

11 Year Old (EYO) Scout Program Planning



4-Month Program

*Using the 3 Aims and 8 Methods of Scouting
First Year: Tenderfoot to First Class & Beyond*

Eleven Year Old (EYO) Scout Activity Planning

The following 14-Week (4-month) Eleven Year Old (EYO) Scout program is designed to build great young men and energized Boy Scouts using the Eight Methods and Three Aims of Scouting. The program repeats itself multiple times a year to accommodate new and aging-out EYO Scouts. This fantastic program provides opportunity for the older EYO scouts to teach the younger ones the great Scouting skills—all while learning leadership skills, teaching with EDGE, and really “owning” the knowledge and skill requirements. The boys become true First Class Scouts!



Because of Courts of Honor and other calendar items that come up, this program will be spread longer than 14 weeks. Organizing and running the Patrol Method with a written agenda, wearing the uniform, and using the other methods of Scouting with the Three Aims in mind will allow for a vibrant, fun, exciting program. Be sure to encourage each boy to earn their Primary Faith in God Award, and help them to prepare to receive the Aaronic Priesthood through discussions, reflections, devotionals on campouts, and through your Scoutmaster’s Minutes. Where possible, plug into stake, district, and council events to enhance the program and to better share the vision of Scouting on a larger scale. Get your boys to the merit badge pow-wows and earn some badges together!

Enjoy every minute with these great young men! The EYO Scout Patrol is THE foundation of the Young Men’s Program in the church, and a vital key to its success. You are doing an important work in building these boys and getting them started on the right foot with a strong Boy Scout experience. Work with your Scoutmaster and integrate with his patrol(s) whenever you can. Participate in every Court of Honor and contribute something to the meeting. Plan service projects and work together as a patrol. Choose and develop a mighty Patrol Identity – complete with Patrol Name, Patrol Yell, and Patrol Flag. Make every crossover from Webelos a memorable experience for each boy and welcome



them into your patrol. Help each boy achieve the joining requirements (Scouter) as soon as possible. Remember the first rule: Make it FUN for you and the boys!!

On the following pages, the requirements are sorted into activities the boys will do on their own, with the patrol, on campouts, and requirements that you will need to keep your eye on as the EYO Leader to plan for and coordinate. The order of the all the activities and requirements is very efficient; it is easy to know what to do each week and to be ready. Your objective is to provide a positive learning environment where the boys can learn together, teach each other, and achieve the rank of First Class (or beyond) before they each turn 12 years old. You can do this!

LDS EYO Scouts are only supposed to camp three times a year. You may plan more campouts than that to accommodate situations, but use each campout to its fullest. Review the Camp Activities section below to know what to do on each campout. There are many requirements and skills to focus on during each campout that are really fun to do. Don't plan to come home from the campout right after breakfast! Use your time wisely and provide outstanding Scouting experiences that build each boy.

You will need to keep a close track of what requirements each of the boys have done. Make sure to sign off things in their Scout Handbooks, as that is the ultimate, definitive record if there ever is a dispute. Make sure you work with your Scoutmaster and Committee Advancement Chair to track the progress in your troop



software, like TroopMaster. Communicate the program to the parents often, and keep them apprised of their son's progress. Be enthusiastic! Your enthusiasm goes a long way with the boys. Learn all you can about the Boy Scout program and how to be a great Scout leader, and keep on learning! Get fully BSA "Trained", attend monthly Roundtable meetings in your district, and get to Wood Badge. Gain your own personal testimony of the majesty of Scouting and what it can do in a boy's life. There is a definite reason the Lord has teamed his sacred priesthood with the inspired Scouting program for more than 100 years!

THANK YOU! Thank you for volunteering your time, talents, and resources for these great young men! You will receive much more back than you ever give, and there will be many paydays along the way. It's all about the boy . . . Let each Scout know you care, strengthen them, encourage them, expect them to do their duty, challenge them, praise their accomplishments, and rejoice with them in their successes.

