

**Section 46 - Health and Fitness (continued)**

- 505 - Bowling rules
- 510 - How to score correctly and accurately
- 515 - Display of equipment
- 520 - Report on any phase of project

**Section 47  
Outdoor Adventures**

Class	PREMIUMS	\$5.00	\$4.50	\$4.00	\$3.50	\$3.00
Hiking Trails						
01 - Project book						
05 - Poster - clothing and fabrics used in outdoor clothing						
10 - Poster - hiking etiquette						
15 - Poster - wildlife footprints						
20 - Display - hiking essentials - backpack with necessary items, include short reason why to include item						
25 - Display - hiking first aid kit - each item labeled						
Camping Adventures (2)						
100 - Project book						
105 - Poster - personal gear						
110 - Poster - group gear						
115 - Poster - basic camping tools						
120 - Poster - water-related illnesses, include how to treat and prevent illness						
125 - Display - knots useful for camping (min. 6)						
Camping Adventures (3)						
200 - Project book						
205 - Poster - plan a week-long menu for your camping trip						
210 - Poster - different types of maps						
215 - Poster - emergency procedures in remote areas						
220 - Display - tent repair kit, label each item, include short reason why to include item						
Orienteering						
300 - Poster on what is orienteering						
305 - Poster on reading an orienteering map						
310 - Poster on how to read a compass						
315 - Poster on orienteering safety tips						

**Section 48  
Promoting 4-H**

Class	PREMIUMS	\$5.00	\$4.50	\$4.00	\$3.50	\$3.00	HM\$2.00
01 - Poster - ages 8 to 12 as of January 1, 2020							
05 - Poster - ages 13 to 19 as of January 1, 2020							

**Section 49  
Cloverbud (Youth 5-8 years old as of 1/1/2023)**

- Youths can enter up to 5 entries, judged Danish. No premiums – all entries receive participation ribbon
- Youth can enter from the Cloverbud Curriculum, CloverBud Horse, Exploring Farm Animals, and Treasures of 4-H.
- 01 - Any item made at a Cloverbud meeting
  - 05 - Any item made as a result of what was taught at a Cloverbud meeting.
  - 10 - A poster or display about what you learned as a Cloverbud.
  - 15 - A scepabook displaying what you learned as a Cloverbud

**Section 50  
Community Projects**

Photography of approved (by leader) 4-H Club community project - each member can enter 1 entry for up to 3 community events they participated in.							
Photograph 5x7 or larger							
100 - Community Project	PREMIUMS	\$6.00	\$5.00	\$4.00	\$3.00	\$2.00	\$1.00
105 - Community Project		\$6.00	\$5.00	\$4.00	\$3.00	\$2.00	\$1.00
110 - Community Project		\$6.00	\$5.00	\$4.00	\$3.00	\$2.00	\$1.00
Poster of Scrapbook of 4-H Club community service project experience - up to 5 photos documenting the project. Label each photo with photography skill utilized.							
200 - Community Project 1	PREMIUMS	\$6.00	\$5.00	\$4.00	\$3.00	\$2.00	\$1.00
205 - Community Project 2		\$7.00	\$6.00	\$5.00	\$4.00	\$3.00	\$2.00
210 - Community Project 3		\$8.00	\$7.00	\$6.00	\$5.00	\$4.00	\$3.00

