

REVISED SCOUT PROGRESS SCHEME 2014

SCOUT RECORD BOOK

Name	
Patrol	
School	

Programme Review Team

The Programme Review Team will continue to use the badge names of the existing Progress Badge Scheme during the pilot phase of the programme implementation, and will propose the confirmed names at a later date.

The Four Tiers Scheme

1. Tier 1 – Initiation to Patrol Life (Estimated Completion Time 6 Months)
2. Tier 2 – Participation in Patrol Life (Estimated Completion Time 12 Months)
3. Tier 3 – Building Patrol Life (Estimated Completion Time 12 Months)
4. Tier 4 – Contributing to Troop Life (Estimated Completion Time 6 Months)

Basic Requirements

Learning Journal – Start a Scout Journal that keeps track of your journey in Scouting, detailing events that impacted your life, thoughts, reflections and notable interactions with other people. Journal should include Acts of Kindness you have observed, received or rendered. This journal will be reviewed at every end of tier review by your Scout Leader or his designate. The journal should include illustrations, paper clippings and any suitable forms of expression. The frequency of entries should be progressive and the questions and reflections should be progressively more demanding as the tiers go by.

Any written tasks from the Progress Badge Scheme can be inserted into the journal. This journal will form part of the evaluation for the highest award interview.

Review and Reflection – The Scout Leader or his designate shall conduct a face-to-face review with the Scout before granting him any awards so as to personally understand the Scout's attitude, character and personal development. The Scout leader shall then assess if the Scout requires more time to be suitable for the award.

For Tiers 1 and 2, the review session should be conducted by the Patrol Leader under the supervision of a designated Adult Leader.

For Tiers 3 and 4, the review session should be conducted by the Scout Leader or his designated Adult Leader.

Suggested Review and Reflection Guide

- Review of the Scout's achievements, attitude, character and personal development against the SPICES outcomes.
- Review the Scout's Journal. Discuss the response to the Scout's Reflection.
- Assess the following character progression (there should be a marked progression from the previous tier interview based on the individual's standard) Understanding and practice of the Scout Promise and Law Interpersonal Skill Affective and Social development
- Facilitate the Scout to set personal goals and timelines for his next award.

Tier 1 – Initiation to Patrol Life
(Estimated Completion Time 6 Months)

Theme \ Thread	Activity	Signature
Citizenship and Global Awareness	1a. Investigate the origins and meanings behind the National Symbols of your own country.	
	1b. Participate and understand the significance of Scout Ceremonies , including scout basic drills.	
Adventure and Outdoors Core Scouting Activities are: • Camping • Outdoor Exploration \ Expedition • Knotting & Pioneering Outdoor Cooking	1. Learn about Basic Self Care in Outdoor Settings.	
	2. Participate in at least ONE of the Core Scouting Activities with your Patrol. (Explanatory Note: Given that the objective of Tier 1 is to be initiated into Patrol Life and Scouting, a Scout should have an opportunity to participate in core Scouting activities so as to be integrated and engaged in Scouting life. These may be a sequence of activities under one core activity area, or a mix of activity areas.)	
	1. Participate in an outdoor activity of an adventurous nature lasting about THREE hours. <i>(Activities should not be one of the core scouting activities in no. 2)</i>	
Service and The Community	1. With a fellow Scout, explore the area around your Troop’s activity base, school or home.	

Theme \ Thread	Activity	Signature
Sports and Physical Recreation	1. Participate in a Scouting game requiring teamwork during a Troop meeting.	
	2. Set a goal for physical fitness for a period of THREE weeks and participate in it regularly (no less than FIVE hours) to show improvement over this period.	
Inspirations, Beliefs and Attitudes	1. My Beliefs Share with your Patrol your beliefs and practices in your religion. <i>(choose any religion to research into if you do not have one)</i>	
	1. Thank You Note down acts of kindness towards you in your Journal. Write a letter of gratitude to someone whom you are thankful to in life.	
Creative Pursuits	1. Take active part in ONE of the following activities with your Patrol:- <ul style="list-style-type: none"> · Perform in front of an audience. <p style="text-align: center;"><i>OR</i></p> <ul style="list-style-type: none"> · Create a collaborative artistic piece. <p style="text-align: center;"><i>OR</i></p> <ul style="list-style-type: none"> · Problem solving activity which requires critical and creative thinking, effective teamwork and communication, time management and problem solving. 	
Tier 1 Completion		