Again, have FUN, be SAFE, INVOLVE the BOYS, let them LEAD, and together ENJOY the AMAZING JOURNEY!

For more information, please contact:

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Early rank requirement videos can be found online [here](#) or at <http://www.scouting.org/boyscouts/rankvideo>



SELF ACTIVITIES

RANK	CATEGORY	REQUIREMENT	
Scout (page 17)	Demographics	1. Meet the age requirements. Be a boy who is 11 years old, or one who has completed the fifth grade or earned the Arrow of Light Award and is at least 10 years old, but is not yet 18 years old.	Self
Scout	Health/Safety	9. Complete the pamphlet exercises. With your parent or guardian, complete the exercises in the pamphlet "How to Protect Your Children from Child Abuse: A Parent's Guide."	Self
Scout	Location	2. Find a Scout troop near your home.	Self
Scout	Health/Safety	3. Complete a Boy Scout application and health history signed by your parent or guardian.	Self
Scout	Duty	8. Describe the Scout badge.	Self
2 nd Class	Duty	5. Participate in an approved (minimum of one hour) service project.	Self
2 nd Class	Resource	10. Earn an amount of money agreed upon by you and your parent, save at least 50% of that money	Self
First Class	Duty	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.	Self

PATROL ACTIVITIES

RANK	CATEGORY	REQUIREMENT	
Scout	Knots/Lashing	6. Demonstrate tying the square knot (joining knot).	Week 1
Scout	Duty	5. Demonstrate the Scout sign, salute, and handclasp.	Week 1
Scout	Duty	7. Understand and agree to live by the Scout Oath or Promise, Law, motto, and slogan, and the Outdoor Code.	Week 1
Scout	Duty	4. Repeat the Pledge of Allegiance.	Week 1
First Class	Duty	11. Describe the three things you should avoid doing related to use of the Internet. Describe a cyberbully and how you should respond to one.	Week 2
Tenderfoot	Duty	6. Demonstrate how to display, raise, lower, and fold the American flag.	Week 2
Tenderfoot	Duty	8. Know your patrol name, give the patrol yell, and describe your patrol flag.	Week 2
Tenderfoot	Fitness	10a. Record your best in the following tests: push-ups, pull-ups, sit-ups, standing long jump, 1/4 mile walk/run.	Week 2
Tenderfoot	Hiking	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.	Week 2
Tenderfoot	Knots/Lashing	4a. Demonstrate how to whip and fuse the ends of a rope.	Week 3
Tenderfoot	Knots/Lashing	4b. Demonstrate you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.	Week 3
Tenderfoot	EDGE	4c. Using the EDGE method, teach another person how to tie the square knot.	Week 3
2 nd Class	Duty	2. Discuss the principles of "Leave No Trace".	Week 3
Tenderfoot	Duty	7. Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and Slogan	Week 3
Tenderfoot	Hiking	11. Identify local poisonous plants; tell how to treat for exposure to them.	Week 4
Tenderfoot	First Aid	12a. Demonstrate the Heimlich maneuver and tell when it is used.	Week 4
Tenderfoot	First Aid	12b. Show first aid for the following: simple cuts and scratches, blisters on the hand and foot, minor burns or scalds (first degree), bites and stings of insects and ticks, venomous snakebite, nosebleed, frostbite and sunburn.	Week 4

