TRAIL LIFE USA®

Steps Overview

for

Woodlands Trail, version 2.0

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Revised 7/8/17 - Revised to change the term Objective to Step throughout to better tie with other program elements in the Woodlands Trail.

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Step Summary

Branch Pins and Sylvan Stars are the primary advancement pieces that are awarded on the Woodlands Trail. They are affixed to Branch Patches or Forest Awards, depending on the Trailman's current advancement status within his Patrol.

Branch Pins and Sylvan Stars are earned by completing a determined number of Core and Elective Steps in the seven color-coded Branches, as well as attending a "Hit the Trail!" Troop outing or activity for each Branch.

In short, to earn a Branch Pin OR a Sylvan Star, a Trailman will complete the following in a particular Branch:

1. **The required number of Core Steps, and**
2. **The required number of Elective Steps, and**
3. **One Hit the Trail! Activity for that Branch.**

Two Family Home Activities (FHA) may be completed in place of a maximum of one Step or one Hit the Trail! (HTT) in each Branch. Family Home Activities are published in a separate document.

Each Program year and for each Branch, the Trail Guide chooses what to deliver from the Required Core and Elective Steps. For the Required Core Steps, keep in mind that any remaining Required Core Steps for that Branch would be delivered in the next year. Given the two years a Trailman remains in each level (Fox, Hawk, or Mountain Lion), he has the opportunity to complete all the Required Core Steps of every Branch in a two-year period before moving up to the next level. Steps can be completed at a meeting, campout, field trip, or other Troop or Patrol gathering. Trailmen may receive only one Branch pin per Branch per level. Branch Pins are not transferable to the next level Branch Patch.

The Forest Award is earned by completing the 7 different Branches in a particular level. It must be earned before any Sylvan Stars may be awarded. Sylvan Stars are awarded in the same manner as Branch Pins. Trailman may receive only one Sylvan Star per Branch per level. Sylvan Stars are not transferable to the next level Forest Award.

Additional Resources:

Leader Guide More detailed information on working with the Woodlands Trail age group, policies, and other awards for Woodlands Trail is available in the updated Woodlands Trail Leader Guide.

Lesson Plans 6 F's lesson plans for teaching each Step.

Helps Helps documents are written for every Step and include the Step Questions, a progression chart through the program levels, as well as ideas, tips, images, websites, videos, songs, games, activities, and hints for planning a meeting for each level.

Family Home Activities A detailed list of activities for each level and each Branch.

Requirements Per Level

	Branch Pin	Sylvan Star		Branch Pin	Sylvan Star
Heritage Branch			**Hobbies Branch**		
Core Steps	2	2	Core Steps	1	1
Elective Steps	1	1	Elective Steps	2	2
Hit the Trail! Activities	1	1	Hit the Trail! Activities	1	1
Life Skills Branch			**Outdoor Skills Branch**		
Core Steps	3	3	Core Steps	3	3
Elective Steps	1	1	Elective Steps	1	1
Hit the Trail! Activities	1	1	Hit the Trail! Activities	1	1
Science and Technology Branch			**Sports and Fitness Branch**		
Core Steps	2	2	Core Steps	2	2
Elective Steps	1	1	Elective Steps	1	1
Hit the Trail! Activities	1	1	Hit the Trail! Activities	1	1
Values Branch			2 FHA = 1 Step or HTT per Branch 7 Branches completed = Forest Award		
Core Steps	3	3			
Elective Steps	1	1			
Hit the Trail! Activities	1	1			

HERITAGE BRANCH		
	Branch Pin	Sylvan Star
Core Steps	2	2
Elective Steps	1	1
Hit the Trail! Activities	1	1

Core Steps

1. Christian Heritage

Purpose: The 'Christian Heritage' Step provides a basic knowledge of the history of Christianity as documented in the Bible. Upon completion of this Step Trailmen should be exposed to how some basic doctrines and traditions explained in the Bible apply to our Christian walk today.

During Troop meetings, Trail Guides will be working with the Trailmen to understand who Jesus is as well as other key biblical characters and stories such as the Christmas Story. Trailmen will also be learning about church heroes and martyrs that are not in the Bible, their stories, and their significance in the life of the church. Trail Guides will be instructing the Trailmen on prayer, namely how to pray and the importance of prayer.

Troops are free to shape these teachings with heritage facts from their own faith traditions.

2. Flag Etiquette and History

Purpose: The 'Flag Etiquette and History' Step provides a basic knowledge of the history and proper display of the United States flag. Upon completion of this Step Trailmen should understand how to properly respect and display the flag.

During Troop meetings, Trail Guides will teach the Trailmen what the US Flag currently looks like along with ways it has changed throughout the years. The Trailmen will also learn the meanings of the colors, stripes, and stars of the flag along with how to properly fold the flag. Trail Guides will also teach the Trailmen about the various parts and commands of a flag ceremony and the Pledge of Allegiance.

3. Founding Fathers

Purpose: The 'Founding Fathers' Step provides a basic knowledge of the men who helped draft the US Constitution, Declaration of Independence, and lead the American Revolution. Upon completion of this Step Trailmen should have heard about the motives, practices, and sacrifices of these founding fathers of our country.

During Troop meetings, Trail Guides will be helping the Trailmen study and learn at least three of the founding fathers, their education, and their sacrifices for America. The Trailmen will also learn how old these men were when they first made an impact on America and some of the ways that they impacted our country.

