



## Staffing and Leaders Guide For Saturday, September 26

District is providing a leader's packet for each weekend with most of the planning done, so you can basically show up and run the event. Reviewing of the material and a little prep work may be required.

Our theme for Sept. 26 Weekend is "**Super Webelos Heroes**" tying in Super Heroes to the 12 points of the Scout Law. We have included a 'Super Hero' Certificate of Participation.

Limit participation. Locations may require a limitation. Please limit this to Webelos only and if possible, one parent and child attendance. Siblings and other Cub Scouts should not attend.

**Do recruit** -- Encourage a "bring a buddy" event for 4th. Grade 5th grade youth.

### The needs:

- **Staffing:** We are offering 2 required Webelos Pins and one elective each weekend. A good rule of thumb would be 2 adult instructors for each pin and hopefully a Scout Webelos Den Chief from each troop.
- **Location:** Locations can be different for each weekend. Most of the Adventure Pins are outdoor related and we could use hiking trails. Locations require permission. If using a town park, a permit may not be needed, but a call to the appropriate town department would be required.

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# WEBELOS POWAHAY ADVENTURES

FALL SCHEDULE  
Bulletin 2  
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Printing

*Proudly Serving the Communities of Darien, New Canaan, Norwalk, Stamford and Wilton*

## Welcome to Webelos Adventure Pin Weekend # 1 Saturday, September 26, 2020—Location to be announced

### Super Webelos Heroes

A hero is a person who is admired for his character, his achievements, and his example to others. Let us honor our own Super Webelos heroes, who are growing into the heroes of our future.

### Before departing for this event:

1. Check the registering email for any cancellations due to the weather.
2. Parents conducts the "Pre-Event Medical Screen Checklist" to the right.

### Adventure Pins

- Stronger, Faster, Higher (Webelos Required)
- Scouting Adventure Part 1 (AOL Required)
- Sports (Elective Pin)

### Schedule

- 10:00 AM — Gathering
  - Join in Game/Activity
- 10:10 AM — Opening Ceremony
- 10:20 to 10:50: Activity Pin Session
  - Webs 1: Stronger, Faster, Higher
  - AOL Webs: Scouting Adventure part 1
- 10:50 to 11:00: Break
- 11:00 to 11:30: Activity Pin Session
  - Sports (Elective pin)
- 11:30 to 11:45: Game/Activity
- 11:45 AM: Closing Ceremony

After closing: Webelos Dens will meet by Packs for a review of the events and items they need to complete before the next meet.

### What to bring:

- ◆ Webelos Handbook
- ◆ Water Bottle and snacks
- ◆ Face Mask/Disinfecting wipes or hand sanitizer
- ◆ Dress for the weather

Questions [info@powahay.com](mailto:info@powahay.com)

<https://www.ctyankee.org/?p=17175>

### Pre-Event Medical Screening Checklist

#### (Parents review before leaving for the event.)

This is a tool to assist leaders in identifying potentially communicable diseases in advance of event participation. The intent of this checklist is to review with each participant their current health status both before departure and upon arrival at the event.

#### Has the participant had any of the following symptoms in the last 24 hours?

- Fever (100.4 F or greater)
- Vomiting
- Diarrhea

If the participant has fever, vomiting, OR diarrhea—he or she should stay home.

#### Has the participant had any of the following symptoms in the last 24 hours?

- Unexplained extreme fatigue or muscle aches
- Rash
- Cough
- Sore throat
- Open sore

If the participant has any two (or more) of these symptoms—he or she should stay home. If the participant has one of these symptoms, discuss any limitations and restrictions and consider having him or her stay home. Participants who become ill should not return to the activity until they are cleared by a health-care provider.

#### Notes:

- All youth attend under the supervision of a parent or a parent approved leader.
- Scouts should travel to/from the venue with their own parents or guardians; family groups should not mix.
- Mask required for all participating. Parents should provide disinfecting wipes or hand sanitizer for their son/daughter during this activity.
- This is a Webelos event. One parent and youth recommended. Younger siblings and other Cub Scouts should **NOT** attend. Due to COVID-19 Guidelines, we need to limit participation.
- **DO — Invite other 4th or 5th grade youth** and their parents for a "Bring A Buddy" Recruitment event.



## Adventure Pins Requirements

### Webelos Adventure: Stronger, Faster, Higher

Complete Requirements 1-3 and at least one other.

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
2. Do these activities and record your results: 20 yard dash, vertical jump, lifting a 5 pound weight, push-ups, curls, jumping rope.
3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.
4. Try a new sport that you have never tried before.
5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and try to improve your time over a two week period.
6. With adult guidance, help younger Scouts by leading them in a fitness game or games.

### Webelos/AOL Elective Adventure: Sports

Complete the following requirements.

