

# Minsi Trails Council Base Camp - Program Guide

## First Year Scout Program – Requirements Covered both weeks 1 & 2

### Scout Rank:

- 1b. Explain what Scout spirit is. Describe some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, Scout motto, and Scout slogan.
- 1e. Repeat from memory the Outdoor Code. In your own words, explain what the Outdoor Code means to you.
- 4a. Show how to tie a square knot, two half-hitches, and a taut-line hitch. Explain how each knot is used.
5. Tell what you need to know about pocketknife safety.

### Tenderfoot:

- 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)
  - Bites or stings of insects or ticks
  - Venomous snakebite
  - Nosebleed, Frostbite, Sunburn and Choking
- 4b. Describe common poisonous or hazardous plants, identify any that grow in your local area or campsite location. Tell how to treat for exposure to them.
- 4c. Tell what you can do on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.
- 4d. Assemble a personal first-aid kit to carry with you on future campouts and hikes. Tell how each item in the kit would be used.
- 5a. Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood.  
*Note: we will ask the scouts to take a virtual hike in their neighborhood as part of this requirement.*
- 5b. Explain what to do if you become lost on a hike or campout.
- 5c. Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night.
8. Describe the steps in Scouting's Teaching EDGE method. Use the Teaching EDGE method to teach another person how to tie the square knot.

### Second Class:

- 2a. Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so.
- 2d. Explain when it is appropriate to use a lightweight stove and when it is appropriate to use a propane stove. Describe the safety procedures for using these types of stoves.  
*NOTE – this will be a demonstration only and scouts will need to practice this on their own.*
- 2f. Demonstrate tying the sheet bend knot. Describe a situation in which you would use this knot.
- 2g. Demonstrate tying the bowline knot. Describe a situation in which you would use this knot.

- 3c. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.
- 5a. Tell what precautions must be taken for a safe swim.
- 6a. Demonstrate first aid for the following:
  - Object in the eye
  - Bite of a warm-blooded animal
  - Puncture wounds from a splinter, nail, and fishhook
  - Serious burns (partial thickness, or second-degree)
  - Heat exhaustion, Shock
  - Heatstroke, dehydration, hypothermia, and hyperventilation
- 6b. Show what to do for hurry cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
- 6c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b.
- 6d. Explain what to do in case of accidents that require emergency response in the home and backcountry. Explain what constitutes an emergency and what information you will need to provide to a responder.
- 8b. Explain what respect is due the flag of the United States.
- 9a. Explain the three R's of personal safety and protection.
- 9b. Describe bullying; tell what the appropriate response is to someone who is bullying you or another person.

### First Class:

- 3b. Demonstrate tying the timber hitch and clove hitch.
- 5b. Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event.
- 5c. Describe at least three natural indicators of impending hazardous weather, the potential dangerous events that might result from such weather conditions, and the appropriate actions to take.
- 5d. Describe extreme weather conditions you might encounter in the outdoors in your local geographic area. Discuss how you would determine ahead of time the potential risk of these types of weather dangers, alternative planning considerations to avoid such risks, and how you would prepare for and respond to those weather conditions.
- 6b. Tell what precautions must be taken for a safe trip afloat.
- 7c. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

### General Notes

To Participate in this session, scouts will need their Scout Handbook, a piece of rope 8'-10' long, and a personal first aid kit. A schedule of the requirements reviewed by day will be posted before camp.

Scoutmasters will be provided with a list of requirements each scout covered for final review/approval.