

Troop 19 New Scout Program

Program for Incoming Scouts to earn the rank of First Class within year 1

The objective of this program is to provide all incoming scouts with an opportunity to obtain the rank of First Class within the first year. A scout's ability to meet this objective will be dependent upon the following factors:

- His attendance at troop meetings
- His attendance at campouts
- His desire to advance

The overall objectives of this program are:

- Provide all incoming scouts with the opportunity to earn the ranks of Tenderfoot, Second Class, and First Class within the 1st year
- Provide all incoming scouts with a written plan that outlines how and when each requirement may be completed
- Provide the parents of all incoming scouts with a written plan that details how their son will progress to the rank of First Class
- Establish a new scout advancement plan that can serve as the basis for new scout advancement for years to come
- Define the role of the Troop Guide in assisting incoming scouts with advancement
- Hold campouts with the incoming scouts that will focus on establishing basic scouting skills and helping all new scouts get adjusted to camping out

Program Requirements

The following requirements serve as the basis for the program:

- All incoming scouts will receive the new scout orientation at the first troop meeting held after the completion of all Blue and Gold's. This will traditionally be held in early March

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- This New Scout orientation will fulfill all the requirements of the Scout Badge except:
 - 1. - Meet age requirements: Be a boy who has completed the fifth grade and be at least 10 years old, or be 11 years old, or have earned the Arrow of Light Award and be at least 10 years old, and be under 18 years old
 - 2. - Complete a Boy Scout application and health history signed by your parent or guardian
 - 3. - Find a Scout troop near your home
 - 9. - Complete the Pamphlet Exercises. With your parent or guardian, complete the exercises in the pamphlet "How to Protect Your Children from Child Abuse: A Parent's Guide"
 - 10. - Participate in a Scoutmaster conference. Turn in your Boy Scout application and health history form signed by your parent or guardian, then participate in a Scoutmaster conference
- All incoming scouts will be separated into Patrols. Patrols will normally be between 7 to 10 scouts and whenever possible, an effort should be made to ensure scouts from the same Dens are grouped into the same Patrols
- Troop Guides will be assigned to all new Patrols
- All new scouts will be briefed on this program including being provided with a copy of the 1st year advancement program
- The troop will schedule three campouts for the sole purpose of working on advancement requirements for 1st year scouts. These campouts will allow new scouts to become comfortable with camping with Troop 19
- Each of these campouts will include the following:
 - A detailed plan for the campout
 - The requirements that will be covered during the campout

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New Scout Campout 1 of 3

Campout Goal: Basic Camping Skills

Tenderfoot requirement 10a must be completed at least 30 days before this campout. Scouts should also have completed First Class requirements 4a and 4b before this campout.

Day and Time	Activity	Scout Requirement
6:00 pm Friday.	Depart at St. Mary's	T1
7:00 pm – 8:00 pm	Set up camp	T2
9:00 pm – 10:00 pm	Cracker barrel	
10:00 pm	Taps	
7:00 am Saturday	Reveille	
7:15 – 9:00 am	Breakfast and Clean-up	T3, F4c, F4d, F4e
9:00 am – 9:15 am	Flag Ceremony	T6, T7
9:15 am – 11:30 am	Knife, axe, and fire building training	S2c, S2d, S2e, S2f, Totin' Chip
11:30 am – 1:00 pm	Lunch and Clean-up	T3, S2g
1:00 pm – 2:30 pm	Knot training	T4a, T4b, F8a
2:30 pm – 3:30 pm	General camping skills and review	T9
3:30 pm – 5:00 pm	Team games, athletic testing	T8, T10b
5:00 pm – 7:00 pm	Dinner and Clean-up	T3, F4c, F4d, F4e
7:00 pm – 10:00 pm	Campfire program	
10:00 pm	Taps	
7:00 am Sunday	Reveille	
7:15 am – 8:15 am	Breakfast	T3
8:15 am – 8:45 am	Clean-up	T3
8:45 am – 9:45 am	Breakdown camp	
9:45 am – 10:00 am	Review of campout	
10:00 am	Depart campout	