Tier 2 – Participation in Patrol Life (Estimated Completion Time 12 Months)

Theme \ Thread	Activity	Signature
<p>Citizenship and Global Awareness</p>	<p>1. Articulate what you understand from the National Pledge and how you live out the aspirations espoused in the Pledge.</p>	
	<p>2. Make friends with a Scout who has been to an International Scout Exchange Activity and record your findings in your Journal. OR Make friends with a Scout from another National Scout Organisation and find out more about Scouting in his or her country.</p>	
<p>Adventure and Outdoors Core Scouting Activities are:</p> <ul style="list-style-type: none"> • Camping • Outdoor Exploration \ Expedition • Knotting & Pioneering Outdoor Cooking 	<p>1. Provide First Aid for commonly occurring physical injuries in an outdoor setting. <i>(Cuts, blisters, bruises, bee stings, etc.)</i></p>	
	<p>2. Play an active role in at least THREE Core Scouting Activities with your Patrol on a regular basis.</p>	
	<p>3. Participate in an outdoor activity of an adventurous nature lasting about SIX hours. <i>(Activities should not be one of the core scouting activities in no. 2)</i></p>	
<p>Service and The Community</p>	<p>1. Perform an act of service for the community.</p>	

Theme \ Thread	Activity	Signature
Sports and Physical Recreation	1. Play a sport for recreation regularly.	
	2. Set a goal for physical fitness for a period of SIX weeks and participate in it regularly (no less than 20 hours) to show improvement over this period, with an understanding of how a balanced diet and sufficient sleep are important for a healthy body.	
Inspirations, Beliefs and Attitudes	1. I Promise to Act Explain how the Scout Promise and Law can be a part of your daily life.	
	2. Let's Celebrate Research with another Scout (preferably of another faith) on TWO religious practices or festivals of your respective faiths celebrated in Singapore. Present your findings to your Patrol.	
Creative Pursuits	1. Complete ONE of the following activities:- · Put up a solo performance . OR · Create an individual artistic piece . OR · Write an article for your Unit or School newsletter or website on the benefits of Scouting, a recent activity, an unforgettable personal Scouting experience or interesting things about your Patrol. OR · Play a specific role within a problem solving activity which requires critical and creative thinking, effective teamwork and communication, time management and problem solving.	
Tier 2 Completion		

Tier 3 – Building Patrol Life (Estimated Completion Time 12 Months)

Theme \ Thread	Activity	Signature
Citizenship and Global Awareness	1. Hold at least ONE of the following proficiency badges: <i>Civics Proficiency</i> or any <i>National Campaign Badge</i> .	
	2. Participate in an International Exchange Activity . Discuss with your Patrol your experiences from the activity. Include in your discussion how you appreciated differences in how people from different cultures live. Record your discussion in your Journal.	
Leadership and Interests	1. Attend a Scout Leadership Course .	
	2. Discuss your overall proficiency badge attainment with your Scout Leader or his designate, in particular reflect and explore the idea of how these proficiency badges have broadened your interests and how you have continued these activities even outside of Scouting activities.	
Adventure and Outdoors Core Scouting Activities are: • Camping • Outdoor Exploration \ Expedition • Knotting & Pioneering Outdoor Cooking	1a. Be able to assess the basic health and safety needs for core Scouting activities and make logistics preparations for them. 1b. Hold the <i>First Aid or Life Saver II Badge</i> .	
	2a. Lead your Patrol in an Outdoor Exploration \ Expedition OR Camp . 2b. Plan either an Outdoor Cooking OR Knotting & Pioneering activity for your Patrol.	

	<p>3. Hold at least ONE of following Outdoor and Adventure Proficiency Badges. <i>Abseiler, Angler, Air Navigator, Boat Puller I, Camp Cook, Camper, Canoeist I, Cyclist, Dragon Boater, Explorer, Naturalist, Pioneer, Rock Climber, Optimist I, Power Craft I, Sailor I, Skin Diver I, Scuba Diver I, Windsurfer I or Open Theme Collective Badge of an Adventurous nature.</i></p>	
<p>Service and The Community</p>	<p>1. Select a community and perform regular service to it taking at least EIGHT hours over at least FOUR separate occasions.</p>	
<p>Sports and Physical Recreation</p>	<p>1. Lead your Patrol in at least TWO Scouting games requiring teamwork during a Troop meeting and assist in the organisation of ONE Scouting game for your Troop.</p>	
	<p>2. Learn a recreational sport that is new or unfamiliar to you or hold any of the following proficiency badges: <i>Athlete, Master-at-Arms, Sportsman, Swimmer I.</i></p>	
	<p>3. Set a goal for physical fitness for a period of TEN weeks and participate in it regularly (no less than 30 hours) to show improvement over this period, and understanding that smoking, alcohol and drug abuse are detrimental to a healthy lifestyle.</p>	

