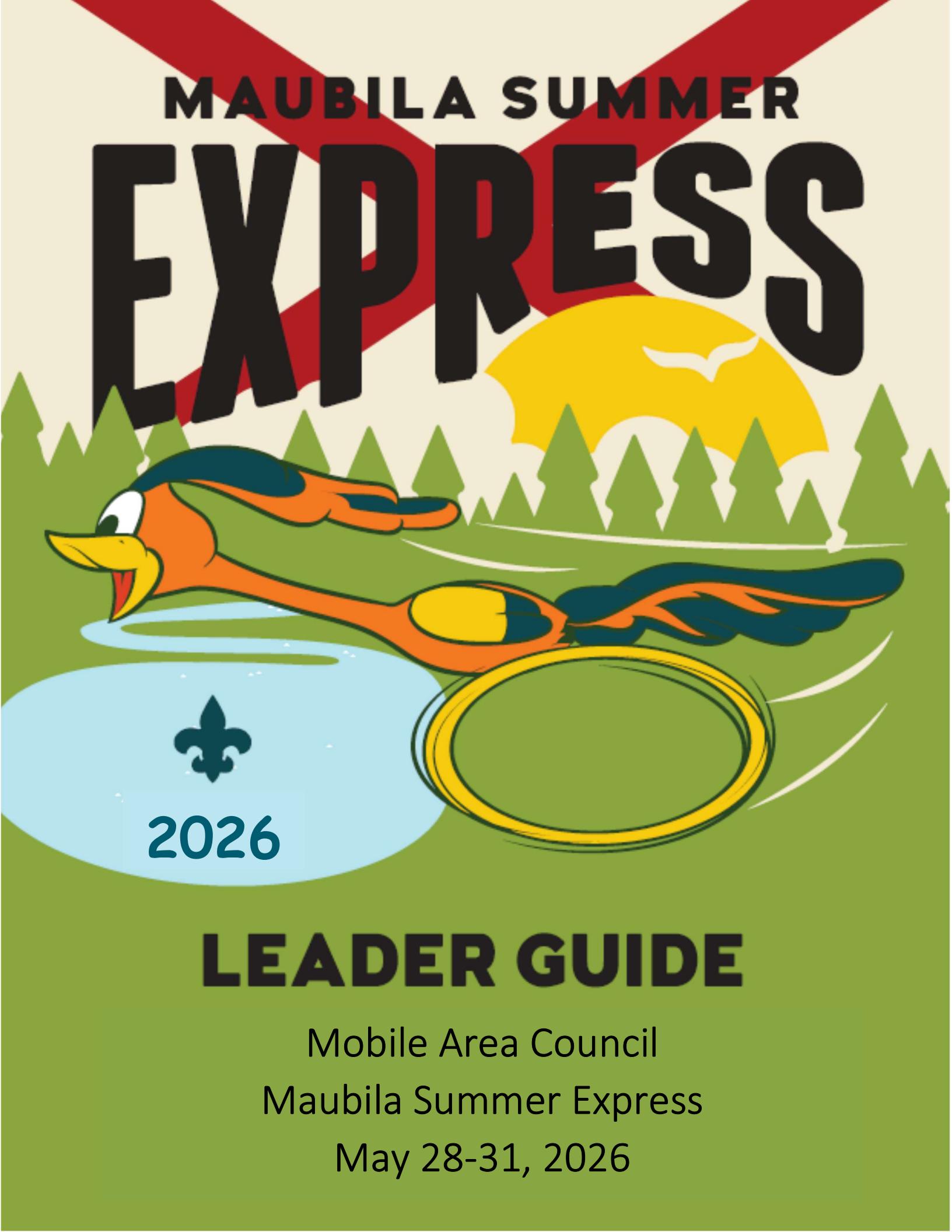


MAUBILA SUMMER **EXPRESS**



2026

LEADER GUIDE

Mobile Area Council
Maubila Summer Express
May 28-31, 2026

MOBILE AREA COUNCIL
3rd ANNUAL MAUBILA SUMMER EXPRESS
MAY 28 – May 31, 2026
LEADER GUIDE

KEY INFORMATION (If you read nothing else, please read this page!)