4. My Family

Purpose: The 'My Family' Step provides a basic knowledge of the variety of family size and structures and relationships within the Trailman's own patrol. Upon completion of this Step Trailmen should understand the importance of their own family and their important role as a member of their family.

During Troop meetings, Trail Guides will help the Trailmen learn what a family is and who the members of their own families are. Trail Guides will also discuss with the Trailmen the importance of family traditions and some games and fun activities that the Trailmen have in their own families. The Trail Guides will also help the Trailmen understand the family roles and how they can sometimes change over time. The Trailmen will learn the importance of their own chores and how they help the family.

Heritage Branch Elective Steps

5. My Community

Purpose: The 'My Community' Step provides a basic knowledge of the history and leadership of the Trailman's own local community. Upon completion of this Step Trailmen should understand the importance of their community and its relationship with other surrounding communities.

During Troop meetings, Trail Guides will be working with the Trailmen to help them know the names of their local communities and how their community was named. Trail Guides will help the Trailmen learn how to find their community and county on a state map as well as find their local landmarks on a map, including: parks, library, fire station, their church, their house, police station, and other local points of interest. The Trailmen will also learn who their local community leaders are and what they do along with recognizing an important historic event in their community.

6. Early America

Purpose: The 'Early America' Step provides a basic knowledge of the history of America prior to the formation of the United States. Upon completion of this Step, Trailmen should understand how life in early America was alike or different from life today as well as the motives, practices, and sacrifices of the European settlers.

During Troop meetings, Trail Guides will be working with the Trailmen to learn about the peoples that inhabited America before the arrival of European settlers and what life was like for them. Trail Guides will also teach who the pilgrims were and the importance of the Mayflower. Trailmen will learn what the first Thanksgiving was like along with what the original 13 colonies were.

7. National Symbols

Purpose: The 'National Symbols' Step provides a basic knowledge of the various symbols and imagery associated with the United States. Upon completion of this Step, Trailmen should understand the importance, meaning, and history of these symbols and where they appear in our everyday lives.

During Troop meetings, Trail Guides will be working with the Trailmen to help them recognize some of our national symbols. Specifically, they will understand what our national animal/bird symbolizes and be able to explain the different parts of the national seal. Besides the national symbols, Trailmen will learn about our national currency. They will learn the various symbols on our currency and the meaning and significance of "In God We Trust" on our currency.

8. Armed Forces

Purpose: The 'Armed Forces' Step provides a basic knowledge of the five branches of the United States military. Upon completion of this Step, Trailmen should understand the differences, importance, and role of each branch.

During Troop meetings, Trailmen will learn what each of the five branches of the military is and does. Trail Guides will also teach the Trailmen how to recognize the uniform for each branch and the differences and similarities between them all. Trailmen will also be able to know the differences between their Trail Life USA uniforms and military uniforms. Trail Guides will instruct the Trailmen on some marching commands as well. The Trailmen will learn why it is important for soldiers to stay healthy and in shape. Trail Guides will help the Trailmen to honor a veteran that they personally know.

9. American Culture

Purpose: The 'American Culture' Step provides a basic knowledge of the current culture and traditions of the United States. Upon completion of this Step Trailmen should understand the variety of cultures and traditions that influence our lives, and the difference of American culture with the other cultures of the world.

During Troop meetings, Trail Guides will be working with the Trailmen to help them learn some things that are distinct to America. The Trailmen will also be able to distinguish between games that originated in America and games that originated in other countries. They will also be able to distinguish between American and foreign foods. Trail Guides will also instruct the Trailmen on what it means to be a "melting pot" culture, and they will teach the Trailmen some common words that are taken from other languages.

10. My State

Purpose: The 'My State' Step provides a basic knowledge of the history and leadership of the Trailman's own state. Upon completion of this Step Trailmen should understand the importance of their state, state symbols, and what sets it apart from other states.

During Troop meetings, Trail Guides will be working with the Trailmen to be able to recognize and know the distinctions of their own state flags. Trailmen will have learned how to find their state on a US map and recognize the states/countries/waters that border their state. The Trailmen will learn general information about their state such as their state symbols and items that are manufactured in their state. They will also learn who their current governor and state leaders are, as well as some famous people from their state and why they are famous.

Hobbies Branch		
	Branch Pin	**Sylvan Star**
Core Steps	1	1
Elective Steps	2	2
Hit the Trail! Activities	1	1

Core Steps

1. General Hobbies

Purpose: The 'General Hobbies' Step provides a basic knowledge of the wide variety of hobbies and types of hobbies that exist. Upon completion of this Step Trailmen should understand what a hobby is and become exposed to new hobby ideas they may find interesting. This Step serves to identify the remaining Steps for this Branch, allowing the Trailmen to choose based upon the collective interest of the Patrol.

During Troop meetings, Trailmen will learn how to define a hobby and name several different types or categories of hobbies. The Trailmen will also be able to list examples of hobbies from the categories of Indoor, Outdoor, Collection, Competition, and Observation. The Trail Guides will also work with the Trailmen and their Patrols to select two hobbies that their Patrol will pursue at Troop meetings and one that their Patrol will explore on a "Hit the Trail" gathering.

