The Boomerang Award Scheme

To achieve the awards, Cub Scouts will need to complete 10 of the requirements. Cub Scouts must complete requirements 1-7, then they can choose to do any three of 8-14. Cub Scouts will need to complete challenge 7: Promise and Law last.

	BRONZE	SILVER	GOLD
Health and First Aid (Responsibility for Self)	Personal Health Explain how and why to keep your hands and nails clean and why. Explain when you should wash your hands. Demonstrate how to look after your teeth.	Personal Health Explain how and why to keep your feet in good condition. Discuss why sleep is important. Discuss the importance of a balanced diet. Prepare a healthy lunch for an outing	Personal Health Discuss personal hygiene such as showering/bathing regularly, changing clothes and using deodorants. Show you understand the different types of foods that will build a healthy body by preparing a menu for one day at camp.
	Put together a simple first aid kit and take it on bushwalks and outings with you. Show how to treat a graze or small cut.	Basic First Aid Check and replenish or put together a simple first aid kit and take it on bushwalks and outings with you. Show how to treat a bleeding nose. Show how to treat stings and insect bites common to your region.	Basic First Aid Check and replenish or put together a simple first aid kit and take it on bushwalks and outings with you. Tie a sling with a reef knot. Show how to treat bums and scalds. Show how to treat bleeding. Explain what to do in the case of fainting.
	 Infections Show an understanding of how colds are spread and how to prevent them. 	Show an understanding of how germs and head lice can pass to people by contact and how to prevent this.	Show an understanding of what can happen if you eat food that has not been stored correctly. Discuss the ways to store food appropriately.
	Adult Help Explain why you need adult help in case of accidents. Pass a message, including an address from one adult to another. Explain how to use a mobile phone and a public phone and discuss the steps you would take to make and emergency phone call.	Adult Help Explain why you need adult help in case of accidents. Pass a message, including an address, from one adult to another. Explain how to use a mobile phone and a public phone and discuss the steps you would take to make and emergency phone call.	Adult Help Explain why you need adult help in case of accidents. Pass a message, including an address, numbers and details of an accident, from one adult to another. Explain how to use a mobile phone and a public phone and discuss the steps you would take to make an emergency phone call.

2. Safety (Responsibility for Self)

Buddy System

Explain the Buddy System

Home

 Discuss the causes of accidents in the home, especially in the kitchen, bathroom and on stairways.

Road

 Take an adult for a walk and show that you know how to be safe on the roads.

Water

- Discuss the dangers of swimming in the type of water in your area.
- Explain the dangers of inflatable toys in open water

Bush

- Explain what you should do to make sure you don't get lost in the bush.
- Discuss what to do if you do get lost in the bush.

Fire

- Discuss the dangers that fire can cause in the home and the bush.
- Show what to do if you are in a fire at home.

Personal

Discuss why you should not go places by yourself.

Buddy System

Define the Buddy System and explain its benefits

Home

 Discuss the causes of accidents around the home and garden, including in sheds and around swimming pools.

Road

 Discuss the safety aspects of travelling in cars, buses and trains.

Water

- Demonstrate an understanding of the dangers of swimming in
 - swimming pools,
 - sea,
 - rivers and lakes
 - dams.
- Identify safe areas for swimming

Bush

- Explain what to do to make sure you don't get lost in the bush and what to do if something goes wrong.
- Demonstrate three ways of making distress signals.

Fire

- Discuss the ways that fire can start in the home and in the bush.
- Show what to do if you are in a fire at home.

Personal

 Discuss what to do if you do not feel safe somewhere.

Buddy System

Explain the Buddy System and teach it to a younger Cub Scout.

Home

- Discuss the dangers of poisons at home.
- Discuss what to do at home in the case of an electrical storm.

Road

- Demonstrate the safety rules you need to consider when riding a bike, scooter, skateboard or roller blading.
- Show you can use this equipment safely.