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New Scout Campout 2 of 3 Campout Goals: Hiking and First Aid

Day and Time	Activity	Scout Requirement
6:00 pm Friday.	Depart at St. Mary's	T1
7:00 pm – 8:00 pm	Set up camp	S2b
9:00 pm – 10:00 pm	Cracker barrel	
10:00 pm	Taps	
7:00 am Saturday.	Reveille	
7:15 – 9:00 am	Breakfast and Clean-up	F4c, F4d, F4e
9:00 am – 10:00 am	Plan for hike, first aid for hike	T5, T11, T12a, T12b, S1a, S6b, F1
10:00 am – 12:30 pm	5 mile hike, look for evidence of wildlife	S1b, S5, F2,
12:30 pm – 2:00 pm	Lunch and Clean-up	
2:00 pm – 3:30 pm	First Aid instruction and practice	S6a, S6c, F8b, F8c, F8d
3:30 pm – 5:30 pm	Free Time	
5:30 pm – 7:30 pm	Dinner and Clean-up	F4c, F4d, F4e
7:30 pm – 10:00 pm	Campfire program	
10:00 pm	Taps	
7:00 am Sunday	Reveille	
7:15 am – 8:15 am	Breakfast	
8:15 am – 8:45 am	Clean-up	
8:45 am – 9:45 am	Breakdown camp	
9:45 am – 10:00 am	Review of campout	
10:00 am	Depart campout	

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New Scout Campout 3 of 3

Campout Goal: Pioneering and Swimming

Day and Time	Activity	Scout Requirement
6:00 pm Friday.	Depart at St. Mary's	
7:00 pm – 8:00 pm	Set up camp	
9:00 pm – 10:00 pm	Cracker barrel	
10:00 pm	Taps	
7:00 am Saturday.	Reveille	
7:15 – 9:00 am	Breakfast and Clean-up	F4c, F4d, F4e
9:00 am – 10:30 am	Pioneering	F7a, F7b, F7c
10:30 am - 12:00 pm	Plant identification	F6
12:00 pm – 1:00 pm	Lunch and Clean-up	
1:00 pm – 2:00 pm	Safe Swim, Safety afloat instruction	S7a, F9a
2:00 pm – 5:30 pm	Swimming	S7b, S7c, F9b, F9c
5:30 pm 7:30 pm	Dinner and Clean-up	F4c, F4d, F4e
7:30 pm – 10:00 pm	Campfire	Fireman Chit
10:00 pm	Taps	
7:00 am Sunday	Reveille	
7:15 am – 8:15 am	Breakfast	
8:15 am – 8:45 am	Clean-up	
8:45 am – 9:45 am	Breakdown camp	
9:45 am – 10:00 am	Review of campout	
10:00 am	Depart campout	

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Requirements from all three ranks will be worked on at the campouts. After the second campout a new scout should be Tenderfoot. After the third campout a new scout will only have a few requirements needed for Second Class and First Class. Those Requirements would be:

Second Class Requirements:

- 2a. - Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight
- 3. - Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity
- 4. - Participate in an approved (minimum of one hour) service project
- 8a. - Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to your health. Discuss your participation in the program with your family
- 8b. – Explain the three R's of personal safety and protection

First Class Requirements:

- 3. - Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight
- 4a. - Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals
- 4b. - Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients
- 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

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- 11. - Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project, or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active
- 12. - Describe the three things you should avoid doing related to use of the Internet

It will be the scout's responsibility to work on the requirements not covered during the campouts. These requirements may be completed any time after joining the troop. If a Scout is able to attend only one or two of the three campouts he would still be better off in advancement.

New Scouts will be able to work with Troop Guide(s) at Troop Meetings planning for these outings and reviewing their progress.

