

Cole Canoe Base First Class Emphasis Schedule of Requirements 2024



Please note; CCB Staff do not sign off requirements as 'complete' in a participant's Scout Book. Rather, at the end of the week, your Unit will receive a list of all the requirements your Scouts attended at the First Class Emphasis program. This allows your Unit leadership to review the materials with your Scout to ensure the requirement is complete. If you have any questions, feel free to speak to our FCE Staff. If your Unit has adult leaders interested in assisting our program, it really helps the staff to have the additional help!

*All Times and Programs are subject to change due to weather
or updates from the National or Council Advancement Committees*

Monday AM

Teach and explain practical uses of the following knots.

1. **(Scout 4a)** square knot, 2 half-hitch, and taut-line hitch,
2. **(Second Class 2f, & g)** sheet bend, and bowline
3. **(Tenderfoot 8)** Explain EDGE Method and use it to teach another scout the square knot

Monday PM

1. **(First Class 3a)** Discuss when you should and should not use lashings
2. **(First Class 3b)** Demonstrate tying the Timber Hitch and Clove Hitch
3. **(First Class 3c)** Demonstrate tying the Square, Diagonal, and Shear Lashings
4. **(First Class 5b)** Identify two ways to obtain weather forecasts
5. **(First Class 5c)** Describe three natural indicators of hazardous weather, potential dangers, and appropriate responses

6. **(First Class 5d)** Describe extreme weather conditions that could occur in your area and how to respond.

Tuesday AM & PM

1. 5 mile hike over both periods and Lunch
 - a. Please inform the First Year Camper staff of any dietary restrictions so lunch accommodations can be prepared
 - b. Scouts must have a water bottle before leaving for the Hike
 - c. Please arrive by 10:10AM to be included on the hike
 - d. We will return before the end of the afternoon session.
2. **(Second Class 4a)** Identify or show evidence of 10 different wild animals
3. **(First Class 5a)** Identify or show evidence of 10 different wild plants

Wednesday AM

1. **(Tenderfoot 5a-c)** Safe hiking rules
 - a. Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood.
 - b. Describe what to do if you become lost on a hike or campout.
 - c. Explain the rules of safe hiking, both on the highway and cross country, during the day and at night.
2. **(Tenderfoot 4a-c)** Show first aid for the following:
 - a.
 1. Simple cuts and scrapes;
 2. Blisters on the hand and foot;
 3. Minor (thermal/heat) burns or scalds (superficial, or first-degree);
 4. Bites or stings of insects and ticks;
 5. Venomous snakebite;
 6. Nosebleed;
 7. Frostbite and sunburn;
 8. Choking.
 - b. Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location. Tell how to treat exposure to them.
 - c. Describe what you can do to reduce the occurrence of the injuries from 1a-b

Wednesday PM

1. **(Second Class 6a)** Show first aid for, and how to prevent the following:
 1. Object in the eye;
 2. Bite of a warm-blooded animal;
 3. Puncture wounds from a splinter, nail, and fishhook;
 4. Serious Burns
 5. Heat exhaustion;
 6. Shock;
 7. Heatstroke,
 8. Dehydration,
 9. Hypothermia,
 10. Hyperventilation.
2. **(Second Class 6b)** Show what to do for “hurry” cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
3. **(First Class 7c)** Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR)
4. **(First Class 1b)** TREAD: Travel responsibly, Respect the Rights of others, Educate yourself, Avoid sensitive areas, and Do your part

Thursday AM

1. **(Scout 1a)** Repeat from memory the Scout Oath, Law, Motto, and Slogan. Explain their meaning
2. **(Scout 1b)** Explain what Scout Spirit is
3. **(Scout 1c)** Demonstrate and explain the use of the Scout Sign, Salute, and Handshake
4. **(Scout 1d)** Symbolism in the First Class Scout Badge
5. **(Scout 1e)** Repeat from Memory the Outdoor Code, List the Principles of Leave No Trace, Explain the Differences between the two
6. **(Scout 2a)** Describe how Scouts in a troop Provide Leadership
7. **(Scout 2b)** Describe the Four Steps of Advancement
8. **(Scout 2c)** Describe what BSA ranks are, and how they are earned

9. **(Scout 2d)** Describe what merit badges are and how they are earned
10. **(Scout 3a)** Explain the patrol method

Thursday PM

Scouts will meet at Aquatics

1. **(Second Class 5a)** Tell what precautions must be taken for a safe swim
2. **(Second Class 5c)** Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects
3. **(Second class 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
4. **(First Class 6b)** Tell what precautions must be taken for a safe trip afloat
5. **(First Class 6c)** Identify the basic parts of a boat and paddle or oar
6. **(First Class 6d)** Describe proper body positioning in a watercraft

Friday AM

9:00-12:00 Make up Day

1. Scouts will be able to make up any of the requirements they missed, except for the 5- mile hike from Wednesday. A map of the route can be supplied to an adult leader.
2. Weather permitting, we *should* be able to make up any requirements missed at Aquatics, but it is encouraged the scouts attend the Thursday afternoon session.

Other Program

Wednesday Evening Totin' Chip, Firem'n Chit, and smores at FCE



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