- Camp Dates: Thursday, May 28 through Sunday, May 31, 2026
- Location: Maubila Scout Reservation, 2332 Camp Maubila Road, Grove Hill, AL 36451
- Registration & Payment Deadlines
 - EARLY BIRD (BEFORE April 17) Youth: \$150/Scout, \$50/Adult & OA Service Corps
 - REGULAR FEE (AFTER April 17) Youth: \$175/Scout, \$60/Adult & OA Service Corps
 - **Registration Deadline: May 15 **NO REGISTRATION WILL BE ACCEPTED AFTER THIS DATE****
- Medical forms
 - Parts A & B Only (no physician signature required)
 - ALL medical forms MUST BE SUBMITTED IN ADVANCE, **NO LATER THAN MAY 15**
- Swim Checks & Aquatics Pre-requisites
 - ALL units are responsible for conducting their own swim checks **in advance of the camp**; Swim checks WILL NOT be conducted at camp;
 - Units MUST provide the completed Swim Classification Record worksheet (included in the back of this packet) with the results of your unit swim checks **NO LATER THAN MAY 15**
 - Scouts that wish to participate in any free swim activities must have a swim check BEFORE they arrive at camp; Scouts without a swim check will be classified as a non-swimmer for free time aquatic activities.
- Unit Registration
 - Units are *strongly encouraged* to register for Express Camp AS A UNIT, not individually, even if they are sending scouts provisionally.
 - REGISTRATION LINK: Mobile Area Council - Maubila Summer EXPRESS 2026
- Pre-Camp Virtual Leader Meeting
 - A pre-camp virtual leader meeting will be held on Thursday, April 16 from 7-8PM
 - Important pre-camp information will be provided to make your check-in more efficient and your stay more enjoyable.
 - ALL leaders are encouraged to attend.

EVENT SUMMARY

The Mobile Area Council (MAC) is proud to invite you to our 3rd Annual MAUBILA SUMMER EXPRESS CAMP! This abbreviated summer camping program brings together the excitement of our youth, the experience of our leadership, the strength of our OA lodge, and the electric traditions of Camp Maubila into a four-day summer camping experience unparalleled in our

area! The purpose of this leader guide is to provide detailed information to unit leaders and parents that will help them prepare their units and their individual scouts for this unique Scout activity. Unit leaders should share this booklet with all parents and leaders within their respective units.

EVENT SCHEDULE **NEW SCHEDULE FEATURESPLEASE READ!!****

At the heart of each day are INSTRUCTION PERIODS, with each Period separated by a 20-minute break to allow Scouts time to get from one class to the next. Each day will consist of morning instruction time (PERIODS A & B) followed by afternoon (PERIODS C & D, which includes free time), and evening instruction (PERIOD E). PERIODS A, B & C will consist of 2-hour time blocks, resulting in four classroom hours per class period. PERIOD D is reserved for additional Range time for all shooting sports classes and instructional swim for those scouts that take advantage of the Polaris III program. Combined periods will allow for additional instruction time (please note the schedule for these combined blocks). The evening period (PERIOD E) will last for 1:15 - 1:30 hours per period and will be used for group badges and also serve as a make-up period for daytime classes as needed. The actual Merit Badge schedule is included in the section entitled MERIT BADGE AND PROGRAM OFFERINGS. The general schedule for each of the four days of Express Camp is as follows:

Day 1 – Thursday, May 28, 2026

8:00-10:30 AM Unit Arrival, Check-in & Camp Tour (Eagle Room); Campsite Set-up
**11:00 AM Scoutmaster Meeting (Training Center), SPL Meeting (Training Center Porch),
Chaplain's Aide Meeting (Eagle Room)**
11:45 PM Lunch
1:00-3:00 PM PERIOD C
3:00-5:00 PM PERIOD D FREE TIME!

