

Troop 278 – Ahwatukee

First Class Scout Rank - Revision Worksheet

Remember the skills you learned to earn Scout, Tenderfoot & Second Class Ranks

- Demonstrate how to find directions during the day and at night without using a compass.
- Using a compass, complete an orienteering course of at least 1 mile requiring measuring the height/width of designated items (tree, tower, canyon, ditch, etc.) Course/date?
- Since joining, have participated in ten separate Scout activities (not Reg. Mtgs), three of which included camping overnight. Activity list?
 - Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, & one dinner and that requires cooking at least two meals. Campout?
 - Explain how the menu includes food pyramid types & meets nutritional needs.
 - Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Menu?
 - Plan menu food amounts & costs to feed 3+ Scouts & secure the ingredients
 - Tell which pans, utensils, & other gear will be needed to cook and serve these meals.
 - Act as patrol cook on a campout. Supervise use of a stove or building a cooking fire.
 - Prepare the breakfast, lunch & dinner from your menu for your patrol
 - Explain proper disposal of camp garbage, cans, plastic containers, & other rubbish.
 - Lead your patrol in saying grace at the meals and supervise cleanup.
- Visit & discuss your constitutional rights & obligations as a U.S. citizen with an individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) Who?
- Identify or show evidence of at least ten kinds of native plants found in your community.
- Discuss when you should and should not use lashings
- 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.
- Use lashing to make a useful camp gadget. What Gadget?
- Demonstrate tying the bowline knot and describe several ways it can be used.
- Demonstrate bandages for: sprained ankle, injuries on the head, upper arm & collarbone
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.
- Tell the five most common signs of a heart attack.
- Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
- Tell what precautions must be taken for a safe trip afloat.
- Successfully complete the BSA swimmer test. When?
- With a helper and a practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approximately 30 feet from shore in deep water.) Where?
- 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 an inactive Boy Scout to become active. Who?
- Demonstrate Scout spirit by living the Scout Oath & Scout Law in your everyday life Discuss
- Complete a Scoutmaster conference.
- Complete your board of review

All requirements are described in the Scout Handbook see also the 'Forms & Links' pages of the Troop Website www.troop278.net