods to take on a trip.

4. Name at least ten basic items

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

5. List the items needed for a basic first aid kit.

6. List ten common courtesies or outdoor manners expected during outdoor adventure activities.

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

7. Demonstrate how to build a safe fire.

_____ *Project Leader's signature* _____ *Date*

8. Demonstrate the safe use of at least three outdoor equipment items such as a hatchet, knife, matches, stove, lantern, etc.

Items Chosen _____

_____ *Project Leader's signature* _____ *Date*

9. Make a craft item out of things collected from nature during one of your project outings. Attach a list of the items you chose.

_____ *Project Leader's signature* _____ *Date*

10. Make a collection of ten different shapes, forms, or patterns from nature (like rocks, leaves, shells, bark rubbings, feathers, etc.) Bring the collection to a project meeting.

_____ *Project Leader's signature* _____ *Date*

11. Keep a notebook of sketches and notes of your observations and details from at least three outings. Include animals, plants, weather, and terrain, etc.

_____ *Project Leader's signature* _____ *Date*

12. Explain what steps to take when someone is lost.

13. Participate in a lost hiker exercise.

_____ *Project Leader's signature* _____ *Date*

14. Describe three different ways to get yourself in shape for a specific outdoor activity. Demonstrate these to your leader.

1. _____
2. _____
3. _____

_____ *Project Leader's signature* _____ *Date*

15. Develop a fitness plan to prepare for a specific outdoor activity and keep a record of your progress for one month. Attach that record.

_____ *Project Leader's signature* _____ *Date*

16. Take a short hike and identify at least ten different items that are polluting the environment. Take along appropriate equipment to help reduce the pollution. Attach a report on what you did.

_____ *Project Leader's signature* _____ *Date*

Congratulations!

**You have completed Level I of the Camping & Outdoor
Adventure Proficiency Program.**



Name _____ Age _____

Club _____

Project _____

Project Leader's _____
Printed Name Signature

Date _____

County Coordinator's _____
Printed Name Signature

Date _____