

Spanish Peaks Scout Ranch

First Class Trail Program

2011 Boy Scout Requirements

- **List of Requirements Taught***
 - Tenderfoot 5, 6, 9, 11, 12a, 12b
 - Second Class 3e, 3f, 6, 7a, 7c, 8a, 9b
 - First Class 1, 4d, 6, 7a, 7b, 8a, 8b, 8c, 8d, 11
- **Weekly Schedule****
 - Monday T5, T9, T11, T12a, T12b
SC3e, SC3f, SC6, SC7a
FC4d, FC6
 - Tuesday T6
 - Wednesday FC1, FC7a, FC7b, FC8a, FC11
 - Thursday SC7c, SC8a, SC9b, FC8b, FC8c, FC8d

*If a requirement is not completed on the scheduled day and time, we will complete it the next day.

(Just because a scout is present does not mean he earns the requirement.)

- All Scoutmasters, leaders, parents, etc. Are welcome to come and assist if they have expertise in a particular requirement.
- Any group of scouts larger than 6 must be accompanied by an adult (unless arrangements have been made with the FCT Director.)
- **Totin' Chit**
- If you wish to teach your scout (s) requirements at your campsite at a different time than the First Class Trail Staff please make arrangements with the FTC Director so they are not required to be present.
- If a scout completes a requirement(s) at your campsite, send a written note with the Scout signed by the scoutmaster documenting what he completed. Attendance for the other requirements is still required at FTC for credit.

Monday

- **Tenderfoot #5** Explain the rules of safe hiking on highway and cross country during both day and night. Explain what to do if you are lost
- **Tenderfoot #9** Explains the importance of the buddy system and how it relates to personal safety on outings and in your neighborhood. Describe what a bully is and how you should respond to one.

- Tenderfoot #11 Identify local poisonous plants, tell how to treat for exposure to them
- Tenderfoot #12a Demonstrate how to care for someone who is choking
- Tenderfoot #12b 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)
 - Bites and stings of insects and ticks
 - Venomous snakebite
 - Nosebleed
 - Frostbite and sunburn
- Second Class #3e Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.
- Second Class #3f In an approved place and at an approved time, demonstrate how to build a fire and set up a lightweight stove. Note: Lighting the fire is not required.
- Second Class #6 Identify or show evidence of at least ten kinds of wild animal (birds, mammals, reptiles, fish, and mollusks) found in your community (SPSR).
- Second Class #7a Show what to do for “hurry” case of stopped breathing, serious bleeding, ingested poisoning.
- First Class #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.
- First Class #6 Identify or show evidence of at least ten kinds of native plants found in your community (SPSR).

Tuesday

- Tenderfoot #6 Demonstrate how to display, raise, lower, and fold the American Flag

Wednesday

- Totin’ chit
- First Class #1 Demonstrate how to find directions during the day and at night without using a compass.

- First Class #7a) Discuss when you should not use lashings. Then demonstrate the timber hitch and clove hitch and their use in square, shear, and diagonal lashing by joining two or more poles or staves together.
- First Class #7b) Use lashing to make a useful camp gadget.
- First Class #8a) Demonstrate tying a bowline knot and describe several ways it can be used.
- First Class #11) describe the three things you should avoid doing related to uses of the Internet. Describe a cyber bully and how you should respond to one.

Thursday

- Second Class #7c) 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 burn (partial thickness, or second degree)
 - Heat exhaustion
 - Shock
 - Heatstroke, dehydration, hypothermia, and hyperventilation
- Second Class #8a) Tell what swim precautions must be taken for safe swim
- Second Class #9b) Explain the three R's of personal safety and protection
- First Class #8b) Demonstrate bandage for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
- First Class #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 Class #8d) tell the five most common signs signal of a heart attack
Explain the steps (**procedures**) in cardiopulmonary resuscitation (**CPR**)