Hobbies Branch Elective Steps

There are hundreds of hobbies. It would be a nearly impossible task to write Steps for each. Even if we tried, most assuredly, we would leave out many; and still others we could not do proper justice. These Steps should originate from the Trail Guides and local subject matter experts. There are several goals included in the Hobbies Branch:

- To expose boys to various hobbies that they would not normally have access to,
- To share their hobbies with fellow Trailmen and perhaps build deeper friendships due to shared interests,
- To strengthen interest in hobbies they already have, and
- To allow the Trail Guides, parents, or other experts to share interests with the boys

There are several example Elective Steps. Use these as a guide to build your own. To develop the lesson plans for your hobbies follow the following steps (C.L.E.A.R.). This process for developing an advancement of interest is an introduction to the format for opportunities the Trailmen will have to develop their own Trail Badges as Navigators and Adventurers.

C - The patrol should **Choose** a hobby that interests everyone in the patrol.

- The patrol develops a list of options during Core Step 1. A list of example ideas is provided.

L - The lesson should include some opportunity to **Learn** about the hobby.

- This may cover aspects of the hobby such as equipment, rules, safety, history, etc.

E - The lesson should **Explore** some hands-on activities or skill building exercises related to the hobby.

- These will obviously vary dependent on the hobby, but should be fun, engaging, and be of a physical nature.

A - Each boy in the patrol should be given the opportunity to **Apply** the skills developed and participate in the hobby using what he has learned.

- These will obviously vary depending on the hobby as it is the actual participation in the selected hobby.

R - The boys or patrol as a whole should **Report** or demonstrate what they have learned and/or experienced while participating in the hobby.

- This should not be a term paper, or boring write up, nor just a simple discussion. This should be a fun, interactive opportunity for the boys to show off.
- Examples could be a hobbies fair, posters, video, picture collage, etc.

Elective Examples

Purpose: The intent of this Branch is to explore the activities and hobbies of interest to your Trailmen and to expose them to new hobbies. The specific lesson and questions to answer can vary greatly based on what is relevant to your Troop.

During Troop meetings, Trail Guides will work with the Trailmen to select an appropriate hobby. Here are general guidance questions that you may find helpful:

- What is the history/origin of the hobby?
- What special skills are needed for the hobby?
- What equipment is required for the hobby?
- What resources such as time, money, and materials are needed for the hobby?
- What separates professionals from amateurs in this hobby?
- What is the purpose of the hobby (entertainment, relaxation, competition, etc.)?

Indoors/Casual	Outdoors	Collections	Competitions	Observations
3 D printing	Air sports	Action figure	Airsoft	Aircraft spotting
Acting	Archery	Antiques	Animal fancy	Amateur astronomy
Amateur radio	Astronomy	Antiquities	Archery	Amateur geology
Book restoration	Backpacking	Art	Auto racing	Birdwatching
Calligraphy	Baseball	Book	Badminton	Bus spotting
Candle making	Basketball	Card	Baseball	Fishkeeping
Coloring	Beekeeping	Coin	Billiards	Geocaching
Computer programming	Bird watching	Comic book	Bowling	Herping
Cooking	Blacksmithing	Die-cast toy	Boxing	Hiking / backpacking
Cryptography	Board sports	Element	Bridge	Meteorology

Indoors/Casual	Outdoors	Collections	Competitions	Observations
Dance	Camping	Flower collecting and pressing	Chess	Microscopy
Digital arts	Cycling	Fossil hunting	Climbing	People watching
Do it yourself	Driving	Insects	Cricket	Photography
Drama	Fishing	Metal detecting	Curling	Reading
Drawing	Flying	Mineral	Cycling	Shortwave listening
Electronics	Flying disc	Model Railroad	Dancing	Trainspotting
Flower arranging	Gardening	Movie and movie memorabilia	Darts	Traveling
Foreign language	Geocaching	Postcard	Debate	Whale Watching
Games	Handball	Record	Disc golf	
Genealogy	Hiking	Rock balancing	Dog sport	
Glassblowing	Horseback riding	Sea glass	Equestrianism	
Jewelry making	Hunting	Seashell	Exhibition drill	
Jigsaw puzzles	Ice skating	Stamp	Fencing	
Juggling	Inline skating	Stone	Field hockey	
Knapping	Jogging	Video game	Figure skating	
Leather crafting	Kayaking	Vintage cars	Fishing	
Lego building	Kite flying		Golfing	
Macrame	Metal detecting		Gymnastics	
Model building	Motor sports		Handball	
Music	Mountain biking		Ice hockey	
Origami	Mountaineering		Kart racing	
Painting	Netball		Lacrosse	
Pet	Orienteering		Laser tag	
Pottery	Paintball		Mahjong	
Puzzles	Photography		Marbles	
Reading	Polo		Martial arts	
Scrapbooking	Rafting		Model aircraft	
Sculpting	Roller skating		Pigeon racing	
Sewing	Rowing		Racquetball	
Singing	Running		Radio-controlled car racing	
Sketching	Sailing		Sculling or Rowing	
Soapmaking	Sand art		Shooting sport	
Table tennis	Scouting		Skateboarding	
Video gaming	Shooting		Slot car racing	
Whittling	Skateboarding		Squash	
Woodworking	Skiing		Surfing	
Yo-yoing	Skimboarding		Swimming	
	Stone skipping		Table football	
	Surfing		Table tennis	
	Swimming		Tennis	

Indoors/Casual	Outdoors	Collections	Competitions	Observations
	Topiary		Triathlon	
	Urban exploration		Ultimate	
	Walking		Video Games	
			Volleyball	
			Weightlifting	

Life Skills Branch		
	Branch Pin	Sylvan Star
Core Steps	3	3
Elective Steps	1	1
Hit the Trail! Activities	1	1

Core Steps

1. First Aid - Traumatic

Purpose: The "First Aid - Traumatic" Step provides basic first aid knowledge for injuries that happen to a person. The Trailman should be able to detect injuries and be able to treat simple ones.

