

ScoutTrax
8/26/2008

Gus

Rank	#
Scouter	10
Tenderfoot	12
Second Class	13
First Class	13

A - Requirement Achieved
C - Rank Completed
- Number of requirements left before completion of that rank.

Troop Meetings, Troop Outings and Troop Campouts

Troop Meetings Attended	0
Outings Attended	0
Campouts Attended	0
Total Nights Camping	0

Board of Review Dates:
Tenderfoot:

Second Class:

First Class:

Note:
If this page isn't calculating correctly, then most likely you aren't entering an A to indicate credit on the various rank pages.

Also, please be sure you aren't leading or trailing the A with a blank space.

Scouter	
Demographics	1. Meet age requirements. Be a boy who has completed the fifth grade, or is 11 years old, or has earned the Arrow of Light Award, but is under 18 years old.
Health/Safety	2. Complete a Boy Scout application and health history signed by your parent or guardian.
Location	3. Find a Scout troop near your home.
Duty	4. Repeat the Pledge of Allegiance.
Duty	5. Demonstrate the Scout sign, salute, and handclasp.
Knots/Lashing	6. Demonstrate tying the square knot (joining knot).
Duty	7. Understand and agree to live by the Scout Oath or Promise, Law, motto, and slogan, and the Outdoor Code.
Duty	8. Describe the Scout badge.
Health/Safety	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."
Troop Review	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.

Tenderfoot	
Camping	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.
Camping	2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.
Cooking/Fires	3. On 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.
Knots/Lashing	4a. Demonstrate how to whip and fuse the ends of a rope.
Knots/Lashing	4b. Demonstrate you know how to tie the following knots and tell what their uses are: two half hitches and the tautline hitch.
Hiking	5. Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night. Explain what to do if you are lost.
Duty	6. Demonstrate how to display, raise, lower, and fold the American flag.
Duty	7. Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and Slogan.
Duty	8. Know your patrol name, give the patrol yell, and describe your patrol flag.
Personal Safety	9. 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.
Fitness	10a. Record your best in the following tests: push-ups, pull-ups, sit-ups, standing long jump, 1/4 mile walk/run.
Fitness	10b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.
Hiking	11. Identify local poisonous plants; tell how to treat for exposure to them.
First Aid	12a. Demonstrate the Heimlich maneuver and tell when it is
First Aid	12b. 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.
Duty	13. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life.
Troop Review	14. Participate in a Scoutmaster conference.
Troop Review	15. Complete your board of review.

Second Class	
Hiking	1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.
Hiking	1b. Using a compass and a map together, take a 5-mile hike (or (or 10 miles by bike) approved by your adult leader and your parent or guardian.
Activities	2a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.
Camping	2b. On one of these campouts, select your patrol site and sleep in a tent that you pitched.
Cooking/Fires	2c. On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.
Cooking/Fires	2d. Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire.
Cooking/Fires	2e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.
Cooking/Fires	2f. Demonstrate how to light a fire and a lightweight stove.
Cooking/Fires	2g. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the four basic food groups. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.
Duty	3. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity.
Duty	4. Participate in an approved (minimum of one hour) service project.
Hiking	5. Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.
First Aid	6a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.
First Aid	6b. Prepare a personal first aid kit to take with you on a hike.
First Aid	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 & hyperventilation.
Swimming	7a. Tell what precautions must be taken for a safe swim.
Swimming	7b. Demonstrate your ability to jump feet first 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.
Swimming	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.
Safety	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.
Safety	8b. Explain the three R's of personal safety and protection.
Duty	9. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life.
Troop Review	10. Participate in a Scoutmaster conference.
Troop Review	11. Complete your board of review.

First Class	
Hiking	1. Demonstrate how to find directions during the day and at night without using a compass.
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.
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.
Hiking	6. Identify or show evidence of at least ten kinds of native plants found in your community.
Knots/Lashing	7a. Discuss when you should and should not use lashings.
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.
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.
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.
First Aid	8d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
Swimming	9a. Tell what precautions must be taken for a safe trip afloat.
Swimming	9b. Successfully complete the BSA swimmer test.
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.)
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.