

	1	2	3	4	5	6	7	8	9	10
<p><b>Challengers</b></p> <p>Participate in at least 3 day hikes this year.</p> <p>Participate in at least 3 campouts this year.</p> <p>Demonstrate an advanced level of proficiency in at least two of the following: hiking, canoeing, cross-country skiing, or snowshoeing</p>	<p><b>Forest Protection</b></p> <ul style="list-style-type: none"> <li>-Research the long-/and short-term effects of natural and non-natural control methods for 3 major Canadian forest insect pests.</li> <li>-Detect, evaluate and control the disease damage in a forest community plot.</li> </ul> <p><b>Change</b></p> <ul style="list-style-type: none"> <li>-Discuss the ecological role of insects and disease.</li> <li>-Do one of the following: demonstrate how the biomass of a forest affects the rate of fire burn and damage, or interpret the long- and short-term effects of insects and disease on the forest environment.</li> </ul>	<p><b>Outdoor Recreation</b></p> <ul style="list-style-type: none"> <li>-Develop a site, trail or program development plan.</li> <li>-Do 1 of the following: assist in the planning and implementation of a site or trail development project, assist in the management of a recreation area for at least 6 months, or plan and lead a forest recreation program for younger wardens for a 3-month period.</li> </ul> <p><b>Leadership of Others</b></p> <ul style="list-style-type: none"> <li>-Facilitate change in outdoor programs and leadership situations.</li> </ul> <p><b>Community Service</b></p> <ul style="list-style-type: none"> <li>-Work on or facilitate a committee to research, plan and implement 2 provincial projects or programs.</li> </ul>	<p><b>First Aid</b></p> <ul style="list-style-type: none"> <li>-Complete a CPR, Standard First Aid, Instructor and/or Advanced or Industrial First Aid course</li> <li>-Construct and demonstrate the use of a first aid kit based on the first aid course completed.</li> </ul> <p><b>Planning</b></p> <ul style="list-style-type: none"> <li>-Demonstrate confidence and competence in performance and productivity.</li> </ul> <p><b>Leadership of Others</b></p> <ul style="list-style-type: none"> <li>-Understand how a leader changes.</li> <li>-Participate in a leadership facilitation process (Fall Leadership workshop)</li> </ul>	<p><b>Knots and Lashings</b></p> <ul style="list-style-type: none"> <li>-Demonstrate proper care and maintenance of 3 types of rope.</li> </ul> <p><b>Survival</b></p> <ul style="list-style-type: none"> <li>-Identify the 7 enemies of survival and construct a survival pattern and plan for an incident.</li> </ul> <p><b>Outdoor Clothing</b></p> <ul style="list-style-type: none"> <li>-Research and give a presentation on current high tech brands and materials of outdoor clothing.</li> </ul>	<p><b>Classification</b></p> <ul style="list-style-type: none"> <li>-Identify species for a local area.</li> <li>-Participate in a national species count.</li> </ul> <p><b>Cooperation</b></p> <ul style="list-style-type: none"> <li>-Be familiar with, and teach to younger wardens, a number of ice breakers, initiative tasks and cooperative games.</li> </ul>	<p><b>Outdoor Safety</b></p> <ul style="list-style-type: none"> <li>-Treat and stabilize a hypothermia victim.</li> <li>-Deal with the following simulations: frostbite, snowblindness and severe sunburn.</li> </ul> <p><b>Responsible Hiking and Camping</b></p> <ul style="list-style-type: none"> <li>-Based on estimated calorie needs, plan a menu for a day outing.</li> </ul> <p><b>Cooperation</b></p> <ul style="list-style-type: none"> <li>-Work on a committee that is involved in the planning of a community event.</li> </ul>	<p><b>Watershed Management</b></p> <ul style="list-style-type: none"> <li>-Investigate the management issues of 1 river in Canada, from its headwaters to the ocean</li> <li>-Do a presentation on the Clean Water Act for your province.</li> </ul> <p><b>Classification</b></p> <ul style="list-style-type: none"> <li>-Teach others how to use a dichotomous key</li> <li>-Describe the bio-ecological classification system of a local area.</li> </ul> <p><b>Leadership of Others</b></p> <ul style="list-style-type: none"> <li>-Discover a personal leadership style, practice it, and exercise adaptability and flexibility when leading others.</li> </ul>	<p><b>Forest Protection</b></p> <ul style="list-style-type: none"> <li>-Develop and implement, through a simulation, a fire suppression plan.</li> <li>-Through a simulation, demonstrate the management of a campsite fire. Include the proper use and maintenance of hand tools, pumps and hose lines.</li> <li>-Tour 2 of the following sites and describe their role in fire suppression: air tanker base, rap attack crew, initial attack base, lightning detection system, provincial fire centre or other fire suppression sites.</li> </ul>	<p><b>Fire Lighting Techniques</b></p> <ul style="list-style-type: none"> <li>-Demonstrate and explain the mechanisms and physics of basic fire suppression.</li> <li>-Construct an emergency fire using at least 2 of the following techniques: friction, spark, or the use of natural materials in wet/windy conditions.</li> </ul> <p><b>Community Service</b></p> <ul style="list-style-type: none"> <li>-Explain the purpose and opportunities of Outreach, Long Lake Camp, Leaders in Training, Counsellors in Training, Out-trips, Junior Forest Rangers and club programs.</li> </ul>	<p><b>Responsible Hiking and Camping</b></p> <ul style="list-style-type: none"> <li>-Plan, package and prepare menus for 4 dayhikes and 2 campouts.</li> </ul> <p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>-Become competent in, and teach to younger wardens, conflict resolution techniques such as Pinch Theory and Nibble Theory.</li> <li>-Practice role-modeling techniques.</li> </ul>
