

# *BSA Trail to First Class*

Outline of Requirements and Teaching  
Points for:

## Boy Scout, Tenderfoot, Second and First Class Ranks

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# Introduction to Scouting and the Scout Method



# Boy Scout Value Proposition

- Great outdoor adventures
- Friendships
- Challenge of working towards Eagle
- Tools to optimize family, community & nation
- Experiences and duties to mature as adults



# Scout Uniform

- Emblem of scouting
- Worn proudly
- By dressing alike, scouts indicate equality
- Signal to you and others that you can be trusted
- Official Class A
  - Buttoned shirt, pants, belt and belt buckle, scout socks
  - Neckerchief and cap optional
  - Worn to:
    - ceremonies, indoor activities, COHs, troop meetings, scout shows, flag ceremonies, summer camp
- Official Class B
  - Scout or troop T-Shirt and scout pants



# Scout Patrols

- Building blocks of scouting
- 6-8 scouts
- Lead by a Patrol Leader
- Plan and execute together to accomplish goals
- Should meet every week
- Right size for outdoor activities
- Scouts teach each other



# Scout Patrols

- New Scout Patrol
  - Boys new to scouting
  - Lead by Troop Guide and Asst. Scoutmaster
  - Choose their own leader
  - Assist each other with skills for TFC
- Experienced Scout Patrol
  - Scouts who have entered 7<sup>th</sup> grade or attained 1<sup>st</sup> class
- Venture Patrols
  - 14 years old
  - Rugged outdoor and special sports activities
  - Some have boys and girls



# Scout Patrols - continued

- Activities
  - Indoor – plan trips, make equipment, practice 1<sup>st</sup> aid, knots and lashings, other skills
  - Outdoor – Hiking, camping, special projects
- Name, flag and emblem
  - Name – taken from animals, trees, people
  - Flag – name, troop #, picture, other info
  - Emblem – worn on shirt sleeve
- Yell
  - If named for animal, might use animal yell
  - Given when patrol wins a contest or achieves something



# Patrol Leader

- Elected by Patrol
- Serves as leader at patrol and troop meetings
- Member of patrol leaders council ( PLC)
- Brings out the best in the other scouts
- Shares leadership with others



# National Honor Patrol Award

- Have a patrol name, flag and yell
- Hold two patrol meetings every month
- Take part in at least one hike, outdoor activity or other scouting event
- Complete two good turns or service projects approved by PLC
- Help two patrol members advance one rank
- Wear the full uniform correctly (75%) – Class A plus Troop 125's neckerchief
- Representative must attend at least 3 PLCs
- Have eight members in the patrol or increase membership over the previous three months
- Award: Star worn under patrol emblem on sleeve



# Your Troop

- Patrols make up a troop
- Troop can accomplish things a single patrol can't
- Goal – be one of the best scouts in the troop – more you give, more you'll get
- Come to meetings on time
- Be enthusiastic about troop activities



# Patrol Leaders Council

- Lead by an SPL, patrol leaders, Scoutmaster, and other troop leadership
- Listens for ideas and suggestions
- Plans Troop activities



# Troop Meetings

- Should be packed with activities
- Skill improvement games
- Patrol demonstrations to help others
- Songs, games and fellowship
- Not always held at same place



# Troop Activities

- Camping and hiking
- Summer camp
- High adventure programs
- Most activities done with patrols



# Scout Troop Leaders

- Senior Patrol Leader (SPL) –
  - Elected by all scouts
  - With guidance from SM, runs troop meetings and PLC
  - Does all he can to see patrols succeed
- Scoutmaster (SM)
  - Adult leader brings learning, adventure and opportunity to scouting
  - Attends troop meetings and most campouts
  - Gives advice and direction to SPL and PLC
- Assistant Scout Master (ASM)
  - At least 18 years old
  - Assist SM in helping with troop activities
- Junior Assistant SM (Jr. ASM)
  - 16 and 17 year olds who help troop
- Troop Committee
  - Parents and other adults who are responsible for troop's welfare



# Chartered Organization

- Examples
  - Church
  - School
  - Service Club
  - Civic Group
- Provides
  - Meeting Place
  - Leaders
  - Guidance
- Troop 125's Chartered Organization
  - Northwest Bible Church



# District And Council

- District
  - Geographic Area In Which Troop Is Located
  - Troop 125 is a member of North Trail District
- Council
  - Made Up Of Districts
  - Offers
    - Professional Staff
    - Volunteers
    - Scout Stores
    - Camporee
    - Summer Camp
  - Troop 125 and North Trail District belong to Circle Ten Council [www.circle10.org](http://www.circle10.org)



# Boy Scout Rank Requirements



# Boy Scout Rank - Requirements

1. Age 11 or completed 5<sup>th</sup> grade or Arrow of Light
2. Boy Scout application and health history
3. Find a Scout troop
4. Repeat the Pledge of Allegiance
5. Demonstrate Scout sign, salute, and handshake
6. Demonstrate Tying the Square Knot
7. Understand and agree to live by the Scout Oath, Law, Motto, and Slogan and the Outdoor Code
8. Describe the Scout Badge
9. Complete the Child Abuse Pamphlet
10. Participate in Scoutmaster Conference



# Boy Scout 4 - Pledge of Allegiance

- I pledge allegiance
  - *Promise to be true*
- To the flag
  - *To the emblem of your country*
- Of the United States of America
  - *A nation made up of 50 states and several territories, each with certain rights*
- And to the Republic
  - *A country where people elect representatives to make laws for them*
- For which it stands
  - *The flag represents the USA*
- One nation under God
  - *A country whose people are free to believe in God*
- Indivisible
  - *The nation cannot be split into parts*
- With liberty and justice
  - *With freedom and fairness*
- For all
  - *For every person in the country – you and every other American*



# Boy Scout 5(a) - Scout Sign

- Scout Sign
  1. Shows you are a scout
  2. Given when reciting the Scout Oath and Law
  3. Signal for listening and coming to silent attention
  4. Three fingers
    1. *stands for three parts of Scout Oath*
  5. Thumb and little finger touch
    1. *bond that unites scouts throughout the world*



# Boy Scout 5(b) - Scout Salute

- Salute shows respect
- Salute the flag of the USA
- Salute a scout leader or another scout



# Boy Scout 5(c) - Scout Handshake

- Left hand
  - *hand nearest the heart*
  - *Token of friendship*



# Boy Scout 6 - Square Knot

- Joining knot
  - First knot scout learns
  - Can join two ropes together
  - Signifies scouts joining the troop
  - Uses
    - Securing bundles, packages, sails of ships, ends of bandages. Etc.
  - Right over left, left over right



# Boy Scout 7(a) - Scout Oath

- Scout Oath
  1. On my honor I will do my best to do my duty to God and my country and to obey the Scout Law;
  2. to help other people at all times;
  3. to keep myself physically strong, mentally awake and morally straight.



# Boy Scout 7(b) - Scout Law

- A Scout is:
  - Trustworthy
  - Loyal
  - Helpful
  - Friendly
  - Courteous
  - Kind
  - Obedient
  - Cheerful
  - Thrifty
  - Brave
  - Clean
  - Reverent



# Boy Scout 7(c) - Scout Slogan, 7(d) - Motto 7(e) - Outdoor Code

- Slogan:
  - “Do a good turn daily”
- Motto:
  - “Be prepared”
    - *Note: “Slogan” has more letters and words than “Motto,” therefore Slogan is “longer” of the two*
- Outdoor Code:
  - As an American, I will do my best to
  - Be careful in my outdoor manners,
  - Be careful with fire,
  - Be considerate in the outdoors, and
  - Be conservation-minded.



# Boy Scout 8 – Describe Scout Badge

- Badge Shape
  - *The north point on an old compass*
  - *Arrowhead, trefoil, fleur-de-lis – 3 leaf lily or iris*
  - *Means scout points the right way in life as does a compass living according to the Scout Law*
- 3 Points of the trefoil
  - *3 parts of the Scout Oath*
- Two Stars
  - *Truth and Knowledge*
- Scroll turned up with Motto
  - *Scout does his duty with a smile*
- Knot at the bottom
  - *Scout Slogan – Do a good turn daily*



# Boy Scout 10 - Scoutmaster Conference

- Finish all requirements
- Assess experience so far
- Look ahead to what is to come next
- Ask questions
- Discuss ways to do even better



# Tenderfoot Rank Requirements



# Tenderfoot - Requirements

## 1. Present yourself:

- a) Properly dressed before going camping – Class A's
- b) Show camping gear
- c) Show how to pack and carry gear

## 2. Spend one night in a tent you pitched

## 3. On campout:

- a) Assist in cooking patrol's meal,
- b) Explain importance of sharing meal prep, clean up, and eating together.



