



# Polar Award



Name \_\_\_\_\_

## Section 1 – Yourself

### Self Awareness

- 1 Carry out a SWOT (Strengths, Weaknesses, Opportunities, Threats) of yourself
- 2 Make a presentation to the Patrol Leaders Council on “What I have learned during my time in Scouts”

### Promise & Law

- 3 Prepare and Deliver a Scouts’ Own or Promise & Law Reflection
- 4 Have a Scout Promise & Law discussion with your Patrol

### Scouting Involvement

- 4 Take an active role in your Scout Group
- 5 Participate in one of the Youth Fora (County, Provincial or National)
- 6 Take part in a National Event

## Section 2 – Patrol and Troop

### Patrol Work

- 1 Share one of your skills with another Beaver Scout, Cub Scout or Scout
- 2 Take an active role in the planning & running of your Troop through the PLC
- 3 As a member of the Patrol Leaders’ Council, engage with the Group Council

### Patrol and Troop Activities

- 5 Plan, run and review an activity for your Patrol or Troop

## Section 3 – Citizenship

### The Environment

- 1 Plan, organize and run a Patrol or Troop Leave No Trace project within your locality
- 2 Find out about conservation internationally and discuss with your Patrol

### The Community

- 3 Plan and run a Patrol or Troop Community Project

## Section 4 – Skills

### Adventure Skills

- 1 Have gained experience in all nine Adventure Skills
- 2 Go up a stage in at least five different Adventure Skills

Scout \_\_\_\_\_ Date \_\_\_\_\_  
 Patrol Leader \_\_\_\_\_ Date \_\_\_\_\_