



BOY SCOUTS OF AMERICA  
**TROOP/CREW 179**  
FARMINGTON HILLS, MICHIGAN



## Home Based Advancement

**Protect Yourself Requirement:** Do this Requirement for both the **Scout Rank** and **Star Rank**. With your parent or guardian, complete the exercises in the pamphlet *How to Protect Your Children from Child Abuse: A Parent's Guide*. **After the exercise in the pamphlet**, Watch and discuss the four Personal Safety Awareness Videos. When these two requirements are done, please send Dawn Dowds (<mailto:ddowds@extrusion.net>), our Advancement Records Leader, an email and she will sign the Scouts book.

- **Link to Pamphlet and /Videos:** <https://www.scouting.org/training/youth/scouts-bsa/>

**Fitness: For both Second Class and First Class** Scouts must complete an additional four weeks of exercise. For this requirement they must complete 30 minutes of physical activity a day, 5 days a week. Sports practices and games certainly count! So does gym class, recess, etc. Again, it is helpful to have a log to help facilitate the Scout's discussion with a leader, but the log is likely something parents would need to help with or remind the Scouts to actually fill out.

**Money Management: For Second Class** there is a requirement where the Scout has to earn money and save to buy an item, then do some price comparison shopping. Most Scouts complete this by doing chores at home. A decent target for this might be around a \$30 item and needing to do work over 3 or 4 weeks to earn that, but that is just a guideline you can feel free to modify to fit for your family.

**Service Projects:** Scouts need two hours of LEADER APPROVED service hours for Second Class, three hours for First Class, Six hours for Star, and three hours of Service/three hours of conservation. Projects are approved by please send Dawn Dowds (<mailto:ddowds@extrusion.net>), our Advancement Records Leader. Please keep an eye on emails from the troop with service opportunities as well.

**Swimming:** Scouts must pass the Swimmer swim test administered by Scout trained personnel before they can become First Class. At summer camp, we worked with all the Scouts on trying to improve the mechanics of their strokes to help make the swimming they do more efficient, but there is only so much time and not everyone is able to pass the test by the end of the week. If by now they have not been able to pass the Swimmers test, you probably should think about Swimming Lessons at a local community pool. We have several Scout trained volunteers that conduct the test at any 25-yard pool, just let us know when your Scout is ready to be tested.

**Invite a Friend:** For First Class each Scouts must invite a friend who is eligible to join Scouts to an outing, activity, service project, or meeting. Scouting is more fun with friends so I suggest inviting someone early to find out if they are interested, but this requirement can be fulfilled at any time. Please contact myself or Rachael Ayotte if bringing a guest so that we can help support your Scouts effort.