# Tenderfoot – Requirements (cont.)

## 4. Rope work

- a) Whip and fuse rope
- b) Demonstrate two knots and explain use
  - 1. Taut-line hitch
  - 2. Two half hitches

## 5. Explain:

- a) Rules of safe hiking
- b) On highway and cross-country
- c) Day and night
- d) What to do if lost



# Tenderfoot – Requirements (cont.)

6. Display how to raise lower and fold the American flag
7. Memorize and explain the Scout Oath, Law, Motto and Slogan
8. Know your patrol name, yell, and flag
9. Explain the use of the buddy system
10. Physical fitness:
  - a) Key metrics – beginning and after 30 days
    1. Push-ups
    2. Pull-ups
    3. Sit-ups
    4. Standing long jump
    5. Quarter mile run
  - b) Show improvement after 30 days in 10 (a)



# Tenderfoot – Requirements (cont.)

11. Poisonous plants and how to treat for exposure

12. First Aid

a) Demonstrate the Heimlich maneuver and tell when it is used

b) Show first aid for:

1. Simple cuts and scratches
2. Blisters on hands and feet
3. Minor burns or scalds 1<sup>st</sup> degree
4. Bits or stings of insects or ticks
5. Poisonous snake bite
6. Nose bleed
7. Frost bite and sun burn

13. Demonstrate the scout spirit by living the scout oath and law



# Tenderfoot – Requirements (cont.)

14. Participate in a scout master conference

15. Complete your board of review



# Tenderfoot 1(a) - Proper Dress

- For Campout
  - Must wear Class A uniform
    - to and from all BSA camp out locations
    - Scout's Own Service ( Chapel Service)
  - Shirt tails should be tucked in
    - A scout is "clean"
  - May change from Class A's to Class B's or less after arriving at camp, depending on activities



# Tenderfoot 1(b) - Personal Camp Gear

- Scout Outdoor Essentials
  - Pocketknife
  - First Aid Kit
  - Extra Clothing
  - Rain Gear
  - Water Bottle
  - Flashlight
  - Trail Food
  - Matches/Fire Starter
  - Sun Protection
  - Map and compass
- Clothing for the Season
- Backpack
- Rain Cover for Backpack
- Sleeping Bag
- Sleeping Pad
- Ground Cloth
- Eating Kit
  - Spoon, Plate, Bowl, Cup
- Clean Up Kit
  - Soap, Toothbrush & Paste, Floss, Comb, Cloth, Towel
- Extras (Optional)
  - Watch
  - Camera
  - Notebook/Pen/Pencil
  - Sunglasses
  - Swimsuit
  - Gloves
  - Musical Instrument



# Tenderfoot 1(c) - How to Pack

- Learn to pack same gear in the same place in/on your pack
- Stuff Sacks
  - Organize into plastic bags or nylon sacks
    - Plastic bags
      - Extra clothes
      - Toilet paper
      - Food
    - Nylon bags
      - Eating utensils
      - Toilet paper
      - Clean up kit
- Loading the Pack
  - Personal gear
    - See prior slide
- Loading the Pack – (continued)
  - Share of patrol gear
    - Pots, Tent poles or canvass, Camp stove, Food
  - Soft gear near your back
  - Near top or outside
    - Rain gear
    - Flashlight
    - First aid kit
    - Water bottle
    - Rain Cover
  - Sleeping Bag
    - Inside pack, or
    - Sealed in waterproof plastic bag
    - (Never let sleeping bag get wet)



# Tenderfoot 2 - Spend night in tent

- Most tents hold 2-4 campers
- Divide poles and tent/rain fly among scouts to carry
- Site selection – what to look for
  - Level ground
  - Never set up under a dead tree or limb that could fall
  - No sharp rocks, roots, sticks
  - Avoid rain gulleys or potential mud holes
  - Minimize damage to ground cover - leave no trace
    - If heavily used camp site, stay on dirt, don't damage what little vegetation is left
- Pitching Tent
  - Put down ground cloth
  - Lay out tent – (note how it was folded, so you can repack same way)
  - Insert poles
  - Attach rain fly
  - Stake it down using, if necessary, taut-line hitches for tent lines
  - If rain expected, might string up tarp above tent
  - No ditches around tent
  - Dry tent before repacking, or unpack and dry at home to prevent mildew
  - Never leave a wet tent packed overnight
- Strict BSA Policy - No flames in tents – Absolutely NO heaters, candles, matches, stoves or lanterns



# Tenderfoot 3 - Assist in Cooking

- **Assist others in cooking**
  - Unpack patrol box/packs
  - Open cans/packages
  - Mix Ingredients
  - Stir foods
  - Prepare serving area
  - Prepare eating area
  - Cleanup
  - Repack patrol box



# Tenderfoot 3 – Assist in Cooking

- Cooking Ideas
- Practice at home

## – Breakfast

- Fruit
- Cereal/Oatmeal/Granola
- Eggs
- Bacon/Ham/Sausage
- Pancakes
- French Toast
- Milk/OJ/Fruit juiceL

## – Lunch

- Sandwiches
- Hot dishes
  - Soups
  - Hamburgers
  - Grilled cheese
- Back country
  - Crackers, PBJ sandwiches, Cheese, Salami, Canned chicken/tuna
  - Powdered drink

## – Dinner

- One pot stew – pg 270
- Meat – Grilled, fried, stewed
- Chicken – Grilled, fried
- Fish – Fried, poached
- Vegetables
  - Boiled or fried
  - Boiled potatoes
  - Fried potatoes
  - Mashed potatoes
- Pasta and Rice
- Bread
- Dutch Oven Cooking
  - Bread or biscuits
  - Frying pan bread
  - Dumplings
  - Deserts – Cobblers



# Tenderfoot 3 – Meal Prep & Cleanup

- Two Scouts:
  - Use of the buddy systems
  - One cooks, other minds fire, stove, supplies, water and cleanup
  - Switch off and rotate jobs
- Larger number of Scouts
  - Patrol duty roster
  - 1/3<sup>rd</sup> cooks, 1/3<sup>rd</sup> handles stove/wood/water, 1/3<sup>rd</sup> cleans up
  - Rotate jobs so everyone is trained
- Why Important?
  - A Scout is helpful and friendly, serving others helps to build lasting friendships with others in your patrol and troop



# Tenderfoot 3 – Cleanup

- Leftovers
  - Carry food scraps home, or
  - Burn them a little at a time
  - Burn paper, but not plastic
  - Don't bury food in the woods, animals will dig it up and it attracts dangerous animals to camp sites
  - Wash out cans and jars and carry home
  - Cut out ends of cans and flatten
  - Better, transfer food in cans and jars to plastic bags and don't even take them



# Tenderfoot 3 – Cleanup

1. Three Pot Cleaning Station with tongs
  - a) Wash Pot – Hot water with biodegrad soap
  - b) Hot Rinse – Hot, clear water
  - c) Cold Rinse – Cold, clear water with bleach
2. Each Scout washes own gear
3. Wipe off plates before washing
4. Heat water before you start eating



# Tenderfoot 3 - Cleanup

- Dishwater disposal
- For campouts of up to two days:
  - Strain food out of dishwater and bag it
  - Take water away from camp and 75' from any body of water and fling it
- For campouts over two days:
  - Dig a sump near edge of site, 75' from water, keep dirt close
  - One foot across, two feet deep
  - Place window screen across to strain food particles
  - Burn food particles in fire or carry out in “yum yum” bag
  - Cover hole at end of campout
  - If no screen available, use plastic bag with holes or pine needles on top. Burn or carry out the used pine needles



# Tenderfoot 4(a) - Whip & Fuse Rope

- Demonstrate Whipping
  - Cut off unraveling rope end
  - Use strong waxed string at least 2' long
  - Lay a loop near the end of rope
  - Wrap or whip the string around the rope
  - When whip is at least as long as rope is thick, slip the end through the loop and pull
  - Trim off the excess string
  - Repeat at other end
- Demonstrate Fusing
  - For plastic or Nylon rope only
  - Cut off unraveling rope end
  - Rotate each end in a flame to melt the strands together
  - Don't touch the hot plastic or let the strands catch fire.



# Tenderfoot 4(b) - Knots

- “To tie a knot seems to be a simple thing, yet there are right ways and wrong ways of doing it, and scouts ought to know the right way.” – Baden Powell
- Three tests of a good knot
  - Easy to tie
  - Stays tied
  - Easy to untie
- Hitches – knots that tie a rope to something
  - Two half hitches – Used to tie a rope around a post
  - Taut-line hitch – Used on lines that need to be tight, such as tent guylines, rain flies,
  - See pg. 36-37 in Handbook



# Tenderfoot 5 – Safe Hiking

- Always hike with a buddy
- On highways and roads with no sidewalks
  - Daytime:
    - single file on left side facing traffic wearing light colored clothing
  - Nighttime:
    - add strips of white cloth or reflective ribbon around right arm and leg, or wear reflective vest. Use a flashlight.
- Never hitchhike – dangerous, spoils spirit of hike, sometimes illegal



# Tenderfoot 5 – Safe Hiking

- On trails and cross country
  - Cross country - on trails
    - trampling plants and vegetation
    - Reduces erosion
    - Avoids getting lost
  - Cross country – off trail
    - Watch where you place your feet
    - Use map, compass and notice landmarks
  - Crossing Streams
    - Use bridges if available
    - Wade through shallow water only if there is no other way
    - If strong water current, loosen backpack so you can get out if you fall in or toss it across first



# Tenderfoot 5 – If Lost

- Try to stay “Found”
  - Use a map and study it before starting
  - Watch for landmarks along the way
  - Use compass and map together
  - Look over your shoulder to notice what trail will look like on your way back
- If Lost, S T O P
  - Stay Calm – take a water and food break, stay warm, breathe slowly
  - Think – how did you get to where you are, study map
  - Observe – look for footprints, trails, landmarks
  - Plan
    - if you are sure where to go, go.
    - If no idea where you are, stay put. Wait for a search party to find you.
      - Universal distress call is a signal given three times – whistle blast
      - Fire
        - Daytime – smoky, use lots of grass or leaves
        - Nighttime – bright fire
      - Spread out bright clothes, rain gear, etc. in open areas
      - Use signal mirror if you see a plane or observation tower
      - Stay comfortable, pitch your tent or rain fly
      - Hang up a white shirt in a tree above you if you need to sleep
      - Try not to worry, you can survive for days without water and several weeks without food



# Tenderfoot 6 - Flags

- Flying the Flag
  - May be flown every day and in all weather
  - Usually sunrise to sunset
  - Flown on all national and state holidays
  - Never upside down except as a distress signal
- Hoisting the Flag
  - Takes two people:
    - One holds folded flag and keeps it from touching the ground
    - Other attaches it to flag line, or halyard, and raises it briskly to top of pole, keeping the line tight.
    - When flag has left the holder, he steps back and salutes
    - Other person ties halyard to the flag pole
- Half mast
  - Flown at half mast to show sorrow and mourning for a national tragedy, death of the President or other national or state figures or soldiers or civil servants
  - Flag is raised to the top briskly and then lowered slowly to half mast.
  - To take it down, raise it back to the top briskly and then slowly lower it.
  - On Memorial Day, fly at half mast until noon, then hoist it to full staff.



