

Camp Kern January 2019 Trail to First Class Sign off Sheet

Name: _____

Troop: _____

TENDERFOOT:

- 3a _____ demonstrate the practical use of the square knot
- 3b _____ demonstrate the practical use of the two half-hitches knot
- 3c _____ demonstrate the practical use of the taut-line knot
- 3d _____ demonstrate the proper care, sharpening, and use of the knife, saw, and ax. Describe when each should be used
- 4a _____ show first aid for the following: simple cuts and scrapes, blisters on the hand and foot, minor (thermal/heat) burns or scalds (superficial, or first degree), venomous snakebite, nosebleed, frostbite and sunburn, choking
- 4b _____ describe common poisonous or hazardous plants; identify any in your campsite location. Tell how to treat for exposure to them
- 4c _____ prevent or reduce the occurrence of injuries or exposure listed in (Tenderfoot 4a-b)
- 5a _____ buddy system
- 5b _____ lost on hike or campout
- 5c _____ rules of safe hiking
- 6a _____ record best on following tests:
- push-ups _____
 - sit-ups or curl-ups _____
 - back-saver sit-and-reach _____
 - 1-mile walk/run _____
- 7a _____ demonstrate how to display, raise, lower, and fold the U.S. flag
- 8a _____ describe the steps of EDGE
- 8a _____ use EGDE to teach a person how to tie a square knot

2ND CLASS:

- 1b _____ explain the principles of Leave No Trace and tell how practiced
- 2a _____ explain appropriate/not appropriate use fire for cooking
- 2c _____ build a fire
- 2d _____ explain use, set up, and light camp stove
- 2f _____ demonstrate sheep bend knot and use
- 2g _____ demonstrate bowline and use
- 3a _____ demonstrate compass and orient map, meaning of five symbols

- 3b _____ 5-mile hike
- 3c _____ injury prevention on hike
- 3d _____ finding directions day and night w/out compass
- 5a _____ precautions for safe swim
- 5b _____ pass BSA beginner swim test
- 5c _____ demonstrate reaching and throwing water rescue
- 5d _____ avoid contact with victim in rescue
- 6a _____ demonstrate first aid: object in eye, animal bite, puncture wound, serious burn, heat exhaustion, shock, heatstroke, dehydration, hypothermia, hyperventilation
- 6b _____ hurry cases
- 6c _____ Reduce injuries on campout (2nd Class 6a-b)
- 6d _____ backcountry accidents
- 6e _____ Vehicular accident
- 8a _____ flag ceremony
- 8b _____ explain respect of the flag
- 9a _____ 3-R's
- 9b _____ bullying

1ST CLASS:

- 1b _____ explain principles of Tread Lightly
- 2c _____ pans, utensils, and cooking gear
- 2d _____ procedures of safe handling of food
- 2d _____ garbage disposal
- 3a _____ when to use/not use lashings
- 3b _____ demonstrate timber hitch and clove hitch
- 3c _____ demonstrate square, shear, diagonal lashing by joining two poles
- 3d _____ useful gadget
- 4a _____ compass course of 1-mile
- 4b _____ demonstrate GPS
- 6a _____ complete BSA swim test
- 6b _____ safe float trip precautions
- 6c _____ basic parts of watercraft and paddle
- 6d _____ positioning in watercraft
- 6e _____ practice line rescue as tender and rescuer
- 7a _____ bandages demonstration for sprained ankle, head, upper arm, and collarbone
- 7b _____ demonstrate smoke filled room carry and sprained ankle carry
- 7c _____ signals of heart attack and CPR steps
- 7f _____ potable water

TOTIN' CHIP _____

FIREM'N CHIP _____