

4-H

Camping and Outdoor Adventure

Proficiency Program

A Member's Guide

OVERVIEW

The 4-H Camping and Outdoor Adventure Proficiency program helps you learn what you need to know about your 4-H camping and outdoor adventure project. Camping and Outdoor Adventure is an interesting 4-H project. You acquire skills in outdoor living and develop confidence in the ability to live safely and healthfully outdoors. Through this project, you will better understand the environment, the inter-relationships within the ecosystems and appreciate all aspects of nature. You will have fun living cooperatively in a group, and learn how to use leisure time constructively.

There are many resources to help you learn more about your project:

- ◆ The *4-H Publications Catalog* lists a variety of project materials and resources recommended for use in your project.
- ◆ The *North Region 4-H Educational Resources and Lending Library* at your county 4-H office includes other books, videos and reference materials that can be checked out by members and leaders.
- ◆ Stores that sell backpacking and camping supplies may offer classes and other educational activities as well as equipment. Many communities have local sports enthusiast groups that can be a great resource to you.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- **Level I - "Explorer"**, you begin to learn about many different aspects of your camping and outdoor adventure project.
- **Level II - "Producer"**, you practice and refine the many skills involved in your project.
- **Level III - "Consumer"**, you become an experienced producer in your project.
- **Level IV - "Leader"**, allows you to show your own leadership potential.
- **Level V - "Researcher"**, you carry out a demonstration or experiment on some aspect of your camping and outdoor adventure, and prepare a paper or portfolio.

As you work through the proficiency program, your leader will date each skill item as you complete it. When all items in a proficiency level are completed, your leader will sign the Certificate of Achievement and notify your 4-H office.

KEEP IN YOUR RECORD BOOK

CAMPING AND OUTDOOR ADVENTURE

Level I - Explorer

Date _____
Completed _____

Project: _____

- _____ 1. Explain these terms: erosion, ecosystem, conservation, vegetation, predator, food chain, habitat and biodegradable.
- _____ 2. Demonstrate how to find the four basic directions (N, S, E, W) using the sun or the moon, and a compass.
- _____ 3. List the appropriate foods to take on a day trip.
- _____ 4. Name at least ten basic items you would take on a day hike or field trip.
- _____ 5. Prepare a basic first aid kit.
- _____ 6. List ten common courtesies or outdoor manners expected during outdoor adventure activities.
- _____ 7. Demonstrate how to build a safe fire.
- _____ 8. Demonstrate safe use of at least three outdoor equipment items such as a hatchet, knife, matches, stove, lantern, etc.
- _____ 9. Make a craft item out of things collected from nature during one of your project outings.
- _____ 10. Make a collection of ten different shapes, forms, or patterns from nature (like rocks, leaves, shells, bark rubbings, feathers, etc.) Label the items and share the collection with your project group.
- _____ 11. Keep a field notebook of sketches and notes of your observations and details from at least three outings. Include animals, plants, weather and terrain, etc.
- _____ 12. Participate in a lost hiker exercise. Explain what steps to take when someone is lost.
- _____ 13. Describe three different ways to get yourself in shape for a specific outdoor activity. Demonstrate these to your leader and explain your fitness plan. Keep a record of your progress for one month.
- _____ 14. 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.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CAMPING AND OUTDOOR ADVENTURE

Level II- Producer

Date _____

Completed _____

Project: _____

- _____ 1. Explain how to test water for potability. Describe two methods for making water potable.
- _____ 2. Draw a simple map that could be used by another person for directions on an outing.
- _____ 3. Demonstrate how to use a compass and a map to find your way from one point to another.
- _____ 4. Make at least one piece of practical equipment that can be used on an outing (example: solar oven, lean-to, outdoor shower, etc.).
- _____ 5. Plan a menu for a three day overnight outing.
- _____ 6. Participate in one field visit to an outdoor equipment manufacturer or provider.
- _____ 7. Try one of the following with adult supervision and permission:

Fishing	Canoeing	Kayaking	Mountain Climbing
Rafting	Mountain Biking	Backpacking	Skiing
Wind Surfing	Snorkeling	Boating	Caving
Ropes course	Rock Climbing	Snowboarding	Other
- _____ 8. Demonstrate how to tie five different knots and tell how each should be used.
- _____ 9. Explain how and when measurements (weight, distance, etc.) are used in outdoor adventure experiences.
- _____ 10. Participate in an overnight outing and plan at least one part of it, such as the clothes you need to bring, a skit/song for the campfire, a meal for the group, etc.
- _____ 11. Make a plaster cast of at least two animal tracks and display them at a project meeting.
- _____ 12. 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.
- _____ 13. Demonstrate an ecosystem by building a terrarium.
- _____ 14. 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.
- _____ 15. Keep records in at least two of the following categories: wildlife, plant/foilage, soil, rocks/minerals, fish, birds, etc. Describe what you saw, when seen, what it was like, where found, how many, etc.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CAMPING AND OUTDOOR ADVENTURE