The Troop Guides will work with the new scout patrols to assist the scouts with completing the advancement requirements. Their primary responsibilities will be:

- Set a good example for the new scouts to follow
- Deliver the instruction for the classes identified in the schedule for the 3 new scout campouts
- Work with the scouts to complete the requirements that aren't completed during the campouts
- Assist the new scouts with developing their basic scouting skills
- Assist in setting up and breaking down camp
- Assist in preparing meals

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Scout Badge

Workbook

This Workbook can help you organize your thoughts as you read your Boy Scout Handbook. You still must satisfy your Scoutmaster that you can *demonstrate* each skill and have *learned* the information. No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook Developer: craig@craiglincoln.com. Requirements revised: 1/12008, Workbook updated: February 2009.

Scout's Name: _____

Troop: _____

1. **Meet age requirements: Be a boy who has completed the fifth grade and be at least 10 years old, or be 11 years old, or have earned the Arrow of Light Award and be at least 10 years old, and be under 18 years old.** _____

2. **Complete a Boy Scout application and health history signed by your parent or guardian.**

Boy Scout Application: <http://old.scouting.org/forms/28-406.pdf>

3. **Find a Scout troop near your home. (To find a troop, contact your local Boy Scout Council. The Council name, address and phone number can be found on BSA's Council Locator Page.)**

Find a Local Troop: <http://scouting.org/Applications/JoinScoutingFull.aspx>

4. **Repeat the Pledge of Allegiance.**

*I pledge allegiance to the flag
of the United States of America
and to the republic for which it stands,
one nation under God,
indivisible, with liberty and justice for all.*

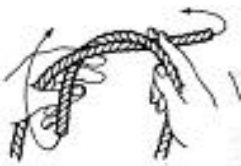
5. **Demonstrate the Scout sign,**

salute,

and handshake.



6. **Demonstrate tying the square knot (a joining knot).**



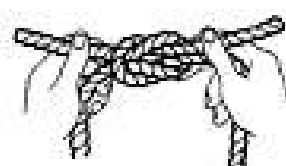
Right over left...



Left over right...



makes a knot tidy...



and tight.

7. Understand and agree to live by the Scout Oath or Promise,***On my honor . . .***

By giving your word, you are promising to be guided by the ideals of the Scout Oath.

. . . I will do my best . . .

Try hard to live up to the points of the Scout Oath. Measure your achievements against your own high standards and don't be influenced by peer pressure or what other people do.

. . . To do my duty to God . . .

Your family and religious leaders teach you about God and the ways you can serve. You do your duty to God by following the wisdom of those teachings every day and by respecting and defending the rights of others to practice their own beliefs.

. . . and my country . . .

Help keep the United States a strong and fair nation by learning about our system of government and your responsibilities as a citizen and future voter.

America is made up of countless families and communities. When you work to improve your community and your home, you are serving your country. Natural resources are another important part of America's heritage worthy of your efforts to understand, protect, and use wisely. What you do can make a real difference.

. . . and to obey the Scout Law; . . .

The twelve points of the Scout Law are guidelines that can lead you toward wise choices. When you obey the Scout Law, other people will respect you for the way you live, and you will respect yourself.

. . . To help other people at all times; . . .

There are many people who need you. Your cheerful smile and helping hand will ease the burden of many who need assistance. By helping out whenever possible, you are doing your part to make this a better world.

. . . To keep myself physically strong, . . .

Take care of your body so that it will serve you well for an entire lifetime. That means eating nutritious foods, getting enough sleep, and exercising regularly to build strength and endurance. It also means avoiding harmful drugs, alcohol, tobacco, and anything else that can harm your health.

. . . mentally awake, . . .

Develop your mind both in the classroom and outside of school. Be curious about everything around you, and work hard to make the most of your abilities. With an inquiring attitude and the willingness to ask questions, you can learn much about the exciting world around you and your role in it.

