

Whistle Lanyard

Category	Activities
Advancement	Healthy Mind
Time to allocate (mins)	20
Outcome	Knot tying (simple knot), understanding the purpose of a lifeguard whistle
Resources	Whistle Beads Cord
Instructions	<p>Each Cub Scout will make a simple lanyard to hold a whistle.</p> <ul style="list-style-type: none">* Provide pre-cut lanyard cord and plastic beads (various colors).* Show them how to create a simple loop knot to attach the whistle.* Discussion: Explain that whistles are essential for lifeguards to signal for help and communicate in noisy environments. They should only be used in an emergency. They can also be used to call for help when lost on a hike. Where else would a whistle be used for safety?

Entry written by Sharon Venn of 1st Randburg