During Troop meetings, Trail Guides will teach the Trailmen about first aid and why it is considered "first." This training will include learning how to treat various injuries such as bleeding, fractures, sprains, bug bites or stings, and a foreign body. Most importantly, the Trailmen will learn when they need to call 911.

2. First Aid - Medical

Purpose: The "First Aid - Medical" Step provides basic first aid knowledge for symptoms that happen within a body. The Trailman should gain a simple knowledge of the symptoms and how to treat them.

During Troop meetings, Trail Guides will teach the Trailmen about first aid and why it is considered "first." This training will include learning how to treat various medical conditions such as overheating, burns, hypothermia, and frostbite. The Trailmen will also learn how to recognize the symptoms of other major medical conditions such as heart attack, stroke, and shock. They will also learn how to respond and/or treat each major medical condition.

3. Map Skills

Purpose: The "Map Skills" Step provides a basic knowledge of what maps are and how they can be used. Basic features of maps will be understood. A Trailman should be able to find his general location on a map and how to get to another location.

During Troop meetings, the Trailmen will learn the differences between different types of maps and their specific uses. Based on ages, Trailmen will also learn the different features of a globe, world map, road map, USGS map, and hiking map. Trail Guides will also teach the Trailmen how an indoor floor plan is similar to a map.

4. Personal Safety

Purpose: The "Personal Safety" Step should lead the Trailman to be more aware of the world around them. It should teach him to see danger and to take appropriate action or avoidance.

During Troop meetings, Trail Guides will help the Trailmen learn how to be aware and secure in their surroundings. The Trailmen will learn how to recognize, avoid, and/or fix the dangers that are in or around their homes and meeting places. Trail Guides will instruct the Trailmen on what they should do if there is a fire in a building or if a person is on fire. The Trailmen will also be taught how medications and household cleaners should be safely stored. Most importantly, the Trailmen will learn how and when to call 911.

5. Stewardship

Purpose: The "Stewardship" Step will teach the Trailman how to best use his time, money, and stuff. He will learn the value of work vs. time. He will learn that everything is really God's and he is a steward of what is God's.

During Troop meetings, Trail Guides will be instructing the Trailmen on Stewardship. Trailmen will learn the definition of a steward as well as what it means to be a steward. Trail Guides will provide instruction on the best ways to steward one's time, money, and possessions.

6. Manners

Purpose: Manners play an important role in everyday life. They govern how to behave in public and private. They teach us to be considerate of others and how to act in various situations. The "Manners" Step teaches how to consider others better than ourselves (Phillipians 2:3).

During Troop meetings, Trail Guides will work with the Trailmen to learn what good manners are, their importance, and some important manners specific to Trailmen. The Trail Guides will also teach the Trailmen how to properly set a table and how to properly behave at a table. Trailmen will also learn general ways that they can help others as well as specific ways to show gratitude, such as when to write a thank you note.

Life Skills Branch Elective Steps

7. **Water Safety**

   Purpose: The "Water Safety" Step will teach the Trailman how to be safe in and around water.

   During Troop meetings, Trailmen will learn the Trail Life USA safety guidelines for aquatics. They will learn the differences and meanings of the different swimming ability groups. Trail Guides will instruct the Trailmen on the four steps to rescue a drowning person. Most importantly, the Trailmen will learn how and when to call 911.

8. **Home Maintenance**

   Purpose: The "Home Maintenance" Step will teach Trailman the importance of taking care of things. Preventative maintenance can help things last longer.

   During Troop meetings, Trail Guides will instruct the Trailmen on the importance of home maintenance and the various people who can perform home maintenance tasks. Trailmen will be able to know what home and car maintenance tasks are and which ones they can perform themselves. Most importantly, the Trailmen will learn how and when to call 911 for a home maintenance emergency.

9. **Animal Care**

   Purpose: The "Animal Care" Step will teach the Trailman about the responsibilities of owning pets and other animals.

   During Troop meetings, Trailmen will learn about different types of pets and have an opportunity to share about their own or their friend's pets. The Trailmen will also learn about the types of food that pets eat, how to take care of them, and what to do with pets when they go out of town. Trail Guides will also teach the Trailmen about other animals that people own and how to care for those specific animals.

10. **Gardening**

    Purpose: The "Gardening" Step will teach the Trailman how to prepare, plant, and grow a garden. The Trailman should also understand that fruits and vegetables come from the ground, not just the store.

    During Troop meetings, Trailmen will learn about the various types of gardens that people have and the reasons for planting those specific types. Trail Guides will also instruct the Trailmen on the steps and importance of preparing a garden

before planting. Trailmen will also learn how different types of plants should be planted and maintained.

11. Indoor Cooking

Purpose: The "Indoor Cooking" Step will teach the Trailman kitchen safety, the importance of menus, and how to follow a recipe.

During Troop meetings, Trail Guides will work with the Trailmen to understand ways to be safe in a kitchen. This includes learning about the different utensils and appliances and how they are used. Trailmen will learn helpful kitchen knowledge such as common cooking terms, how to measure different ingredients, what a menu and a recipe are, and the reasons to use menus and recipes. Trail Guides will also discuss the importance of using fresh foods.