. . . and morally straight.

To be a person of strong character, your relationships with others should be honest and open. You should respect and defend the rights of all people. Be clean in your speech and actions, and remain faithful in your religious beliefs. The values you practice as a Scout will help you shape a life of virtue and self-reliance.

Scout Law

*A Scout is **Trustworthy**.*

A Scout tells the truth. He is honest, and he keeps his promises. People can depend on him.

*A Scout is **Loyal**.*

A Scout is true to his family, friends, Scout leaders, school, and nation.

*A Scout is **Helpful**.*

A Scout cares about other people. He willingly volunteers to help others without expecting payment or reward.

*A Scout is **Friendly**.*

A Scout is a friend to all. He is a brother to other Scouts. He offers his friendship to people of all races and nations, and respects them even if their beliefs and customs are different from his own.

*A Scout is **Courteous**.*

A Scout is polite to everyone regardless of age or position. He knows that using good manners makes it easier for people to get along.

*A Scout is **Kind**.*

A Scout knows there is strength in being gentle. He treats others as he wants to be treated. Without good reason, he does not harm or kill any living thing.

*A Scout is **Obedient**.*

A Scout follows the rules of his family, school, and troop. He obeys the laws of his community and country. If he thinks these rules and laws are unfair, he tries to have them changed in an orderly manner rather than disobeying them.

*A Scout is **Cheerful**.*

A Scout looks for the bright side of life. He cheerfully does tasks that come his way. He tries to make others happy.

*A Scout is **Thrifty**.*

A Scout works to pay his own way and to help others. He saves for the future. He protects and conserves natural resources. He carefully uses time and property.

*A Scout is **Brave**.*

A Scout can face danger although he is afraid. He has the courage to stand for what he thinks is right even if others laugh at him or threaten him.

*A Scout is **Clean**.*

A Scout keeps his body and mind fit and clean. He chooses the company of those who live by high standards. He helps keep his home and community clean.

*A Scout is **Reverent**.*

A Scout is reverent toward God. He is faithful in his religious duties. He respects the beliefs of others.

motto,

Be Prepared.

Be prepared for life - to live happily and without regret, knowing that you have done your best. That's what the Scout motto means.

and slogan,

Do a Good Turn Daily.

A Good Turn is more than simple good manners. It is a special act of kindness.

and the Outdoor Code.

As an American, I will do my best to -

- ***Be clean in my outdoor manners.***

I will treat the outdoors as a heritage.

I will take care of it for myself and others

I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

- ***Be careful with fire.***

I will prevent wildfire.

I will build my fires only where they are appropriate.

When I have finished using a fire, I will make sure it is cold out.

I will leave a clean fire ring, or remove all evidence of my fire.

- ***Be considerate in the outdoors.***

I will treat public and private property with respect.

I will use low-impact methods of hiking and camping.

and

- ***Be conservation minded***

I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy.

I will urge others to do the same.

8. Describe the Scout badge.

Shape - The three-point design of the top half is like the north point of an old sailor's compass. This shows that a Scout is able to point the right way in life as truly as the compass points it in the field.

Three Points - The three points of the trefoil are like the three fingers used in the Scout sign. They stand for the three parts of the Scout Oath: duty to God & country; duty to others; duty to yourself.

Eagle and Shield - The eagle and shield, national emblem of the US, stand for freedom and a Scouter's readiness to defend that freedom.

Two Stars - The two stars stand for truth and knowledge of the Scouting movement. They guide you by night and suggest a Scout's outdoor life

Scroll - The scroll is turned up at the ends to remind us of the corners of a Scout's mouth raised in a smile as he does his duty. The Scout motto is printed across the scroll.

Knot - The knot attached to the bottom of the scroll represents the Scout slogan, Do a Good Turn Daily.



