First Class

Second Class

Tenderfoot

Pathfinder Program

Las Vegas Area Council, Boy Scouts of America
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Pathfinder: The Beginning for new Scouts

Dear Scoutmaster,

The Pathfinder program is dedicated to helping the newer Scout along the trail to Eagle. Once a scout and his leader determines which badge he will work on, the plan is very specific to the chosen work.

During the week at camp the Scout will follow a precise plan that will allow him to successfully complete 95% of the requirements for the rank he is working on. A Scout will only work on the Tenderfoot, Second Class or First Class rank advancement. He will also have the opportunity to work on a merit badge or two and experience orientation programs in marksmanship, archery and canoeing. **Note** Del Webb and Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.

Pathfinder is a program that allows the Scoutmaster and Scout to develop a plan that will meet the needs of the Scout. Pathfinder is a great resource for a Scoutmaster to help a Scout along the trail to Eagle, create a pride of achievement within the scout and motivate them.

Philip Eborn
Director of Support Services

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TENDERFOOT RANK REQUIREMENTS

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.

2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.

3. On the 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. Scoutmaster approval if already done.

4a. Demonstrate how to whip and fuse the ends of a rope.

4b. Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.

4c. Using the EDGE Method, teach another person how to tie the square knot

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.

6. Demonstrate how to display, raise, lower, and fold the American Flag.

7. Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and Slogan.

8. Know your patrol name, give the patrol yell, and describe your patrol flag.

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. (Scoutmaster)

10a. Record your best in the following tests:

Current Results	**30 Days Later**
Push-ups_____	Push-ups_____
Pull-ups_____	Pull-ups_____
Sit-ups_____	Sit-ups_____
Standing long jump	Standing long jump
(_____feet_____inches)	(_____feet_____inches)
¼ mile walk/run_____	¼ mile walk/run_____

10b. Show improvement in the activities listed in requirement 10a. after practicing for 30 days.

11. Identify local poisonous plants; tell how to treat for exposure to them.

12a. Demonstrate the Heimlich maneuver and tell when it is used.

12b. Show first aid for the following:
- Simple cuts and scratches
- Blisters on the hand and foot
- Minor burns or scalds (first-degree)
- Bites or stings of insects and ticks
- Poisonous snakebite
- Nosebleed
- Frostbite and sunburn

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.

14. Participate in activities at the rifle and archery ranges and boating docks.

15. Participate in a Scoutmaster conference

16. Complete your board of review

TENDERFOOT ACTIVITIES

DAY #1

9:00 a.m. **PATHFINDER AREA**

A. Introduce Scouts to the Pathfinder area and review what will be happening during the week.

B. Assign the Scouts to a patrol and introduce them to their guide for the next week

9:20 a.m. A. Have patrols elect temporary patrol leaders

B. Review and discuss the importance of the buddy system

10:00 a.m. **WATERFRONT ORIENTATION AND WORK ON SWIMMING SKILLS**
(NOTE: Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

If a Scout is already qualified in the basic swimming skills, he may work on swimming merit badge.

11:00 a.m. **FIRST AID AREA**

A. Demonstrate first aid for: Simple blisters and scratches, blisters on the hand or foot, minor burns or scalds, bites or stings of insects or ticks, poisonous snakebite, and nosebleed. Demonstrate the Heimlich maneuver and tell how it is used (p287-329).

B. Have Scouts demonstrate what they have learned.

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

3:30 p.m. **RIFLE RANGE**

Scouts should receive an orientation from the range instructor and have an opportunity to shoot five rounds at a target

TENDERFOOT ACTIVITIES

DAY #2

9:00 a.m. **PATHFINDER AREA**

9:15 a.m. **SCOUTCRAFT AREA**

A. Using sisal or manila rope demonstrate how to whip rope using waxed stitching string as whipping material. (p34)

B. Using nylon or polypropylene rope demonstrate fusing a rope. (p34)

C. Have Scouts fuse and whip and make a personal knot rope approximately 36" in length

Demonstrate tying two half hitches and tautline and show how it is used in tent pitching (p36-37)