# Tenderfoot 6 - Flags

- Lowering the Flag
  - One person unfastens the halyard and slowly lowers the flag while the other salutes
  - The saluter gathers in the flag
  - First person removes flag from the halyard
- Folding the Flag
  - Two persons fold the flag lengthwise twice, blue field on the outside
  - While one person holds the blue field, the other starts making triangular folds, tucking in the last edge
  - Nothing but the blue field should be visible
- Greeting the Flag
  - In scout uniform
    - Salute the flag if it passes you, you pass it or it is raised or lowered
    - Give the scout salute when saying the Pledge of Allegiance
  - Not in scout uniform
    - Place right hand over your heart
    - If wearing a hat, remove it and place the hat over your heart with your right hand.



# Tenderfoot 6 - Flags

- Carrying the Flag
  - In parades, at the beginning and end of scout meetings and other ceremonies & patriotic events
  - Always carried aloft and free, never flat or horizontally
  - When carried by itself
    - Single honor guard should be on its left
    - Double honor guard with one on each side.
  - If carried with other flags
    - Should be in front of others
    - If in a row, to its furthest own right
    - US flag is never dipped in salute to any person or thing



# Tenderfoot 6 - Flags

- Displaying the Flag
  - When flags are displayed at different heights, US flag is always higher, hoisted first and lowered last.
  - At equal heights, US flag is in front or furthest to its own right
  - Against a wall, horizontally or vertically, blue field should be at the top and at the flags own right (observer's left)
  - In a church or auditorium, to the speakers right (flags own right)
  - When hung in the center of a street, blue field should be to the north in an east-west street and to the east in a north-south street.



# Tenderfoot 7(a) - Memorize and Explain the Scout Oath

- **Scout Oath**

1. ***On my honor*** – your promise to be guided by the Scout Oath
2. ***I will do my best*** – try hard to live up to the standards and don't be influenced by negative peer pressure
3. ***to do my duty to God*** – follow the teachings of Christ and the wisdom of the Bible
4. ***and my country*** – keep the US strong by learning about our system of government and responsibilities as a citizen and future voter
5. ***and to obey the Scout Law*** – the 12 points of Scout Law lead toward wise choices creating self respect and respect from others
6. ***To help other people at all times*** – bear one another's burdens
7. ***To keep myself physically strong***, - take care of your body, eat right, get enough sleep, exercise regularly, and avoid drugs, alcohol, tobacco,
8. ***mentally awake*** – develop your mind in and out of the classroom and inquire about the world around you
9. ***and morally straight.*** – be a person of good character, open and honest, respectful of others, clean in your speech and actions, and faithful in your religious beliefs.



# Tenderfoot 7(b) - Memorize and Explain the Scout Law

- A Scout is:
  - ***Trustworthy*** – tells the truth, is honest and keeps his promises
  - ***Loyal*** – true to his family, friends, Scout leaders, school and nation
  - ***Helpful*** – assists people without compensation
  - ***Friendly*** – to all persons
  - ***Courteous*** – polite to everyone, regardless of age or position
  - ***Kind*** – there is strength in being gentle



# Tenderfoot 7(b) - Memorize and Explain the Scout Law

- ***Obedient*** – follows the rules
- ***Cheerful*** – looks on the bright side of life, does task without complaining, tries to make others happy
- ***Thrifty*** – carefully uses his time and property
- ***Brave*** – faces danger even when afraid, doing right in spite of what others say
- ***Clean*** – keeps body and mind fit. Avoids harmful language, thoughts and actions
- ***Reverent*** – reverence towards God, faithful in religious duties, and respects beliefs of others



# Tenderfoot 7(c) – Memorize and Explain the Scout Motto

- Scout Motto: “Be Prepared”
  - For what? “Why, for any old thing.” – Baden Powell
- Prepare for:
  - Emergencies
  - Becoming a productive citizen
  - For Life – to live happily and without regret, knowing you have done your best.



# Tenderfoot 7(d) – Memorize and Explain the Scout Slogan

- Scout Slogan: “Do a good turn daily”
- A special act of kindness
- Big:
  - Saving a life
  - Helping after a disaster
- Small
  - Help someone cross the street
  - Welcoming a new student to school



# Tenderfoot 8 - Know your patrol name, yell, and flag

- List
  - Patrol Name
  - Patrol Yell
  - Patrol Leader
  - Assistant Patrol Leader
  - Patrol Members as of \_\_\_\_ date
- Draw
  - Patrol Flag



# Tenderfoot 9 – Buddy System

- Way for scouts to look after one another
  - Outdoor activities such as swimming, hiking and camping
  - Always knows where you are and what you are doing
- Buddy check
  - requires buddies to instantly hold up each others hands
  - If anyone is missing, everyone knows it
- Allows everyone to share the good times while preventing the bad



# Tenderfoot 10 – Physical Fitness

## Physical fitness:

- a) Key metrics – beginning and after 30 days
  1. Push-ups
  2. Pull-ups
  3. Sit-ups
  4. Standing long jump
  5. Quarter mile run
- b) Show improvement after 30 days in 10 (a) after practicing EVERY DAY



# Tenderfoot 11 – Poisonous Plants

- Poison Ivy, Oak and Sumac
  - Have oily sap in leaves, stems and roots that irritates and causes skin to itch
  - Sap must be on skin for 10 – 20 minutes before it binds
  - Wash quickly with soap and water
  - If on clothing, wash the clothing
  - Calamine lotion can help to relieve the itch
  - Try not to scratch, it spreads the irritation



# Tenderfoot 12(a) and (b) – First Aid

## First Aid – See Scout Handbook

- a) Demonstrate the Heimlich maneuver and tell when it is used
- b) Show first aid for:
  1. Simple cuts and scratches
  2. Blisters on hands and feet
  3. Minor burns or scalds 1<sup>st</sup> degree
  4. Bites or stings of insects or ticks
  5. Poisonous snake bite
  6. Nose bleed
  7. Frost bite and sun burn



# 12(a) - Demo the Heimlich Maneuver and tell when it is used

- Victim is choking - clutches his throat, face turns red and is unable to breathe
- Used to get the object out of the airway
- How:
  1. Position
    - a) Stand behind the victim
    - b) Clasp your hands around the waist
    - c) Knuckle of a thumb just above the navel and below the rib cage
  2. Thrust your clasped hands inward and upward with enough force to pop loose the obstruction
  3. Repeat until object clears or medical help arrives



# 12(b)1 - Lacerations, incisions & abrasions

- Causes:
  - Cuts and scrapes opening skin allowing germs to enter causing infection
- How to spot it:
  - Bleeding from cut skin
- How to treat it:
  - Clean – typically soap and water
  - Disinfect
  - Cover - usually with adhesive bandage
    - On multi-day trips, clean and re-bandage daily
  - For more severe cases
    - apply pressure with gauze or folded clean cloth held with tape, cravat bandage or binder
    - If needed, treat for shock and Seek medical help



# 12(b)2 - Blisters

- Pockets of fluid that form to protect body from friction
- Cause:
  - Rubbing of boots on feet, handling of tools such as shovels, hammers, etc.
- How to spot it:
  - “Hot spot” – blister in formation – a warning
  - Tender or sensitive area
- How to treat it
  - Apply several layers of Moleskin doughnut bandages around hot spot
  - Gel pad applied directly over blister reduces friction and speeds healing
  - If blister will break
    - Drain the fluid by
      - washing skin with soap and water,
      - sterilizing a pin in a match flame,
      - pricking the blister on the lower edge,
      - and pressing out the liquid.
    - Use a sterile bandage or gel pad and a doughnut bandage
- How to prevent it
  - Wear boots that fit with appropriate socks – heavy wool with liners
  - Wear gloves to protect hands
  - Change socks if feet become too sweaty or wet
  - Practice to build up tough skin - calluses

# 12(b)3 - Minor Burns & 1<sup>st</sup> Degree Scalds

- Cause:
  - Spark from campfire, spilled boiling water, sunrays on bare skin, bolt of lightning.
- How to spot it:
  - Skin will be tender or sensitive
  - Skin might be red
- How to treat it
  - Get victim away from source of heat
  - Hold the burn under cold water, or
  - Apply cool, wet compresses until the pain subsides.
- How to prevent it
  - Take care around sources of heat