- Free Swimming & Boating @LAKE
- Handicraft Open!
- PERIOD C Rifle Shooting & Shotgun Shooting Continues (Day 1 ONLY)
- Qualification shooting for Archery students with prior Partials (ARCHERY RANGE)
- Polaris III Swimming Instruction (POOL)

6:00 PM Assembly/Supper
6:45 – 8:00 PM PERIOD E

- FINGERPRINTING MB (Thursday Only)
- Handicraft Open!
- RIFLE SHOOTING MB - Shooting Safety Instruction (PERIODS A & B ONLY @ Training Center)
- SHOTGUN SHOOTING MB - Safety Instruction (PERIODS A & B ONLY @ Eagle Room)
- ARCHERY MB – ALL PERIODS – Arrow Construction (DIGITAL TECH LAB)

8:15 – 9:00PM OPENING PROGRAM (Assemble at the Dining Hall)
10:00 PM Quiet Time
11:00 PM Lights out/TAPS

Day 2 – Friday, May 29, 2026

7:00 AM Assembly/Breakfast
CAMP DIRECTOR BREAKFAST ROUNDTABLE (SM ONLY) – DINING HALL PAVILION
8:00 AM PERIOD A
10:00 AM Break
10:20 AM PERIOD B
12:20AM Break
12:30 PM Lunch; **OA CAMP CHIEF/SPL LUNCH (SPL'S ONLY) – DINING HALL PAVILION**
1:30 PM PERIOD C
3:30 – 5:00 PM PERIOD D
• FREE TIME!
• Free Swim & Free Boating (LAKE)
• Polaris III Swimming Instruction (POOL)
• Digital Tech/Graphic Design/Photography MB Lab-REQUIRED (Digital Tech Lab)
• Rifle Shooting MB Qualification time (RIFLE RANGE)
• Qualification shooting for Archery students with prior Partials (ARCHERY RANGE)
• Handicraft Open!
6:00 PM Assembly/Supper
6:45-8:15 PM THE BIG EVENT (Hosted by Woa Cholena Lodge)
8:15-9:45 PM PERIOD E
• TRAFFIC SAFETY MB, (CLASS 1, one night only) Dining Hall
• ARCHERY MB – ALL PERIODS – Arrow Construction (DIGITAL TECH LAB)
• Additional MB Instruction Time (as needed by Instructors)
• Handicraft Open!
10:00 PM Quiet Time
11:00 PM Lights out/TAPS

Day 3 – Saturday, May 30, 2026

7:00 AM Assembly/Breakfast
CAMP DIRECTOR BREAKFAST ROUNDTABLE (SM ONLY) – DINING HALL PAVILION
8:00 AM PERIOD A
10:00 AM Break
10:20 AM PERIOD B
12:20AM Break
12:30 PM Lunch (scouts & OA Service Corps)
1:00 PM Scout Leader and Adult Staff Luncheon (Dining Hall)
1:00 PM Maubila Marathon! (FLAG POLE)
2:45 PM Break
3:00 PM Water Carnival! (LAKE)
Scoutmaster Shoot-out (RIFLE RANGE)
5:00 PM Chapel Service (Arena)
5:30 PM Assembly/Supper
6:30 PM PERIOD E

- TRAFFIC SAFETY MB (CLASS 2, one night only) Dining Hall
- Additional MB Instruction Time (as needed by Instructors)
- Handicraft Open!

7:00 PM Staff Meeting (Eagle Room)

8:00 – 9:00 PM Closing Program (Assemble at the Dining Hall)

9:15 PM Ice Cream Social (sponsored by Woa Cholena Lodge, OA @ Dining Hall)

10:00 PM Quiet Time

11:00 PM Lights out/TAPS

Day 4 – Sunday, May 31, 2026

7:00 AM Breakfast-To-Go (delivered to Campsites)
Camp Breakdown & Clean-up

8:00 AM Camp Check-out begins

10:00 AM Check-out ends; Staff Departs

IMPORTANT PROGRAM NOTES FOR 2026!

Due to the time restrictions inherent to the Express Camp format, some classes require additional class time outside of the normal classroom schedule. These details are listed below.

