First Class Rank

Workbook

This Workbook can help you organize your thoughts as you prepare to meet with your Scout Leader.
You still must satisfy your Scout Leader that you can demonstrate each skill and have learned the information.
You should use the work space provided for each requirement to keep track of which requirements have been completed,
and to make notes for discussing the item with your leader, not for providing full and complete answers.
If a requirement says that you must take an action using words such as "discuss", "show",
"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Scout Leaders may not require the use of this or any similar workbooks.

No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 637685).

The requirements were last revised in 2018 • This workbook was updated in January 2018.

Scout's Name:_____ Unit: _____

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

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **rank** should be sent to: Advancement.Team@Scouting.Org

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CAMPING and OUTDOOR ETHICS

☐ 1. a. Since joining Boy Scouts, participate in 10 separate troop/patrol activities, at least six of which must be held outdoors. Of the outdoor activities, at least three must include overnight camping. These activities do not include troop or patrol meetings. On campouts, spend the night in a tent that you pitch or other structure that you help erect, such as a lean-to, snow cave, or tepee.

	Dates		Activity	Outdoors?	Overnight Camping?	Tent/structure erected?
1.				☐	☐	☐
2.				☐	☐	☐
3.				☐	☐	☐
4.				☐	☐	☐
5.				☐	☐	☐
6.				☐	☐	☐
7.				☐	☐	☐
8.				☐	☐	☐
9.				☐	☐	☐
10.				☐	☐	☐

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☐ b. Explain each of the principles of Tread Lightly! and tell how you practiced them on a campout or outing. This outing must be different from the ones used for Tenderfoot requirement 1c and Second Class requirement 1b

Date:		Activity:	

T		
R		
E		
A		
D		

COOKING

☐ 2. a. Help plan a menu for one of the above campouts that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals.

☐ Breakfast

Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert

☐ Lunch

Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert

☐ Dinner

Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert

☐ Tell how the menu includes the foods from MyPlate or the current USDA nutritional model and how it meets nutritional needs for the planned activity or campout.

☐ b. Using the menu planned in First Class requirement 2a, make a list showing a budget and the food amounts needed to feed three or more boys. Secure the ingredients.

Food	Amount	Cost	Food	Amount	Cost

☐ c. Show which pans, utensils, and other gear will be needed to cook and serve these meals.

☐ d. Demonstrate the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Show how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.

☐ e. On one campout, serve as cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in First Class requirement 2a. Supervise the cleanup.

TOOLS

☐ 3. a. Discuss when you should and should not use lashings.

☐ b. Demonstrate tying the timber hitch and clove hitch.

☐ Timber Hitch

☐ Clove hitch

☐ c. Demonstrate tying the square, shear, and diagonal lashings by joining two or more poles or staves together.

☐ Square lashing

☐ Shear lashing

☐ Diagonal lashing

☐ d. Use lashings to make a useful camp gadget or structure.

NAVIGATION

☐ 4. a. 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.)

☐ b. Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, 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.

NATURE

☐ 5. a. 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.

	Plant	Evidence
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

☐ b. Identify two ways to obtain a weather forecast for an upcoming activity.

1.	
2.	

Explain why weather forecasts are important when planning for an event.

☐ c. 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.

	Indicator	Potential event	Action to take
1.			
2.			
3.			

☐ d. 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.

AQUATICS

☐ 6. a. Successfully complete the BSA swimmer test.[4 & 5]

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

☐ c. Identify the basic parts of a canoe, kayak, or other boat. Identify the parts of a paddle or an oar.

☐ d. Describe proper body positioning in a watercraft, depending on the type and size of the vessel.

☐ Explain the importance of proper body position in the boat.

☐ e. 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.)[5]

FIRST AID AND EMERGENCY PREPAREDNESS

☐ 7. a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.

☐ Sprained ankle

☐ Injuries on the head

☐ Injuries on the upper arm

☐ Injuries on the collarbone

☐ b. 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

☐ c. Tell the five most common signals of a heart attack.

1.

2.

3.

4.

5.

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

☐ d. Tell what utility services exist in your home or meeting place. Describe potential hazards associated with these utilities and tell how to respond in emergency situations.

Utility	Hazards	How to respond

☐ e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.

☐ f. Explain how to obtain potable water in an emergency.

FITNESS

☐ 8. a. After completing Second Class requirement 7a, be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.
(You can log your activities using the form at the end of this workbook)

☐ b. Share your challenges and successes in completing First Class requirement 8a.

☐ Set a goal for continuing to include physical activity as part of your daily life.

CITIZENSHIP

☐ 9. a. Visit and discuss with a selected individual approved by your leader (for example, an elected official, judge, attorney, civil servant, principal, or teacher) the constitutional rights and obligations as a U.S. citizen.

Person Visited: | Position Held

☐ b. Investigate an environmental issue affecting your community.

Issue:

☐ Share what you learned about that issue with your patrol or troop.

☐ Tell what, if anything, could be done by you or your community to address the concern.

☐ c. On a Scouting or family outing, take note of the trash and garbage you produce.

☐ Before your next similar outing, decide how you can reduce, recycle, or repurpose what you take on that outing, and then put those plans into action.

☐ Compare your results.

☐ d. Participate in three hours of service through one or more service projects approved by your Scoutmaster. The project(s) must not be the same service project(s) used for Tenderfoot requirement 7b and Second Class requirement 8e.

Date	Start Time	End Time	Duration	Project

☐ Explain how your service to others relates to the Scout Law.

LEADERSHIP

☐ 10. a. Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your Scouting activities. Invite him to an outing, activity, service project, or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active. Share your efforts with your Scoutmaster or other adult leader.

Who did you speak with?	
What did you tell him?	
What was the result?	

SCOUT SPIRIT

☐ 11. a. Demonstrate Scout spirit by living the Scout Oath and Scout Law. Tell how you have done your duty to God and how you have lived four different points of the Scout Law (different from those points used for previous ranks) in your everyday life.

Points of the Scout Law used for Tenderfoot requirement 9 and Second Class requirement 10.

	Point of the Scout Law	
1.		
2.		

3.		
4.		
	Duty to God	

☐ 12. a. While working toward the First Class rank, and after completing Second Class requirement 11, participate in a Scoutmaster conference.

Date of Scoutmaster Conference: _____

☐ 13. a. Successfully complete your board of review for the First Class rank.

NOTES:

- The requirements for ***the*** Scout, Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.
- Alternative requirements for the First Class rank are available for Scouts with physical or mental disabilities if they meet the criteria listed in the Boy Scout Requirements book.

[4] See the Swimming merit badge requirements for details about the BSA swimmer test.

[5] Under certain exceptional conditions, where the climate keeps the outdoor water temperature below safe levels the year-round, or where there are no suitably safe and accessible places (outdoors or indoors) within a reasonable traveling distance to swim at any time during the year, the council Scout executive and advancement committee may, on an individual Scout basis, authorize an alternative requirement for requirements 6a and 6e. The local council may establish appropriate procedures for submitting and processing these types of requests. All the other requirements, none of which necessitate entry in the water or entry in a watercraft on the water, must be completed as written.

When working on the Scout, Tenderfoot, Second Class, or First Class ranks, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-Scout-Tenderfoot-2nd-1st.pdf. You can download a complete copy of the *Guide to Advancement* .from http://www.scouting.org/filestore/pdf/33088.pdf.

Week 1

Date	Activity & Notes	Start Time	End Time	Duration

Week 2

Date	Activity & Notes	Start Time	End Time	Duration

Week 3

Date	Activity & Notes	Start Time	End Time	Duration

Week 4

Date	Activity & Notes	Start Time	End Time	Duration