12. Repairs

Purpose: The "Repairs" Step will teach the Trailman that repairing a broken object can save time and/or money over buying a new one. He should understand the satisfaction he will get from fixing something with his own hands.

During Troop meetings, Trail Guides will work with the Trailmen to understand the differences between repairs and maintenance. The Trail Guides will also discuss the advantages and disadvantages of repairing something and buying something new. The Trailmen will learn what things can be repaired and what items they can repair themselves.

Outdoor Skills Branch		
	Branch Pin	Sylvan Star
Core Steps	3	3
Elective Steps	1	1
Hit the Trail! Activities	1	1

Core Steps

1. Ropes & Knots

Purpose: The 'Ropes & Knots' Step is to provide a basic knowledge and foundation on ropes and knots as tools. Upon completion of this Step Trailmen should understand how to safely use ropes to perform basic functions.

During Troop meetings, Trailmen will receive introductory instruction on ropes and knots. This instruction will include learning about the various types of rope and their purposes. Trail Guides will also instruct the Trailmen on the different parts of the rope as well as how to properly care for a rope. Along with the rope instruction, Trailmen will learn some basic knots, their parts, and their usage. Trail Guides will also instruct the Trailmen on the best methods to "break" or untie each knot.

2. Orienteering

Purpose: The 'Orienteering' Step is to provide a basic working knowledge of land navigation in different environments. Upon completion of this Step Trailmen should understand safe and reliable methods of land navigation.

During Troop meetings, Trail Guides will instruct the Trailmen on how to use a compass, how to use a map for orienteering, how to measure distance while traveling, how to locate your position and direction on a map, and how to use directional techniques to guide you. Trailmen will also learn the different types and parts of compasses. Trail Guides will also explain the safety guidelines to follow while orienteering.

3. Outdoor Cooking

Purpose: The 'Outdoor Cooking' Step is to provide a basic knowledge of cooking and eating in an outdoor setting. Upon completion of this Step Trailmen should understand how to properly prepare and cook meals under different circumstances.

During Troop meetings, Trail Guides will instruct the Trailmen on how to plan a menu for outdoor meals, properly prepare food in the outdoors, safely cook food

outside, and properly dispose of food waste and trash in the outdoors. Trailmen will also learn what equipment is needed for outdoor cooking and how best clean, sanitize, and store that equipment along with food in the outdoors. The Trailmen will also learn good hygiene practices for outdoors.

4. Camping & Hiking

Purpose: The 'Camping and Hiking' Step is to provide a basic knowledge of camping and hiking techniques. Upon completion of this Step Trailmen should understand how to utilize commonly accepted camping techniques as well as understand basic hiking methods.

During Troop meetings, Trail Guides will work with the Trailmen on how to select a good campsite and properly lay out that campsite. Trailmen will also learn about the different methods of camping and the different types of tents. Trail Guides will instruct the Trailmen on how to properly take care of their tent. Trailmen will also learn and implement safety practices, good hygiene techniques, and common etiquette practices for outdoor activities.

5. Edge Tools / Woodsman Card for Mountain Lions

Purpose: The 'Woodsman' Step is to provide a basic knowledge of edge tools. Upon completion of this Step Trailmen should understand the dangers and the benefits of edge tools such as saws, axes, and knives. Mountain Lions will work toward earning their Woodsman card.

During Troop meetings, Trailmen will be exposed to various edge tools and the proper safety techniques when using them and being around them. Trail Guides will instruct the Trailmen on the uses for each particular type of edge tool, and Mountain Lions will experience using edge tools while pursuing their Woodsman Card. The Trail Guides will also cover the first aid techniques specific to cuts from edge tools.

6. Fire Safety / Fireguard Card for Mountain Lions

Purpose: The 'Fireguard' Step is to provide a basic knowledge of fire. Upon completion of this Step Trailmen should understand aspects such as fire safety, identification, and emergencies. Mountain Lions will work toward earning their Fireguard card.

During Troop meetings, Trailmen will learn the different types of fires and fire safety guidelines. They will also learn about various fire systems that are used around them along with fire drills and how to participate in them. Trail Guides will instruct the Trailmen on when and how to fight a simple fire and on first aid techniques involving burns. Mountain Lions will learn the Trail Life USA approved

methods and rules for starting and maintaining a fire as part of pursuing their Fireguard Card.

Outdoor Skills Branch Elective Steps

7. **Fishing**

   Purpose: The purpose of 'Fishing' is to learn how fishing can provide food, entertainment, and relaxation.

   During Troop meetings, Trailmen will learn the different areas, types, and methods of fishing as well as catch-and-release fishing. Trail Guides will help the Trailmen learn about fishing licenses. The Trailmen will learn whether or not they will need one and if an adult needs one. They will also learn about who oversees fishing activities. Trail Guides will teach the Trailmen about local fish, how to identify them, common fishing etiquette, and good safety practices for fishing.

8. **Tread Lightly**

   Purpose: The purpose of 'Tread Lightly' is to learn that as stewards of this world, we are to take care of it and leave it no worse than how we found it.

   During Troop meetings, Trail Guides will help the Trailmen understand what it means to "Tread Lightly" and why they should. The Trail Guides will instruct the Trailmen on the best practices of "Tread Lightly." Trailmen will learn what items can be left in the outdoors as well as what is to be done if something happens outdoors that cannot be undone.

