

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 scout handbook
	Prepare for your Scout Master Conference: <ul style="list-style-type: none"> • Make sure you are familiar with the items in the (SMC) worksheet (from your scout guide book or the advancement chairman.) for the next rank; filling out the worksheet is not required for a Scoutmaster review.
	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 before the review, turn in: <ol style="list-style-type: none"> 1. this sheet and 2. your scout handbook 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: _____



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.

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 34765).

The requirements were last revised in 2010 • This workbook was updated in October 2013.

Scout's Name: _____ Unit: _____

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

- 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.

Date: Location:

- 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

two half hitches

--

taut-line hitch.

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c. Using the EDGE method, teach another person how to tie the square knot.

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D	
G	
E	

5. Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night.

Safe hiking on the highway:

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Safe hiking cross-country:

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Safe hiking during the day:

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Safe hiking at night:

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Explain what to do if you are lost:

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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.

Scout Oath:

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Scout Law:

--

Scout motto:

--

Scout slogan

--

8. Know your patrol name, give the patrol yell, and describe your patrol flag.

Patrol Name

--

Patrol Yell

--

Patrol Flag

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

On outings:

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In your neighborhood:

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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-ups	(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. Discuss four specific examples of how you have lived the points of the Scout Law in your daily life.

1.	
2.	
3.	
4.	

- 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 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.

TENDERFOOT CANDIDATE _____ DATE _____

Congratulate him on completing the requirements. How does he feel about Scouts so far? What does he enjoy the most and why? Ten minutes are probably sufficient for the Conference unless there are other problems to discuss.

CHECKLIST

1. What campout(s) did he go on, what gear did he pack, what's his reaction to it?
2. Tie 2 half hitches or a taut-line hitch--- have some rope with you.
3. What do you do if you get lost on a hike?
4. Scout Oath
5. Scout Laws He should know most of these from memory,
6. Scout Motto but you can explain what he missed.
7. Scout Slogan
8. Describe the Scout Badge
9. What is the buddy system?
10. Talk about your Patrol and Patrol Leader
11. How did you improve your scores in fitness?
12. What is a local poisonous plant? How do you treat it?
13. What do you do for a burn?

OTHER SPECIFIC QUESTIONS

1. What problems is he having with other boys in his Patrol, or with Leadership?
- 2.
- 3.
- 4.

Hopefully, there are no problems to discuss at this level. If he has completed the requirements and fairly well knows the Checklist items, even if not perfect, he'll usually make Tenderfoot.

End with how he is doing toward Second Class. Review the Requirements. Talk about starting work on some Merit Badges. Then discuss goals and a target date for achieving Second Class 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 _____