9. Complete the Pamphlet Exercises. With your parent or guardian, complete the exercises in the pamphlet "How to Protect Your Children from Child Abuse: A Parent's Guide".

Pamphlet online: <http://old.scouting.org/pubs/pdf/46-015.pdf>

10. Participate in a Scoutmaster conference. Turn in your Boy Scout application and health history form signed by your parent or guardian, then participate in a Scoutmaster conference. _____

Notes

Alternate requirements for the Tenderfoot rank are available for Scouts with physical or mental disabilities - [click here to learn more](#).

The requirements for Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Merit Badge Books: www.scoutstuff.org *Please don't post workbooks on your site. Please instead post links to these:*

MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/Scout_Badge

BSA Skill Lesson Videos

2. New Youth Application: [English](#) and [Spanish](#)
3. [Find a Scout troop near your home.](#) [Find your local council.](#)
4. Repeat the Pledge of Allegiance. See above.
5. Demonstrate the Scout sign, salute, and handshake. See above.
6. Demonstrate tying the square knot (a joining knot). See above.
 - **Knot Videos:** [Basics](#) - [Basics2](#) - [USScouts Knots](#) - [Animated knots](#) - [More Animated Knots](#) - [Still more](#)
 - **Other Knot Links:** [Knots](#) - [Sea Scout Knots](#) - [Ropers Knots Page](#) - [Climbing Knots](#) - [Fishing knots](#) - [Knots Index](#)
7. [Scout Oath or Promise](#) - [Scout Law](#) - [motto](#) - [slogan](#) - [Outdoor Code](#)
8. Describe the Scout badge. See above.
9. "[How to Protect Your Children from Child Abuse: A Parent's Guide](#)"
- 10: [Scoutmaster Conference](#) - Explains that you don't "pass" a Scoutmaster Conference and how to [appeal](#).



Tenderfoot Rank

Workbook

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Send comments to: craig@craiglincoln.com. Requirements revised: 1/12008, Workbook updated: February 2009.

Scout's Name: _____ Troop: _____

1. Present yourself to your leader, properly dressed, before going on an overnight camping trip. _____

Show the camping gear you will use. _____

Show the right way to pack and carry it. _____

2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch. _____

3. On the campout, assist in preparing and cooking one of your patrol's meals. _____

Tell why it is important for each patrol member to share in meal preparation and cleanup, _____

and explain the importance of eating together. _____

4. a. Demonstrate how to whip and fuse the ends of a rope. _____

b. Demonstrate you know how to tie the following knots and tell what their uses are:

two half hitches _____

and the taut-line hitch. _____

5. Explain the rules of safe hiking, both on the highway _____

and cross-country, _____

tell how to treat for exposure to them. _____

12. a. Demonstrate how to care for someone who is choking. _____

b. Show first aid for the following: _____

● Simple cuts and scrapes _____

● Blisters on the hand and foot _____

● Minor (thermal/heat) burns or scalds (superficial, or first degree) _____

● Bites and stings of insects and ticks _____

● Venomous snakebite _____

● Nosebleed _____

● Frostbite and sunburn _____

13. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. _____

14. Participate in a Scoutmaster conference. _____

15. Complete your board of review _____

Notes

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► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Merit Badge Books: www.scoutstuff.org *Please don't post workbooks on your site. Please instead post links to these:*

MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/Tenderfoot_Rank

[BSA Skill Lesson Videos](#)

1-3: Camping:

- [Camping Lesson Videos: BSA Skill Lesson Videos - Packing - Layering - Wet Weather - Campsite - Sleeping Bags - Pads - Tents - Water Purification - Leave No Trace](#)
- Other Camping links: [Leave No Trace](#) - [Outdoor Code](#) - [Camping Checklists](#) - [Cooking](#) - [USScouts: Camping](#) - [Camps Database](#) - [Types of Tents](#) - [Water Treatment](#) - [Campsite Selection](#) - [Types of Sleeping Bags](#) - [More Checklists](#)

