ScoutTrax

First Class - 9/2/2008

Category	Requirements	Owen	Michael G	Ted	Eddy	Nick	Gus	Miguel	McCarty	Robby	Ben	Ian	Michael S	Thomas	Ryan	Gabe
Hiking	1. Demonstrate how to find directions during the day and at night without using a compass.	A		T	T		A		A	A	A	T			A	T
Hiking	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, tower, canyon, ditch, etc.)															
Activities	3. Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight.															
Cooking/Fires	4a. Help plan a patrol menu for one campout -- including one breakfast, lunch, and dinner - that requires cooking. Tell how the menu includes the four basic food groups and meets nutritional needs.															
Cooking/Fires	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.															
Cooking/Fires	4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.															
Cooking/Fires	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.	A	T	T	T	T	A	T	A	A	A	T			A	T
Cooking/Fires	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.															
Duty	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.	A	T	T	T	T	A	T	A	A	A	T			A	T
Hiking	6. Identify or show evidence of at least ten kinds of native plants found in your community.	A		T	T		A		A	A	A	T			A	T
Knots/Lashing	7a. Discuss when you should and should not use lashings.	A		T	T	T	A	T	A	A	A	T			A	T
Knots/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.	A		T	T	T	A	T	A	A	A	T			A	T
Knots/Lashing	7c. Use lashing to make a useful camp gadget.															
Knots/Lashing	8a. Demonstrate tying the bowline knot and describe several ways it can be used.	A	T	T	T	T	A		A	A	A	T			A	T
First Aid	8b. Demonstrate bandages for a sprained ankle. and for injuries on the head, the upper arm, and the collarbone.															
First Aid	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.	A	T	T	T	T	A		A	A	A	T			A	T
First Aid	8d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).	A	T	T	T	T	A		A	A	A	T			A	T
Swimming	9a. Tell what precautions must be taken for a safe trip afloat.	A		T	T		A	T	A	A	A	T			A	T
Swimming	9b. Successfully complete the BSA swimmer test.	A	A	A	A	A	A	A	A	A	A	A			A	A
Swimming	9c. 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.)	A		T	T		A	T	T	T	A	T			T	T
Duty	10. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life.															
Recruitment	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.															
Personal Safety	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.															
Troop Review	13. Participate in a Scoutmaster conference.															
Troop Review	14. Complete your board of review.															
	Board of Review date:															