Inspirations, Beliefs and Attitudes	1. They Say, I Quote Collect inspirational and meaningful quotes on Scouting, Leadership, and Nature. Choose and share your favourite FIVE with your Patrol. Discuss why these quotes are meaningful to you and relate how they help you as a Scout.	
	2. Reflections Spend at least ½ hr in solitude in natural surroundings. Observe and feel with your senses. Record your observations and reflections.	
Creative Pursuits	1. Play a leading role in ONE of the following activities with your Patrol:- · Perform in front of an audience. <i>OR</i> · Create a collaborative artistic piece. <i>OR</i> · Problem solving activity which requires critical and creative thinking, effective teamwork and communication, time management and problem solving.	
Tier 3 Completion		

Tier 4 – Contributing to Troop Life (Estimated Completion Time 6 Months)

Theme \ Thread	Activity	Reference
<p>Citizenship and Global Awareness</p>	<p>1a. Investigate ONE pressing issue that Singapore OR the World faces.</p> <p>1b. Do a presentation to your Troop on the findings of your research. Suggest how Scouting can help to resolve / alleviate the issue.</p> <p>2. Hold at least ONE of the following proficiency badges: <i>Conservator, World Friendship, World Scout Environment Programme</i></p>	
<p>Leadership and Interests</p>	<p>1. Hold at least ONE other proficiency badge of your choice. (This badge should not have been used to fulfil the requirements of any other section)</p>	
<p>Adventure and Outdoors Core Scouting Activities are:</p> <ul style="list-style-type: none"> • Camping • Outdoor Exploration \ Expedition • Knotting & Pioneering Outdoor Cooking 	<p>1. Be able to instruct (for Tier 2) or be responsible for First Aid in any setting.</p> <p>2. Play an active role in the planning of an Outdoor Exploration \ Expedition or Camp at Troop level.</p> <p>3. Hold an area of responsibility within the Troop for at least SIX months or hold ONE of the responsibility badges: <i>Camp Warden, Fireman, Quartermaster, Secretary, Race Management.</i></p>	

Theme \ Thread	Activity	Reference
Service and The Community	1. With up to THREE fellow Scouts, study the needs of a community and design a community service project or activity. Conduct the activity with the aid of members of your Patrol or your Troop.	
Sports and Physical Recreation	1. Conduct a sharing with your Troop or Patrol on how you have kept fit through your chosen activity and demonstrate understanding of the activity by sharing on the kinds of proper equipment needed, rules and mechanics, or conduct a session of the activity in your Troop or Patrol (if possible).	
Inspirations, Beliefs and Attitudes	<p>1. Literature Review</p> <p>Review a speech, movie, book or play that has impacted you and explain how it has shaped your life's perspective.</p>	
	<p>2. I'm Your Mentor</p> <p>Be a buddy to a junior Scout in your Troop for at least THREE months.</p> <p>Share with him your experiences / perspectives on Scouting, and relate them to the Scout Promise and Law. Share the challenges you've faced and how you overcame them in the presence of a Scout Leader.</p>	
Creative Pursuits	<p>1. Contribute to your Scout Group or your community with ONE of the following activities in a leading role:-</p> <ul style="list-style-type: none"> · Organise a Scouts' Own including programme planning and selecting or writing prayers or music. <p>OR</p> <ul style="list-style-type: none"> · Promote a charity or its event through a newsletter, brochure, poster, video, website or mini-exhibition. <p>OR</p> <ul style="list-style-type: none"> · Design a new, or a new way to conduct a Scout activity. <p>OR</p>	

Theme \ Thread	Activity	Reference
	<ul style="list-style-type: none"> · Design a new pioneering project to overcome a given challenge. <li style="text-align: center;">OR · Produce a performance event including conceptualisation, auditions, rehearsals and stage management. 	
Tier 4 Completion		

Core Scouting Activities

Within the revised Progress Badge Scheme, the Core Scouting Activities are defined along the following four threads: -

- Camping
- Outdoor Exploration \ Expedition
- Knotting & Pioneering
- Outdoor Cooking

While each of these activities may take place on infrequent, though regular basis in a Unit's programme, the skills traditionally associated with Scouting such as knots and lashings, starting fires, pitching tents, usage of maps and compasses may all be contextualised within these activities, and can form part of the series of preparatory activities leading up to the main activity itself.