9. **Tracking**

   Purpose: The purpose of 'Tracking' is to learn how small and unnoticed evidence can tell us so much about our surroundings.

   During Troop meetings, Trail Guides will teach the Trailmen about tracking, how it is used, and the benefits of tracking while camping/hiking. Trailmen will also learn what is transference as well as how to identify certain animal prints.

10. **Communications / Signaling**

    Purpose: The purpose of 'Communications/Signaling' is to learn that there are many ways that we can communicate with others and the world through simple technology around us.

    During Troop meetings, Trail Guides will teach the Trailmen about communication devices that were used in the past and what they were used for. The Trailmen will learn what type of messages each type of communication device sends and receives. Trailmen will also learn what communication devices can be used in the outdoors and what devices they can craft from nearby materials.

Science and Technology Branch		
	Branch Pin	Sylvan Star
Core Steps	2	2
Elective Steps	1	1
Hit the Trail! Activities	1	1

Core Steps

1. Know Your Environment

Purpose: The 'Know Your Environment' Step provides a basic knowledge of outdoor elements that either benefit or hurt people through various types of contacts. Upon completion of this Step Trailmen should understand that nature is not always safe and that learning identification and awareness is just the beginning of the journey.

During Troop meetings, Trailmen will learn about both beneficial and harmful plants that exist in their region of the country. They will also learn about both beneficial and harmful animals that live in their region. Trail Guides will teach the Trailmen how to recognize dangerous terrain and where it exists in their region.

2. Science in Weather

Purpose: The 'Science in Weather' Step provides a basic knowledge of meteorological conditions that affect our everyday lives. Upon completion of this Step Trailmen should understand how weather affects us and ways in which you can use weather signs to help plan and prepare.

During Troop meetings, Trail Guides will instruct the Trailmen on the different types of clouds and precipitation. The Trailmen will learn what each type means and what specific things they need to know about each one. The Trailmen will also learn about weather temperature and pressure. They will learn how temperature and pressure affect them and what they need to know regarding each.

3. Simple Tools and Machines

Purpose: The 'Simple Tools and Machines' Step provides a basic knowledge of what simple tools are and how they provide functionality in our everyday lives. Upon completion of this Step Trailmen should understand the names and functions of the simple tools and have a few hands-on activities of each.

During Troop meetings, Trailmen will learn what each of the six simple tools are: Lever, Wheel, Pulley, Inclined Plane, Wedge, and Screw. The Trailmen will also

learn how each tool is used and what it used for. The Trail Guides will provide hands-on activities where the Trailmen can experience using and working with each item.

4. Astronomy

Purpose: The 'Astronomy' Step provides a basic knowledge of celestial objects and how they benefit us in various ways. Upon completion of this Step Trailmen should understand many of the basic objects in the day and night sky and how to utilize these objects.

During Troop meetings, Trailmen will learn what each of the three major celestial bodies are: Sun, Moon, and Stars. The Trail Guides will provide instruction on how to recognize constellations and teach the Trailmen how constellations are used.

Science & Technology Branch Elective Steps

5. Rocketry

   Purpose: The purpose of 'Rocketry' is to learn how this science has propelled our advancement in technology. Also, to understand that this is one of many areas where math can be fun.

   During Troop meetings, Trailmen will learn the different parts of a rocket and the different types of fuel that a rocket uses. Trail Guides will work with the Trailmen to make sure that they understand the safety procedures that are used in rocketry and also help them in making a simple, safe rocket. Trailmen will also learn how rocketry has benefited mankind.

6. Ancient Weapons

   Purpose: The purpose of 'Ancient Weapons' is to learn about how older weapons furthered mankind's understanding and knowledge through survival and adversity.

   During Troop meetings, Trail Guides will teach the Trailmen about various ancient weapons that have advanced technology. Trailmen will explore some of the uses of these technologies and learn when they were first used. Trail Guides will instruct on how to be safe around these technologies and work with the Trailmen to build a simple and safe ancient weapon.

7. Improvised Tools

   Purpose: The purpose of 'Improvised Tools' is to learn that tools are everywhere and crafting simple tools can be useful when camping or hiking.

   During Troop meetings, Trailmen will learn about what types of tools have been crafted throughout history as well as what tools can be crafted from outdoor materials. Trail Guides help the Trailmen learn how to find good basic materials for crafting, how to be safe using crafted tools, and how to make a simple crafted tool.

8. Botany

   Purpose: The purpose of 'Botany' is to learn and understand more about trees and plants. Identification can be a great asset while camping or hiking.

   During Troop meetings, Trail Guides will help the Trailmen to understand what botany is and what areas of study it consists of. Trailmen will also learn plants that are local to their area and how to identify them. The Trail Guides will also

help the Trailmen know which of their local plants are dangerous, beneficial, or neither.

Sports and Fitness Branch		
	Branch Pin	Sylvan Star
Core Steps	2	2
Elective Steps	1	1
Hit the Trail! Activities	1	1

Core Steps

1. **Nutrition & Fitness**

   Purpose: The "Nutrition & Fitness" Step covers the general physical well-being for the Trailman. He will learn the difference between healthy and unhealthy foods, some of the physical issues with eating poorly, and exercises to keep fit.

