

What makes a Trained Leader?

Varsity Leaders

are considered trained when they have completed:

- FAST START olc Date: _____
- Youth Protection olc _____
- Leader Specific Training _____

- BOLT/OWL
(Skills on back side of card) _____
- This is Scouting olc _____

Unit Committee Members are considered trained when they have completed:

- FAST START olc Date: _____
- Youth Protection olc _____
- Troop Committee Challenge olc _____
- This is Scouting olc _____

Supplemental Training:

- Roundtable Date: _____
- Training Day Program Classes _____
- Wood Badge _____
- Powder Horn _____
- HAT _____
- Hazardous Weather _____
- Health and Safety Training _____
- Safe Swim Defense _____
- Safety Afloat _____
- Scout Parents Unit Coordinator _____
- The Trainer's EDGE _____
- Troop Committee Challenge _____
- Philmont Leadership Challenge _____
- Philmont Training Center (various courses) _____

olc = Online Learning Center

Southern Sierra Council BSA

Progress record for

VARSITY LEADER TRAINING



Name _____
 Address _____
 City _____
 State/Zip _____ Unit # _____
 District _____
 Council Southern Sierra
 Position _____
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- The American Flag** _____ / /
- Raise, Fold, display
- Tents and Shelter** _____ / /
- Pitching a tent
- Ropes and Lashing** _____ / /
- Whip and fuse ends
 - Taut-line hitch
 - Clove hitch
 - Shear lashing
 - Bowline
 - Two half hitches
 - Timber hitch
 - Square lashing
 - Diagonal lashing
- Wood Tools** _____ / /
- Knife
 - Ax-methods
 - Camp saws
 - Sharpening tools
- Camp Fires** _____ / /
- Tinder
 - Fire fuel
 - Kindling
 - Extinguishing

- Cooking** _____ / /
- Menu planning
 - Clean-up
 - Backpack stove
- Additional Skills** _____ / /
- Compass reading
 - Map reading
 - Camp and pack basics
 - Plant identification
 - Orienteering
 - Hiking basics
 - Animal identification
 - Leave No Trace camping
- Tenderfoot First Aid** _____ / /
- Cuts and scratches
 - Minor burns and scalds
 - Identify poisonous plants
 - Nosebleed
 - Frostbite and sunburn
 - Hand and foot blisters
 - Bites and stings of insects
 - Poisonous snakebites
 - Heimlich maneuver

- Second Class First Aid** _____ / /
- Serious bleeding
 - Object in the eye
 - Puncture wounds
 - Heat exhaustion
 - Heatstroke
 - Hypothermia
 - Internal poisoning
 - Rabid animal bite
 - Serious burns
 - Shock
 - Dehydration
 - Hyperventilation
- First Class First Aid** _____ / /
- Bandages** _____ / /
- Head Injury
 - Collarbone
 - Upper arm
 - Sprained ankle
- Transport** _____ / /
- Smoke-filled room
 - Sprained Ankle-25 yards
- Five signs of heart attack
 - Explain basic CPR

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