4: Knots:

- [Knot Videos: Basics](#) - [Basics2](#) - [USScouts Knots](#) - [Animated knots](#) - [More Animated Knots](#) - [Still more](#)
- Other Knot Links: [Knots](#) - [Sea Scout Knots](#) - [Ropers Knots Page](#) - [Climbing Knots](#) - [Fishing knots](#) - [Knots Index](#)

5: Hiking:

- [Knot Videos: Basics](#) - [Basics2](#) - [USScouts Knots](#) - [Animated knots](#) - [More Animated Knots](#) - [Still more](#)
- Other Knot Links: [Knots](#) - [Sea Scout Knots](#) - [Ropers Knots Page](#) - [Climbing Knots](#) - [Fishing knots](#) - [Knots Index](#)

6: [Flag Ceremonies](#)**7: [Scout Oath](#) - [Scout Law](#) - [Scout Motto](#) - [Scout Slogan](#)****8: [Patrol](#)****9: [Buddy System](#)****10: Fitness:**

- [Lesson Videos: Warm Up](#) - [Stretching](#) - [Running](#) - [Pull-Ups](#) - [Push-Ups](#)

12: First Aid:

- [First Aid Lesson Videos: Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Venomous Snake Bite](#) - [First Aid Kits](#)
- Other First Aid Links: [Mayo Clinic First Aid Guide](#) - [Bleeding First Aid Video](#) - [Class 1 Exam](#) - [Class 3](#) - [Warning Signs of Cancer](#) - [Heart Disease](#)

13: What does [Scout Spirit](#) really mean? (It's not what you do in your troop!)

14: [Scoutmaster Conference](#) - Explains that you don't "pass" a Scoutmaster Conference and how to [appeal](#).

15: [Board of Review](#) - What can they ask? How long can it be? Is the [uniform](#) really required? How do you [appeal](#)?



Second Class Rank

Workbook

This Workbook can help you organize your thoughts as you read your Boy Scout Handbook. You still must satisfy your Scoutmaster that you can *demonstrate* each skill and have *learned* the information. No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: craig@craiglincoln.com. Requirements revised: 1/1/2008, Workbook updated: March 2009.

Scout's Name: _____

Troop: _____

1a. Demonstrate how a compass works and how to orient a map. _____

Explain what map symbols mean.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

1b. Using a compass and a map together, take a five-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian. (Note: If you use a wheelchair or crutches, or if it is difficult for you to get around, you may substitute "trip" for "hike.") _____

2a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.

2b. On one of these campouts, select your patrol site and sleep in a tent that you pitched. _____

2c. On one campout, demonstrate proper care, sharpening, and use of the knife, _____

saw, _____

and ax, _____

and describe when they should be used. _____

2d. Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire. _____

2e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. _____

Discuss the safety procedures for using both. _____

2f. Demonstrate how to light a fire _____
and a lightweight stove. _____

2g. 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. _____

3. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. _____

4. Participate in an approved (minimum of one hour) service project. _____

5. Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.

6a. Show what to do for "hurry" cases of stopped breathing, _____

serious bleeding, _____

and internal poisoning. _____

6b. Prepare a personal first-aid kit to take with you on a hike. _____

6c. Demonstrate first aid for the following:

● Object in the eye _____

● Bite of a suspected rabid animal _____

● Puncture wounds from a splinter, nail, and fishhook _____

● Serious burns (second-degree) _____

● Heat exhaustion _____

- Shock _____

- Heatstroke, _____

dehydration, _____

hypothermia, _____

and hyperventilation _____

7a. Tell what precautions must be taken for a safe swim.

7b. Demonstrate your ability to jump feetfirst into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place. _____

7c. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. _____

Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, _____

and explain why and how a rescue swimmer should avoid contact with the victim. _____

8a. Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco and other practices that could be harmful to your health. Discuss your participation in the program with your family. _____

8b. Explain the three R's of personal safety and protection.

9. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. _____

10. Participate in a Scoutmaster conference. _____

11. Complete your board of review. _____

Notes

Alternate requirements for the Second Class rank are available for Scouts with physical or mental disabilities - [click here to learn more](#). The requirements for Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Merit Badge Books: www.scoutstuff.org *Please don't post workbooks on your site. Please instead post links to these:*
 MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/Second_Class_Rank

BSA Skill Lesson Videos

1a. Map & Compass:

- **Topographical Maps** [Free US Geological Survey](#) - [Topozone.com](#) - [Google Satellite, Street, and Terrain Maps](#)
- [How a Compass Works](#)

1b. Hiking

- **Hiking Lesson Videos:** [Planning](#) - [Footwear](#) - [Blisters](#) - [Gear](#) - [Cold Weather](#) - [Warm Weather](#) - [Layering](#)

2c. Can be completed by earning the [Totin' Chip](#).

2d. **Fire** - Can be partially completed by earning the [Firem'n Chit](#).

- **Fire Starting Videos:**
[Build a Fire](#) - [Site](#) - [Kindling](#) - [Wood](#) - [Flint & Steel](#) - [BlastMatch](#) - [Steel Wool](#) - [Fire Piston](#) - [Magnifying Glass](#) - [Log Cabin](#) - [Tee Pee](#) - [Dangers](#) - [Safety](#)
- 'Other links: [Firem'n Chit](#) - [Fire Safety](#) merit badge [Campfire building](#)

2g. Cooking

- **Cooking Lesson Videos:** [Food Selection](#) - [Food Quality](#) - [Stoves](#) - [Utensils](#) - [Water Purification](#) - [Leave No Trace](#)
- **Other Cooking links:** [Leave No Trace](#) - [Cooking](#) - [Water Treatment](#) - [Stove Safety](#) - [Food Safety](#) - [Meal Ideas](#)

3. [Flag Ceremonies](#)

4. [Service Projects](#)

5. Ecology Resources:

- **Bird Resources:** [Bird Study Merit Badge resources](#)
- **Fish Resources:** [Insect Study Requirement resources](#) - [American Fisheries Society](#)
- **Insect Resources:** [Insect Study Requirement resources](#)
- **Mammal Resources:** [Mammal Study Requirement resources](#)
- **Reptile & Amphibian Resources:** [Reptile and Amphibian Study Merit Badge resources](#) - [Frog Songs](#)

6. First Aid:

- **First Aid Lesson Videos:** [Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Venomous Snake Bite](#) - [First Aid Kits](#)
- **Other First Aid Links:** [Mayo Clinic First Aid Guide](#) - [Bleeding First Aid Video](#) - [Class 1 Exam](#) - [Class 3](#) - [Warning Signs of Cancer](#) - [Heart Disease](#)

7. Swimming:

- **Swimming Lesson Videos:** [Stretching](#) - [Tread Water](#) - [Float](#) - [How to Swim](#) - [Survival Floating](#) - [Freestyle](#) - [Breaststroke](#) - [Backstroke](#) - [Trudgeon](#) - [Butterfly](#) - [Diving Safety](#) - [Racing Dive](#) - [Snorkeling](#) - [SCUBA Diving](#)
- **Other Swimming Links:** [Swimming Merit Badge](#) - [Safe Swim Defense](#) - [Safety Afloat](#) - [BSA Swim Test](#) - [Buddy System](#) - [Sidestroke](#) - [Trudgeon](#)

9: What does [Scout Spirit](#) really mean? (It's not what you do in your troop!)

10: [Scoutmaster Conference](#) - Explains that you don't "pass" a Scoutmaster Conference and how to [appeal](#).

11: [Board of Review](#) - What can they ask? How long can it be? Is the [uniform](#) really required? How do you [appeal](#)?