RANK	CATEGORY	REQUIREMENT	
First Class	Knots/Lashing	8a. Demonstrate tying the bowline knot and describe several ways it can be used.	Week 5
First Class	Knots/Lashing	7a. Discuss when you should and should not use lashings. 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.	Week 5
First Class	Knots/Lashing	7b. Use lashings to make a useful camp gadget.	Week 5
Tenderfoot	Fitness	10b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.	Week 6
First Class	Cooking/Fires	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. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.	Week 7
First Class	Cooking/Fires	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.	Week 7
First Class	Cooking/Fires	4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.	Week 7
First Class	Cooking/Fires	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.	Week 7
Tenderfoot	Camping	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.	Week 8
2 nd Class	First Aid	7a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.	Week 9
2 nd Class	First Aid	7c. Demonstrate first aid for the following: object in the eye, bite of a suspected rabid animal, puncture wounds from a splinter, nail, and fishhook, serious burns (second degree), heat exhaustion, shock, heatstroke, dehydration, hypothermia & hyperventilation.	Week 9
First Class	First Aid	8b. Demonstrate bandages for a sprained ankle. and for injuries on the head, the upper arm, and the collarbone.	Week 9
First Class	First Aid	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.	Week 9
First Class	First Aid	8d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).	Week 9
First Class	Hiking	1. Demonstrate how to find directions during the day and at night without using a compass.	Week 10
First Class	Swimming	9a. Tell what precautions must be taken for a safe trip afloat.	Week 10
2 nd Class	Hiking	1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.	Week 10
Tenderfoot	Hiking	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.	Week 10
First Class	Hiking	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.)	Week 11
First Class	Swimming	9c. With a helper and a practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)	Week 12
2 nd Class	Swimming	8a. Tell what precautions must be taken for a safe swim.	Week 12
2 nd Class	Swimming	8b. Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.	Week 12

RANK	CATEGORY	REQUIREMENT	
2 nd Class	Swimming	8c. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.	Week 12
First Class	Swimming	9b. Successfully complete the BSA swimmer test.	Week 12
First Class	Duty	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.	Week 13
2 nd Class	Duty	9b. Explain the three R's of personal safety and protection.	Week 14
2 nd Class	Duty	9a. Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to your health. Discuss your participation in the program with your family, and explain the dangers of substance addictions.	Week 14

CAMPOUT ACTIVITIES

RANK	CATEGORY	REQUIREMENT	
2 nd Class	Cooking/Fires	3g. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the four basic food groups. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.	Camp 1-3
2 nd Class	Cooking/Fires	3f. Demonstrate how to light a fire and a lightweight stove.	Camp 1-3
2 nd Class	Cooking/Fires	3d. Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire.	Camp 1-3
First Class	Hiking	6. Identify or show evidence of at least ten kinds of native plants found in your community.	Camp 1-3
2 nd Class	Cooking/Fires	3e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.	Camp 1-3
First Class	Cooking/Fires	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.	Camp 1-3
Tenderfoot	Camping	2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.	Camp 1-3
Tenderfoot	Cooking/Fires	3. On 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.	Camp 1-3
2 nd Class	Hiking	6. Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.	Camp 1-3
2 nd Class	Camping	3b. On one of these campouts, select your patrol site and sleep in a tent that you pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.	Camp 1-3
2 nd Class	Cooking/Fires	3c. On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.	Camp 1-3
2 nd Class	First Aid	7b. Prepare a personal first aid kit to take with you on a hike.	Camp 2
2 nd Class	Hiking	1b. Using a compass and a map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.	Camp 2

ADMIN ACTIVITIES

RANK	CATEGORY	REQUIREMENT	
Scout	Troop Review	10. Participate in a Scoutmaster conference. Turn in your Boy Scout application and health history form signed by your parent or guardian, then participate in a Scoutmaster conference.	
Tenderfoot	Duty	13. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples of how you have lived the points of the Scout Law in your daily life.	
Tenderfoot	Troop Review	14. Participate in a Scoutmaster conference.	
Tenderfoot	Troop Review	15. Complete your board of review.	
2 nd Class	Activities	3a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.	
2 nd Class	Duty	4. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States.	
2 nd Class	Duty	11. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different than those used for Tenderfoot requirement 13) of how you have lived the points of the Scout Law in your everyday life.	
2 nd Class	Troop Review	12. Participate in a Scoutmaster conference.	
2 nd Class	Troop Review	13. Complete your board of review.	
First Class	Activities	3. Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of Leave No Trace on these outings.	
First Class	Duty	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 for Tenderfoot requirement 13 and Second Class requirement 11) of how you have lived the points of the Scout Law in your daily life.	
First Class	Troop Review	13. Participate in a Scoutmaster conference.	
First Class	Troop Review	14. Complete your board of review.	

