First Class Rank

Workbook

This Workbook can help you organize your thoughts as you read your Boy Scout Handbook. You still must satisfy your Scoutmaster that you can *demonstrate* each skill and have *learned* the information. No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: Online Resources.
Send comments to the workbook developer: craig@craiglincoln.com. Requirements revised: 01/1/10, Workbook updated: 02/10.

Scout's Name: _____ Troop: _____

1. Demonstrate how to find directions during the day _____

   and at night without using a compass. _____

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.). _____

3. Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. _____ _____

   _____ _____ _____

   _____ _____ _____

   _____ _____

4a. Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals.

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

Tell how the menu includes the foods from the food pyramid and meets nutritional needs. _____

_____

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_____

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.

Food	Amount	Cost	Food	Amount	Cost

4c. Tell which pans, _____

utensils, _____

and other gear will be needed to cook and serve these meals. _____

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. _____

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. _____

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.

6. Identify or show evidence of at least 10 kinds of native plants found in your community.

7a. Discuss when you should

and should not use lashings.

Discuss when you should

and should not use lashings.

Then 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.

7b. Use lashing to make a useful camp gadget.

8a. Demonstrate tying the bowline knot and describe several ways it can be used.

8b. Demonstrate bandages for a sprained ankle

and for injuries on the head,

the upper arm,

and the collarbone. _____

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 _____

_____

8d. Tell the five most common signs of a heart attack.

_____

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_____

Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

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9a. Tell what precautions must be taken for a safe trip afloat.

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9b. Successfully complete the BSA swimmer test. _____

9c. With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.) _____

10. 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. ____

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11. Describe the three things you should avoid doing related to use of the Internet.

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_____

Describe a cyberbully _____

_____

and how you should respond to one. _____

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12. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. _____

_____

_____

Discuss four specific examples (different from those used in Tenderfoot requirement 13 and Second Class requirement 11) of how you have lived the points of the Scout Law in your daily life.

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13. Participate in a Scoutmaster conference. _____

14. Complete your board of review. _____

Notes

Alternate Requirements for the Tenderfoot rank are available for Scouts with physical or mental disabilities if they meet the criteria listed in the Boy Scout Requirements book. click here to learn more

The requirements for Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.

Online Resources: *(Use any Internet resource with caution and only with your parent's or guardian's permission.)*

Boy Scouts of America: ► scouting.org ► Guide to Safe Scouting ► Age-Appropriate Guidelines ► Safe Swim Defense ► Scout ► Tenderfoot ► Second Class ► First Class Rank Videos ► Safety Afloat

Merit Badge Books: www.scoutstuff.org ***Please don't post workbooks on your site. Please instead post links to these:***
MeritBadge.org: http://meritbadge.org/wiki/index.php/MBW -or- usscouts.org: http://www.usscouts.org/mb/worksheets/list.asp

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/First_Class_Rank

BSA Skill Lesson Videos

1-3. Map & Compass:

- **REI Videos**: Parts of a Compass - Topographic Maps - Map to Compass - Compass to Map - Triangulation - Declination
- REI:Navigation Basics - How a Compass Works
- **Topographical Maps** Free US Geological Survey - Topozone.com - Google Satellite, Street, and Terrain Maps

3. Leave No Trace: Leave No Trace.

4. Cooking:

- **Outdoor Cooking Lesson Videos**: Food Selection - Food Quality - Stoves - Utensils - Water Purification - Leave No Trace
- **Outdoor cooking links**: Scoutstuff.org - Scoutorama - USScouts.Org - MacScouter - RecipeSource.com - CampRecipes.com - Scouter.net - Foil-Cooking - Cub Scout Cookbook - NetWoods.com - Scout Camp Cooking - The Trailside Cookbook - Buckskinner Cookbook - Ol' Buffalo Outdoor Cooking Page

- **Dutch Oven Cooking**: From IDOS - USScouts.Org - MacScouter - dutchovencookware.com
- **Other cooking links**: Cooking Merit badge - Leave No Trace - Stove Safety

6. Ecology Resources:

- **General Resources:** American Museum of Natural History - Discover Magazine - Environmental Protection Agency - Int. Assn. of Fish and Wildlife Agencies - Nat. Climatic Data Center - Nat. Geographic Society - Nat. Park Service - U.S. Fish and Wildlife Service - American Meteorological Society - American Zoo and Aquarium Association - The Discovery Channel - Nat. Fish and Wildlife Foundation - Nat. Oceanic and Atmospheric Admin - Nat. Wildlife Federation
- **Conservation Resources:** Soil and Water Conservation Merit Badge resources - Conservation and Resource Center - Leave No Trace Center - Wildlife Conservation Society
- **Bird Resources:** Bird Study Merit Badge resources
- **Fish Resources:** Fishing Merit Badge Requirement resources - American Fisheries Society
- **Insect Resources:** Insect Study Merit Badge resources
- **Mammal Resources:** Mammal Study Merit Badge resources
- **Reptile & Amphibian Resources:** Reptile and Amphibian Study Merit Badge resources - Frog Songs

7. Timber Hitch - Clove Hitch - Square Lashing - Shear Lashing - Diagonal Lashing
8a. Bowline
8b. Sprains
8c. Transporting an Injured Person
8d. Heart Attack - CPR

- Your handbook is your primary reference. See First Aid Skills for step-by-step instructions and lesson video links.
- **See also**: First Aid Merit Badge Pamphlet - First Aid Kit - Emergency Kit - Guide to Safe Scouting - Physcial

9. Swimming:
9a Safety Afloat
9b BSA Swim Test: Diving also has the feetfirst jump in - Sidestroke - Breaststroke - Trudgen Crawl - Backstroke - Swimming Turns - Floating
9c Reach, Throw, Row, Go

- Your handbook is your primary reference. See Swimming Skills for step-by-step instructions and lesson video links.
- **See also**: Swimming & Lifesaving Merit Badge Pamphlets - Guide to Safe Scouting - Safe Swim Defense - Safety Afloat

12: What does Scout Spirit really mean? (It's not what you do in your troop!)
13: Scoutmaster Conference - Explains that you don't "pass" a Scoutmaster Conference and how to appeal.
14: Board of Review - What can they ask? How long can it be? Is the uniform required? How do you appeal?