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. Participate in two sports, either as an individual or part of a team.
3. Complete the following requirements:
4. Explain what good sportsmanship means.
5. Role-play a situation that demonstrates good sportsmanship.
6. Give an example of a time when you experienced or saw someone showing good sportsmanship.

Teaching Aids — We made PDF's from a Kindle Webelos Book.

Download at <https://www.ctyankee.org/?p=17175>

### Arrow of Light Adventure: Scouting Adventure

Complete the following Requirements.

1. Prepare yourself to join a troop by completing at least a-c below:
  - a. Repeat from memory the Scout Oath, Scout Law, Scout motto, and Scout slogan. In your own words, explain their meanings to your den leader, parent, or guardian.
  - b. Explain what Scout spirit is. Describe for your den leader, parent, or guardian some ways you have shown Scout spirit by conducting yourself according to the Scout Oath, Scout Law, Scout motto, and Scout slogan.
  - c. Give the Scout sign, salute, and handshake. Explain when to use each.
  - d. Describe the First Class Scout badge, and tell what each part stands for. Explain the significance of the First Class Scout badge.
2. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning
3. Visit a troop meeting with your parent or guardian and, if possible, with your den members and leaders. After the meeting, do the following:
  - a. Describe how the Scouts in the troop provide its leadership.
  - b. Describe the four steps of Scout advancement.
  - c. Describe ranks in Scouting and how they are earned.
  - d. Describe what merit badges are and how they are earned.
4. Practice the patrol method in your den for one month by doing the following:
  - a. Explain the patrol method. Describe the types of patrols that might be part of a troop.
  - b. Hold an election to choose the patrol leader.
  - c. Develop a patrol name and emblem (if your den does not already have one), as well as a patrol flag and yell. Explain how a patrol name, emblem, flag, and yell create patrol spirit.
  - d. As a patrol, make plans to participate in a troop's campout or other outdoor activity.
  - e. With your Webelos den leader, parent, or guardian, participate in a troop's campout or other outdoor activity. Use the patrol method while on the outing.
5. Do the following:
  - a. Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.
  - b. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.
6. Demonstrate your knowledge of the pocketknife safety rules and the pocketknife pledge. If you have not already done so, earn your Whittling Chip card.

Part 1:

- Review requirements 1 to 4.
- If present let Webelos Den chief talk about his/her troop.
- Let Webelos talk about forming a patrol req. 4.



## Opening & Closing Ceremony

You will need to print out a certificate of participation (page 5) or let us know and we have council print these.

Gathering/Preopening Fitness Relay Game pg 4

### Opening Ceremony

- **Welcome and Opening remarks** — Lead Coordinator  
Welcome to our first Webelos Adventure Weekend featuring a Super Hero Program with Webelos Adventure Pins and to learn about being a Super Hero. Superheroes are known for facing danger even when they are afraid. A Scout, like a superhero, has the courage to stand for what they think is right even if others laugh or threaten them. At the closing ceremony you will be granted 12 special super powers.
- **Pledge of Allegiance and Scout Oath**
- **Scout Law Opening Ceremony** Use 12 Scouts or provide two signs per Scout.
  - Cub Scout 1: (Holding up a sign printed with "Trustworthy") "Trustworthy—You can count on me!"
  - Cub Scout 2: (Holding up a sign printed with "Loyal") "Loyal—I will stick by you."
  - Cub Scout 3: (Holding up a sign printed with "Helpful") "Helpful—I will volunteer to help you without expecting a reward."
  - Cub Scout 4: (Holding up a sign printed with "Friendly") "Friendly—I offer friendship to everyone, no matter how different they are."
  - Cub Scout 5: (Holding up a sign printed with "Courteous") "Courteous—I am polite and use good manners."
  - Cub Scout 6: (Holding up a sign printed with "Kind") "Kind—I treat others as I want to be treated."
  - Cub Scout 7: (Holding up a sign printed with "Obedient") "Obedient—I obey rules and laws."
  - Cub Scout 8: (Holding up a sign printed with "Cheerful") "Cheerful—I look for the bright side of life."
  - Cub Scout 9: (Holding up a sign printed with "Thrifty") "Thrifty—I use time and resources carefully."
  - Cub Scout 10: (Holding up a sign printed with "Brave") "Brave—I stand up for what is right even if others don't."
  - Cub Scout 11: (Holding up a sign printed with "Clean") "Clean—I keep my home and community clean."
  - Cub Scout 12: (Holding up a sign printed with

"Reverent") "Reverent—I respect my own beliefs and the beliefs of others."

- All: "I am a Super Cub!"
- Cubmaster: "All of our Cub Scouts are Super Cubs! Their superpower is the Scout Oath and Law. Let's recite the Scout Oath and Law together as a reminder of how super our Scouts are."