10:00 a.m. **WATERFRONT**

Continue work on swimming skills or swimming merit badge

(NOTE: Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

11:00 a.m. **NATURE AREA**

A. Have nature instructor identify:
- Local poisonous plants
- Poisonous snakes, if any

B. Take a short nature hike and have Scout identify poisonous plants

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

3:30 p.m. **ARCHERY RANGE**

Scout should receive an orientation by range instructor and have an opportunity to shoot five arrows at target

TENDERFOOT ACTIVITIES

DAY #3

9:00 a.m. **PATHFINDER AREA**
OBSTACLE COURSE (10a)

Have Scouts record their best of:

A. Push-ups

B. Sit-ups

C. Standing Long Jump

D. Pull-ups

E. Run/Walk ¼ mile (p57-58)

10:00 a.m. **WATERFRONT**

Continue work on swimming skills or swimming merit badge
(NOTE: Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

11:00 a.m. **FLAG CEREMONIES – AT CAMPFIRE CIRCLE**

Demonstrate how to:

A. Raise U.S. Flag

B. Lower U.S. Flag

C. Fold U.S. Flag

D. Have Scouts do this properly (p42-43)

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

3:30 p.m. **LAKE**
Scouts should receive an orientation by aquatics staff and have an opportunity to row or canoe

TENDERFOOT ACTIVITIES

DAY #4

9:00 a.m. **PATHFINDER AREA**

Gather at a model campsite area to discuss with Scouts how to select a campsite

Demonstrate how to make a ground bed

10:00 a.m. **WATERFRONT**

Continue work on swimming skills or swimming merit badge.
(NOTE: Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

11:00 a.m. **PATHFINDER AREA**

Have Scouts bring their packs with them

Demonstrate how to pack a pack for an overnighter

Have Scouts prepare for an overnight hike. Show the right way to carry the pack

Have Scouts bring packs to the Scoutcraft area at 9:00 a.m. tomorrow morning

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

TENDERFOOT ACTIVITIES

DAY #5

9:00 a.m. **PATHFINDER AREA**

Check backpacks

Discuss safe hiking rules for day and night hikes. Explain what to do if you are lost.

10:00 a.m. **WATERFRONT AREA**

Conclude work on swimming skills or swimming merit badge
(NOTE: Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

11:00 a.m. **PATHFINDER AREA**

Demonstrate the Heimlich maneuver for Scouts, then have Scouts simulate the maneuver

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

TENDERFOOT RANK REQUIREMENTS

☐ 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.

☐ 2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.

☐ 3. On the 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. Scoutmaster approval if already done.

☐ 4a. Demonstrate how to whip and fuse the ends of a rope.

☐ 4b. Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.

☐ 4c. Using the EDGE Method, teach another person how to tie the square knot.

☐ 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.

☐ 6. Demonstrate how to display, raise, lower, and fold the American Flag.

☐ 7. Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and Slogan.

☐ 8. Know your patrol name, give the patrol yell, and describe your patrol flag.

☐ 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. (Scoutmaster)

☐ 10a. Record your best in the following tests:

Current Results	**30 Days Later**
Push-ups_____	Push-ups_____
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Standing long jump	Standing long jump
(_____feet_____inches)	(_____feet_____inches)
¼ mile walk/run_____	¼ mile walk/run_____

☐ 10b. Show improvement in the activities listed in requirement 10a. after practicing for 30 days.

☐ 11. Identify local poisonous plants; tell how to treat for exposure to them.

☐ 12a. Demonstrate the Heimlich maneuver and tell when it is used.

☐ 12b. Show first aid for the following:
- Simple cuts and scratches
- Blisters on the hand and foot
- Minor burns or scalds (first-degree)
- Bites or stings of insects and ticks
- Poisonous snakebite
- Nosebleed
- Frostbite and sunburn

☐ 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.

☐ 14. Participate in activities at the rifle and archery ranges and boating docks.

☐ 15. Participate in a Scoutmaster conference

☐ 16. Complete your board of review.

_____ _____

Director, Pathfinder Program Date

SECOND CLASS RANK REQUIREMENTS

1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.

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.