# 12(b)4(i) - Bees or Wasp Stings

- Bee or wasp sting
  - Cause:
    - Non preventable or
    - Carelessness
  - How to spot it:
    - Sharp sting on skin
  - How to treat it
    - Scrape away stinger with edge of knife blade
    - (Don't squeeze it out)
    - Apply ice pack to reduce swelling
  - How to prevent it
    - Be especially careful around areas where bees and wasp build nests
    - Wear heavy protective clothing



# 12(b)4(ii) - Tick Bites

- Tick Bites
  - Cause:
    - Carelessness and/or inadequate clothing
  - How to spot it:
    - Small brown spot on skin
    - Check your body periodically, and especially before going to bed
    - May need a mirror to check all over
  - How to treat it
    - Grasp with tweezers close to skin and gently pull until it comes loose
    - Don't squeeze, twist or jerk – could leave mouth parts inside skin
    - Wash with soap and water
    - Apply antiseptic
    - If tick won't budge, coat with vaseline to suffocate it
  - How to prevent it
    - Be careful in tick infested areas, deer are notorious for carrying ticks
    - Wear long pants and shirts
    - Tuck pants into boots
    - Check regularly for ticks



# 12(b)4(iii) - Chigger Bites

- Chigger Bites
  - Cause:
    - Carelessness and/or inadequate clothing
  - How to spot it:
    - Almost invisible
    - Itching and small welts on skin
    - Check your body periodically, and especially before going to bed
    - May need a mirror to check all over
  - How to treat it
    - Calamine lotion
    - Fingernail polish
  - How to prevent it
    - Be careful in heavily wooded areas
    - Wear long pants and shirts
    - Tuck pants into boots
    - Check regularly for chiggers



# 12(b)4(iv) - Spider Bites

- Spider Bites

- Cause:

- Carelessness

- How to spot it:

- Black Widow Bite

- Immediate sharp pain
      - Redness
      - Nausea
      - Sweating
      - Stomach pain
      - Severe muscle pain and spasms
      - Shock
      - Difficult breathing

- Brown Recluse Bite

- Not as much immediate pain
      - Redness
      - Nausea
      - Swelling
      - Joint pain
      - Open sore develops
      - Chills
      - Faint rash

- How to treat it

- For shock
    - See doctor ASAP

- How to prevent it

- Be careful in areas where spiders live
    - Don't reach into areas you cannot see



# 12(b)5 - Poisonous Snake Bites

- Cause:
  - Carelessness in
    - reaching into areas you can't see, picking up firewood,
    - walking through tall grass, climbing on rocks
    - lack of protective leggings and heavy boots
- How to spot it:
  - Two marks where fangs went in
  - Instant sharp, burning pain
  - Swelling
  - Discoloration
- How to treat it
  - Get medical care to neutralize the venom
  - Remove rings and other jewelry in case of swelling
  - Have victim lie down with the bitten part lower than the rest of the body
  - Treat for shock
  - If within 3 min. of the bite, use venom extractor for not more than 10 min.
  - Do not make any more cuts
  - Do not apply ice to snake bite
- How to prevent it
  - Use care in snake country such as heavy underbrush and rocky areas
  - Wear “gators” (protective leggings) and heavy boots while hiking



# 12(b)6 - Nose Bleed

- Nose Bleed
  - Cause:
    - Trauma to the face or head
    - Very dry interior nose tissue
    - High altitudes
  - How to spot it:
    - Bleeding from nostrils
  - How to treat it
    - Sit up and lean forward (prevents blood from draining into throat)
    - Pinch nostrils to maintain pressure
    - Apply cool, wet cloth to the victims nose and face
    - If severe or other head injuries, position to keep blood out of the airway.
    - Treat for shock
  - How to prevent it
    - Apply Vaseline ointment
    - Don't pick nose
    - Avoid fast moving baseballs



# 12(b)7(i) - Frostbite

- Causes
  - Overexposure to cold
- How to spot it
  - Ears, nose, fingers or feet feel painful and numb
  - Grayish-white patches on skin with no feeling
- How to Treat it
  - Get into a tent or building
  - Warm the injury and keep it warm
  - For ear or cheek, put the palm of your hand on it
  - For a hand, slip it under your armpit
  - For toes, put them against your belly
  - Do not rub the flesh, it damages the tissue and skin
  - Also, can use warm, not hot, running water
  - Wrap injured part in a blanket
  - Try to exercise the injured area
  - Get to a doctor
- How to Prevent it
  - Wear enough clothes to stay warm and dry

# 12(b)7(ii) - Sunburn

- Causes
  - Overexposure to sun
  - Reflected light might be as bad as direct sun
- How to spot it
  - Red skin
  - Burning feeling
- How to Treat it
  - Prevention far better than treatment
  - Use sunscreen with sun protection factor of 15 +
  - Wear hat, long sleeved shirt and long pants
  - Aloe Vera lotion
- How to Prevent it
  - Cover up
  - Waterproof sunscreen – reapplied several times/day

# Tenderfoot 13 – Scout Spirit

- Scout Spirit is the effort you make to live up to the ideals of Scouting as embodied in the Scout Oath, Law, Motto and Slogan
- Leadership and other scouts will observe how each scout demonstrates Scout Spirit during Troop activities



# Tenderfoot 14 – Scoutmaster (“SM”) Conference

- Conversation with SM or Assistant SM (ASM)
- Scout should be gaining confidence
- Scouting should be fulfilling its promise to the Scout
- Reflect on what has been accomplished
- Get a vision for what lies ahead



# Tenderfoot 15 – Board of Review

- Complete all other requirements
- Get accomplishments entered in Troop computer and receive a printout
- BOR is made up of Troop Committee members – not Scout Master or ASMs
- Gives Scout the opportunity to candidly talk about how he is getting along in the troop
- Review Tenderfoot requirements to ensure they have been met.



# Second Class Scout Rank Requirements



# 2<sup>nd</sup> Class - Requirements

## 1. Map and Compass

- a) Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.
- b) Using a compass and a map together, take a 5 mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.



# 2<sup>nd</sup> Class - Requirements

## 2. Scout Skills

- a) Since joining, have participated in five separate troop/patrol activities, two of which included camping overnight
- b) On one of these campouts, select your patrol site and sleep in a tent you pitched
- c) On one campout, demonstrate proper care, sharpening and the use of the knife, saw, and ax, and describe when they should be used.
- d) Use the tools listed in 2c to prepare tinder, kindling, and fuel for a cooking fire
- e) Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.
- f) Demonstrate how to light a fire and a lightweight stove.
- g) On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store and prepare the foods you selected.

# 2<sup>nd</sup> Class - Requirements

3. Participate in a flag ceremony for your school, church, community or troop activity.
4. Participate in an approved (minimum of one hour) service project
5. Identify and show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusk) found in your community.



# 2<sup>nd</sup> Class - Requirements

## 6. First Aid

- a) Show what to do for “hurry” cases of stopped breathing, serious bleeding, and internal poisoning
- b) Prepare a personal first aid kit to take with you on a hike.
- c) Demonstrate first aid for the following:
  - a) Object in the eye
  - b) Bite of a suspected rabid animal
  - c) Puncture wounds from a splinter, nail or fishhook
  - d) Serious burns (second degree)
  - e) Heat Exhaustion
  - f) Shock
  - g) Heatstroke, dehydration, hypothermia, and hyperventilation



# 2<sup>nd</sup> Class - Requirements

## 7. Swimming

- a) Tells what precautions must be taken for a safe swim
- b) Demonstrate your ability to:
  1. jump feet first into water over your head in depth,
  2. level off and swim 25 feet on the surface,
  3. stop, turn sharply, resume swimming,
  4. then return to your starting place.
- c) Demonstrate water rescue methods by:
  1. reaching with your arm or leg
  2. Reaching with a suitable object
  3. Throwing lines and objects
  4. Explain why swimming rescues should not be attempted when reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.



# 2<sup>nd</sup> Class - Requirements

8. Participate in a school, community or troop program on the dangers of drugs, alcohol and tobacco and other practices that could be harmful to your health. Discuss your participation in the program with your family.
9. Demonstrate Scout Spirit by living the Scout Oath and Scout Law in your everyday life
10. Participate in a Scoutmaster conference
11. Complete your board of review



# 2<sup>nd</sup> Class 1(a-d) – Map & Compass

## a) How a compass works

1. The earth acts as a magnet with one pole located in Canada
2. One end of every compass needle is drawn to the pole
3. Compass points to magnetic North, not true North, the difference is called Declination

## b) How to orient a map

1. The act of turning a map to match the landscape is called orienting
  - i. Look for landscape features such as buildings, a bridge or the top of a hill. On the map, find the symbols for those features. Turn the map until the symbols line up with the landscape features.
2. With a compass, rotate the compass housing until N (360) touches the direction of travel arrow. Place the edge of the compass along any magnetic north line on the map. Turn the map and compass as a unit until the compass needle lies directly over the orienting arrow in the compass housing

## c) Explain what map symbols mean.

1. Map is like a painting of the land
2. Direction – north, south, east, west usually with a “True North” pointer in margin
3. Distance – bar scale to use for measuring feet, meters and miles
4. Scale – Compares map size to size it represents
5. Date – last revision of map
6. Colors
  - i. green – vegetation
  - ii. White – areas mostly clear of trees
  - iii. Blue – water
  - iv. Black – Anything that is the work of humans
  - v. Brown – Contour lines
7. Symbols – represent objects such as power lines, railroads, improved roads, lakes, rivers, etc.