Day 1 – Free Period (3-5PM)

- Continuation of Period C Rifle Shooting MB @ Rifle Range (needed for qualification)
- Continuation of Period C Shotgun Shooting MB @ Shotgun Range (needed for qualification)
- Continuation of Period C Archery MB @ Archery Range (needed for qualification)

Day 1 – Period D (6:45 – 8:00 PM)

- RIFLE SHOOTING MB Safety Instruction (Periods A & B ONLY @ Training Center)
- SHOTGUN SHOOTING MB Safety Instruction (Periods A & B ONLY @ Eagle Room)
- Qualification shooting for Archery students with prior Partials (ARCHERY RANGE)

Day 1 – Period E (6:45 – 8:00 PM)

- ARCHERY MB – ALL PERIODS – Arrow Construction (DIGITAL TECH LAB)

Day 2 – Period D - Free Period! (3:30 – 5:00 PM)

- Additional Required Classroom time for Digital Tech/Graphic Design/Photography MB @ Digital Tech Lab (needed to complete merit badges at camp)
- Qualification shooting for Archery students with prior Partials (ARCHERY RANGE)

Day 2 – Period E (8:15 PM - 9:45PM)

- ARCHERY MB – ALL PERIODS – Arrow Construction (DIGITAL TECH LAB)

Wood Carving Merit Badge: Scouts taking Wood Carving Merit Badge MUST have earned a Tote-N-Cip and have it in their possession BEFORE reporting to class. Also, Scouts taking this badge must be mature and must have good concept of how to use a pocket knife.

NEW IN 2026!

- Public Speaking MB
- Revised POLARIS Program (NEW POLARIS IV for Knot Tying & Lashing!)
- Free Handicraft time will be offered during daily free time where scouts with full merit badge schedules. Badges include Basketry, Leatherwork & Woodcarving (kits available at the trading post while supplies last).

MERIT BADGE & PROGRAM OFFERINGS

The focus of the Maubila Summer Express camp is offering traditional Summer Camp badges, Eagle required badges, and a quality advancement program for new Scouts known as the Polaris program (which will be discussed later in this section). Merit Badges and the Polaris program will be led by adult volunteers and/or older Arrowmen with experience in each field in an effort to provide the best possible instruction.

Merit Badge Offerings

Scouts will be able to select up to four merit badges during the camp depending on class availability and limitations due to class size and content. As referenced in the daily schedule above, time will be allocated for merit badge and program offerings in the morning and afternoons (Periods A-C, depending on the day). Afternoon Period D will be used for additional shooting sports range time for all classes (as needed) and for Polaris III instructional swimming. A limited number of badges will be offered in the evenings during Period E, which will also be used as a make-up period and for classes that need additional classroom time (such as handicraft badges).

Please note that most classes have been capped based on the limitation of program materials, staff limitations, space limitations and safety. Scouts and unit leaders will be notified in advance of the camp regarding any special materials, supplies or equipment needed to complete a specific merit badge.

Merit Badge & Program Offerings

The following is a summary of each of the merit badge and program offerings available at Express Camp, along with any pre-requisites, additional fees, and maximum classroom capacity (if any):

2026 MAUBILA SUMMER EXPRESS STAFF DIRECTORY & PROGRAM OFFERINGS (WITH LOCATIONS)				
MERIT BADGE/PROGRAM OFFERING	PERIODS	CAP	ADD'L FEE	PRE-REQUISITE
AQUATICS				
Swimming	A, B or C	15		SWIMMER
Polaris III (2nd & 1st Class Swimming Req's)	D Only	15		
Lifesaving	B or C only	6		Swimming MB
Rowing	C	3		Swimming MB
Canoeing	A or B	10		Swimming MB
Kayaking	B or C	5		SWIMMER
Adult Swimming & Water Rescue	A & B Combined	10		SWIMMER
Adult Paddle Craft Safety	Period C Only	10		SWIMMER
ECOLOGY				
Sustainability	A Only	25		
Environmental Science	B & C	25		
Forestry	A Only	25		
Soil & Water Conservation	C Only	25		
HANDICRAFT				
*Woodcarving	B Only	15	\$15.00	
*Leatherwork	C Only	15	\$14.00	
*Basketry	A Only	25	\$25.00	
HEALTH & SAFETY				
First Aid	A, B or C	10		
Emergency Preparedness	A Only	25		First Aid MB
MAUBILA TECH				
Digital Tech/Graphic Design/Photography MB's	A or C	8		
Digital Tech/Graphic Design/Photography MB's				
Digital Tech/Graphic Design/Photography MB's				
Electricity MB	B or C	10		
Electronics MB	A or C	10		
Fingerprinting MB	D (Thursday Only)	None		
Public Speaking MB	B Only	8		
Traffic Safety MB	D (Fri or Sat - One Period O)	None		
Welding MB	A, B or C	6		
POLARIS PROGRAM				
Polaris I (Scout & Tenderfoot)	C Only	None		
Polaris II (2nd & 1st Class)	Combined A & B Only	None		
Polaris III (Beginner Swimming Instruction)	D Only	15		
Polaris IV (knot tying & lashing) NEW!!	E Period - Saturday Only	None		
SCOUTCRAFT				
Orienteering	B Only	10		
Pioneering	A Only	10		
Wilderness Survival	B Only	15		
SHOOTING SPORTS				
Archery	A, B or C	8	\$5.00	
Rifle Shooting	A, B or C	14		
Shotgun Shooting	A, B or C	6		
TRAIL TO EAGLE				
Citizenship in the Community	B Only	25		
Citizenship in the Nation	C Only	20		
Citizenship in the World	A Only	25		
Citizenship in Society	B or C	25		
Communication	A or C	25		
Cooking	A, B or C	25		
Personal Fitness	B or C	25		