	11		13	14	15	16	17	18	19	20
<p><b>Challengers</b></p> <p>Participate in at least 3 day hikes this year.</p> <p>Participate in at least 3 campouts this year.</p> <p>Demonstrate an advanced level of proficiency in at least two of the following: hiking, canoeing, cross-country skiing, or snowshoeing</p>	<p><b>Forest Uses</b></p> <ul style="list-style-type: none"> <li>-Develop an operation plan for integrated resource management.</li> <li>-Include in your plan information on participating in a public forum and an analysis of the costs and benefits of the plan.</li> </ul> <p><b>Planning</b></p> <ul style="list-style-type: none"> <li>-Develop a personal action plan for an activity, leadership opportunity, etc. and carry out the plan.</li> <li>-Demonstrate how your plan includes the purpose, objectives principles and area of study. Describe how the standards incorporated into the JFW program are met.</li> </ul>	<p><b>Forest Management</b></p> <ul style="list-style-type: none"> <li>-Perform an operational cruise using aerial photos and maps to interpret the results.</li> <li>-Use the cruise data to create a logging plan that includes rotation by volume.</li> <li>-Demonstrate the application of the concepts of sustained yield and annual allowable cut.</li> <li>-Develop a silviculture plan for your study area.</li> </ul>	<p><b>Range Management</b></p> <ul style="list-style-type: none"> <li>-Give a presentation on rangeland management and policies in your region.</li> </ul> <p><b>Navigation</b></p> <ul style="list-style-type: none"> <li>-Demonstrate the use of topographic and forest cover maps and/or aerial photos in terms of aspect, characteristics and terminology.</li> </ul>	<p><b>Outdoor Clothing</b></p> <ul style="list-style-type: none"> <li>-Present a lecture, model or activity on selecting, wearing and maintaining outdoor clothing. Include a variety of materials and fabrics and the principles of each clothing selection.</li> </ul> <p><b>Responsible Hiking and Camping</b></p> <ul style="list-style-type: none"> <li>-Plan, package and prepare menus for 4 dayhikes and 2 campouts.</li> </ul> <p><b>Community Service</b></p> <ul style="list-style-type: none"> <li>-work on or facilitate a committee to research, plan and implement 2 club projects.</li> </ul>	<p><b>Survival</b></p> <ul style="list-style-type: none"> <li>-Clearly identify the difference between survival philosophy and outdoor recreation.</li> <li>-Through a simulated exercise, perform a 2-day survival camp using the pattern for staying alive. Demonstrate proficiency in freighting, basic navigation, first aid, natural food selection, shelter construction, signals, and body heat retention.</li> </ul> <p><b>Cooperation</b></p> <ul style="list-style-type: none"> <li>-Be familiar with, and teach to younger wardens, a number of ice breakers, initiative tasks and cooperative games.</li> </ul>	<p><b>Search and Rescue</b></p> <ul style="list-style-type: none"> <li>-Establish search grids with map and compass.</li> <li>-Develop and manage emergency response plans and organize a minimum of 4 people to conduct a preliminary and secondary search program.</li> </ul> <p><b>Cooperation</b></p> <ul style="list-style-type: none"> <li>-Work on a committee that is involved in the planning of a community event.</li> </ul>	<p><b>Outdoor Equipment</b></p> <ul style="list-style-type: none"> <li>-Give a presentation on the selection of 3 different types of outdoor equipment</li> </ul> <p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>-Discover and practice personal values and principles.</li> <li>-Keep a personal logbook based on personal values and principles.</li> <li>-Understand, and teach to younger wardens, the values and principles of JFWs.</li> </ul>	<p><b>Responsible Hiking and Camping</b></p> <ul style="list-style-type: none"> <li>-Conduct a research project on the body's use of carbohydrates, fat and protein on an outdoor experience, in relation to fitness and performance.</li> <li>-Plan, package and prepare menus for 4 dayhikes and 2 campouts.</li> </ul>	<p><b>Shelters</b></p> <ul style="list-style-type: none"> <li>-Demonstrate a minimum of 5 natural shelters in 3 topographic areas.</li> <li>-Construct and explain heat retention principles in lean-to shelters, snow shelters, and fabric shelters.</li> <li>-Describe their disadvantages, hazards and recommend safety procedures.</li> </ul> <p><b>Changes</b></p> <ul style="list-style-type: none"> <li>-Illustrate the greenhouse effect and teach the concept to younger wardens.</li> </ul>	<p><b>Enjoying the Outdoors</b></p> <ul style="list-style-type: none"> <li>-Lead a nature awareness walk (1st of 3) for younger wardens</li> </ul> <p><b>Leadership of Others</b></p> <ul style="list-style-type: none"> <li>-Identify the difference between high and low self-esteem and leadership styles.</li> <li>-Learn the different ways that people learn and practice adapting this knowledge when teaching others.</li> </ul>
