

HIKING SAFETY

On trails: travel single file
leave space between scouts
step aside for horses

Cross country: stay with group
avoid getting lost
when crossing logs, don't jump
be safety conscious--go around obstacles

Crossing streams: study a stream before crossing
walking is difficult in rushing water
check downstream for hazards
wear shoes--for traction and to avoid cuts
change from hiking boots, remove socks
unfasten hip belt

Roads: walk single file on the left, facing traffic
wear light-colored clothing
at night, tie strips of white or fluorescent material around your right arm and use a flashlight
don't hitchhike

LOST:

How not to get lost:
study a map before going
be alert while hiking
stay with the group
stay on the trail
look behind you

Lost when no one is looking for you:
stay calm, sit down, eat, drink
review how you got where you are
if totally lost, stay put--someone will look for you
use a compass to go in a straight line

Strayed from your group:
stay in one place, let them find you
let searchers know where you are--distress call--signals of three
fire or smoke
spread bright items on ground for aircraft
make yourself comfortable
find shelter
stay warm and dry
don't worry: you can live without water for 3 days; without food for 3 weeks

THE FLAG - TENDERFOOT REQUIREMENT 6

1. Fold the flag.
2. What is the difference between raising a flag and lowering a flag?
(raise quickly, lower slowly)
3. Where do you place the American flag when using a flagpole on a stage?
(to the right of the stage) (left of the audience)
4. Where do you place the American flag when using a flagpole in the audience rather than on the stage?
(to the right of the audience)
5. When hanging a flag on a wall with the stripes vertical, on which side should the stars be?
(left)
6. When hanging a flag on a wall with stripes horizontal, on which side should the stars be?
(left)
7. When hanging a flag across a street or room--where the flag can be viewed from both sides, where do the stars go?
(north or east)

Youth Protection Requirements

Tenderfoot 9A:

The buddy system is a way for scouts to look after one another, especially during outdoor activities. When the troop goes swimming, each scout is assigned a buddy. You keep track of what your buddy is doing and he knows at all times where you are and how you are doing. Now and then, a leader might call for a buddy check. That means you must immediately hold up the hand of your buddy. If anyone is missing, everyone will know it right away. The buddy system may be used on hikes, while camping, while swimming, or other activities. You can use the buddy system when you go places in your community, as well, to help keep yourself and your buddies safe.

Tenderfoot 9B:

A bully is someone who wants to hurt another person. Bullying can be physical, verbal, emotional, social, behavioral, or any combination. Bullying can take place anywhere, even on the Internet. It can be stopped. Help put an end to the bullying by taking action first yourself.

- 1) If ignoring the bully doesn't work, stand up for yourself with words. Rehearse what you want to say so that you will feel in control of your emotions when you confront the bully.
- 2) Sometimes, agreeing with the bully and having a response will work. ("So what if I have a face full of zits. What's it to you?")
- 3) Hang out with a couple friends, try not to be alone.
- 4) Tell an adult you trust, such as a parent, teacher, or coach.

TENDERFOOT - Requirement #10 a

Do either A or B.

A) Meet two of the following three requirements on two separate days.

	PUSH UPS	SIT UPS	BROAD JUMP
11-years old	13	35	67"
12-years old	15	40	68"
Older	17	45	69"

DATE _____

DATE _____

B) On the back of this page, keep a record of the specified exercises done each day for a month. The record must show that the scout exercised regularly--preferably at least every other day. The form is to be signed by the scout's parent or guardian.

Tenderfoot Requirement #10 b

DATE	PUSH UPS	SIT UPS	KNEE BENDS	JUMPING JACKS
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
8	_____	_____	_____	_____
9	_____	_____	_____	_____
10	_____	_____	_____	_____
11	_____	_____	_____	_____
12	_____	_____	_____	_____
13	_____	_____	_____	_____
14	_____	_____	_____	_____
15	_____	_____	_____	_____
16	_____	_____	_____	_____
17	_____	_____	_____	_____
18	_____	_____	_____	_____
19	_____	_____	_____	_____
20	_____	_____	_____	_____
21	_____	_____	_____	_____
22	_____	_____	_____	_____
23	_____	_____	_____	_____
24	_____	_____	_____	_____
25	_____	_____	_____	_____
26	_____	_____	_____	_____
27	_____	_____	_____	_____
28	_____	_____	_____	_____
29	_____	_____	_____	_____
30	_____	_____	_____	_____
31	_____	_____	_____	_____

INDICATE THE NUMBER DONE EACH DAY.

PARENT'S SIGNATURE _____

Simple cuts and scratches

Small:

Clean by washing with soap and water.
Let the skin dry, then apply an adhesive bandage.

Larger cuts:

Clean by washing with soap and water.
Cover with a sterile gauze compress.
Hold the gauze in place with adhesive tape or a binder.

If wound is serious, treat for shock.

Blisters on the hand and foot

If you feel a "hot spot", stop and treat.
Moleskin or adhesive tape offers some protection.
Surround a tender spot or a blister with a doughnut bandage.
Wash the area first.
If you think a blister will break, drain the fluid.
Sterilize a pin. Prick the blister near its edge and press out the liquid. Treat as a wound.

Minor burns or scalds (first degree)

The skin gets red.
Treat immediately with cool water.
Keep the burn under water until there is little or no pain.
Apply a moist dressing and bandage loosely.
No water available: apply a clean, dry dressing.
If blisters form, it is a second degree burn.

Bites or stings of insects or ticks

Relieve the pain with ice water or a cold towel.
If the stinger is still in the skin, flick it away.
To remove ticks, grasp with tweezers and gently pull it away.
Then, wash the area.
Calamine lotion may ease itching.

ANAPHYLACTIC SHOCK:

Send for help.
Give rescue breathing if necessary.
May tie a constricting bandage on an arm or leg to stop the blood in the skin only. (Must be able to slide finger under bandage.)
Keep the arm or leg lower than the body.
Put ice packed in a cloth or a cold compress on the bite.
Treat for shock.

Poisonous snakebite

Non-poisonous snake: treat as a small wound.

Poisonous:

- 1) Have the victim lie down. Bitten part of body should be lower than the rest of the body. Keep victim calm and quiet.
- 2) Use a constricting band 2 to 4 inches above the bite.
Tight enough so it's not too easy to push your fingers under the band. If area swells, loosen the band.
- 3) Treat for shock.
- 4) Get medical help.

Nosebleed

Have victim sit up and lean forward to prevent blood from draining into his throat.

Press the bleeding nostril toward the center.

Apply a cool, wet cloth to the nose and face.

Tenderfoot Requirement # 13

EDGE

Explain how it is done.

Demonstrate the steps.

Guide learners as they practice.

Enable them to succeed on their own.

Using Scouting's Teaching EDGE

- 1) Think carefully about how to explain to others the way the skill is done.
- 2) Demonstrate the steps and guide them as they practice.
- 3) Provide the support they need to enable them to use the new skill on their own.

Teaching someone helps you to become better at using a skill.