The Polaris Program

The Polaris Program is designed to help younger Scouts “rank up.” Polaris Scouts will spend their time in an outdoor classroom setting with experienced Scouters and older Scouts working on many of the Tenderfoot through First Class requirements. This year, the program is being broken down into three separate components:

- **Polaris I (PERIOD C ONLY):** brand new Scouts with little or no unit experience who wish to work on Scout and Tenderfoot requirements.
- **Polaris II (PERIOD A & B COMBINED):** Scouts in their first or second year who wish to work on 2nd Class and 1st Class requirements.
- **Polaris III (PERIODS D ONLY):** Scouts working on Scout through 1st Class ranks who wish to work on their swimming requirements for rank advancement but do not wish (or do not qualify) to take Swimming Merit Badge. Please keep in mind that for their own safety, Scouts seeking to complete swimming-related rank requirements must demonstrate a certain level of proficiency satisfactory to the Aquatics Staff before credit is given. This will be left solely to the discretion of the Aquatics staff.
- **Polaris IV (PERIOD E – Saturday ONLY): NEW IN 2026!** Due to time constraints, Polaris IV has been added for Scouts to work on knot tying and lashing rank requirements.

The requirements covered during the Polaris Program can be found in APPENDIX A in the back of this Leader Guide. There will be no overnight excursion, but they will be working on certain cooking requirements during specially-designated times outside of regular class time. This will not interfere with any other class periods, and more information will be provided during the SM/SPL meetings on Day 1.

OA SERVICE CORPS

The Order of the Arrow, Scouting’s National Honor Society, will play a key role in the Maubila Summer Express camp. Youth Arrowmen (under the age of 21) will be given the opportunity to serve as volunteer staff for this event by becoming members of the OA Service Corps! Members of the OA Service Corps will be presented with a variety of service opportunities throughout the duration of the event, will lead Parade Field and Dining Hall program at mealtimes, and will plan and execute The Big Event on Friday evening, May 30. They will also have the opportunity to serve as Apprentice Merit Badge Counselors if desired. The fee for participation in the OA Service Corps will be \$50, and members will receive a staff patch, a staff T-shirt, and will be allowed to use the staff cabins for lodging. They will also have limited access to merit badge programs when not engaged in service. Youth Arrowmen can apply for OA Service Corps through the regular Express Camp registration portal on page 2 of this Leader Guide.

CHECK-IN, MEDICAL FORMS & PRE-CAMP SWIM CHECKS

The goal of the camp leadership is to streamline the registration and check-in process so that the bulk of it occurs before units arrive at the camp. This streamlined process will make it easier

on the Council office staff, the volunteer staff and the unit leaders, but will also allow more time for camp set-up and program on the first day of camp.

Check-in

Check in will begin at 8:00 AM on Thursday, May 30 (no early arrivals). Provided that each unit follows the Express Camp online procedures for registration (including payment, online submission of medical forms, and self-swim checks), check-in will be simple. Each unit SM and SPL will be met in the parking lot by a youth member of the OA Service Corps and an adult volunteer staff member. These staff members will help them to haul their gear and equipment to their assigned campsites. Each unit will be allowed to park one (1) unit trailer in their assigned campsite for the duration of the camp (please note that once the trailer has been parked, the towing vehicle must be removed from the campsite to the Parking Lot). These trailers can be moved into the campsite by the unit. If assistance is needed to move the unit trailer into the campsite, simply ask your assigned volunteers upon arrival.