Water

 Show three methods you could use to help someone who could not swim who fell into deep water and could not swim

Bush

- Explain what to do to make sure you don't get lost in the bush and what to do if something goes wrong.
- Discuss the dangers in the bush that are appropriate to your area, e.g. weather, terrain, and poisonous creatures.

Fire

 Discuss ways to reduce the dangers that cause fires in the home and the bush.

Personal

Discuss what to do if you do not feel safe when with a particular person.

3. Ropes (Outdoor Scouting)	Tying Knots Tie a reef knot. Tie your shoelaces	Tying Knots Tie a sheetbend Tie a clove hitch. Tie a reef knot.	Tying Knots Tie a bowline. Tie a sheetbend Tie a clove hitch. Tie a reef knot. Make a gadget using at least one type of appropriate lashing. Teach another Cub Scout how to tie a reef knot.
	Use of knots Discuss how and when to use a reef knot. Care of ropes Show you know how to look after ropes correctly.	Use of knots Discuss how and when to use these knots. Care of ropes Name the parts of a rope.	Use of knots Discuss how and when to use these knots. Care of ropes Show how to hank or chain a rope correctly.
4. Outdoor Scouting (Outdoor Scouting)	Compass and Navigation Discuss how a compass works and show you know the four principal points. Make a simple compass.	Compass and Navigation Demonstrate an understanding of how many degrees there are in a compass and the eight principal points. Use a compass to follow a trail, which includes at least six compass points.	Compass and Navigation Use a compass to plan a bushwalk route on a map. Use a compass to set a simple trail including six compass points for the rest of your Pack to follow. Know the eight principal points and the associated degrees.
	Maps and Hiking Attend at least 2 outdoor outings with your Pack. Dress correctly and pack your own daypack for the outings.	Maps and Hiking Use a road map to work out the distances between two towns named by your examiner. Demonstrate five trail signs.	Maps and Hiking
	Fire Lighting. Demonstrate the correct way to strike a match. Outdoor Cooking	Fire Lighting. Discuss ways that fires can start in the home and the bush. Outdoor Cooking	Explain about different types of cooking fires and demonstrate at least one. Outdoor Cooking
	Prepare and cook for yourself a damper/twist.	On a fire you prepare and light, cook a meal such as sausages or food in a foil pouch.	Using your cooking fire, prepare a meal for yourself and an adult, including meat, vegetable and a hot drink.

5. Our Cub Scout Traditions (Scouting Aims and Principles)	The Jungle Books Talk about the main characters in the Jungle Books and what their names are. Tell the story of how Mowgli came to be in the Jungle. Scouting History Tell who founded Scouting and where and when it began. Find out when Scouting started in Australia and in your Group. When is B.P 's Birthday and what do we call this special day	The Jungle Books Tell one of the stories in The Jungle Books that does not have Mowgli in it. Explain the significance of Baloo and Bagheera in Mowgli's life. Scouting History Find out when Scouting started in your local Group. Find out and explain the meaning of your scarf and District /Region Badge.	The Jungle Books Explain how the laws and teachings in The Jungle Books are part of your life and your Pack's attitudes. Scouting History Explain how Scouting began and talk to your Leader about it. Draw the World Scout badge and describe the meaning of this. Find out when and where the next Australian Jamboree will be held.
6. Symbols of Australia (Growing Awareness of Local Community)	Flags Show you know the composition of the Australian flag emblems. Emblems Tell your Leader of two places where you would see the Australian Coat of Arms.	Flags Describe the flag of your State or Territory and show an understanding of the components of it. Emblems Describe the emblem of your State or Territory and show an understanding of what it means. Flora and Fauna Name and describe the flora and fauna emblem of your State or Territory.	Flags Teach another Cub Scout to Roll, hoist and break the Australian Flag in the correct manner. Understand the different ways of flying the flag e.g. mourning, distress etc Emblems Reproduce the Australian Coat of Arms and explain the meaning of each emblem. Flora and Fauna Name and describe the floral emblem of Australia and explain why it was chosen.
7. Promise and Law (Values of Scouting)	Duty to Your God Write a prayer and read it to your Pack. Promise and Law. Talk to your Leader on how you do your best to live up to the Promise and Law at school at home in the Pack. Service Do a good turn for someone at home and tell your Leader about it.	Duty to Your God Find out three things about your beliefs and explain them to your Leader. Promise and Law Talk to your Leader about how you have tried to put your Promise and Law into practice in everything you have done. Service Do a good turn for your Cub Pack or Scout Group and tell your Leader about it.	Duty to Your God Help to plan and participate in a Scouts' Own. Promise and Law Discuss with a Leader about how you have tried to put your Promise and Law into practice in everything you have do. Explain the Promise and Law to a new Cub Scout when you are talking to them about being a Cub Scout. Service Do a good turn by helping plan, and taking part in, an activity which will assist an organisation that helps other people, and tell your Leader about it.

