



BASILDON | BRAINTREE | BURY ST EDMUND | CAMBRIDGE | CHELMSFORD | COLCHESTER GRAYS | HAVERHILL | HUTTON | IPSWICH | KINGS LYNN |
PETERBOROUGH CENTRAL | PETERBOROUGH PORTUGESE | SOUTHEND



SEC AREA 8 PATHFINDERS



Pathfinder Honour:
WORKSHEET

HAIR CAIR

Part of Vocational category of Honours



Name:

Club:

Date Started:

Date Completed:

Instructor Name:

Signature:

Club Directors Name:

Signature

Please Award a Patch:

To be signed by Authorised Person (e.g. Area Director) after satisfactory completion. Leaders, please see the Assessment sheet for a checklist of practical requirements and a short test to check knowledge of honour

Date Patch Presented:

Requirements and answers:

1. List the different kinds of hair types and their properties.

- _____
- _____
- _____
- _____

2. Why is it important to keep the hair hydrated?

3. Which is better for the hair? Using heat to dry the hair or leaving it to dry naturally? Why?

4. Describe the LOC method and explain why it is good for the hair. Which hair type is it best for?

5. Explain how the following hair products help with hair care.

Hair spray: Helps to retain moisture in the hair as well as shine.

Oil: _____

Deep Conditioner: _____

Leave-in Conditioner: _____

6. Explain and demonstrate how to evenly distribute a hair product of your choice on any hair type.

7. Explain what is meant by the term 'protective styles'.

8. Give two examples of protective styles.

9. Be able to properly wash any hair type
(Stick a picture of you washing hair)

10. Demonstrate your knowledge in hair styling by doing two of the following, either in the same hair style, or one in each hair style.

- Cornrows
- Plaits
- Twists
- Flat twists