   During Troop meetings, Trailmen will learn how to define nutrition, and they will learn its importance. Trail Guides will explain which foods provide good nutrition and which foods provide poor nutrition. Trailmen will also learn what illnesses are associated with poor nutrition. Trail Guides explain the different types of fitness and explain why they are important. Trailmen will learn and practice various ways to stretch their muscles and joints as well as different exercises that will make them healthier, stronger, and/or faster. Trail Guides will work the Trailmen to set fitness improvement goals.

2. **Learn about Sports**

   Purpose: The "Learn about Sports" Step teaches the Trailman about the wide variety of sports and how to train for them. He will also learn how to be a good sport.

   During Troop meetings, Trailmen will discover the vast amount of sports that exist and discuss several. They will learn the differences between team sports and individual sports. Trail Guides will teach the Trailmen how to train for various sports and explain the importance of practice and training. Trailmen will also learn about and practice being a good sportsman.

Sports and Fitness Branch Elective Steps

The Elective Steps should be built by the Trail Guide. There are a wide range of sports to select from and even many fitness events to participate in. Trail Guides will the CLEAR Method to develop these Elective Steps. This process for developing an advancement of interest is an introduction to the format for opportunities the Trailmen will have to develop their own Trail Badges as Navigators and Adventurers.

C - The patrol should Choose a sport or fitness activity to teach.

L - The lesson should include some opportunity to Learn about the sport.

- This may cover rules, strategy, history, etc.

E - The lesson should Explore some hands-on activities or skill building exercises related to the sport.
  - These will obviously vary depending upon the sport, but should be fun, engaging, and be of a physical nature.

A - Each boy in the patrol should be given the opportunity to Apply the skills developed and participate in the sport using what he has learned.

R - The boys or patrol as a whole should Report or demonstrate what they have learned and/or experienced while participating in the hobby.

- This should not be a term paper, or boring write up, nor just a simple discussion. This should be a fun, interactive opportunity for the boys to show off.

Sample Sports Elective Steps

3. Uncommon Sports

Purpose: The "Uncommon Sports" Step will expand the knowledge base of sports to the Trailman. He will learn about sports from across the globe and perhaps enjoy playing one.

During Troop meetings, Trail Guides will discuss with the Trailmen some uncommon/unusual and old fashioned games and sports. Trailmen will learn how they are played and why people enjoy playing them. Trailmen will also have the opportunity to experience playing one or more of these uncommon sports.

4. Soccer (sample team sport)

Purpose: The "Soccer" Step will teach the Trailman the rules, strategy, and skills of this sport.

During Troop meetings, Trailmen will learn the rules and purpose of this sport. Trail Guides will teach the Trailmen about the different positions and what exercises one needs to do to get better at this sport. Trailmen will also learn the benefits of this sport.

5. Bowling (sample individual sport)

Purpose: The "Bowling" Step will teach Trailman basic rules and skills of this sport.

During Troop meetings, Trailmen will learn the rules and purpose of this sport. Trail Guides will teach the proper scoring method(s) for this sport and some of the different skills and exercises needed to perform well. Trailmen will also learn the benefits of this sport.

6. Swimming (sample sport)

Purpose: The "Swimming" Step will teach Trailman a basic understanding on safety and skills needed for this sport.

Trail Guides will discuss with the Trailmen the difference between competitive swimming and swimming as a skill. They will discuss different strokes used for different reasons and the etiquette and rules of swimming in pools and other water sources. Safety around the water is the key lesson with Swimming.

Values Branch		
	Branch Pin	Sylvan Star
Core Steps	3	3
Elective Steps	1	1
Hit the Trail! Activities	1	1

Core Steps

1. Godly Values

Purpose: The 'Godly Values' Step provides a basic knowledge of what Values are and the benefit of having and living by values based on godly principles. Upon completion of this Step Trailmen should understand where our values come from and why they are important.

During Troop meetings, Trailmen will learn how to define what a value is and name some values. Trail Guides will help the Trailmen understand how values affect our lives and some of the places that we get our values from. Trailmen will learn the importance and benefits of having godly values in their lives.

2. Our Faith

Purpose: The 'Our Faith' Step provides a basic knowledge and understanding of what faith is and its practical application. Upon completion of this Step Trailmen should understand how we can utilize our faith to serve and help others around us as well as the biblical foundation of lasting faith and the importance of placing one's faith in God who is trustworthy.

During Troop meetings, Trail Guides will help the Trailmen understand what faith is and why it is of the utmost importance that we place our faith/trust in Jesus. Trailmen will learn how our faith is affected by our values, what values we get from our faith, and the importance of faith in our system of values. Trail Guides will lead discussions with the Trailmen on examples from the Bible where a value is specifically defined.

3. Godly Citizenship

Purpose: The 'Godly Citizenship' Step provides a basic introduction to the concept of a Christian worldview and how the Trailman can influence their world in a positive godly direction. Upon completion of this Step a Trailman should understand how his actions influence his community and his witness.

During Troop meetings, Trailmen will learn what it means to be a godly citizen and how to interact with the world with a Christian worldview. Trail Guides will work

with the Trailmen to help them understand what it means to have a Christian worldview. Trailmen will learn what the actions of a godly citizen are like and how they can be involved in our government, school, and community as part of being a godly citizen.

4. Service

Purpose: The 'Service' Step provides a basic knowledge of what service is and its benefits to the giver and receiver. Upon completion of this Step Trailmen should understand the importance of service to God and others.