8. Fitness (Pursuits and Interests & Responsibility for Self)	Ball Skills Throw a ball 5 metres to someone else and catch it on return four times Dribble a ball for a distance of 10 metres	Ball Skills Throw a ball a distance of 10 metres to someone else and catch it on return five times. Hit a ball with either a bat or racquet five times.	Ball Skills Kick a goal with either a place or drop kick or shoot a goal with basketball or netball. Throw a ball over a distance of 20 metres to someone and catch it on return six times over a distance of 15 metres.
	Athletic Skills Run 100 metres as quickly as you can.	Athletic Skills Perform a standing broad jump as far as you can.	Athletic Skills Perform a hop, step and jump as far as you can.
	Strength and StaminaSkip 10 times without stopping.	Strength and Stamina Skip 20 times forward and 10 times backwards	Strength and Stamina Skip continuously for two minutes.
9. People and Cultures (Growing Awareness of Wider World)	Indigenous Australians Find out about one of the traditional owners in your area/State or Territory and something about how they lived before European settlement.	Indigenous Australians Explain some of the customs, traditions and crafts of the traditional owners of your area.	Indigenous Australians Visit a local site where you can learn more about the traditional owners of your area.
	International Cultures Make a list of the ethnic groups in your community, e.g. at school, church or in your Pack.	International Cultures Learn to say "Hello ", "Goodbye ", "Please" and "Thank You" in a language other that your own, preferably from a native speaker of the language.	International Cultures Find out about another country. Show where it is on the map in relation to Australia and discover how the people live, what they eat and the clothes they wear.
	Scouting Find out something about each of the Sections in the Scout s Australia, either in your own Group or in the District. Take part in an activity with a different section.	Scouting Take part in a Pack Council Take part in an activity with another Pack or one organised by District, Region or Branch.	Scouting Find out about Scouting In another country - the name of the sections, whether boys and girls can be Cub Scouts, and something about their badges
	Scottoff.		Take part in an overnight activity organised at District, Region or Branch level.

10. Scientific Discovery (The World Around us)

Cub Scouts will be required to do any two of the following.

Biology

 Grow some seeds on cotton wool and observe what happens.

Geology

Identify five different rocks and tell where you found them

Physics

- Explain the composition of air.
- Perform an experiment that shows how oxygen can be used up.

Estimation

- Measure your hand and foot.
- Using these measurements, estimate :-
 - the width of your Scout Hall
 - the height of a Cub Scout.

Cub Scouts will be required to do any two of the following.

Biology

- Observe how an animal, bird, reptile or insect develops and behaves.
- Report on your findings.

Chemistry

 Perform an experiment that shows the difference between gas, liquid and solid states.

Geology

- Explain how volcanoes erupt and earthquakes occur.
- Show an experiment that illustrates one of these.

Physics

- Show you understand the weather forecast.
- Show how rain is formed.

Estimation

- Estimate the following :-
 - the distance from your Scout Hall door to the road
 - the distance from one end of the hall to the other
 - The height of a flagpole or tree.
- Check how accurately you have estimated by measuring these.

Cub Scouts will be required to do any two of the following.

Biology

 Explain what the major organs are in the human body and how they work.