Medical Forms

Due to the duration of the Express Camp, all Scouts, Leaders and Staff will only be required to submit Parts A & B of the BSA's annual Health and Medical Record form. This form can be found at the following link:

[BSA Health & Medical Form \(Parts A & B\)](#)

A subsequent email will be sent to all unit leaders with a link that can be used to submit medical forms to the Council, which will in turn be reviewed by the Express Camp medical team prior to arrival. If needed, our medical team will reach out directly to parents and unit leaders with any specific questions or issues prior to arrival. **The deadline for the submission of medical forms is Wednesday, May 15. PLEASE DO NOT WAIT UNTIL THE LAST MINUTE TO SUBMIT FOR MEDICAL FORMS.** This places a great deal of stress on our medical staff and makes it extremely difficult for them to properly review and follow-up with parents related to any medical-related questions in advance of the camp.

Medical Form Tips

The Camp Health Officer has indicated there are a number of frequently missed items on the medical forms and has asked that parents and leaders pay careful attention to ensure that these items are addressed. These items include:

- Form A: check none or list restrictions (This is located on the right side of the form just above the signature box)
- Form A: parents signature and date. (This is located on the second line of the signature box)

- Form B2: check/list allergies (This is located at the top of the form)
- Form B2: check and sign for non prescription meds (this is the most common omission and is located in the middle of the form under the medications listing)
- Form B2: give a date for the Tdap (tetanus) (this is the only vaccine required by BSA and must be included)

Pre-Camp Swim Checks & Other Important Aquatics Information

Pre-camp Swim Checks **PLEASE READ**

In an effort to streamline the check-in process and save valuable program time, each unit **MUST** conduct their own swim checks in advance of the camp. In order to do this, units must meet all **SAFE SWIM DEFENSE** requirements prior to conducting their pre-camp swim check activity, and the resulting information must be certified by the Scoutmaster. For your convenience, a **Swim Classification Record** form has been included in APPENDIX B of this Leader Guide, **which must be submitted to the council office for review NO LATER THAN the May 15 registration deadline**. Any Scout or leader wishing to participate in Aquatics programs (except for Polaris III) must participate in a unit-sponsored swim check prior to arrival and must be classified as a **SWIMMER**. ***Please note: members of the Aquatics Staff have the right to re-test any Scout in any Aquatics class at any time, and anyone lacking the appropriate level of proficiency will be removed from the class.***

Adult Aquatic Certifications

Two new adult aquatic programs have been added for the 2025 camping season: Adult Swimming & Water Rescue (PERIODS A & B combined) and Adult Paddle Craft Safety (PERIOD C only). These classes are official SA certification programs designed to empower unit leaders to better conduct their own swimming and boating activities within their respective units. Participants must be classified as **SWIMMER** prior to arrival before they can begin this class. Anyone interested in participating must obtain the online Safe Swim Defense and Safety Afloat certifications and must provide a copy of the certifications to the Council Office by the May 15 registration deadline.

Boating Class Preparations

For safety purposes, all Scouts or leaders participating in any boating merit badges or free boating activities must wear some type of closed-toe water shoes or old tennis shoes in order to participate.

General Free Swim & Free Boating Information

Each day, the Aquatics Staff will host a camp-wide free swim and free boating activities at the Lakefront from 3:30pm until 5:00pm. Anyone desiring to must participate in their

own unit pre-camp swim check and must have the appropriate swimming classification required for the desired aquatic activity. **ALL Scouts and leaders must have a buddy tag at the lake and must have the appropriate ability level before they can participate in any free swim or boating activities.**

CAMP T-SHIRTS

Each Scout, Leader and Staff Member will have the opportunity to purchase a camper dri-fit T-shirt through the registration portal prior to the May 15th registration deadline. The cost will be \$20.00. (Staff and OA Service Corps will automatically receive a complimentary STAFF t-shirt.)