For instance, a Unit that has a camp at the end of the year would need to provide preparatory training in some or all of the following areas: -

- Pitching and striking the tent
- Pitching and striking the kitchen shed
- Preparation and cooking a meal
- Constructing simple camp gadgets
- Maintaining personal and camp cleanliness and hygiene (Camping Standard)
- Outdoor games
- Campfire

Where the revised Progress Badge Scheme refers to Core Scouting Activities, such as "Participate in at least **ONE of the Core Scouting Activities** with your Patrol on a regular basis", it requires the Young Person to participate regularly in the series of activities, including preparatory and training activities culminating in the final activity, along any of the

allowed activity threads over the period of assessment. This must be done to the satisfaction of the Scout Leader or his designate.

At the end of Tier 1, Unit Leaders should assess that Young Persons should have made progress towards achieving some of the following educational outcomes, prior to awarding the badge.

Area	Educational Outcomes
Social Development	Shows an ability to take decisions jointly and act upon them with the team
Physical Development	Helps to prevent situations which could adversely affect his own or his companions' health.
Intellectual Development	Shows an interest in expanding his knowledge of things going on around him.
Character Development	Is able of accepting and evaluating the criticisms made about his behaviour.
Emotional Development	Expresses in different ways what he lives, thinks and feels, in the Patrol Book.
Spiritual Development	Participates with his patrol in time of reflection aimed at finding out and expressing the spiritual meaning of their experience.

At the end of Tier 2, Unit Leaders should assess that Young Persons should have made significant progress towards achieving each of the following educational outcomes, prior to awarding the badge.

Area	Educational Outcomes
Social Development	Demonstrates that he considers people who are different to him to be equal in dignity.
	Shows an ability to take decisions jointly and act upon them with the team
	Shows the ability to understand and act upon responsibility that stronger / more able members have to help the weaker / less able within the Patrol.
Physical Development	Participates in activities which contribute to the development of his body.
	Recognises the changes which are happening in his body as it develops.
	Helps to prevent situations which could adversely affect his own or his companions' health.
Intellectual Development	Shows an interest in expanding his knowledge of things going on around him.
	Is capable of expressing his own thoughts about situations which he experiences.
	Recognises some of the different elements of a problem.
Character Development	Is able of accepting and evaluating the criticisms made about his behaviour.
	Is able to make decisions by himself and to implement them.
	Takes responsibility for his own development and sets objectives to achieve it.
Emotional Development	Expresses in different ways what he lives, thinks and feels, in the Patrol Book.
	Identifies the causes of his reactions and impulses.
	Listens to other peoples' opinions and expresses his differences appropriately.
Spiritual Development	Participates with his patrol in time of reflection aimed at finding out and expressing the spiritual meaning of their experience.
	Shares with people of different faiths without prejudices.
	Shows an interest in acting consistently with his faith, especially in moments of difficulty.

At the end of Tier 3, Unit Leaders should assess that Young Persons should have made progress towards achieving some of the following educational outcomes, prior to awarding the badge.

Area	Educational Outcomes
Social Development	Is open to different opinions, social classes and ways of life.
	Helps to establish rules in the groups he belongs to.
Physical Development	Respects his body and that of others.
	Takes suitable measures in case of illness or accident.
Intellectual Development	Extends fields of knowledge in which he learns for himself.
	Demonstrates an ability to analyse a situation from different standpoints.
Character Development	Is capable of looking at himself in a critical way.
	Is able to manage his personal time, respecting priorities set.
Emotional Development	Shares his worries, aspirations and feelings in his team.
	Expresses his opinion showing respect for other people.
Spiritual	Is able to recognise the spiritual significance of personal and collective experience.
Development	Constantly examines the consistency between his beliefs and his actions.

At the end of Tier 4, Unit Leaders should assess that Young Persons should have made significant progress towards achieving each of the following educational outcomes, prior to nomination for the Tier 4 award.