2. Discuss the principles of *"Leave No Trace"*.

3a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.
3b. On one of these campouts, select your patrol site and sleep in a tent that you pitched.
3c. On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.
3d. Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire.
3e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.
3f. Demonstrate how to light a fire and a lightweight stove.
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.

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.

5. Participate in an approved (minimum of one hour) service project.

6. Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.

7a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.

7b. Prepare a personal first aid kit to take with you on a hike.

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, and hyperventilation

8a. Tell what precautions must be taken for a safe swim.

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, and then return to your starting place.

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.

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.

9b. Explain the three R's of personal safety and protection. (Scoutmaster)

10. Work on a approved merit badge.

11. Participate in activities at rifle and archery ranges and boating docks.

12. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life.
Discuss four specific examples (different from Tenderfoot Requirements) of how you have lived the points of the Scout Law in your daily life.

13. Participate in a Scoutmaster conference.

14. Complete your board of review.

SECOND CLASS ACTIVITIES

DAY #1

9:00 a.m. **PATHFINDER AREA**
WATERFRONT

Work on swimming skills. If a Scout is already qualified in the basic swimming skills, he may work on swimming merit badge at this time. **(NOTE:** Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

10:00 a.m. **PATHFINDER AREA**

A. Introduce Scouts to the Pathfinder Area and review what will be happening during the week.

B. Assign the Scouts to a patrol and introduce them to their guide for the week.

C. Remind Scouts that they should demonstrate their personal first aid kit during the week.

D. Scouts in this patrol(s) should be responsible for raising and lowering flags at camp. Make up a rotation schedule.

10:15 a.m. A. Demonstrate how to use and care for:
Pocket knife
Bow saw
Felling ax

B. Have Scouts use woods tools (p77-85)

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

3:30 p.m. **RIFLE RANGE**

Scouts should receive an orientation from the instructor and have an opportunity to shoot five rounds at a target.

SECOND CLASS ACTIVITIES

DAY #2

7:15 a.m. **CAMP FLAG RAISING**

9:00 a.m. **PATHFINDER AREA**
WATERFRONT

Continue work on swimming skills to swimming merit badge. **(NOTE:** Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

10:00 a.m. **SCOUTCRAFT AREA**

A. Demonstrate using woods tools to prepare tinder, kindling, and fuel for a cooking fire (p249-252).

B. Demonstrate the preparation of a simple noon meal that needs to be cooked, i.e. foil cooking.

C. Have Scouts use woods tools and build cooking fires.

D. Have Scouts prepare and cook noon meal.

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

3:30 p.m. **ARCHERY RANGE**

Scout should receive an orientation by range instructor and have an opportunity to shoot five arrows at target

SECOND CLASS ACTIVITIES

DAY #3

7:15 a.m. **CAMP FLAG RAISING**

9:00 a.m. **PATHFINDER AREA**
WATERFRONT

Continue work on swimming skills or swimming merit badge. **(NOTE:** Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

10:00 a.m. **PATHFINDER AREA**

A. Demonstrate first aid techniques for:

- Object in eye
- Bite of suspected rabid animal
- Puncture wounds from a splinter, nail, and fishhook
- Serious burns
- Heat exhaustion
- Shock
- Heatstroke, dehydration, hypothermia, and hyperventilation

B. Have Scouts demonstrate first aid techniques (p282-329).

C. Ask Scouts who have their personal first aid kits complete to display them for the patrol.

D. Remind Scouts that tomorrow they will be going on a five-mile nature hike and will be taking a sack lunch. They will need to bring a canteen. Remember to alert dining hall you will need sack lunches for the patrol.

11:00 a.m. **NATURE AREA**

Have nature instructor identify 10 kinds of wild animals that may be seen at camp. (p89-90)

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

3:30 p.m. **LAKE**

Scouts should receive an orientation by aquatics staff and have an opportunity to row or canoe.