HEALTH & SAFETY

There are a number of basic guidelines that all Scouts must follow to help ensure their safety and to ensure that the guidelines in the Guide to Safe Scouting are followed. Some of these safety precautions are listed below:

- Closed-toe shoes must be worn by all participants at all times unless swimming or moving to and from shower areas, in which case shower shoes and flip flops are acceptable.
- Females are required to wear 1-piece bathing suits.
- No bare feet are allowed unless engaging in Aquatics or shower activities.
- Shirts must be worn at all times unless engaging in Aquatics or shower activities.
- All Scouts should move around camp using the buddy system.

Vehicles in Camp

No vehicles will be allowed beyond the designated parking areas unless they are official camp vehicles designated by the Camp Director.

Smoking

Maubila Scout Reservation is a “Smoke-Free” facility with no designated smoking areas available.

FINAL THOUGHTS...

More information will follow related to health form submission and online medical re-checks. For administrative questions related to registration, payment, et cetera, please contact Mary Phillips, Council Registrar, at the Council Office at 251.476.4600. For program questions, please contact the Maubila Summer Express Camp Director, Jim Alexander, at jamesmalexander3@gmail.com.

**SEE YOU AT THE
2nd ANNUAL MAUBILA SUMMER EXPRESS CAMP
ON THURSDAY, MAY 28, 2026!!**

APPENDIX A

POLARIS PROGRAM SYLLABUS

POLARIS I: SCOUT & TENDERFOOT RANK ADVANCEMENT (PERIOD C ONLY)

Citizenship

Scout

1f. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning.

Tenderfoot

7a. Demonstrate how to display, raise, lower, and fold the U.S. flag.

Camping/Cooking

Tenderfoot

- 1c. Explain how you demonstrated the Outdoor Code and Leave No Trace on campouts or outings.
- 2a. On the campout, assist in preparing one of the meals. Tell why it is important for each patrol member to share in meal preparation and cleanup.
- 2b. While on a campout, demonstrate the appropriate method of safely cleaning items used to prepare, serve, and eat a meal.
- 2c. Explain the importance of eating together as a patrol.

Navigation/Weather

Tenderfoot

- 5a. Explain the importance of the buddy system as it relates to your personal safety on outings and where you live. 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 and responsible hiking, both on the highway and cross-country, during the day and at night.

Tools/Fire/Outdoor Code/LNT

Scout

1e. Repeat from memory the Outdoor Code. List the seven principles of Leave No Trace. Explain the difference between the two. (223-224)

5. Tell what you need to know about pocketknife safety and responsibility. (379-381)

Tenderfoot

3d. Demonstrate proper care, sharpening, and use of the knife, saw, and axe. Describe when each should be used. (378-387)

Totin' Chit Requirements

This certification grants a Scout the right to carry and use woods tools. The Scout must show their Scout leader, or someone designated by their leader, that the Scout understands their responsibility to do the following:

1. Read and understand wood tools use and safety rules from the Scouts BSA handbooks. (38-383)
2. Demonstrate proper handling, care, and use of the pocketknife, axe, and saw.
3. Use knife, axe, and saw as tools, not playthings.
4. Respect all safety rules to protect others.
5. Respect property. Cut living and dead trees only with permission and good reason.
6. Subscribe to the Outdoor Code.

The Scout's "Totin' Rights" can be taken away if they fail in their responsibility.

Firem'n Chit Requirements

This certification grants a Scout the right to carry fire-lighting devices (matches, lighters, etc.) to build campfires. The Scout must show their Scout leader, or someone designated by their leader, an understanding of the responsibility to do the following:

1. I have read and understand use and safety rules from the Scouts BSA Handbook.
2. I will build a campfire only when necessary and when I have the necessary permits (regulations vary by locality).
3. I will minimize campfire impacts or use existing fire lays consistent with the principles of Leave No Trace. I will check to see that all flammable material is cleared at least 5 feet in all directions from fire (total 10 feet).
4. I will safely use and store fire-starting materials.
5. I will see that fire is attended to at all times.
6. I will make sure that water and/or a shovel is readily available. I will promptly report any wildfire to the proper authorities.
7. I will use the cold-out test to make sure the fire is cold out and will make sure the fire lay is cleaned before I leave it.
8. I follow the Outdoor Code, the Guide to Safe Scouting, and the principles of Leave No Trace and Tread Lightly!

The Scout's "Firem'n Rights" can be taken away if they fail in their responsibility.

