

1. Public education- Firefighters go into schools and hold special events to teach kids about fire safety. Create a program of your own explaining what you would do to teach kids about fire safety. Be creative in your program and include examples. If possible, put your program to the test by showing it to some younger friends or family members. Create a notebook or poster detailing your program, what you would teach, how you would teach it, etc. Be sure to include pictures of our demonstration as well as the kid’s reaction to the program. Specific topics that you could choose to base your program off of include but are not limited to: fire hazards, what to do if there is a fire, and basic first aid.
2. Explore the types of employment available in the fire service and/or first responder field (volunteer departments, full-time positions, part-time positions, paramedics, etc.) Create a resume and cover letter and take part in a mock job interview for the job of your choosing (Contact the project leaders no later than June 1 to schedule your mock interview). Create a notebook or poster which includes your resume and cover letter, interview tips, or a reflection of your interview.
3. First responder tactics – Firefighters are often called to emergencies where they have to know how to deal with trauma, bleeding, and other medical emergencies. Speak to a firefighter about what they do in these situations and create a poster which shows what you should do in one of the situations they discuss.
4. Fire Science – Create a poster, with visuals, explaining a fire triangle or tetrahedron, and how fire flows. How is this information useful when trying to put out a fire?

**Level 5 (Grades 11-12) – (Workshop TBA)**

1. Choose one of the following options per year. Contact the project leaders for information about local CPR and Fire I courses or how to volunteer at your local fire department.
2. Enroll in a CPR/AED course or training to receive your certification. Create a poster or do a five minute demonstration about CPR and/or using an AED.
  - a. What did you have to do to receive your certification?
  - b. What are the steps to CPR?
  - c. What are the steps of using an AED?
  - d. How do you know when to do CPR?
3. Hazmat – Learn about local Haz-mat teams and what they do, how they are called out, and when they are called out. Make a poster that details what you learned.
4. Fill out an application to volunteer for 10 hours at a local fire department. Keep a log describing in detail what you did to volunteer. Have an over-seeing officer sign your log. Create a poster describing what you did during your time and be sure to include any pictures you may have taken as well as the log you kept.
5. (Must be 18 years old) Enroll in a Fire I course at your local fire department. Make a poster about the topics covered in the course.

**Independent study (all grades)**

Are you interested in a topic related to fire education, fire science, or first responder aid that is not covered in the project requirements? You can fill out an application to suggest your own fire education independent study project. Contact the project leaders for more information.



**Health**

Judging - Tuesday, June 30, at 1pm at the Extension Office; Auditorium.  
1 Champion from each level to State Fair

***\*Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.***



Do you want to learn more about healthy eating, portion sizes, and other ways to stay healthy? The Extension Office at (574) 372-2340.

## **Level A: First Aid in Action**

Grade 3: Exhibit one of the following:

1. A poster on 1 of the following topics or any other topic covered in Level A:
  - a. First Aid for Cuts and Scrapes
  - b. First Aid for Choking
  - c. First Aid for Strains, Sprains, and Bruises
2. A family first aid kit
3. An action demonstration related to a topic covered in Level A

Grade 4: Exhibit one of the following:

1. A poster on 1 of the following topics or any other topic covered in Level A:
  - a. First Aid for Treating Nosebleeds
  - b. First Aid for Foreign Objects
  - c. First Aid for Stings and Bites
2. A family first aid kit (including at least 1 make your own item discussed in your 4-H manual)
3. An action demonstration related to a topic covered in Level A

Grade 5: Exhibit one of the following:

1. A poster on 1 of the following topics or any other topic covered in Level A:
  - a. First Aid for Poisons
  - b. First Aid for Broken Bones
  - c. First Aid for Burns
2. A family kit for an emergency (tornado, snowstorm, no electricity, fire, etc.)
3. An action demonstration related to a topic covered in Level A

## **Level B - Staying Healthy**

Grade 6: Exhibit one of the following:

1. A poster on 1 of the following topics or any other topic covered in Level B:
  - a. Human viruses or bacteria
  - b. Keeping hair, skin, nails, teeth, ears, or eyes clean
2. A report of three activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

Grade 7: Exhibit one of the following:

1. A poster on 1 of the following topics or any other topic covered in Level B:
  - a. Nutrient rich "power" foods
  - b. Healthy snacks
  - c. Appropriate portion sizes
2. A report of three activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

Grade 8: Exhibit one of the following:

1. A poster on 1 of the following topics or any other topic covered in Level B:
  - a. The importance of eating breakfast
  - b. The importance of physical activity
  - c. Turning everyday activities in to exercise opportunities
2. A report on three activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level B

**Level C: Keeping Fit** (Grades 9 -12): Exhibit one of the following:

1. A poster on a topic covered in Keeping Fit: Fitness Activities for Youth
2. A report on three activities you completed in the 4-H manual
3. An action demonstration related to a topic covered in Level C



## Shooting Sports

Judging - Thursday, July 2, at 6pm at the Fairgrounds; Home and Family Arts Building.

Disciplines include Archery, Pistol, Rifle, Muzzleloader, Shotgun, and Outdoor Skills

1 Champion from each level to State Fair



For more information on the Shooting Sports project contact Tammy Wise at [tdwise76@yahoo.com](mailto:tdwise76@yahoo.com) or Mark Demske at [mldemske@frontier.com](mailto:mldemske@frontier.com).

***\*Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.***

Create an exhibit that shows the public what you learned in shooting sports education this year. Title your exhibit with one of the following: archery, outdoor skills, muzzleloading, pistol, rifle, shotgun or shooting sports. You can use a subtitle, if you wish.

### Important Notes:

- Firearms or ready to shoot bows are not allowed to be exhibited. Unstrung bows are permissible.
- Live ammunition is not allowed to be exhibited (no powder or primer)
- Any bladed object must be displayed in a locked, secured or sealed display case.
- Displays involving firearms or bows may be exhibited as a photographic display on a poster or in a notebook following grade level guidelines.

First time participants must take the beginner class unless they have a Hunter's Education Card. The beginner class consists of two meetings per discipline with safety instruction. There will be no exceptions at this rule. Those youth with a valid Indiana Hunter Education Card, to show firearm safety knowledge, may participate at another level provided they show basic proficiency in their discipline at a special test session prior to the beginning of the active program for the year.

### GENERAL REQUIREMENTS

Each participant in the Kosciusko County 4-H Shooting Sports Program is expected to complete each of the following within each program year of his/her involvement.

- Learn the rules of safe and responsible firearms and/or archery equipment use.
- Projects involving firearms, bows, arrows or ammunition may be exhibited as a photographic display on a poster or in a notebook following grade level guidelines.
- Any project not meeting guideline requirements will receive a participation ribbon. No exceptions will be made.
- Notebooks must include detailed information about how the project was completed with photographs documenting the work. Photographs are encouraged as they help the judges see the progress and the finished product. The notebook must include research, planning, costs, and an explanation of how the final project will be used.
- Display boxes (shadow box) must be 18 x 24 inches, no more than 3 inches deep, and displayed horizontally.
- Handmade items must include information explaining how the project was made and its intended use.
- An explanation of what was done includes explaining what you did, your research, planning, costs, and how you will use the finished product.