Area	Educational Outcomes
Social Development	Is open to different opinions, social classes and ways of life.
	Helps to establish rules in the groups he belongs to.
	Understands Singapore's place in the world and the need for collective contributions to build a better community for all.
Physical Development	Respects his body and that of others.
	Describes the relation between the physical and Psychological processes of his body.
	Takes suitable measures in case of illness or accident.
Intellectual Development	Extends fields of knowledge in which he learns for himself.
	Demonstrates an ability to analyse a situation from different standpoints.
	Participates in a project, which presents a novel technical solution to a common problem.
Character Development	Is capable of looking at himself in a critical way.
	Adopts consistency as a value to direct his life.
	Is able to manage his personal time, respecting priorities set.
Emotional Development	Shares his worries, aspirations and feelings in his team.
	Recognizes in himself tendencies such as loneliness, shyness, rebelliousness and insecurity and progressively learns to handle them.
	Expresses his opinion showing respect for other people.
Spiritual Development	Is able to recognise the spiritual significance of personal and collective experience.
	Deepens his knowledge of the spiritual heritage of his family or community.
	Constantly examines the consistency between his beliefs and his actions.

Old Scout Progress Badge Scheme

Reference	SCOUT STANDARD (SS)
SS01	<p>National Flag, Anthem and Pledge</p> <p>(a) Know the meaning of the various symbols and colours of the National Flag.</p> <p>(b) Explain the meaning of the National Anthem.</p> <p>(c) Have an understanding of the Pledge and explain how a Scout can do his part as a citizen in keeping the Pledge.</p>
SS02	<p>First Aid (1)</p> <p>(a) Pack a patrol first aid kit.</p> <p>(b) Be able to treat simple wounds, fainting, unconsciousness, burns and scalds.</p>
SS03	<p>Cooking (1)</p> <p>(a) Be able to light a fire outdoors using firewood and matches.</p> <p>(b) Cook a simple meal for yourself with utensils using firewood.</p> <p>(c) Be able to operate a gas stove.</p>
SS04	<p>Knots (1)</p> <p>Be able to tie and explain the use of the following:-</p> <p>(a) thumb knot</p> <p>(b) figure-of-eight knot</p> <p>(c) reef knot</p> <p>(d) sheet bend</p> <p>(e) clove hitch</p> <p>(f) sheep shank</p> <p>(g) timber hitch</p> <p>(h) round turn two half hitches</p> <p>(i) marlinspike knot</p>
SS05	<p>Camp (1)</p> <p>(a) Pitch and strike a 4-men hiker's tent with another candidate.</p> <p>(b) Know how to pack a rucksack efficiently for a hike and for a weekend outdoor camp.</p>
SS06	<p>Exploration (1)</p> <p>(a) Have a knowledge of Highway and Country Codes.</p> <p>(b) Know the theory on Map and Compass, including Grid References, Scale and Signs, Symbols and Colours in Maps, Compass Bearings and Directions, Set a Map.</p>
SS07	<p>Drill (1)</p> <p>Be able to execute basic stationary drill:</p> <p>(a) senang diri</p> <p>(b) rehatkan diri</p> <p>(c) sedia</p> <p>(d) ke-kanan pusing</p> <p>(e) ke-kiri pusing</p> <p>(f) ke-belakang pusing</p>

S/N	THE ADVANCED SCOUT STANDARD (ASS)
ASS01	Raise and Lower Flag Be able to raise and lower a flag during a unit meeting or at school.
ASS02	Swim 50m Be able to swim 50m using any stroke without difficulty (alternative permissible only on medical grounds)
ASS03	Outdoor Precautions Know the outdoor precautions to take in two outdoor land and one sea activities.
ASS04	First Aid (2) (1) Know the symptoms and treatment for: (a) shock (b) animal, snake and insect bites (c) poisoning (2) Be able to tie simple bandages and arm slings.
ASS05	Cooking (2) Prepare a full course meal (balance diet) for 2 Scouts without using utensils.
ASS06	Knots (2), Lashings, Splicings and Whippings (1) Demonstrate the following and explain their uses: (a) rolling hitch (b) bowline (c) fireman's chair knot (d) surgeon's knot (e) highwayman's hitch (f) scaffold hitch (g) square lashing (h) diagonal lashing (i) figure-of-eight lashing (j) simple whipping (k) sail-maker's whipping (l) back splice (2) With the assistance of your patrol, construct a flag staff of at least 15 ft (2 staves) for a unit meeting.
ASS07	Camp (2) (a) Go for an outdoor camp (under tentage) for at least 2 nights. (b) Pitch a 8 - 12 men ridge tent with a patrol of 6 boys.
ASS08	Exploration (2) (a) Explore your own District and draw a simple map showing the important land marks and amenities. It should cover about 2-3 km in radius. (b) Go on an overnight hike as a companion for a test candidate.
ASS09	Drill (2) Be able to execute mobile drills in a contingent or attain the Footdrill Proficiency Badge Certificate.
ASS10	Service (1) (a) Participate in at least one community service project organised by your Unit,