First Class Rank

Workbook

This Workbook can help you organize your thoughts as you read your Boy Scout Handbook. You still must satisfy your Scoutmaster that you can *demonstrate* each skill and have *learned* the information. No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: craig@craiglincoln.com. Requirements revised: 1/1/2008, Workbook updated: March 2009.

Scout's Name: _____ Troop: _____

- Demonstrate how to find directions during the day _____
and at night without using a compass. _____
- 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, tower, canyon, ditch, etc.). _____
- Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight.

4a. Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals.

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

Tell how the menu includes the foods from the food pyramid and meets nutritional needs. _____

4b. Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.

Food	Amount	Cost	Food	Amount	Cost

4c. Tell which pans, _____

utensils, _____

and other gear will be needed to cook and serve these meals. _____

4d. 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. _____

4e. On one campout, serve as your patrol's cook. _____

Supervise your assistant(s) in using a stove or building a cooking fire. _____

Prepare the breakfast, lunch, and dinner planned in requirement 4a. _____

Lead your patrol in saying grace at the meals and supervise cleanup. _____

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 or show evidence of at least 10 kinds of native plants found in your community.

7a. Discuss when you should _____

and should not use lashings. _____

7b. 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. _____

7c. Use lashing to make a useful camp gadget. _____

8a. Demonstrate tying the bowline knot and describe several ways it can be used. _____

8b. Demonstrate bandages for a sprained ankle _____

and for injuries on the head, _____

the upper arm, _____

and the collarbone. _____

8c. Show how to transport by yourself, and with one other person, a person from a smoke-filled room _____

With a sprained ankle, for at least 25 yards _____

8d. Tell the five most common signs of a heart attack.

Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

9a. Tell what precautions must be taken for a safe trip afloat.

9b. Successfully complete the BSA swimmer test. _____

9c. With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.) _____

10. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. _____

11. Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project, or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active. _____

12. Describe the three things you should avoid doing related to use of the Internet.

Describe a cyberbully _____

and how you should respond to one. _____

13. Participate in a Scoutmaster conference. _____
14. Complete your board of review. _____

Notes

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4. Outdoor Cooking Lesson Videos: [Food Selection](#) - [Food Quality](#) - [Stoves](#) - [Utensils](#) - [Water Purification](#) - [Leave No Trace](#)

Outdoor cooking links: [Scoutstuff.org](#) - [Scoutorama](#) - [USScouts.Org](#) - [MacScouter](#) - [RecipeSource.com](#) - [CampRecipes.com](#) - [Scouter.net](#) - [Foil-Cooking](#) - [Cub Scout Cookbook](#) - [NetWoods.com](#) - [Scout Camp Cooking](#) - [The Trailside Cookbook](#) - [Buckskinner Cookbook](#) - [Ol' Buffalo Outdoor Cooking Page](#)

Dutch Oven Cooking: [USScouts.Org](#) - [MacScouter](#) - [dutchovencookware.com](#)

Other cooking links: [Cooking Merit badge](#) - [Leave No Trace](#) - [Stove Safety](#)

6: [Discover Magazine](#) - [Environmental Protection Agency](#) - [Nat. Geographic Society](#) - [Nat. Park Service](#) - [The Discovery Channel](#) [Soil and Water Conservation Merit Badge resources](#) - [Conservation and Resource Center](#) - [Leave No Trace Center](#) - [Wildlife Conservation Society](#)

7: Knots: **Knot Videos:** [Basics](#) - [Basics2](#) - [USScouts Knots](#) - [Animated knots](#) - [More Animated Knots](#) - [Still more](#)

- **Other Knot Links:** [Knots](#) - [Sea Scout Knots](#) - [Ropers Knots Page](#) - [Climbing Knots](#) - [Fishing knots](#) - [Knots Index](#)

8: First Aid: **First Aid Lesson Videos:** [Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Snake Bite](#) - [First Aid Kits](#)

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