Chemistry

- Perform an experiment that shows a chemical reaction.
- Explain what has happened.

Geology

- Explain what are minerals and fossil fuels and how they are formed.
- Talk about the minerals found in your area.

Physics

 Demonstrate how sound moves through air, water or a solid object.

Estimation

- Make a sundial and use it to tell the time
- Measure the height of an object using the Stick and shadow method

or

• Find north using a non-digital wrist watch

or

Find South using the Southern Cross

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11. The Natural Environment (The World Around us)	Name four things that can be recycled and how the recycling helps the environment. Make something using recycled materials.	Explain how you can recycle household waste. Make a system for recycling organic waste from your house, e.g. a worm farm, compost heap.	Recycling Find out what new things are made with three different sorts of waste which are recycled. Explain the concept of the 3Rs Reduce Reuse Recycle
	Pollution Help to clean up litter in your local area. Explain how litter can harm the natural environment.	Pollution Help to clean up litter in your local area. Discuss some of the effects of pollution on our rivers, lakes and seas. Show how you and your family can help to reduce water pollution.	Pollution Help to clean up litter in your local area. Show an understanding of the "Greenhouse Effect", including what causes it and how you can help to reduce it. State three other forms of air pollution, how they affect people and what can be done to reduce them.
	Habitat Destruction Find out what native creatures live in your local area. Discuss how their habitats can be destroyed.	Habitat Destruction On a bushwalk find examples of five things that have damaged the environment, e.g. litter and pollution, salinity, erosion and manmade damage.	Habitat Destruction Discuss how we can conserve our local environment including water, land, air, forests and mineral and fossil fuels.
12. Self Expression	Cub Scouts will be required to do any two of the following.	Cub Scouts will be required to do any two of the following.	Cub Scouts will be required to do any two of the following.
(Creativity)	Performing Arts Perform in a mime, skit or play with other members of your Pack	Performing Arts Organise and perform in a mime, skit or play with other members of your Pack.	Performing Arts Perform a magic trick, juggling or a puppet show alone or with the help of one or two other Cub Scouts.
	 Visual Arts Create a poster, painting, drawing or collage. 	Visual Arts Create a painting, drawing or three dimensional piece and have it ready to display.	Visual Arts Produce a series of preliminary sketches and a finished piece of work ready for display.
	<u>Creative Writing</u>Write a poem or short story.	Creative Writing Write a poem and a short story, which may be fictional, or a report of an event.	Creative Writing Write a piece, which you contribute, to a group or local newsletter.
	Music Sing a song or play a musical instrument for your Pack.	Music Play two pieces on a musical instrument or sing two songs for the Pack.	Music Sing a song, which includes verses and chorus, or
			Play your instrument demonstrating a higher standard to your Bronze and Silver Boomerangs.

13. Handcraft (Creativity)	Handcraft Make an item from one of the following materials: Wood Metal Fibres Clay	Handcraft Make something using a craft method which is new to you. Show the tools you used and explain how to care for them.	Handcraft Design a practical item and produce it using any craft method. Show the design work and finished item together.
14. Your Community (Growing Awareness of Local Community)	Show you know how to keep your clothes, toys and equipment tidy. Talk to your Leaders about how you do this.	Demonstrate that you know how to do cleaning around the home such as vacuuming, sweeping, washing up and cleaning the bathroom. Do some minor repairs to clothes and around the house.	Home Show you know how to wash and iron your clothes.
	Local Community Show you know where the main features are in your local area, such as: the nearest bus stop to home and the Scout Hall the safest route to the shops from home	Local Community Find out how your town or suburb name originated Where is the nearest Police Station? Ambulance Station? Hospital?	Local Community Take part in a visit to a local place of interest and find out how it serves the community. or Meet or visit someone who lives or works in your area and find out what he or she does to help the community.
	Local Organisations Does your community have a local newspaper or Community Newsletter? If so, what is it called	Local Organisations Name three essential service organisations that provide for your community and explain what they do.	Local Organisations Find out about two charitable organisations in your community and what they do to help other people