	District or the HQ (b) Perform some household chores on a regular basis for at least 3 months. This must be verified by a parent or guardian.
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Reference	FIRST CLASS AWARD (FC)
FC01	Leadership Training Attend a leadership training course approved by your District Commissioner
FC02	Outdoor Proficiency Badge Attain at least one of the following proficiency badges: Camper, Camp-craft, Explorer, Pioneer, Camp Cook, Rock-Climber, Abseilor, Mountain-trekker, Canoeist, Boatman, Helmsman, Skin Diver, Airman
FC03	Conservation/Environment Proficiency Badge Attain at least ONE of the following proficiency badges: Water Conservation, Energy Conservation, World Conservation (Green Stage).
FC04	First Aid (3) (a) Know how to handle an emergency situation such as fire, road accident, drowning, electrocution (b) Know the priority of treatment for casualties (c) Know the proper handling of fractures (d) Demonstrate Cardio-Pulmonary resuscitation (e) Perform emergency evacuations
FC05	Cooking (3) Plan the menu for a weekend patrol camp. Cook at least 2 meals for the patrol during patrol or unit camp
FC06	Pioneering With the assistance of your patrol, construct an aerial runway, a bridge or a tower.
FC07	Camp (3) Have camped outdoors under tentage for a total of at least 10 nights.
FC08	Exploration (3) (a) Understand what is back-bearing, the contour system, compass variations (b) Know how to overcome obstacles and to locate your position during navigation (c) Carry out a pacing exercise and know how to estimate distances travelled (d) Go for an overnight expedition with one companion and make a hike report of the journey (distance about 30 km plus 15 km)
FC09	Drill (3) Be able to command a contingent of scouts on both stationary and mobile drills.
FC10	Service (2) (a) Assist a Venture Scout in PSA tests or a Scout in CCA tests. (b) Visit and render service to a Home or a Cadet Scout Unit for at least 4 hours over at least 3 separate occasions. (c) Perform some household chores or assist your parent or guardian in their work for at least 2 hours per week over at least 6 months.

Reference	CHIEF COMMISSIONER'S AWARD (CCA)
CCA01	Appointment of Responsibility Hold the appointment of a SPL, PL, APL, QM or Scribe for a period of at least 6 months.
CCA02	Exploration (4) Lead a patrol of at least 4 other Scouts on an overnight hike. The emphasis of this test is on leadership and planning, and not endurance. The candidate is also expected to impart some exploration skills to the Scouts during the course of the hike. The candidate should discuss with the examiner what he intends to teach and show the lesson plan to the examiner. The distance covered should be about 30 km. The examiner must be HQ appointed.
CCA03	Rescue (a) Attain either the Life-Saver or Ambulance Proficiency Badge. (b) Demonstrate the use of 3 rescue knots.
CCA04	Service (3) Perform at least 8 hours of service to a Cadet Scout Unit or Home over at least 4 separate occasions.
CCA05	Skill Be able to instruct and test another Scout in a skill/outdoor proficiency badge.
CCA06	Fitness Achieve any one of the following: <ul style="list-style-type: none"> • Aerobic fitness - NAPFA silver standard • Swimming - 500m • Canoeing - 3.5 km in one hour • Sports - Represent the school and play a game regularly for at least one year • Attending martial arts training regularly for at least one year.
CCA07	Civics Hold one of the following proficiency badges: <ul style="list-style-type: none"> • Civics • Anti-Drug Abuse • Crime Prevention • Healthy Living • Civil Defence • Total Defence (Silver)
CCA08	Interview Attend an interview to evaluate the suitability of the candidate for the award.