## d) Using a compass and a map together, take a 5 mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.

# 2<sup>nd</sup> Class 2(c)(i) - Demo care, sharpening & use of Knife

- **Cleaning**

- Open all blades
- Twirl cloth onto a toothpick
- Moisten with oil
- Wipe the inside of the knife
- Wash with hot soapy water

- **Sharpening**

- Use a whetstone (granite)
- Add water, oil or keep it dry
- At a 30 degree angle, push into the leading edge of the knife across the whetstone
- Circular motion or straight
- Sharpen each side equally
- Wipe the blade with a cloth
- A dull edge reflects light, a sharp edge does not

- **Uses**

- Cut rope, whittle a tent stake, slice a biscuit, punch a belt hole, make a wood shaving, trim a bandage
- Can opener, screwdriver and two blades for cutting
- **Do:**
  - Keep blades closed except when in use
  - Cut away from yourself
  - Close before passing
  - Keep blade sharp and clean
  - Obey school rules
- **Don't**
  - Carry knife with blade open
  - Throw a knife
  - Cut towards yourself
  - Strike with another tool or pry the tip
  - Use or carry a large sheath knife



# 2<sup>nd</sup> Class 2(c)(ii) - Demo care, sharpening & use of Saw

- Saw – folding and bow
  - Cleaning
    - Wash with soapy water
    - Oil blade after washing
  - Sharpening
    - Teeth are set at an angle to cut a groove wider than the blade
    - When dull, replace with a new blade and dispose of properly
  - Uses
    - Cut firewood, clear brush and branches
    - Make long, smooth strokes and let the weight of the saw pull blade into the wood
    - Undercut first and then cut close to a tree when removing branches
- Uses - continued
  - Do:
    - Sheathe saw when not in use
    - Carry with blade turned away
    - Replace dull blades
    - Take care in passing to another
    - Wear gloves and protective eyewear
  - Don't
    - Cut any trees, alive or dead, without permission
    - Allow blade to cut into ground
    - Leave saw lying around camp



# 2<sup>nd</sup> Class 2(c)(iii) - Demo care, sharpening & use of Ax

- Safe Tool
  - If head is loose, don't use
  - Report to SM
  - Repair or retire it
- Safe Working Area
  - Grasp head and make a circle with the handle around you
  - Keep others at least 10' away
  - Rope off an ax yard, enter only to cut wood.
- Safe Technique
  - Limbing – removing branches (stand on opposite side of tree than limb)
  - Bucking – cutting through a log
  - Wood splitting – done on a chopping block
  - Contact method of wood splitting – start bit of ax in the wood and lift ax and wood together and then drop
- Safe Carrying
  - Place sheath over blade
  - Carry at your side with blade away from your body
  - If you stumble, toss it aside
  - Never carry over your shoulder
- Safe Handling
  - Hand ax to another with head down
  - Turn bit away from both of you
  - When other person has a grip, they say "Thank You"
- Safe Storage
  - Sheathe the ax and store it in a dry area out of the way
- Safe Sharpening
  - Use 8 -10" file w/handle
  - Use a knuckle guard Wear gloves
  - Brace the head on the ground between log and 2 stakes
  - Push file into the bit edge
  - Lift file for return trip
  - Sharpen both side with same number of strokes
  - Sharp edge reflects no light

# Totin Chip - Certification

1. Read and understand woods tools use and safety in BSA Handbook
2. Demo proper handling, care and use of knife, ax and saw
3. Use knife, ax and saw as tools with full attention
4. Respect all safety rules
5. Respect property, cut living and dead trees only with permission and good reason
6. Subscribe to the Outdoor code:
  - As an American, I will do my best to
  - Be careful in my outdoor manners,
  - Be careful with fire,
  - Be considerate in the outdoors, and
  - Be conservation-minded



# 2<sup>nd</sup> Class 2(e) - Cooking fire vs. lightweight stove. Discuss safety

- Stoves
  - Advantages
  - Clean
    - Quick to heat water and food
    - Easy to light in any weather
    - Leave no marks – no trace
  - Disadvantages
    - Virtually none, food taste inferior to fire
- Fires
  - Advantages
    - Warmth
    - Cooks food
    - Dry clothes
    - Lift your spirits
    - Stir your imagination
  - Disadvantages
    - Char ground, blacken rocks, sterilize soil
    - Consume dead branches, bark and organic material
    - Spoil appearance of land
    - Can start forest fires
- Fire Safety
  - Select site where nothing will burn except added fuel and fire cannot spread
  - Use fire rings or grills, if available
  - Select spot of gravel, sand or bare earth away from vegetation
  - Check overhead so as not to burn a tree
  - Avoid boulders and tree roots
  - Rake away brush, straw, needles
  - Save the ground cover
  - Have water available to quench



# 2<sup>nd</sup> Class 2(e) - Cooking fire vs. lightweight stove. Discuss safety

- Stove Safety

1. Use, refuel and store stove only with adult supervision
2. Store fuel in approved containers away from heat sources
3. Allow stoves to cool before stowing or refueling
4. Refill stoves safe distance from other heat sources
5. Use mfg. recommended cartridges or fuels
6. Use funnels to pour liquid fuel and allow excess to evaporate before lighting
7. Do not operate stoves inside buildings or tents
8. Place stove on level surface, if in snow, on a board
9. Follow mfg. instructions for lighting stoves
10. Keep your body as far back as possible when lighting
11. Never leave a lighted stove unattended
12. Don't overload with heavy pots or large frying pans
13. Carry empty fuel containers home and dispose of properly



# 2<sup>nd</sup> Class 2(f) - Demo how to light a fire and a lightweight stove

- Fire

- Find a bare ground site or haul mineral soil to make a 3” thick pad, about 2’ square
- Gather
  - Tinder – dry needles, grasses, bark, to fill hat once
  - Kindling – dead twigs size of pencils, to fill hat twice
  - Fuelwood – Finger to wrist size wood gathered from wide area, not just one area
- Teepee Fire
  - Place handful of tinder on ground
  - Mound kindling over the tinder
  - Arrange small and medium sized sticks of fuelwood around as a teepee with an opening facing the wind
  - Ease a burning match under the tinder

- Stove

- Place stove on level surface, patch of bare ground or rock
- Follow mfg. instructions for priming and lighting the stove



2<sup>nd</sup> Class 2(g) - Cook hot meal using food pyramid. Tell how to transport, store and prepare foods.

- Food groups

- Fats, oils, and sweets – use sparingly
- Milk, yogurt and cheese group – 2-3 servings/day
- Meat, poultry, fish, dry beans, eggs and nuts 2-3 servings
- Vegetable Group – 3-5 servings/day
- Fruit Group – 2-4 servings/day
- Bread, cereal, rice and pasta – 6-11 servings/day



# 2<sup>nd</sup> Class 2(g) - Cook hot meal using food pyramid. Tell how to transport, store and prepare foods.

- Transport
  - Get rid of excess store packaging
  - Measure only what is needed for a meal and place in a plastic baggie with label
  - Place all the repackaged ingredients inside a larger bag with recipes
- Storage
  - Make a “bear bag” to hang food in a tree at least 12’ up and 8’ from the tree
  - Don’t take perishables unless you can serve them quickly.
- Preparation
  - Before camping, think through what will be needed for the meal preparation such as pots, pans and utensils
  - Bring specialized camping cooking wear
  - Coat pans with soap before heating to easily remove soot afterwards
  - Store pans in plastic bags to keep backpacks clean
  - Cook over fires, stoves, with aluminum foil and sometimes without utensils



# 2<sup>nd</sup> Class 5 – Identify and show evidence of ten kinds of animals

- Kinds of animals
  - Birds
  - Mammals
  - Reptiles
  - Fish
  - Amphibians
- How to find evidence
  - Looking
  - Listening
  - Smelling
  - Touching



# 2<sup>nd</sup> Class 6(a)(i) – “Hurry” Stopped Breathing

1. Open the airway
  - a) Place victim on back
  - b) Clear tongue by pressing forehead and lifting chin, tilting head back
  - c) Look in mouth for gum, food or obstructions
  - d) Remove by sweeping with finger
  - e) If he vomits, turn head and drain to side
2. If airway is open and no breathing
  - a) Place mouth protection device over mouth
  - b) Hold head back, pinch nostrils, seal your mouth over theirs and blow. Watch to see if chest rises.
  - c) Remove your mouth and take another breath. Watch to see if chest falls
  - d) Repeat every 5 seconds (> 9 years old), every three seconds if 9 or under
3. If victims chest is not moving
  - a) Reposition head and jaw so tongue doesn't block the airway
  - b) Check for obstructions again in mouth
  - c) If none, perform the Heimlich maneuver to remove anything lodged in throat
4. Resume rescue breathing until medic arrives or you cannot continue



## 2<sup>nd</sup> Class 6(a)(ii) – “Hurry” Serious Bleeding

- **Treat all blood as if contaminated**
  - **Always use protective barriers** such as latex gloves, mouth barrier, plastic goggles and have antiseptic available for exposed skin
1. Direct pressure on wound stops most bleeding
  2. Put on latex gloves, with clean cloth or sterile dressing pad, use palm of hand to apply pressure directly over wound.
  3. While pressing on wound, raise the injury above the level of victim's heart
  4. Direct is best, but if necessary, apply pressure in armpit or groin area
  5. Don't remove pressure pad soaked with blood, apply another one over it
  6. When bleeding stops, hold the pad in place with a cravat bandage, athletic wrap, or strips torn from clothing. Bind the pad firmly, but don't cut off circulation. Check pulse further out on limb to make sure circulation isn't completely cut off
  7. Get medical attention
  8. If any blood touched your skin, wash with soap and water and cleanse with an antiseptic while changing any contaminated clothing.



