Tenderfoot 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: 1/12008, Workbook updated: December 2008.

Scout's Name: _____ Troop: _____

1. Present yourself to your leader, properly dressed, before going on an overnight camping trip. _____

   Show the camping gear you will use. _____ _____

   _____ _____ _____

   _____ _____ _____

   _____ _____ _____

   _____ _____ _____

   Show the right way to pack and carry it. _____

2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch. _____
3. On the campout, assist in preparing and cooking one of your patrol's meals. _____

   Tell why it is important for each patrol member to share in meal preparation and cleanup, _____

   _____

   and explain the importance of eating together. _____

   _____

   _____

4. a. Demonstrate how to whip and fuse the ends of a rope. _____

   b. Demonstrate you know how to tie the following knots and tell what their uses are:

   two half hitches _____

   _____

   _____

   and the taut-line hitch. _____

   _____

   _____

5. Explain the rules of safe hiking, both on the highway _____

   _____

   _____

   _____

   _____

   and cross-country, _____

during the day

and at night.

Explain what to do if you are lost.

6. Demonstrate how to display, raise, lower, and fold the American flag.
7. Repeat from memory and explain in your own words the Scout Oath,

Law,

_____

_____

_____

_____

motto, _____

_____

and slogan. _____

_____

8. Know your patrol name, _____

give the patrol yell, _____

and describe your patrol flag. _____

_____

_____

9. Explain the importance of the buddy system as it relates to your personal safety on outings _____

_____

_____

_____

and in your neighborhood. _____

_____

_____

Describe what a bully is and how you should respond to one. _____

_____

_____

10. a. Record your best in the following tests:

● Push-ups ● Pull-ups ● Sit-ups ● Standing long jump ● 1/4 mile walk/run

b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.

	First Test	Second Test	Improvement
Activity : Date:			
Push-up (number)			
Pull-ups (number)			
Sit-ups (number)			
Standing Long Jump (Feet, inches)			

1/4 mile walk/run (minutes:seconds))			

11. Identify local poisonous plants; _____

_____

_____

tell how to treat for exposure to them. _____

_____

_____

12. a. Demonstrate how to care for someone who is choking. _____

_____

b. 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 _____

_____

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

14. Participate in a Scoutmaster conference. _____

15. Complete your board of review _____

Notes

Alternate requirements for the Tenderfoot 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

Requirement Resources

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

BSA Skill Lesson Videos

1-3: Camping:

- Camping Lesson Videos: BSA Skill Lesson Videos - Packing - Layering - Wet Weather - Campsite - Sleeping Bags - Pads - Tents - Water Purification - Leave No Trace
- Other Camping links: Leave No Trace - Outdoor Code - Camping Checklists - Cooking - USScouts: Camping - Camps Database - Types of Tents - Water Treatment - Campsite Selection - Types of Sleeping Bags - More Checklists

4: 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

5: Hiking:

- 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

6. Flag Ceremonies

7: Scout Oath - Scout Law - Scout Motto - Scout Slogan

8. Patrol

9: Buddy System

10: Fitness:

- Lesson Videos: Warm Up - Stretching - Running - Pull-Ups - Push-Ups

12: 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

13: What does Scout Spirit really mean? (It's not what you do in your troop!)

14: Scoutmaster Conference - Explains that you don't "pass" a Scoutmaster Conference and how to appeal.

15: Board of Review - What can they ask? How long can it be? Is the uniform really required? How do you appeal?