SECOND CLASS ACTIVITIES

DAY #4

7:15 a.m. **CAMP FLAG RAISING**

9:00 a.m. **PATHFINDER AREA**
WATERFRONT

Continue work on swimming skills or swimming merit badge. **(NOTE:** Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

10:00 a.m. **SCOUTCRAFT AREA**

A. Demonstrate (p69-74)
   - How to use a compass
   - Orient a map
   - Read map symbols

B. Have Scouts become familiar with map and compass. Play some games from Woods Wisdom.
   - Blindfold compass walk
   - Direction finding relay
   - Direction hung

C. Begin five-mile hike. During hike ask Scouts to identify on a topographic map where you are on your hike. Make sure you distribute the sack lunches to patrol members.

D. While you are on your hike, explain to the Scouts that they will be working on a service project tomorrow morning. Permit the Scouts to select which project they would like to do, the project should be coordinated with the camp ranger.

12 NOON **EAT LUNCH ON HIKE**

SECOND CLASS ACTIVITIES

DAY #5

7:15 a.m. **CAMP FLAG RAISING**

9:00 a.m. **PATHFINDER AREA**
WATERFRONT

Conclude work on swimming skills or swimming merit badge. **(NOTE:** Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

10:00 a.m. **PATHFINDER AREA OR OTHER PRE-DETERMINED AREA TO WORK ON A CAMP SERVICE PROJECT**

Permit the Scouts to determine which project they would like to perform. This project should be coordinated with the camp ranger.

11:00 a.m. **CREATIVE TIME**

This is a structured fun time. Go to some part of the camp where the Scouts may not have been yet. Go to an activity area that would be challenging for the Scouts. Do a "fun" type activity. Have several options from which the Scouts may select.

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

SECOND CLASS RANK REQUIREMENTS

☐ 1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.

☐ 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.

☐ 2. Discuss the principles of *"Leave No Trace"*.

☐ 3a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.

☐ 3b. On one of these campouts, select your patrol site and sleep in a tent that you pitched.

☐ 3c. On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.

☐ 3d. Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire.

☐ 3e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.

☐ 3f. Demonstrate how to light a fire and a lightweight stove.

☐ 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.

☐ 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.

☐ 5. Participate in an approved (minimum of one hour) service project.

☐ 6. Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.

☐ 7a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.

☐ 7b. Prepare a personal first aid kit to take with you on a hike.

☐ 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, and hyperventilation

☐ 8a. Tell what precautions must be taken for a safe swim.

☐ 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, and then return to your starting place.

☐ 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.

☐ 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.

☐ 9b. Explain the three R's of personal safety and protection.

☐ 10. Work on an approved merit badge.

☐ 11. Participate in activities at rifle and archery ranges and boating docks.

☐ 12. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from Tenderfoot Requirements) of how you have lived the points of the Scout Law in your daily life

☐ 13. Participate in a Scoutmaster conference.

☐ 14. Complete your board of review.

_____ _____

Director, Pathfinder Program Date

FIRST CLASS RANK REQUIREMENTS

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 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.

4a. Help plan a patrol menu for one campout—including one breakfast, lunch, and dinner—that requires cooking. Tell how the menu includes the four basic food groups 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.

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 assistants(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 clean-up.

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 ten kinds of native plants found in your community.

7a. Discuss when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch ant their use in square, shear, and diagonal lashings by joining two or more poles or staves together.

7b. Use lashings 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, 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. 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.

11. Describe the three things you should avoid doing related to the use of the Internet. Describe a cyberbully and how you should respond to one.

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 and Second Class) of how you have lived the principles of the Scout Law in your daily life.

13. Work on an approved merit badge. Participate in activities at rifle and archery ranges and boat docks

14. Participate in a Scoutmaster conference.

15. Complete your board of review.

FIRST CLASS ACTIVITIES

DAY #1

9:00 a.m. **PATHFINDER AREA**

A. Introduce Scouts to the Pathfinder area and review what will be happening during the week.

B. Assign the Scouts to a patrol and introduce them to their guide for the week.

C. Lead a discussion on what is a cyberbully. What three things should you avoid doing related to the use of the Internet.

9:15 a.m. Discuss and demonstrate how to plan menus and purchase ingredients for the menu (p257-283). This is an excellent opportunity to give instruction leading to cooking merit badge. One-pot meals are excellent.