First Aid

Tenderfoot

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.

POLARIS II: 2ND & 1ST CLASS (PERIODS A & B COMBINED)

Citizenship

Second Class

- 8a. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or Scouting activity.
- 8b. Explain what respect is due the flag of the United States.

Camping/Cooking

Second Class

- 1b. Recite the principles of Leave No Trace from memory. Explain how you follow them on all outings.
- 2e. On one campout, plan and cook one hot breakfast or lunch, selecting foods from MyPlate or the current USDA nutritional model. Explain the importance of good nutrition. Demonstrate how to transport, store, and prepare the foods you selected.

First Class

- 1b. Explain the potential impacts of camping, both on the environment and on other outdoor users. Explain why the Outdoor Code and Leave No Trace principles are important for protecting the outdoors.

Navigation/Weather

Second Class

- 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.

First Class

- 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 smartphone, or other electronic navigation system while on a campout or hike. 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.

Tools/Fire/Outdoor Code/LNT

Second Class

2a. Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so. (303-304, 387)

2b. Use a pocketknife, and a saw or axe if needed, to prepare tinder, kindling, and fuel wood for a cooking fire. (389)

2c. Using a minimum-impact method, and at an approved outdoor location and time, use the tinder, kindling, and fuel wood from Second Class requirement 2b to demonstrate how to build a fire. Unless prohibited by local fire restrictions, light the fire. After allowing the flames to burn safely for at least two minutes, safely extinguish the flames with minimal impact to the fire site. Properly dispose of the ashes and any charred remains. (388-391)

2d. Explain when it is appropriate to use a lightweight stove and when it is appropriate to use a propane stove. Set up a lightweight stove or propane stove. Light the stove, unless prohibited by local fire restrictions. Describe the safety procedures for using these types of stoves. (303-304, 392-393)

First Class

1b. Explain the potential impacts of camping, both on the environment and on other outdoor users. Explain why the Outdoor Code and Leave No Trace principles are important for protecting the outdoors. (233-234)

First Aid**Second Class**

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

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).

POLARIS III – 2ND & 1ST CLASS AQUATICS (PERIODS D ONLY)

Polaris III is offered to Scouts working on Scout through 1st Class rank who wish to work on their swimming requirements for rank advancement but do not wish (or do not qualify) to take Swimming Merit Badge. Please keep in mind that for their own safety, Scouts seeking to complete swimming-related rank requirements must demonstrate a certain level of proficiency satisfactory to the members of the Aquatics Staff before credit is given. This will be left solely to the discretion of the Aquatics staff. The following requirements will be covered during the Polaris III block (offered PERIODS B or C):

Second Class

- 5a. Tell what precautions must be taken for a safe swim.
- 5b. Demonstrate your ability to pass the BSA beginner test: Jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.
- 5c. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects.
- 5d. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible. Explain why and how a rescue swimmer should avoid contact with the victim.

First Class

- 6a. Successfully complete the BSA swimmer test.
- 6b. Tell what precautions must be taken for a safe trip afloat.
- 6c. Identify the basic parts of a canoe, kayak, or other boat. Identify the parts of a paddle or an oar.
- 6d. 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.
- 6e. 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.)

POLARIS IV – KNOT TYING & LASHING (PERIODS E SATURDAY ONLY)

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.
8. Describe the steps in Scouting's Teaching EDGE method. Use the Teaching EDGE method to teach another person how to tie the square knot.

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.

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.

APPENDIX

Swim Classification Record

(Changes and/or corrections to the following chart should be initialed and dated by the test supervisor.)

Unit Number _____

Date of Swim Test _____

Full Name (Print) <small>(Draw lines through blank spaces)</small>	Medical Recheck Parts A-B	Swim Classification		
		Non-Swimmer	Beginner	Swimmer
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

The swim classification test performed at a unit level should be conducted by one of the following council-approved resource people: Aquatics Instructor, BSA; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor, etc. Test administrators should utilize chapter 5 of the [BSA Aquatics Supervision Guide](#).

NAME OF PERSON SUPERVISING & FACILITATING THE SWIM TEST:

Print Name _____

Signature _____

Type of Authorization/Training
(Attach a copy of certification if required by council procedure)

Expiration Date if applicable _____