## 2<sup>nd</sup> Class 6(a)(iii) – “Hurry” internal poisoning

- Causes:
  - Fuels, poisons, insecticides, battery acid, peeling wall paint, pills, weed killer, mushrooms, fungi, berries, overdoses of drugs
- How to Spot It:
  - Nausea
  - Vomiting
  - Stomach cramps
  - Burns around the mouth
  - Presence of open pill bottles, spilled household cleaners, etc.
- How to Treat It
  - Call poison hotline 800-764-7661 or 911
  - Treat for shock and monitor breathing
  - Save any vomit to identify the poison



# 2<sup>nd</sup> Class 6(b) - Personal First Aid Kit

- 6 - Adhesive bandages
- 2 - Sterile Gauze pad 3"X3"
- 1 – Small roll of adhesive tape
- 1 – moleskin, 3"X6"
- 1 – bar of soap
- 1 – small tube antiseptic
- 1 – pair of scissors
- 1 – pair of latex gloves
- 1 – mouth barrier device
- 1 – plastic goggles
- 1 - pencil



# 2<sup>nd</sup> Class 6(c)(i) – Object in the eye

- Cause
  - Bit of dust
  - Foreign object
- How to Spot It
  - Pain in the eye
- How to Treat It
  - Victim blinks eyes, tears might flush it
  - Wash hands with soap and water, pull upper eyelid over lower eyelid, lower lashes might brush it out
  - For object in lower lid, place thumb below lid and pull it down. Use corner of a sterile gauze pad or clean handkerchief to lift out speck
  - If that fails, see a doctor
- How to Prevent It
  - Wear protective eyewear



# 2<sup>nd</sup> Class 6(c)(ii) – Bite of rabid animal

- Cause
  - Carelessness around dogs, cats, or other warm blooded animals acting aggressively with no fear of humans
- How to Spot It
  - Animal shows foaming around the mouth
  - Red marks
  - Puncture wounds
  - Animal saliva
- How to Treat It
  1. Scrub the bite with soap and water to remove saliva
  2. Cover the wound with sterile gauze band and get to a doctor
  3. Call the Ranger or police to try to catch the animal for testing
- How to Prevent It
  - Be alert to aggressive animals acting aggressively



# 2<sup>nd</sup> Class 6(c)(iii) – Puncture wound

- Cause
  - Pins, splinters, nails, and fishhooks – all allowing germs to enter a hard-to-clean wound
- How to Spot it
  - Painful area on skin
  - Small hole in skin with blue, black or red speck just below surface
  - Bleeding from hole
- How to Treat it
  - Encourage wound to bleed
  - Use tweezers sterilized over a flame or in boiling water to pull out splinters, bits of glass or other objects you can see
  - Wash the area with soap and water, apply sterile bandage and get victim to a doctor
  - If fishhook, push barb through and cut off, pull shank back through and wash with soap and water
- How to Prevent It
  - Take care in where you step, handling lumber or wood, fishing gear, etc.



## 2<sup>nd</sup> Class 6(c)(iv) – Serious burns (2<sup>nd</sup> degree)

- Cause
  - Campfire, spilled boiling water, sun rays, lightning
- How to Spot It
  - Blisters have formed
- How to Treat It
  - Place injury in cool water until pain subsides
  - Let burn dry
  - Apply protective gauze pad (and sterile gel pad)
  - DO NOT break the blister (creates an open wound)
  - DO NOT apply butter, creams, ointments or sprays – (hard to remove and slow healing) – except sterile gel pad
- How to Prevent It
  - Care around heat sources
  - Wear protective gloves or gear when working with heat



# 2<sup>nd</sup> Class 6(c)(v) - Heat Exhaustion

- Causes:
  - Overheating the body above core temperature where it fails to cool itself
- How to Spot It:
  - Usually in hot weather or hot room
  - Dizzy, Faint, Nauseous, Weak & Tired
  - Headache
  - Muscle cramps
  - Skin pale and clammy
  - Heavy sweating
  - Body Temp 98.6 F to 102 F
- How to Treat It
  - Lie down in cool, shady area
  - Raise the feet
  - Loosen or remove excess clothing
  - Cool with damp cloths and/or fan
  - If alert, sip water with pinch of salt
  - Get medical help if failure to recover quickly

# 2<sup>nd</sup> Class 6(c)(vi) - Shock

- Causes:
  - Injury or stress, circulatory system fails to provide enough blood to all body parts
- How to Spot It:
  - Feeling of weakness
  - Confusion, Fear, Dizziness
  - Skin moist, clammy, cool and pale
  - Quick, weak pulse
  - Shallow, rapid and irregular breathing
  - Nausea and vomiting
  - Extreme thirst
- How to Treat It
  - Eliminate the cause of shock – restore breathing, heartbeat, controlled bleeding, relieving severe pain, treating wounds
  - Make sure airway stays open
  - Have injured person lie down, raise feet 10” to 12” to move blood from feet to vital organs
  - Keep warm by with blankets or clothing
  - Send for medical attention
  - Never leave the victim
  - Keep him calm with reassuring comments



## 2<sup>nd</sup> Class 6(c)(vii) - Heat Stroke

- Causes:
  - Extreme Heat Exhaustion where body cooling system shuts down
- How to spot it
  - Very hot and dry skin - possibly no sweating - body temp 102 F to 105 F +
  - Skin red hot, but possibly damp with sweat
  - Extremely rapid pulse, noisy breathing
  - Confusion, irritability, and disorientation
  - Possible convulsions
  - Fainting & unconsciousness
- How to treat it
  - Cool the person immediately
  - Move to cool, shady place
  - Place victim face up with head and shoulders raised and comfortable
  - Take off outer clothes
  - Drape with wet cloths and/or cold packs, sit in front of AC or in cool water
  - Dry off after temp drops below 101 F
  - Monitor closely for temperature, vomiting and shock
  - Seek emergency help immediately



## 2<sup>nd</sup> Class 6(c)(viii) - Dehydration

- Causes:
  - Moisture is lost through breathing, sweating, digestion and urination
  - If person gives off more water than taken in, then Dehydration is possible
  - Dehydration than can cause high body temperature and cessation of sweating – Heat Exhaustion & Stroke
- How to spot it
  - Fatigue
  - Headache and body ache
  - Confusion
- How to treat it
  - Drink plenty of fluids – both on hot and cold days
  - Keep urine clear



# 2<sup>nd</sup> Class 6(c)(ix) - Hypothermia

- Hypo (lack of) thermia (heat)
  - Body core temperature drops below normal, brain gets cold
- Causes: (CHEWW)
  - Not dressing warmly enough
  - Cool weather
  - Hunger
  - Exhaustion
  - Wet skin or clothes
  - Wind
- How to spot it
  - Person is too cold
  - Loss of muscle strength and coordination
  - Disorientation, incoherence, sleepiness
  - Pale or bluish skin
  - Shivering may stop
  - Possible unconsciousness
- How to treat it
  - Remove from water, if in a lake or river
  - Get dry
  - Move to a warm place
  - Drink something warm
  - If necessary, skin to skin contact with another warm body in sleeping bag
- How to prevent it
  - Raingear
  - Dress warm with hat
  - Eat food
  - Hypothermia Challenge – walk 30 ft. in a straight line heel to toe



# 2<sup>nd</sup> Class 6(c)(x) - Hyperventilation

- Cause:
  - Over-breathing for too long – (deliberate or panic) depleting the carbon dioxide in body and suppressing breathing reflex
  - Anxiety and fear
- How to spot it:
  - Panic
  - Fear of suffocation
  - Dizziness & fainting
- How to treat it:
  - Calm them down
  - Breathe into a paper bag
- How to Prevent it
  - Proper instruction and preparation for each activity



## 2<sup>nd</sup> Class 7(a) – Safe Swim Defense - Precautions

1. **Qualified supervision** – conscientious and experienced adult must supervise
2. **Physical fitness** – Health history must be known and conditions established to protect against risks
3. **Safe area** – area must be inspected and prepared for swimming. Depth, bottom and perimeter hazards, water quality/clarity, access control, other use and traffic and temperature must be considered
4. **Lifeguard on duty** – Trained and equipped lifeguards must be on duty
5. **Lookout** – Supervisor or their appointee must be positioned to see everything in swim area
6. **Ability groups** – Each individual swimmer must be evaluated and limited to swimming in safe area for his ability
7. **Buddy system** – Scouts never swim alone. Each scout must stay with a buddy who always knows where he is and what he is doing
8. **Discipline** – Scouts know and should respect the rules, obeying lifeguards and supervisor



# 2<sup>nd</sup> Class 7(b) - Swim Test

1. Jump feet-first into deep water (over your head)
2. Level off, swim 25 feet on the surface
3. Stop
4. Turn sharply
5. Resume swimming
6. Return to starting point



