

NAME \_\_\_\_\_ CURRENT RANK \_\_\_\_\_

### Rank Advancement: Checklist

In order to advance in Boy Scout rank, scouts need to complete the items identified on this checklist. **Before** asking the Scoutmaster for a **Scout Master’s Conference**, Please check the following items.

	Check that all requirements for the rank are completed, signed by a SM, and dated in your <b>scout handbook</b>
	Prepare for your Scout Master Conference: <ul style="list-style-type: none"> <li>• Make sure you are familiar with the items in the (SMC) <b>worksheet</b> (from your scout guide book or the advancement chairman.) for the next rank; filling out the worksheet is <b>not required</b> for a Scoutmaster review.</li> </ul>
	Schedule SMC with your Scoutmaster (Just ask and he’ll schedule one for you, maybe the same day)
	At the SMC, have the Scoutmaster sign & date your handbook.

**Before** asking Advancement Chairman to schedule a **Board of Review (BOR)** for you, please check on the following items and take care of them.

		Responsible Person	Signature & date
	YOU have no Troop equipment checked out, or if you do, YOU and the QM are aware of the equipment.	Quarter Master	Signature: Date
	You have no outstanding dues.	Treasurer	Signature: Date
	Ensure you have marked the requirements complete in Scouttrack for advancement with the proper dates.	Advancement Chairman	Signature: Date
	At least 1 week <b>before</b> the review, turn in: <ol style="list-style-type: none"> <li>1. <b>this sheet</b> and</li> <li>2. your <b>scout handbook</b></li> </ol> to the Advancement Chairman for review (they may not be returned for a week).	Advancement Chairman	Signature:  Date

If you have accounted for all items on the sheet, and if all items are checked off and signed, you may **sign up for a board of review**.

At the Board of Review, you will need to:

- **Dress in full Class A uniform**
- **Bring your Scout Handbook, and this form**
- **Know the Scout oath, law, outdoor code, motto, and slogan**

For Advancement Chair Use: Earliest Board of review date: \_\_\_\_\_



# 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.

The work space provided for each requirement should be used by the Scout to keep track of which requirements he has completed, and to make notes for discussing the item with his leader, not for providing the full and complete answers.

The Scout must do each requirement.

No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 616334).

The requirements were last revised in 2013 • This workbook was updated in October 2013.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

- 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.

	Date(s)	Activity	Camping Overnight
1.			<input type="checkbox"/>
2.			<input type="checkbox"/>
3.			<input type="checkbox"/>
4.			<input type="checkbox"/>
5.			<input type="checkbox"/>
6.			<input type="checkbox"/>
7.			<input type="checkbox"/>
8.			<input type="checkbox"/>
9.			<input type="checkbox"/>
10.			<input type="checkbox"/>

- 4 a. 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.

### Breakfast

Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert

### Lunch

Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert

Dinner

Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert

- Tell how the menu includes the foods from the MyPlate food guide or the current USDA nutrition model and meets nutritional needs.

- b. 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

- c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.

- d. 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. 0

- e. 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.

	Plant	Evidence
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

7. a. 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.

- Timber Hitch
- Clove Hitch
- Square Lashing
- Shear Lashing
- Diagonal Lashing

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

Gadget:

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

- b. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.

- Sprained Ankle
- Head Injury
- Upper Arm Injury
- Collarbone Injury

c. 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

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

1.	
2.	
3.	
4.	
5.	

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

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

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b. Successfully complete the BSA swimmer test.\*

\* See the Aquatics chapter of the Boy Scout Handbook for details about the BSA swimmer test.  
(The specific requirements of the test are listed at the end of this workbook.)

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

1.	
2.	
3.	

- 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.

1.	
2.	
3.	
4.	

- 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 if they meet the criteria listed in the Boy Scout Requirements book. [Click here to learn more](#), and see the information from the Guide to Advancement at the end of this workbook.*

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

**BSA swimmer test:**

*Jump feet first into water over your head in depth, swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.*



FIRST CLASS CANDIDATE \_\_\_\_\_

DATE \_\_\_\_\_

Tell him what a good job he has done on the requirements. Plan on fifteen minutes, or longer with other issues. If he knows his stuff, it should go rapidly.

#### CHECKLIST

1. What has your patrol cooked? How did you help?
2. Tie a timber hitch or a clove hitch--- what is it used for?
3. Tie a bowline--- what is it used for?
4. What camp gadget did you make?
5. Explain a first aid example such as CPR or heart attack.
6. Review the list--- he should know it cold by now.

Scout Oath	Scout Badge
Scout Law	Scout Motto
Outdoor Code	Scout Slogan

#### OTHER QUESTIONS

1. How do you like the Troop? What would you change?
2. What have you learned about camping?
3. What Merit Badges have you earned? Discuss the Best or worst and why.
4. What Leadership positions would you like to hold?
5. What outing did you like best and why?
- 6.
- 7.
- 8.

Most Scouts are ready for First Class after about a year in the Troop, some earlier, some later. By this time, they should be turned on to Scouts with their enthusiasm showing. You should build on this enthusiasm to keep him going. His leadership qualities should also start to emerge by now--- is he a candidate for Junior Leadership Training? Discuss your expectations that he find and serve in a Leadership position he is comfortable with.

The First Class Board of Review will be more stringent than previous ranks, but again, if he proves his knowledge to you, he'll do well in the Board.

End by discussing any goals he may have in Scouting. Find out what he is thinking. Then set target dates to achieve them as well as Star Requirements

<u>List of Goals</u>	<u>Completion Date</u>
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- 1.
- 2.
- 3.

#### CONCLUSION

OKAY FOR A BOARD OF REVIEW \_\_\_\_\_ PERIODIC PROGRESS ONLY \_\_\_\_\_

NEEDS TO CORRECT ITEMS WITH (\*), RE-DO CONFERENCE \_\_\_\_\_ WHEN? \_\_\_\_\_

SCOUTMASTERS \_\_\_\_\_