Level III - Consumer

Date _____
Completed _____

Project: _____

- ____ 1. Alone or with your group, plan and complete a community service activity related to your project.
- ____ 2. Invite a guest speaker to one of your meetings and introduce them to the group.
- ____ 3. Keep a personal reference library of literature that will be helpful in your project.
- ____ 4. Take part in a project related demonstration or judging contest.
- ____ 5. Report the history of one aspect (origin, equipment, material, technique, etc.) of outdoor adventure.
- ____ 6. Contact a local, state, or national association related to your project. Explain to your project group what this association has to offer to its members and other interested individuals.
- ____ 7. Make a chart that compares three commercial food items for cost, weight, size of container, taste, satiety, backpack ability, appearance, time for preparation, ease of preparation, clean-up and environmental consciousness.
- ____ 8. Visit an expert in the field of an area of outdoor adventure and report what you learned at a project meeting.
- ____ 9. Describe four ways to save money and be economical in obtaining materials for use in your project.
- ____ 10. Design an item or piece of equipment that could be used in an outdoor adventure activity. Come up with a product name and convince your project group of the usefulness of this product.
- ____ 11. Compare and contrast two different outdoor adventures using the following factors:

budget	transportation	time	weather	terrain
attitude	scenery	available water	need for maps and compass	
- ____ 12. Create a list of ten or more practical rules for survival related to outdoor adventure activities and find a way to share them with others.
- ____ 13. Participate in at least three different outdoor adventure activities with your family or project group.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CAMPING AND OUTDOOR ADVENTURE

Level IV - Leader

Date _____

Completed _____

Project: _____

- ____ 1. Serve as a Junior or Teen leader in this project for one year.
- ____ 2. Assist younger members in designing and constructing needed equipment.
- ____ 3. Prepare teaching materials for use at project meetings.
- ____ 4. Develop and put on a demonstration or judging event or train a junior team for an event.
- ____ 5. Speak on a project-based subject before an organization other than your 4-H group.
- ____ 6. Assist younger members in actually learning a specific topic in the project.
- ____ 7. Develop your own special project related activity. Chart your progress, plan the activities, analyze successes and problems, and report on findings.
- ____ 8. Assist a leader/adult in an outdoor adventure activity, organizing the group so that the chores/tasks are evenly distributed among the members.
- ____ 9. Take a first aid class and assist younger members in making a first aid kit. Teach them how and when to use it.
- ____ 10. Alone or with your group, select an outdoor adventure topic you would like to know more about, research this topic, and share information with others in two of the following ways: bulletin board display, written pamphlet, news article, club/group discussion, judging kit, poster, radio spot.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CAMPING AND OUTDOOR ADVENTURE

Level V - Researcher

Date _____
Completed _____

Project: _____

- _____ 1. Report on the results of a demonstration comparing measurable differences in some aspect of your project. (experiment)

- _____ 2. Prepare a paper of 300 words or more on one of the following topics:
 - Evolution of techniques used in an outdoor adventure area
 - History of a specific topic related to your project area
 - Markets and methods of marketing outdoor adventure products
 - Resource utilization and/or conservation
 - Development of equipment used in project area
 - Cultural influences in a specific topic related to your outdoor adventure activity.
 - Ecology of a specific geographic area, terrain, locale, etc.
 - Other

- _____ 3. Prepare a speech or illustrated talk to orally summarize your findings and present at a club or project meeting or other educational event.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

Certificate of Achievement

This certifies that

has completed the _____ Proficiency

in _____ County.

Explorer

_____ Date

_____ Leader's Signature

Producer

_____ Date

_____ Leader's Signature

Consumer

_____ Date

_____ Leader's Signature

Leader

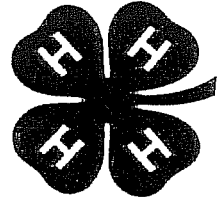
_____ Date

_____ Leader's Signature

Researcher

_____ Date

_____ Leader's Signature



NOTES

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