# 2<sup>nd</sup> Class 7(c) - Water Rescues

1. Explain why not to use swimming rescues when reaching or throwing rescue is possible
  - a) Reach, Throw, Row and Go
    1. Reach
      - a) Safe, simple and highly effective
      - b) Lie down to brace yourself, extend a hand and try to grab wrist
      - c) If beyond reach of arm, use leg
      - d) If beyond leg, use any available object to extend reach – pole, paddle, stick, towel
      - e) Keep yourself low as a panicked victim will grab whatever is presented and try to pull you in
      - f) Form a human chain of several persons with one person anchored to a tree, dock, ladder, etc
    2. Throw
      - a) If beyond reach, try to throw something to them
      - b) Life preserver, picnic coolers, wooden bench, deck chairs, spare tires, etc.
      - c) If possible, attach a rope to it, to pull victim in
    3. Row
      - a) If access to a lifejacket and boat, row out to the victim and extend a paddle or rope to them
    4. Go (Swimming)
      - a) Only as a last resort should you swim to victim
      - b) Make sure you have a floating object or life jacket and something to extend to the other person. By extending something, you avoid the victim attacking you.
  - b) Danger of being in the water with a panicked, drowning person
    1. Person may take actions that cause both of you to drown, such as pinning your arms to your side, pushing you under and not letting either of you swim or tread water



# First Class Rank Requirements



# 1<sup>st</sup> Class - Requirements

1. Demonstrate how to find directions during the day and at night without a compass.
2. Using a compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (tree, canyon, ditch, etc.)
3. Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which including camping overnight.



# 1<sup>st</sup> Class - Requirements

## 4. Cooking Skills

- a) Help plan a patrol menu for one campout – including one breakfast, lunch and dinner – that requires cooking. Tell how the menu includes the foods from the food pyramid and meets nutritional needs
- b) Using the menu planned in requirement 4(a), make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.
- c) Tell which pans, utensils, and other gear will be needed to cook and serve these meals.
- d) Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers and other rubbish.
- e) On one campout, serve as your patrol's cook. Supervise your assistants in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4(a). Lead your patrol in saying grace at the meals and supervise cleanup.



# 1<sup>st</sup> Class - Requirements

5. Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) your Constitutional rights and obligations as a U.S. Citizen.
6. Identify and show evidence of at least ten kinds of native plants found in your community



# 1<sup>st</sup> Class - Requirements

## 7. Lashings

- a) Discuss when you should and should not use lashings
- b) Demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together.
- c) Use lashing to make a useful camp gadget

## 8. Bowline Knot and First Aid

- a) Demonstrate tying the bowline knot and describe several ways it can be used
- b) Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm and the collarbone.
- c) Show how to transport by yourself, and with one other person, a person from:
  - a) a smoke filled room
  - b) with a sprained ankle, for at least 25 yards.
- d) Tell the five most common signs of a heart attack. Explain the steps for CPR



# 1<sup>st</sup> Class - Requirements

## 9. Water Safety and Rescue

- a) Tell what precautions must be taken for a safe trip afloat
- b) Successfully complete the BSA swimmer test
- c) Demonstrate survival skills by leaping into deep water wearing clothes (shoes, socks, swim trunks, long pants, belt, and long sleeved shirt). -  
*Note: this requirement has changed in latest Scout Handbook*
  - a) Remove shoes and socks
  - b) Inflate the shirt and show you can float using the shirt for support
  - c) Remove and inflate the pants for support
  - d) Swim 50 feet using the inflated pants for support, then show how to reinflate the pants while using them for support.
- d) With a helper and practice victim, show a line rescue both as a tender and as a rescuer. Practice victim should be 30' from shore in deep water.



# 1<sup>st</sup> Class - Requirements

10. Demonstrate Scout Spirit by living the Scout Oath and Scout Law in your everyday life.

11. Participate in a Scoutmaster Conference

12. Complete your Board of Review



# 1<sup>st</sup> Class 1 - Directions at Night

- Northstar method
  - Find the Big Dipper and look at the two pointer stars (the two furthest from the handle), follow a line about five lengths up to the North Star
  - The North Pole lies under the North Star
  - Lie on the ground and in your line of vision line up the top of a 2' stick with the North Star
  - Place a second shorter stick between you and first stick, all lined up on the North Star.
  - The line between the sticks is true north
- Constellation Method
  - Scorpius fills the southern sky in the summer
  - Orion rises in the southeast on winter evenings
  - Northern Crown, shaped like a horseshoe, opens to the north
  - Cassiopeia circles the North Star opposite the Big Dipper
- Using the Moon
  - The Shadow-stick method
  - Push a short, straight stick into the ground and angle it towards to moon so that the stick makes no shadow.
  - Wait until it casts a shadow at least 6" long
  - The shadow will point east from the stick
  - A line at right angles across the shadow will point north-south



# 1<sup>st</sup> Class 1 – Directions during Day

1. **Sunrise, Sunset Method** - Sun rises in east, and sets in the west
2. **Watch Method**
  - Set your watch to standard time (not Daylight Savings Time)
  - Hold watch level
  - Place a straight twig next to the hour hand
  - Turn the watch until the shadow of the twig falls along the hour hand
  - Note the angle between the hour hand and the numeral 12
  - A line from the center that divides the angle in half points South
3. **The Shadow-stick method**
  - Push a short, straight stick into the ground and angle it towards to sun so that the stick makes no shadow.
  - Wait until it casts a shadow at least 6" long
  - The shadow will point east from the stick
  - A line at right angles across the shadow will point north-south
4. **Equal Length Shadow Method**
  1. In morning, place a 3' straight stick upright in the ground
  2. Tie a string (bowline knot) and extend it to end of the shadow
  3. Tie a peg to string at that point and scribe a circle around the stick
  4. Push the peg in the ground at the point on the circle where the shadow touches it.
  5. In the afternoon, place another peg on the circle where the shadow touches it.
  6. A straight line between the pegs points east-west.
  7. A line draw at right angles to that line points north-south



# 1<sup>st</sup> Class 2 – Measuring Height

## 1. Stick Method

- a) Have person of known height stand next to the object you want to measure
- b) Hold a stick at arm's length
- c) With one eye closed, sight over the stick to the top of the person's head and put your thumbnail on the base of the tree.
- d) Now move the stick up to see how many times the measurement will fit the tree
- e) Multiply the number times the height of the person

## 2. Felling Method

- a) Back away from the object to measure
- b) Hold a stick upright at arm's length and adjust until top is at the top of the object being measured while thumb is at the base
- c) Swing the stick 90 degrees to horizontal as if it fell
- d) Note the point on the ground where the top would have "fallen"
- e) Measure the distance from that point to the object



# 1st Class 2 - Measuring Width

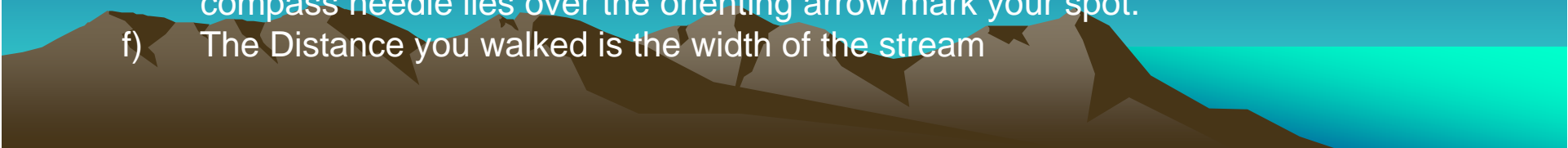
## 1. Salute Method

- a) Stand on shore and hold your hand on forehead (salute)
- b) Move hand down until the edge seems to touch other shore
- c) Without changing position of hand or head, rotate a quarter turn.
- d) Note the point at which the edge of your hand seems to “touch” the ground
- e) Measure the distance to that point to determine stream width

## 2. Stick Method

- a) Locate an object on far side of stream directly across from you.
- b) Push stick in ground next to where you are standing
- c) Walk along shore any number of paces (20), place another stick in the ground
- d) Continue walking another say, 20 paces and place a stick in the ground
- e) Turn and walk directly away from the stream until line of sight lines up on the middle stick and the object across the stream. Mark the spot
- f) Measure the distance back to the stream to determine river width.