- **Opening Prayer** "Help us realize the power we each have inside of us to make the world a better place by remembering to do our best each and every day."

### Closing

- **Cubmaster's Minute** "A hero is a person who is admired for his character, his achievements, and his example to others. Let us honor all the real heroes in our world today and our own Super Cub heroes, who are growing into the heroes of our future."
- **Closing Superhero Skit Scene:** A group of boys stand together, talking and wearing T-shirts instead of uniform shirts.
  - Boy 1: "I hear a superhero is coming!"
  - Boy 2: "Have you seen him?"
  - Boy 3: "No, I wonder who it is?"
  - Boy 4: "I hear he helps people. Maybe it's Superman. I hope there isn't any kryptonite around here."
  - Boy 5: "I hear he is trustworthy, maybe it's Thor and he'll shoot lightning!"
  - Boy 6: "I hear he is patriotic, so it might be Captain America!" 4 Cub Scout
  - Boy 7: "I hear he is brave and wears a special uniform. Maybe it's Ironman!"
  - Boy 8: "I hear he is kind. Maybe it's Batman."
  - All: (As den chief or other Scout in uniform enters) "Here he comes!" (Den chief or Scout walks across, flexing his muscles and grinning. All Scouts cheer him on.)
- **Closing Remarks** — Lead Coordinator: At this time I would like to present our certificate of participation and granting 12 special super powers to the Webelos gathered here today. (read off super powers from the certificate page 5). Before we depart, Webelos Dens by Packs are welcome to meet for a few minutes.

### Gathering Game — Fitness Relay Game

**Required:**

- 2 or 3 paper bag containing cards with one task on each card.
- Cut out the task below for each bag. **Feel free to add additional tasks.**

**Preparation:**

- Draw start line and place paper bag with cards at 20 to 40 feet away.

**Instructions:**

- Break Scouts up into teams.
- Scouts line up single file — social distancing.  
 On 'Go' signal, Scout runs to bag, picks card from bag, reads it and does that task out and runs back to the start line to signal the next scout.
- First team to get through all tasks wins.

May demonstrate each of the tasks first so scouts know what they are.

Hop on left foot

Hop on right foot

Close your eyes and touch your nose 5 times

Walk backwards ten steps

Hop on both feet

Walk-heel-to-toe 10 steps

Run in place as fast as you can counting to 10 before stopping

Hold hands between the knees and count to 10

Do the forward crab crawl




Do Ten Jumping Jacks

Do the backward crab crawl



Do the Standing long jump



# WEBELOS POWAHAY ADVENTURES

## Certificate of Participation

Webelos Adventure Weekend #1

You have been granted the following Superpowers



7—OBEDIENT  
Captain America



8—  
CHEERFUL  
Batgirl



9—THRIFTY  
The Flash



10—BRAVE  
Iron Man



11—CLEAN  
Black Panther

12—REVERENT  
You



1—TRUSTWORTHY  
Thor



2—LOYAL  
Robin



3—HELPFUL  
Superman



4—  
FRIENDLY  
Spiderman



5—  
COURTEOUS  
Supergirl



6—KIND  
Batman

Superheroes are known for facing danger even when they are afraid. A Scout, like a superhero, has the courage to stand for what they think is right even if others laugh or threaten them.

### Here are your Scout Superpowers

1. **Trustworthy:** Always answers the call.
2. **Loyal:** Defends the earth from evil forces.
3. **Helpful:** Rushes to the rescue.
4. **Friendly:** Turns evildoers good.
5. **Courteous:** Protects old and young alike.
6. **Kind:** Balances his strength with being gentle.
7. **Obedient:** Enforces right over wrong.
8. **Cheerful:** Laughs in the face of danger.
9. **Thrifty:** Saves time by moving faster than an arrow.
10. **Brave:** Overcomes fear when threatened.
11. **Clean:** Repels evil influences over mind and body.
12. **Reverent:** Has the power to believe.



“Trustworthy—You  
can count on me!”



**LOYAL!**

“Loyal—I will stick  
by you.”



“Helpful—I will  
volunteer to help you  
without expecting a  
reward.”



**FRIENDLY!**

“Friendly—I offer  
friendship to everyone,  
no matter how  
different they are.”



**COURTEOUS!**

“Courteous—I am  
polite and use good  
manners.”



“Kind—I treat others as  
I want to be treated.”



**OBEDIENT!**

“Obedient—I obey  
rules and laws.”



**CHEERFUL!**

“Cheerful—I look for  
the bright side of life.”



“Thrifty—I use time and resources carefully.”



**BRAVE!**

“Brave—I stand up  
for what is right even  
if others don’t.”



“Clean—I keep my  
home and community  
clean.”



**REVERENT!**

Reverent—I respect  
my own beliefs and  
the beliefs of others.”