

Troop 278 – Ahwatukee

Tenderfoot Rank - Revision Worksheet

Remember all the skills you learned to earn the Scout Rank

- Repeat from memory & explain in your own words the Scout Oath, Law, Motto, & slogan.
- Know your patrol name, give your patrol yell, and describe your patrol flag
- Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood.
- Describe what a bully is and how you should respond to one.
- Present yourself to your leader, properly dressed, for an overnight campout
- Show the camping gear you will use. Show the right way to pack and carry it.
- Spend at least one night on a Scout campout. Sleep in a tent you helped pitch.
- On campout, assist in preparing/cooking a patrol's meal.
- Explain the importance of eating together.
- Explain why its important for each patrol member to share in meal preparation & cleanup
- Demonstrate how to whip and fuse the ends of a rope.
- Explain the uses & demonstrate tying the knots: two half hitches and the taut-line hitch.
- Explain safe hiking rules for highway & cross-country, for day & night
- Explain what to do if you are lost
- Demonstrate how to display, raise, lower, and fold the American flag

Note Campout
Location/Date

Menu ?

Record your best in the following tests:

- Push-ups
- Pull-ups
- Sit-ups
- Standing long jump
- 1/4 mile walk/run
- Show improvement in all these after practicing for 30 days.
- Identify local poisonous plants; explain how to treat for exposure to them.
- Demonstrate how to care for someone who is choking.

Note when you
did 1st results

When did you do
2nd results

Bring A List ?

Show first aid for the following:

- Simple cuts and scratches
- Blisters on the hand and foot
- Minor burns or scalds (first degree)
- Bites and stings of insects and ticks
- Poisonous snakebite
- Nosebleed
- Frostbite and sunburn
- Demonstrate Scout spirit by living the Scout Oath & Scout Law in your everyday life.
- Complete a Scoutmaster conference.
- Complete your board of review

Discuss

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