## 3. Compass Method

- a) Locate an object on far shore directly across from you
  - b) Take a bearing by pointing the direction of travel arrow at the object.
  - c) Rotate the compass housing until the needle lies over the orienting arrow
  - d) Add 45 degrees and set your compass at the new reading
  - e) Walk along the shore keep the direction of travel pointed at the rock. When the compass needle lies over the orienting arrow mark your spot.
  - f) The Distance you walked is the width of the stream
- 

# 1<sup>st</sup> Class 4(a)(i) - Planning a Patrol menu for an entire campout

1. Take enough for everyone to eat well, but no leftovers
2. Bring only the pots, pans and utensils needed
3. Considerations:
  - a) How many are going and how long will you be away from home?
  - b) What are you going to do on the campout?
    1. How much time for cooking?
  - c) How will you reach camp?
    1. Roll-in with cars
    2. Backpack
  - d) What weather do you expect? What season are you camping in?
4. Forms of camping food to choose from:
  - a) Fresh – most flavor, requires refrigeration, heaviest
  - b) Nonperishable – won't spoil, high nutrition, small space required
  - c) Dried/Dehydrated – foods with water removed, less weight
  - d) Canned – heavy, requires cans to be carried in/out,
  - e) Retort Pouches – no refrigeration, drop into boiling water, eat from pouch

# 1<sup>st</sup> Class 4(a)(ii) - Check menu against food pyramid recommendations

## 1. Balanced Diet per Day

- a) 6-8 teaspoons of fat (margarine), oils and sweets – use sparingly
- b) 2-3 servings of low-fat or skim dairy products (Milk, yogurt, cheese)
- c) 2-3 servings (at 5-7 ounces/serving) of meat, poultry, fish, dry beans, eggs, and nuts
- d) 3-5 servings Vegetables
- e) 3-5 servings of Fruits
- f) 6-11 servings of grains (Bread, Cereal, Rice, Pasta)
- g) 25 – 50 grams of fiber daily



# 1<sup>st</sup> Class 4(b) - Using menu, make list showing amounts and costs for 3 scouts and secure the food

- Write out menus
- Shopping List - List every ingredient for each dish, check per person amounts on pg 261 of BSA Handbook and multiply by number of scouts
- Cost – Go to grocery store and list prices of all ingredients in the amount needed. Divide by number of scouts to get a per scout cost



# 1<sup>st</sup> Class 4(c) - Tell what utensils will be needed on a campout

## 1. Patrol Cooking Gear

- a) Think through the meals planned and exactly what will be needed to cook them in
- b) Take only what is needed for the planned meals to reduce weight
- c) For roll-ins, patrol boxes generally cover most needs

## 2. Personal Eating Kit

1. Unbreakable spoon, fork, knife, plate, bowl and drinking cup
2. Mesh bag for carrying and cleaning



# 1<sup>st</sup> Class 4(d)(i) - Safe handling and storage of camping foods

- Repackage ingredients for each meal in labeled plastic bags to reduce weight with cooking instructions included
- Meats, dairy products, eggs, and vegetables must be:
  - kept cool
  - out of the reach of animals.
- Eggs must be protected from breakage
- Use a bear bag to store food at night
- Use ice chests with heavy weight on top to stop raccoons
- Never store food in tents



# 1<sup>st</sup> Class 4(d)(ii) – Proper disposal of food and containers

- Camp garbage –
  - Carry home in trash bag
  - Burn food and wastepaper in hot campfire by adding to flames a bit at a time.
  - Don't scatter or bury leftover food
- Plastic containers and plastic bags
  - Do not burn, wash out and carry home
- Cans
  - Cut the top and bottoms out and flatten can, carry home
- Other rubbish
  - If it cannot be burned, carry home



1<sup>st</sup> Class 4(e) - Serve as Cook,  
supervise assistants in preparing  
three meals, and say Grace

### **Philmont Grace**

For food, for raiment,

For life, for opportunity,

For friendship and fellowship,

We thank Thee, O Lord.

Amen



# 1<sup>st</sup> Class 5 – Constitutional Rights and Obligations

- Rights
  - Guaranteed by the Constitution (as amended) and the Bill of Rights
  - All persons are equal under the law
  - Every person has a right to life, liberty and the pursuit of happiness and the freedom to:
    - assemble with others
    - express their views
    - live where they want
    - worship as they please
    - travel freely, and
    - bear arms
- Obligations
  - To be informed of history and what is happening in society and government
  - To understand the positions and plans of candidates for office and to vote
  - To educate oneself to be a productive citizen, making a positive contribution to society, by building our economy, protecting the environment, caring for the sick, sheltering the homeless, and generally helping others
  - To do your best in school, keep yourself fit, and to be of service to family and the community



# 1<sup>st</sup> Class 6 – Evidence of native plants

- Pressing Leaves
  - Find leaf and put it between two sheets of paper
  - Place under a heavy weight
  - Let the leaves flatten for several days
  - Mount them in a scrap book with details of when and where you found them, their identities and any other information about them
- Making Leaf Ink Prints
  - Use a rubber roller to spread a dab of printer's ink on a glass plate
  - Place a leaf on the glass with veined side against the ink
  - Run the roller over the leaf several times, then lay the leaf ink side down on a clean sheet of paper
  - Cover the leaf with a piece of newspaper and run the roller over it to make a print
  - After the ink dries, arrange the pages in a scrapbook



# 1<sup>st</sup> Class 7(a) - Use of Lashings

- Should
  - If you need camp gadgets and have time:
    - Table for food prep
    - Tripod for wash basin
    - Several pack frames make a stretcher
  - Use only materials approved for camp gadgets
  - Take everything apart when done
- Should not
  - As part of no trace camping, lashings may be prohibited



# 1<sup>st</sup> Class 7(c) - Camp Gadgets

- Monkey bridge
- Desert water bag
- Kitchen rag
- Single lock bridge
- Tower
- Flag pole



# 1<sup>st</sup> Class 8(a) - Bowline Uses

- Forms a loop that will not slip and is easy to untie
- Attach cord to pack frame
- Tie rope to grommet of a tent
- Secure a line to a canoe
- Used for rescue operations



# 1<sup>st</sup> Class 8(d)(i) - Warning Signs: Heart Attack

1. Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest behind the breastbone. The feeling might spread to the shoulders, arms and neck. It can last several minutes or longer and might come and go. It isn't always severe. (Sharp stabbing twinges of pain usually are not signs of heart attack).
2. Unusual sweating – for instance, perspiring even though a room is cool.
3. Nausea – stomach distress with urge to vomit
4. Shortness of breath
5. A feeling of weakness



# 1<sup>st</sup> Class 8(d)(ii) - Cardiopulmonary Resuscitation (“CPR”)

- Causes requiring use:
  - Strenuous activity can cause heart attack
  - Near drowning can cause respiratory & cardiac arrest
- CPR – what it is
  - Combination of mouth-to-mouth rescue breathing & chest compressions to keep oxygenated blood flowing to organs
- How to spot it:
  - Unconscious
  - Not breathing – “Look, Listen and Feel”
  - No heartbeat – check pulse on neck near Adam’s apple
- How to treat it:
  - Artificial breathing - Mouth to mouth/nose - start immediately
  - Heart compression - only after breathing starts if no pulse



# 1<sup>st</sup> Class 8(d)(ii) - CPR (continued)

- ABC
  - Airway, breathing, circulation
- Call 911 or other emergency aid
- Positioning:
  - Place on back
  - Open airway by lifting chin with one hand behind neck and other on forehead
- Look, Listen & Feel
  - for breathing (chest moving, sounds of breathing, breath on cheek)
- If breathing
  - look for other injuries and place in recovery position on side with hand under head
- If not breathing
  - pinch nostrils, seal around mouth with your own, and give two slow breaths. Watch for chest to rise. Use mouth barrier.
- Feel for pulse for 5-10 sec
  - Place two fingers on Adam's apple and slide down to groove, might be faint
  - If there is pulse: - artificial breathing
    - continue breathing at rate of one breath every 5 seconds
    - Vomiting may occur, turn head down and use finger to clear mouth again, continue breathing
  - If there is no pulse: - chest compressions
    - Slide 2 fingers along ribs to sternum
    - Place heel of other hand two finger widths towards head on breastbone
    - Lift hand used for sternum & place on top
    - Interlock fingers and straighten your elbow
    - Push down & compress chest for 1.5 to 2"
    - Cycle of 15 compressions and 2 ventilations at 80 to 100 compressions/min
    - At end of four cycles, check for pulse
    - Continue until help arrives or pulse and breathing are established
    - Get medical attention.



# 1<sup>st</sup> Class 9(a) - Safe Trip Afloat

1. **Qualified supervision** – conscientious and experienced adult must supervise
2. **Physical fitness** – Health history must be known and conditions established to protect against risks
3. **Swimming Ability** – participant must be qualified as a “swimmer”. If not, he can ride in
  1. rowboat or motorboat with an adult swimmer or
  2. canoe, raft or sailboat with an adult lifeguard or lifesaver
4. **Personal Floatation Device** – Properly fitted PFDs must be worn by everyone on open water
5. **Buddy system** – Scouts never swim alone. Each scout must stay with a buddy who always knows where he is and what he is doing
6. **Skill Proficiency** – All person participating in activity must be trained and practiced in craft-handling skills, safety and emergency procedures
7. **Planning** – Must develop a float plan detailing route, time schedule, and contingency plans taking into account water and weather conditions, rules, and regulations, and is shared with others having an interest
8. **Equipment** – All equipment must be suited to the craft, water conditions, and individuals. It should be in good repair and meet applicable standards. Rescue equipment must be available
9. **Discipline** – Scouts know and should respect the rules, obeying lifeguards and supervisor



# 1<sup>st</sup> Class 9(b) - BSA Swim Test

1. Jump feet-first into deep water (over your head)
2. Level off, swim 75 yards in a strong manner using sidestroke, breaststroke, trudgen, or crawl (dog paddle is not acceptable)
3. Swim 25 yards in a strong manner using easy, resting backstroke.
4. The 100 yards must be completed:
  1. in one swim without stops and
  2. must include at least one sharp turn
5. After completing the swim, rest by floating face up in a restful position – not treading water



# *BSA Trail to First Class*

Outline of Requirements and Teaching  
Points for:

**Boy Scout, Tenderfoot, Second and  
First Class Ranks**

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