



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. 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: 1/1/2008, Workbook updated: November 2008.

Scout's Name: _____ Troop: _____

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. _____

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.

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

Tell how the menu includes the foods from the food pyramid and meets nutritional needs. _____

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.

Food	Amount	Cost	Food	Amount	Cost

4c. Tell which pans, _____

utensils, _____

and other gear will be needed to cook and serve these meals. _____

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. _____

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. _____

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.

7a. Discuss when you should _____

and should not use lashings. _____

7b. 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. _____

7c. Use lashing to make a useful camp gadget. _____

8a. Demonstrate tying the bowline _____

knot and describe several ways it can be used. _____

8b. Demonstrate bandages for a sprained ankle _____
and for injuries on the head, _____
the upper arm, _____
and the collarbone. _____

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 _____

8d. Tell the five most common signs of a heart attack.

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

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

9b. Successfully complete the BSA swimmer test. _____

9c. 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. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. _____

11. 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. _____

12. Describe the three things you should avoid doing related to use of the Internet.

Describe a cyberbully _____

and how you should respond to one. _____

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 - [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](#)
[Guide to Safe Scouting](#) [Safe Swim Defense](#) [Safety Afloat](#) [Blood Borne Pathogens](#) [Youth Protection Training](#)

Requirement Resources

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

[BSA Skill Lesson Videos](#)

2. Map & Compass:

- **Topographical Maps** [Free US Geological Survey](#) - [Topozone.com](#) - [Google Satellite, Street, and Terrain Maps](#)
- [How a Compass Works](#)

4. Cooking

- **Cooking Lesson Videos:** [Food Selection](#) - [Food Quality](#) - [Stoves](#) - [Utensils](#) - [Water Purification](#) - [Leave No Trace](#)
- **Other Cooking links:** [Leave No Trace](#) - [Cooking](#) - [Water Treatment](#) - [Stove Safety](#) - [Food Safety](#) - [Meal Ideas](#)

7: 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](#)

8: 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](#)

9. Swimming:

- **Swimming Lesson Videos:** [Stretching](#) - [Tread Water](#) - [Float](#) - [How to Swim](#) - [Survival Floating](#) - [Freestyle](#) - [Breaststroke](#) - [Backstroke](#) - [Trudgeon](#) - [Butterfly](#) - [Diving Safety](#) - [Racing Dive](#) - [Snorkeling](#) - [SCUBA Diving](#)
- **Other Swimming Links:** [Swimming Merit Badge](#) - [Safe Swim Defense](#) - [Safety Afloat](#) - [BSA Swim Test](#) - [Buddy System](#) - [Sidestroke](#) - [Trudgeon](#)

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

12: [Scoutmaster Conference](#) - Explains that you don't "pass" a Scoutmaster Conference and how to [appeal](#).

13: [Board of Review](#) - What can they ask? How long can it be? Is the [uniform](#) really required? How do you [appeal](#)?