

First Class Requirements Workbook



Scout Name _____ Troop _____

No.		Leader Date and Initials
1.	Demonstrate how to find directions during the day and at night without using a compass <i>During the Day:</i> _____ _____ _____ <i>At Night:</i> _____ _____ _____	
2.	Using a compass, complete an orienting course that covers at least one mile and requires measuring the height and/or width of designated items (trees, tower, canyon, ditch, etc). <i>What was the route of the one-mile course?</i> _____ _____ _____ <i>Which objects did you measure the height and/or width?</i> _____ _____ <i>Describe how you did the measuring of those objects</i> _____ _____ _____ _____	
3	Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. 1. _____ 6. _____ 2. _____ 7. _____ 3. _____ 8 (Camping). _____ 4. _____ 9. (Camping). _____ 5. _____ 10. (Camping). _____	
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 meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs. <i>For which campout did you plan your meals?</i> _____ <i>What did you plan for the breakfast meal?</i> _____ _____ _____	

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What did you plan for the lunch meal? _____

What did you plan for the dinner meal? _____

Which two meals above will require cooking?

1. _____

2. _____

Describe how the meals above include the foods from the food pyramid. _____

Describe how the meals above meet the 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.																			
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 35%;"><i>Breakfast ingredients:</i></th> <th style="width: 35%;"><i>How much did you have to purchase to feed three or more scouts?</i></th> <th style="width: 30%;"><i>How much did this ingredient cost?</i></th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1</td> <td></td> <td style="text-align: center;">\$</td> </tr> <tr> <td style="text-align: center;">2</td> <td></td> <td style="text-align: center;">\$</td> </tr> <tr> <td style="text-align: center;">3</td> <td></td> <td style="text-align: center;">\$</td> </tr> <tr> <td style="text-align: center;">4</td> <td></td> <td style="text-align: center;">\$</td> </tr> <tr> <td style="text-align: center;">5</td> <td></td> <td style="text-align: center;">\$</td> </tr> </tbody> </table>			<i>Breakfast ingredients:</i>	<i>How much did you have to purchase to feed three or more scouts?</i>	<i>How much did this ingredient cost?</i>	1		\$	2		\$	3		\$	4		\$	5		\$
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	<i>Lunch ingredients:</i>	<i>How much did you have to purchase to feed three or more scouts?</i>	<i>How much did this ingredient cost?</i>
1			\$
2			\$
3			\$
4			\$
5			\$
	<i>Dinner ingredients:</i>	<i>How much did you have to purchase to feed three or more scouts?</i>	<i>How much did this ingredient cost?</i>
1			\$
2			\$
3			\$
4			\$
5			\$

4c.	<p>Tell which pans, utensils, and other gear will be needed to cook and serve these meals.</p> <p><i>Which pans, utensils, or other gear will you need to cook and serve the breakfast meal?</i> _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
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	<p><i>Which pans, utensils, or other gear will you need to cook and serve the lunch meal? _____</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p><i>Which pans, utensils, or other gear will you need to cook and serve the dinner meal? _____</i></p> <p>_____</p> <p>_____</p> <p>_____</p>	
4d.	<p>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.</p> <p><i>What are the procedures for safe handling and storage of perishable food products such as, fresh meats, dairy products, eggs and vegetables? _____</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p><i>What is the proper way to dispose of camp garbage, cans, plastic containers, and other rubbish? _____</i></p> <p>_____</p> <p>_____</p> <p>_____</p>	
4e.	<p>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.</p> <p><i>Breakfast:</i></p> <p><i>Which campout did you serve as your patrol's cook? _____</i></p> <p><i>Who were your assistant(s)? _____</i></p> <p>_____</p> <p>_____</p> <p><i>Have the leader in charge of this campout initial here that you met the requirement for this meal _____</i></p>	

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	<p><i>Lunch:</i></p> <p><i>Which campout did you serve as your patrol's cook?</i> _____</p> <p><i>Who were your assistant(s)?</i> _____</p> <p>_____</p> <p>_____</p> <p><i>Have the leader in charge of this campout initial here that you met the requirement for this meal</i> ____</p> <p><i>Dinner:</i></p> <p><i>Which campout did you serve as your patrol's cook?</i> _____</p> <p><i>Who were your assistant(s)?</i> _____</p> <p>_____</p> <p>_____</p> <p><i>Have the leader in charge of this campout initial here that you met the requirement for this meal</i> ____</p>	
5.	<p>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.</p> <p><i>Who was the individual that you visited?</i></p> <p><i>Name</i> _____</p> <p><i>Title</i> _____</p> <p><i>Describe what you discussed about your Constitutional rights and obligations as a U.S. citizen?</i> ____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
6.	<p>Identify or show evidence of at least ten kinds of native plants found in your community.</p> <p>1. _____ 6. _____</p> <p>2. _____ 7. _____</p> <p>3. _____ 8. _____</p> <p>4. _____ 9. _____</p> <p>5. _____ 10. _____</p>	

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7a.	Discuss when you should and should not use lashing. _____ _____ _____	
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. <i>Describe the use of the timber hitch and clove hitch in a:</i> <i>square lashing</i> _____ _____ <i>Shear lashing</i> _____ _____ <i>Diagonal lashing</i> _____ _____	
7c.	Use a lashing to make a useful camp gadget. <i>What was the gadget?</i> _____	
8a.	Demonstrate tying the bowline knot and describe several ways it can be used. <i>Have the leader that you demonstrated tying a bowline knot to initial here:.</i> _____ <i>Describe several ways that a bowline knot can be used.</i> _____ _____ _____	
8b.	Demonstrate bandages for a sprained ankle, and for injuries on the head, the upper arm, and the collarbone <i>Have the leader to whom you demonstrated the bandage for a sprained ankle initial here:</i> _____ <i>Have the leader to whom you demonstrated the bandage for a head injury initial here:</i> _____ <i>Have the leader to whom you demonstrated the bandage for a upper arm injury initial here:</i> _____ <i>Have the leader to whom you demonstrated the bandage for a collarbone injury initial here:</i> _____	
8c. *	Show how to transport by yourself, and with one other person, a person • From a smoke-filled room. <i>Who was the person transported by yourself?</i> _____ <i>Who helped you?</i> _____	

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	<ul style="list-style-type: none"> • With a sprained ankle, for at least 25 yards <p><i>Who was the person transported by yourself for 25 yards?</i> _____</p> <p><i>Who helped you?</i> _____</p>	
8d. *	<p>Tell the five most common signs of a heart attack.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p><i>Explain the steps (procedures) in cardiopulmonary resuscitation.(CPR)</i> _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
9a	<p>Tell what precautions must be taken for a safe trip afloat. _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
9b	<p>Successfully complete the BSA Swimmers test.</p> <p><i>Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and include at least one sharp turn. After completing the swim, rest by floating.</i></p>	
9c.	<p>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.)</p> <p><i>Who was the practice victim?</i> _____</p> <p><i>Who was the helper?</i> _____</p>	

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10.	Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life <i>Explain how you think you have demonstrated Scout Spirit.</i> _____ _____ _____ _____	
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. <i>To whom did you talk?</i> _____ <i>What did you tell him?</i> _____ <i>Did he come to a meeting or activity?</i> _____ <i>If so, which one?</i> _____	
12.	Participate in a Scoutmaster conference.	
13.	Complete your board of review.	