This program is based on the 2012 Scouting Requirements.

For more information, please contact:

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Eleven Year Old (EYO) Scout Activity Plan Sorted by Rank

SCOUT

RANK	CATEGORY	REQUIREMENT	
Scout	Demographics	1. Meet the age requirements. Be a boy who is 11 years old, or one who has completed the fifth grade or earned the Arrow of Light Award and is at least 10 years old, but is not yet 18 years old.	Self
Scout	Location	2. Find a Scout troop near your home.	Self
Scout	Health/Safety	3. Complete a Boy Scout application and health history signed by your parent or guardian.	Self
Scout	Duty	4. Repeat the Pledge of Allegiance.	Week 1
Scout	Duty	5. Demonstrate the Scout sign, salute, and handclasp.	Week 1
Scout	Knots/Lashing	6. Demonstrate tying the square knot (a joining knot).	Week 1
Scout	Duty	7. Understand and agree to live by the Scout Oath or Promise, Law, motto, and slogan, and the Outdoor Code.	Week 1
Scout	Duty	8. Describe the Scout badge.	Self
Scout	Health/Safety	9. Complete the pamphlet exercises. With your parent or guardian, complete the exercises in the pamphlet "How to Protect Your Children from Child Abuse: A Parent's Guide."	Self
Scout	Troop Review	10. Participate in a Scoutmaster conference. Turn in your Boy Scout application and health history form signed by your parent or guardian, then participate in a Scoutmaster conference.	

TENDERFOOT

RANK	CATEGORY	REQUIREMENT	
Tenderfoot	Camping	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.	Week 8
Tenderfoot	Camping	2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.	Camp 1-3
Tenderfoot	Cooking/Fires	3. On 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.	Camp 1-3
Tenderfoot	Knots/Lashing	4a. Demonstrate how to whip and fuse the ends of a rope.	Week 3
Tenderfoot	Knots/Lashing	4b. Demonstrate you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.	Week 3
Tenderfoot	EDGE	4c. Using the EDGE method, teach another person how to tie the square knot.	
Tenderfoot	Hiking	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.	Week 10
Tenderfoot	Duty	6. Demonstrate how to display, raise, lower, and fold the American flag.	Week 2
Tenderfoot	Duty	7. Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and Slogan.	Week 3
Tenderfoot	Duty	8. Know your patrol name, give the patrol yell, and describe your patrol flag.	Week 2
Tenderfoot	Hiking	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.	Week 2

RANK	CATEGORY	REQUIREMENT	
Tenderfoot	Fitness	10a. Record your best in the following tests: push-ups, pull-ups, sit-ups, standing long jump, 1/4 mile walk/run.	Week 2
Tenderfoot	Fitness	10b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.	Week 6
Tenderfoot	Hiking	11. Identify local poisonous plants; tell how to treat for exposure to them.	Week 4
Tenderfoot	First Aid	12a. Demonstrate how to care for someone who is choking.	Week 4
Tenderfoot	First Aid	12b. Show first aid for the following: simple cuts and scratches, blisters on the hand and foot, minor burns or scalds (first degree), bites and stings of insects and ticks, venomous snakebite, nosebleed, frostbite and sunburn.	Week 4
Tenderfoot	Duty	13. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples of how you have lived the points of the Scout Law in your daily life.	
Tenderfoot	Troop Review	14. Participate in a Scoutmaster conference.	
Tenderfoot	Troop Review	15. Complete your board of review.	