During Troop meetings, Trail Guides will teach the Trailmen how service is defined and why it is good to perform service. Trailmen will learn who they can serve, and they will discuss examples of what is considered community service for Trail Life USA. Trail Guides will help the Trailmen learn that service not only benefits others but themselves as well. Trailmen will learn what it means to serve God as stated in the Trailman Oath. Trail Guides will lead discussions about examples from the life of Jesus that demonstrate and encourage us to be servants.

5. Teamwork

Purpose: The 'Teamwork' Step provides a basic knowledge of the principles and value of working as a team. Upon completion of this Step Trailmen should understand, through experience, the challenges and benefits of team activities and the importance of cooperation.

During Troop meetings, Trail Guides will help the Trailmen define teamwork and understand why it is important. The Trailmen will learn various activities that depend on teamwork such as sports, school, jobs, etc. The Trail Guides will also teach the importance of cooperation when it comes to completing a task or goal and teach how to recognize things that can interfere with both cooperation and teamwork.

6. Truthfulness/Integrity

Purpose: The 'Truthfulness/Integrity' Step introduces the Trailman to the concept of always being trustworthy in what you say and do. Upon completion of this Step Trailmen should understand the importance and practical application of this Character trait.

During Troop meetings, Trail Guides will help the Trailmen define truthfulness/integrity and understand why it is important in their lives. Trail Guides will lead discussions with the Trailmen about times in their lives when their truthfulness/integrity was tested. Trailmen will also learn what can be done to regain their truthfulness/integrity once it has been lost. Trail Guides will also

lead discussions about how the Trailman's friends can influence his truthfulness/integrity in both positive and negative ways.

Values Branch Elective Steps

7. Courage

Purpose: The 'Courage' Step introduces the Trailman to the concept of action despite one's fears. Upon completion of this Step Trailmen should understand the importance and practical application of this character trait.

During Troop meetings, Trail Guides will help the Trailmen define courage and understand why it is important. Trailmen will learn examples of courage found in the Bible and throughout history. Trail Guides will lead discussions with the Trailmen about ways that they have shown courage in their own lives and how showing courage helps those around them.

8. Obedience

Purpose: The 'Obedience' Step introduces the Trailman to the concept of learning to follow. Upon completion of this Step Trailmen should understand the importance and practical application of this Character trait.

During Troop meetings, Trail Guides will help the Trailmen define obedience, learning to follow, and understand why it is important. The Trailmen will learn how obedience helps them become a better leader, honors God, and shows respect for authority. Trail Guides will also work with the Trailmen to help them recognize areas in their own lives where they need to improve their obedience.

9. Righteousness

Purpose: The 'Righteousness' Step introduces the Trailman to the concept of Right Living despite one's situation or surroundings. Upon completion of this Step Trailmen should understand the importance and practical application of this character trait.

During Troop meetings, Trail Guides will help the Trailmen define righteousness and understand why it is important. Trail Guides will help the Trailmen know what the right way to live and act is in various circumstances. The Trail Guides will also explain how the Bible provides a consistent standard for living despite one's situation or surroundings. The Trailmen will learn how certain activities such as prayer, Christian fellowship, Bible study, etc. can help them build an understanding of right living. The Trailmen will also learn practical ways that they can encourage others to be and live righteously. Most importantly, the Trail Guides will help the Trailmen to fully understand how the sacrifice of Jesus Christ makes us righteous in the eyes of a Holy God.

10. Wisdom

Purpose: The 'Wisdom' Step introduces the Trailman to the concept of knowing what to do and how to use one's knowledge. Upon completion of this Step Trailmen should understand the importance and practical application of this character trait.

During Troop meetings, Trail Guides will help the Trailmen define wisdom as knowing what to do and how to use one's knowledge and understand why it is important, especially as leaders. Trail Guides will help the Trailmen know some different places to gain wisdom, namely the Bible, experiences, studies, and trustworthy guidance among others. The Trailmen will learn how to recognize examples of wise and unwise decisions. The Trail Guides will lead discussions about historical leaders and followers that showed wisdom such as Solomon, Daniel, George Washington, etc.

11. Dedication

Purpose: The 'Dedication' Step introduces the Trailman to the concept of being committed to something and not quitting. Upon completion of this Step Trailmen should understand the importance and practical application of this Character trait.

During Troop meetings, Trail Guides will help the Trailmen define dedication and understand why it is important to persevere through hardship. The Trailmen will learn the ways that our dedication to God is shown and grows when we are persecuted for our faith. The Trail Guides will help the Trailmen to recognize areas in their own lives where their dedication can improve. The Trail Guides will also lead discussions about historical figures and groups that showed great dedication such as Hellen Keller, Christian missionaries, and the Navy Seals.

12. Repentance

Purpose: The 'Repentance' Step introduces the Trailman to the concept of being sorry and changing one's actions and attitude. Upon completion of this Step Trailmen should understand the importance and practical application of this Character trait.

During Troop meetings, Trail Guides will help the Trailmen define repentance and understand why it is important. The Trail Guides will lead discussions with the Trailmen about times in the Trailman's lives when he realized that he was going the wrong way or doing the wrong thing, stopped, and turned around. The Trailmen will learn what it takes to repent, namely awareness, humility, and

action. The Trail Guides will also lead discussions about historical figures that have shown repentance such as Saul of Tarsus (Apostle Paul) and John Newton (author of "Amazing Grace").