	21	22	23	24	25	26	27	28	29	30
<p><b>Challengers</b></p> <p>Participate in at least 3 day hikes this year.</p> <p>Participate in at least 3 campouts this year.</p> <p>Demonstrate an advanced level of proficiency in at least two of the following: hiking, canoeing, cross-country skiing, or snowshoeing</p>	<p><b>Community Service</b></p> <ul style="list-style-type: none"> <li>-Develop, present, implement and report on a plan to integrate resource conservation in your lifestyle for a 10-month period.</li> </ul> <p><b>Changes</b></p> <ul style="list-style-type: none"> <li>-Describe why fire is a natural process in the forest.</li> <li>-Discuss the effects of micro climate on living organisms.</li> <li>-Predict weather systems and their effects on an area.</li> </ul>	<p><b>Wildlife Management</b></p> <ul style="list-style-type: none"> <li>-Develop a habitat management project and present the information to a local group that has the resource to take on the project.</li> <li>-Determine the impact of timber harvesting, herbicides and pesticides and linear development (eg. Roads, pipelines) on or over waterways.</li> </ul>	<p><b>First Aid</b></p> <ul style="list-style-type: none"> <li>-Demonstrate a complete body search to identify primary and secondary signs and symptoms of an injury.</li> <li>-Conduct and manage an environmental accident simulation dealing with at least 5 of the following: altitude sickness, thermal injury, head and spinal injury, triage situation, emergency evacuation, casualty needing CPR, crisis intervention or multi-casualty.</li> </ul> <p><b>Leadership of Others</b></p> <ul style="list-style-type: none"> <li>-Demonstrate proficiency in the following leadership techniques: active listening, feedback skills, sharing circles, and debriefings.</li> </ul>	<p><b>Knots and Lashings</b></p> <ul style="list-style-type: none"> <li>-Build an observation tower with natural materials and cordage.</li> <li>-Perform 3 different lashings and 2 different splices.</li> <li>-Demonstrate the use of 6 different Knots showing how and when they are used.</li> </ul>	<p><b>Navigation</b></p> <ul style="list-style-type: none"> <li>-Teach basic map-and-compass techniques to younger wardens. (TB)</li> </ul> <p><b>Outdoor Safety</b></p> <ul style="list-style-type: none"> <li>-Establish an evacuation system and base camp for an environmental accident.</li> </ul> <p><b>Enjoying the Outdoors</b></p> <ul style="list-style-type: none"> <li>-Lead a nature awareness walk (2nd of 3) for younger wardens</li> </ul>	<p><b>Enjoying the Outdoors</b></p> <ul style="list-style-type: none"> <li>-Present a nature project or activity session to a teen group (slide show, photo album, video, recording of a walk, etc.)</li> </ul> <p><b>Cooperation</b></p> <ul style="list-style-type: none"> <li>-Work on a committee that is involved in the planning of a community event.</li> </ul>	<p><b>Interrelationships</b></p> <ul style="list-style-type: none"> <li>-Investigate the diversity and interrelationships of ecosystems</li> <li>-Describe the indicators of ecological health for a local area.</li> <li>-Describe the interrelationships of forests and climates.</li> <li>-Discuss how food webs and food chains demonstrate the flow of energy through a community.</li> <li>-Describe the succession pattern of 3 forest regions in Canada.</li> </ul>	<p><b>Responsible Hiking and Camping</b></p> <ul style="list-style-type: none"> <li>-Plan, package and prepare menus for 4 dayhikes and 2 campouts.</li> <li>-Describe the characteristics, strengths and weaknesses of dehydrated, freeze-dried and vacuum-dried food.</li> </ul> <p><b>Leadership of Others</b></p> <ul style="list-style-type: none"> <li>-Understand the difference between a traditional teacher, and a facilitator in leadership situations.</li> </ul>	<p><b>Navigation</b></p> <ul style="list-style-type: none"> <li>-Demonstrate route selection using a map, compass and aerial photos.</li> <li>-Demonstrate orientation of a map relative to terrain and compass.</li> <li>-Demonstrate map-and-compass travel techniques in darkness and/or during white-out conditions.</li> </ul> <p><b>Outdoor Equipment</b></p> <ul style="list-style-type: none"> <li>-Maintain and repair 3 camping equipment items of your choice.</li> </ul> <p><b>Cooperation</b></p> <ul style="list-style-type: none"> <li>-Be familiar with, and teach to younger wardens, a number of ice breakers, initiative tasks and cooperative games.</li> </ul>	<p><b>Enjoying the Outdoors</b></p> <ul style="list-style-type: none"> <li>-Lead a nature awareness walk (3rd of 3) for younger wardens</li> </ul>