SECOND CLASS

RANK	CATEGORY	REQUIREMENT	
2 nd Class	Hiking	1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.	Week 10
2 nd Class	Hiking	1b. Using a compass and a map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.	Camp 2
2 nd Class	Duty	2. Discuss the principles of "Leave No Trace".	Week 3
2 nd Class	Activities	3a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.	
2 nd Class	Camping	3b. On one of these campouts, select your patrol site and sleep in a tent that you pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.	Camp 1-3
2 nd Class	Cooking/Fires	3c. On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.	Camp 1-3
2 nd Class	Cooking/Fires	3d. Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire.	Camp 1-3
2 nd Class	Cooking/Fires	3e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.	Camp 1-3
2 nd Class	Cooking/Fires	3f. Demonstrate how to light a fire and a lightweight stove. Note: Lighting the fire is not required.	Camp 1-3
2 nd Class	Cooking/Fires	3g. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food guide pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.	Camp 1-3
2 nd Class	Duty	4. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States.	
2 nd Class	Duty	5. Participate in an approved (minimum of one hour) service project.	Self
2 nd Class	Hiking	6. Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.	Camp 1-3
2 nd Class	First Aid	7a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.	Week 9
2 nd Class	First Aid	7b. Prepare a personal first aid kit to take with you on a hike.	Camp 2

RANK	CATEGORY	REQUIREMENT	
2 nd Class	First Aid	7c. Demonstrate first aid for the following: object in the eye, bite of a suspected rabid animal, puncture wounds from a splinter, nail, and fishhook, serious burns (second degree), heat exhaustion, shock, heatstroke, dehydration, hypothermia & hyperventilation.	Week 9
2 nd Class	Swimming	8a. Tell what precautions must be taken for a safe swim.	Week 12
2 nd Class	Swimming	8b. Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.	Week 12
2 nd Class	Swimming	8c. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.	Week 12
2 nd Class	Duty	9a. Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to your health. Discuss your participation in the program with your family, and explain the dangers of substance addictions.	Week 14
2 nd Class	Duty	9b. Explain the three R's of personal safety and protection.	Week 14
2 nd Class	Resource	10. Earn an amount of money agreed upon by you and your parent, then save at least 50 percent of that money.	Self
2 nd Class	Duty	11. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different than those used for Tenderfoot requirement 13) of how you have lived the points of the Scout Law in your everyday life.	
2 nd Class	Troop Review	12. Participate in a Scoutmaster conference.	
2 nd Class	Troop Review	13. Complete your board of review.	

FIRST CLASS

RANK	CATEGORY	REQUIREMENT	
First Class	Hiking	1. Demonstrate how to find directions during the day and at night without using a compass.	Week 10
First Class	Hiking	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.)	Week 11
First Class	Activities	3. Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of Leave No Trace on these outings.	
First Class	Cooking/Fires	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. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.	Week 7
First Class	Cooking/Fires	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.	Week 7
First Class	Cooking/Fires	4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.	Week 7
First Class	Cooking/Fires	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.	Week 7

RANK	CATEGORY	REQUIREMENT	
First Class	Cooking/Fires	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.	Camp 1-3
First Class	Duty	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.	Week 13
First Class	Hiking	6. Identify or show evidence of at least ten kinds of native plants found in your community.	Camp 1-3
First Class	Knots/Lashing	7a. Discuss when you should and should not use lashings. 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.	Week 5
First Class	Knots/Lashing	7b. Use lashing to make a useful camp gadget.	Week 5
First Class	Knots/Lashing	8a. Demonstrate tying the bowline knot and describe several ways it can be used	Week 5
First Class	First Aid	8b. Demonstrate bandages for a sprained ankle. and for injuries on the head, the upper arm, and the collarbone	Week 9
First Class	First Aid	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.	Week 9
First Class	First Aid	8d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).	Week 9
First Class	Swimming	9a. Tell what precautions must be taken for a safe trip afloat.	Week 10
First Class	Swimming	9b. Successfully complete the BSA swimmer test.	Week 12
First Class	Swimming	9c. With a helper and a practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)	Week 12
First Class	Duty	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.	
First Class	Duty	11. Describe the three things you should avoid doing related to use of the Internet. Describe a cyberbully and how you should respond to one	
First Class	Duty	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 for Tenderfoot requirement 13 and Second Class requirement 11) of how you have lived the points of the Scout Law in your daily life.	Week 2
First Class	Troop Review	13. Participate in a Scoutmaster conference.	
First Class	Troop Review	14. Complete your board of review.	

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For more information, please contact:

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