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 #33215. Merit Badge Workbooks and much more are below: Online Resources.
Send comments to: craig@craiglincoln.com. Requirements revised: 1/1/2008, Workbook updated: November 2008.

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. _____

_____

_____

_____

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. _____

_____

_____

7b. 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. _____

7c. 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.

_____

_____

_____

_____

_____

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

_____

_____

_____

_____

_____

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

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

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

11. 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. _____

_____

_____

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

_____

_____

_____

Describe a cyberbully _____

_____

and how you should respond to one. _____

_____

_____

13. Participate in a Scoutmaster conference. _____

14. Complete your board of review. _____

Notes

Alternate requirements for the First Class rank are available for Scouts with physical or mental disabilities - 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

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org **Merit Badge Books:** www.scoutstuff.org

Guide to Safe Scouting Safe Swim Defense Safety Afloat Blood Borne Pathogens Youth Protection Training

Requirement Resources

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

BSA Skill Lesson Videos

2. Map & Compass:

- **Topographical Maps** Free US Geological Survey - Topozone.com - Google Satellite, Street, and Terrain Maps
- How a Compass Works

4. Cooking

- **Cooking Lesson Videos**: Food Selection - Food Quality - Stoves - Utensils - Water Purification - Leave No Trace
- **Other Cooking links**: Leave No Trace - Cooking - Water Treatment - Stove Safety - Food Safety - Meal Ideas

7: Knots:

- **Knot Videos**: Basics - Basics2 - USScouts Knots - Animated knots - More Animated Knots - Still more
- **Other Knot Links**: Knots - Sea Scout Knots - Ropers Knots Page - Climbing Knots - Fishing knots - Knots Index

8: First Aid:

- **First Aid Lesson Videos**: Basics - Basics2 - Wilderness First Aid - CPR Basics - Venomous Snake Bite - First Aid Kits
- **Other First Aid Links**: Mayo Clinic First Aid Guide - Bleeding First Aid Video - Class 1 Exam - Class 3 - Warning Signs of Cancer - Heart Disease

9. Swimming:

- **Swimming Lesson Videos**: Stretching - Tread Water - Float - How to Swim - Survival Floating - Freestyle - Breaststroke - Backstroke - Trudgeon - Butterfly - Diving Safety - Racing Dive - Snorkeling - SCUBA Diving
- **Other Swimming Links**: Swimming Merit Badge - Safe Swim Defense - Safety Afloat - BSA Swim Test - Buddy System - Sidestroke - Trudgeon

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