

Tenderpad Requirement Sheet

Requirement	Completed
Recite from memory the Timber Wolf Law. Explain its meaning in your own words.	Akela _____ Date _____
Recite from memory the Timber Wolf Promise. Explain its meaning in your own words.	Akela _____ Date _____
Demonstrate the Timber Wolf Salute.	Akela _____ Date _____
Show Akela that you know how to do the Grand Howl.	Akela _____ Date _____
Know the Story of B-P.	Akela _____ Date _____
Be invested as a Timber Wolf.	Akela _____ Date _____

** Akela should initial and date each requirement as completed.*

Date Awarded Tenderpad _____

First Star Requirement Sheet

Requirement	Completed
Know the composition of the Canadian Flag and the right way to fly it.	Akela _____ Date _____
Be able to tie a Reef Knot and Sheet Bend and know their uses.	Akela _____ Date _____
Be able to turn a somersault.	Akela _____ Date _____
Be able to leap-frog over another Timber Wolf of the same size.	Akela _____ Date _____
Be able to hop (using each foot for half the distance) around a figure of eight course of approximately 25 metres;	Akela _____ Date _____
Throw a ball six times so that a Timber Wolf ten metres away can catch it. Catch a ball, both hands together, thrown to you from a distance of ten metres, four times out of six.	Akela _____ Date _____
Skip backwards with both feet together 30 times; you must turn the rope yourself.	Akela _____ Date _____
Walk upright, balancing a weighted item on head, for 10 metres.	Akela _____ Date _____
Understand why and how to keep hands, feet, nails and teeth clean; and why and how to breath through your nose.	Akela _____ Date _____
Know how to tell time using an analog clock.	Akela _____ Date _____
Sing the National Anthem	Akela _____ Date _____
Clean and polish a pair of boots or shoes, fold your clothes neatly and satisfy Akela that you are doing your best to keep the Pack Den and your own room tidy and leave no litter anywhere.	Akela _____ Date _____
Have 3 months Satisfactory service as a Timber Wolf.	Akela _____ Date _____
Re-pass the Tenderpad tests.	Akela _____ Date _____

** Akela should initial and date each requirement as completed.*

Date Awarded your First Star: _____

Second Star Requirement Sheet

Requirement	Completed
Know the alphabet in Semaphore, Morse or American Sign Language and be able to send/read simple messages slowly.	Akela _____ Date _____
Use a compass to show the knowledge of the 8 principal points.	Akela _____ Date _____
Be able to tie a bowline and clove hitch and explain their usage.	Akela _____ Date _____
Understand the meaning of thrift in all things and show you are carrying these out in practice.	Akela _____ Date _____
Produce a satisfactory model or article made entirely by yourself in wood, metal, cardboard, clay, plasticine or similar substance: or an article knitted or netted, woven or carved; or a set of at least eight sketches drawn by yourself in colours (chalk or paint) of National flags, or animals or flowers, with their names clearly written.	Akela _____ Date _____
Know how to lay and light a fire in or out of doors.	Akela _____ Date _____
Run or cycle with a verbal message of at least 15 words by a certain route and deliver it correctly.	Akela _____ Date _____
Be able to use a telephone and know how to ask for assistance in an emergency.	Akela _____ Date _____
Perform toe touching and knee bending exercises. Walk a plank 4 metres by 15 centimetres, one metre above the ground.	Akela _____ Date _____
Understand the necessity of summoning adult help; clean and tie a cut; cover a scald or burn; understand danger of dirt in a wound; know the simple treatment for shock.	Akela _____ Date _____
Have at least 12 months satisfactory service as a Timber Wolf.	Akela _____ Date _____
Re-pass the Tenderpad and First Star tests.	Akela _____ Date _____

** Akela should initial and date each requirement as completed.*

Date Awarded your Second Star: _____