11:00 a.m. **WATERFRONT**

Work on swimming skills. If a Scout is already qualified in the basic swimming skills, he may work on swimming merit badge at this time. **(NOTE:** Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

3:30 p.m. **RIFLE RANGE**

Scouts should receive an orientation from the range instructor and have an opportunity to shoot five rounds at a target.

FIRST CLASS ACTIVITIES

DAY #2

9:00 a.m. **PATHFINDER AREA**

SCOUTCRAFT

A. Demonstrate the following knots and lashings
- Bowline
- Timber Hitch
- Clove Hitch
- Square, Shear, Diagonal Lashings

B. Have Scouts practice knots and lashings (p137-150)

10:00 a.m. Have Scouts practice lashings by making a camp gadget with Scout staves or lashing poles.

11:00 a.m. **WATERFRONT**

Continue work on swimming skills and swimming merit badge. **(NOTE:** Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

3:30 p.m. **ARCHERY RANGE**

Scout should receive an orientation by range instructor and have an opportunity to shoot five arrows at target.

FIRST CLASS ACTIVITIES

DAY #3

9:00 a.m. **PATHFINDER AREA**

A. Demonstrate how to find directions during the day without using a compass. Let Scouts know they can come to you any night you designate to learn how to tell directions at night. (p114-117)

B. Demonstrate how to measure heights and widths.

C. Have Scouts practice measuring heights and widths.

D. Have Scouts orient a one-mile course.

11:00 a.m. **WATERFRONT**

Continue work on swimming skills and swimming merit badge. **(NOTE:** Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

3:30 p.m. **LAKE**

Scouts should receive an orientation by aquatics staff and have an opportunity to row or canoe.

FIRST CLASS ACTIVITIES

DAY #4

9:00 a.m. **PATHFINDER AREA**
NATURE AREA

A. Meet at Nature Area and have nature instructor identify 10 plants native to your area

B. Go on a one-mile nature hike and have Scouts identify 10 plants. (p131-135)

10:00 a.m. **PATHFINDER AREA**

A. Demonstrate first aid bandages for: (p316-317)
- Head injuries
- Injuries on the upper are and the collarbone
- Sprained ankle

B. Have Scouts practice first aid techniques using triangle bandages. (p309)

11:00 a.m. **WATERFRONT**

Continue work on swimming skills and swimming merit badge. **(NOTE:** Del Webb and Camp Levi Levi do not have an aquatics program so those items listed as aquatics will need to be done outside of camp.)

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

FIRST CLASS ACTIVITIES

DAY #5

9:00 a.m. **PATHFINDER AREA**

A. Demonstrate First Aid for:
- Transporting person with broken leg for 25 yards
- Transporting person from smoke-filled room
- Five signs of a heart attack
- Explain steps in CPR

B. Have Scouts practice First Aid techniques (p287-329)

10:00 a.m. **CREATIVE TIME**

This is a structured fun time.
- Go to some part of the camp where the Scouts may not have been yet.
- Go to an activity area that would be challenging for the Scouts
- Do a "Fun-Type" activity

Have several options from which the Scouts may select.

12 NOON **BREAK FOR LUNCH**

12:30 **LUNCH**

FIRST CLASS RANK REQUIREMENTS

☐ 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 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.

☐ 4a. Help plan a patrol menu for one campout—including one breakfast, lunch, and dinner—that requires cooking at least two meals. Tell how the menu includes the four basic food groups 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.

☐ 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 clean-up.

☐ 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 ten kinds of native plants found in your community.

☐ 7a. Discuss when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch ant their use in square, shear, and diagonal lashings by joining two or more poles or staves together.

☐ 7b. Use lashings 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, 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. 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.

☐ 11. Describe the three things you should avoid doing related to the use of the Internet. Describe a cyberbully and how you shouild respond to one.

☐ 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 and Second Class) of how you have lived the principles of the Scout Law in your daily life.

☐ 13. Work on an approved merit badge. Participate in activities at rifle and archery ranges and boat docks.

☐ 14. Participate in a Scoutmaster conference.

☐ 15. Complete your board of review.

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Director, Pathfinder Program Date