

ADVENTURE WEEKEND 2019
California Inland Empire Council, BSA
GLEN HELEN REGIONAL PARK
Devore, CA
SEPTEMBER 28, 2019
TRAIL TO FIRST CLASS PROGRAM

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

SCOUT

- 4a. Show how to tie a square knot, two half-hitches, and a taut-line hitch. Explain how each knot is used.
- 4b. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.

TENDERFOOT

- 3a. Demonstrate a practical use of the square knot.
- 3b. Demonstrate a practical use of two half-hitches.
- 3c. Demonstrate a practical use of the taut-line hitch.
- 3d. Demonstrate proper care, sharpening, and use of the knife, saw, and ax. Describe when each should be used.
- 4a. 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 or stings of insects and ticks
 - Venomous snakebite
 - Nosebleed
 - Frostbite and sunburn
 - Choking
- 4b. Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location. Tell how to treat for exposure to them.

- 4c. Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.
- 4d. Assemble a personal first-aid kit to carry with you on future campouts and hikes. Tell how each item in the kit would be used.
- 5a. Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Use the buddy system while on a troop or patrol outing.
- 5b. Describe what to do if you become lost on a hike or campout.
- 5c. Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night.

SECOND CLASS

- 2f. Demonstrate tying the sheet bend knot. Describe a situation in which you would use this knot.
- 2g. Demonstrate tying the bowline knot. Describe a situation in which you would use this knot.
- 3a. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.
- 3c. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.
- 3d. Demonstrate how to find directions during the day and at night without using a compass or an electronic device.
- 4. Identify or show evidence of at least 10 kinds of wild animals (such as birds, mammals, reptiles, fish, or mollusks) found in your local area or camping location. You may show evidence by tracks, signs, or photographs you have taken.
- 6a. Demonstrate first aid for the following:
 - Object in the eye
 - Bite of a warm-blooded animal
 - Puncture wounds from a splinter, nail, and fishhook
 - Serious burns (partial thickness, or second-degree)
 - Heat exhaustion
 - Shock
 - Heatstroke, dehydration, hypothermia, and hyperventilation
- 6b. Show what to do for “hurry” cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
- 6c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b.

- 6d. Explain what to do in case of accidents that require emergency response in the home and backcountry. Explain what constitutes an emergency and what information you will need to provide to a responder.
- 6e. Tell how you should respond if you come upon the scene of a vehicular accident.

FIRST CLASS

- 3a. Discuss when you should and should not use lashings.
- 3b. Demonstrate tying the timber hitch and clove hitch.
- 3c. Demonstrate tying the square, shear, and diagonal lashings by joining two or more poles or staves together.
- 3d. Use lashings to make a useful camp gadget or structure.
- 4a. Using a map and 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.).
- 4b. Demonstrate how to use a handheld GPS unit, GPS app on a smart phone, or other electronic navigation system. Use GPS to find your current location, a destination of your choice, and the route you will take to get there. Follow that route to arrive at your destination.
- 5a. Identify or show evidence of at least 10 kinds of native plants found in your local area or campsite location. You may show evidence by identifying fallen leaves or fallen fruit that you find in the field, or as part of a collection you have made, or by photographs you have taken.
- 5b. Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event.
- 5c. Describe at least three natural indicators of impending hazardous weather, the potential dangerous events that might result from such weather conditions, and the appropriate actions to take.
- 5d. Describe extreme weather conditions you might encounter in the outdoors in your local geographic area. Discuss how you would determine ahead of time the potential risk of these types of weather dangers, alternative-planning considerations to avoid such risks, and how you would prepare for and respond to those weather conditions.
- 7a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
- 7b. By yourself and with a partner, show how to:
 - Transport a person from a smoke-filled room
 - Transport for at least 25 yards a person with a sprained ankle.
- 7c. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).