

COLE CANOE BASE FIRST YEAR CAMPER SCHEDULE OF REQUIREMENTS



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 Year Camper program. This allows your Unit leadership to review the materials with your Scout to insure the requirement is complete. If you have any questions, feel free to speak to our FYC Staff. If your Unit's has adult leaders interested in assisting our program, it really helps the staff to have additional help!

All Times and Programs are subject to change due to weather.

Monday AM

- 10:00-10:05 Introductions
- 10:05-10:20 Recite the Scout Oath, Law, Outdoor Code, Motto, Slogan, and the Pledge of Allegiance (**Scout 1a, e, f**)
- 10:20-10:25 Break into selected patrols
- 10:25-10:40 Everyone introduce themselves and elect patrol leadership, while explaining how a troop is run by its Scouts (**Scout 2a**)
- 10:40-11:00 Review the patrol method and choose patrol emblem, flag, and yell/cheer (**Scout 3a, b**)
- 11:00-11:10 10 Min Break
- 11:10-11:35 Review and understand the Scout Law, Oath, Slogan, Motto, and Outdoor Code
- 11:35-12:00 Explain Scout Sign, Salute, Handshake, Spirit (**Scout 1b, c**)

Monday PM

- 1:30-1:35 Patrol Scribes take attendance
- 1:35-1:55 Review/Explain Scouts BSA Ranks, and review the symbolism of the First Class Scout Badge (**Scout 1d, 2c**)
 - Shape, Three Points, Eagle and Shield, Two Stars, Scroll, and Knot
- 1:55-2:10 Review Merit Badges (**Scout 2d**)
- 2:10-2:25 Explain the Four Steps of Advancement (**Scout 2b**)
 - A Scout Learns, is Tested, is Reviewed, and is Recognized
- 2:25-2:35 10 Min Break
- 2:35-2:55 Leave No Trace/ Tread Lightly! (**Second Class 1b, 2a, First Class 1b**)
 - Plan ahead and prepare, Travel and camp on durable surfaces, Dispose of waste properly, Leave what you find, Minimize campfire impact, Respect wildlife, and be Considerate of others
 - Travel responsibly, Respect the Rights of others, Educate yourself, Avoid sensitive areas, and Do your part
- 2:55-3:00 The Buddy System (**Tenderfoot 5a**)

- 3:00-3:05 How to respond if you become lost (**Tenderfoot 5b**)
- 3:05-3:25 The three R's of personal safety & protection, and bullying (**Second Class 9a, b**)
 - Recognize, Resist, and Report

****If time allows, we will cover some parts of the Totin' Chip (**Scout 5, Tenderfoot 3d**)

Tuesday AM

- 10:00-10:15 Attendance
 - 10:15-10:20 Explain EDGE Method (**Tenderfoot 8**)
 - 10:20-10:25 Scouts teach each other the square knot with the EDGE Method (**Tenderfoot 8**)
 - 10:25-10:55 Teach square knot, 2 half-hitch, taut-line hitch, sheet bend, and bowline (while explaining each knots practical use and what situation to associate each knot with) (**Scout 4a, Tenderfoot 3a, b, c, Second Class 2f, g**)
 - 10:55-11:05 10 Min Break
 - 11:05-11:15 Teach Timber Hitch and Clove Hitch (**First Class 3b**)
 - 11:15-11:40 Teach Diagonal, Square, and Shear Lashings (**First Class 3c**)
 - 11:40-12:00 Review the appropriate uses of each lashing (**First Class 3a**)
- *** If time allows, we will make a camp gadget using lashings (**First Class 3d**)

Tuesday PM

- 1:30-1:35 Attendance
- 1:35-1:50 How a compass works, how to orient a map, and explain five map symbols (**Second Class 3a**)
- 1:50-2:00 Finding directions day and night (without compass and electronic device) (**Second Class 3d**)
- 2:00-2:10 GPS explanation and use (**First Class 4b**)
- 2:10-2:20 Safe hiking rules (**Tenderfoot 5c, Second Class 3c**)
- 2:20-2:30 10 Min Break
- 2:30-3:00 Weather Forecasts, Indicators, and Risk (**First Class 5b, c, d**)
- 3:00-3:25 Proper Flag etiquette (**Tenderfoot 7a, Second Class 8a, b**)
- 3:25-3:30 Remind Scouts of day hike tomorrow

Wednesday AM/PM

- 10:00-10:15 Attendance/ water bottle check and fill up
- 10:15-12:00 Hike 2.5 miles to clearing (**Second Class 3b**)
- 12:00-1:20 Lunch and games
- 1:20-1:30 Clean up
- 1:30-3:20 2.5 mile return hike back to base camp
- 3:20-3:30 Identify or show evidence of 10 Animals and 10 Plants (**Second Class 4, First Class 5a**)

Thursday AM

- 10:00-11:05 Show first aid for the following: (**Tenderfoot 4a, b, c, Second Class 6a**)
 - Simple cuts and scrapes; blisters on the hand and foot; minor (thermal/heat) burns or scalds (superficial, or first-degree); serious burns (partial thickness, or second-degree); bites or stings of insects and ticks; venomous snakebite; nosebleed; frostbite and

sunburn; choking; object in the eye; bite of a warm-blooded animal; puncture wounds from a splinter, nail, and fishhook; heat exhaustion; shock; heatstroke, dehydration, hypothermia, and hyperventilation.

- 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.
- Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.
- Show what to do for “hurry” cases of stopped breathing, stroke, severe bleeding, and ingested poisoning. (**Second Class 6b**)
- 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 (**Second Class 6d**)
- Tell how you should respond if you come upon the scene of a vehicular accident (**Second Class 6e**)
- Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR). (**First Class 7c**)
- 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. (**First Class 7d**)
- Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries above. (**Second Class 3c**)
- 11:05-11:15 10 Min Break
- 11:15-11:45 Demonstrate: (**First Class 7a, b**)
 - Bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
 - 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.
- 11:45-11:55 Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage. Explain how to obtain potable water in an emergency (**First Class 7d, f**)
- 11:55-12:00 Remind Scouts to meet at Aquatics after lunch

Thursday PM

Meet at Aquatics

- 1:30-1:40 Attendance/ Getting Ready
- 1:40-3:30 Aquatics Safety and Knowledge (**Second Class 5a, c, d, First Class 6b, c, b, e**)
*** If the scouts come to the Lumberjack and participate and complete their Firem'n Chit they will earn the following requirement
 - **Second Class 2c**

Friday AM

- 9:00-12:00 Make up Day
 - Scouts will be able to make up any of the requirements they missed, except for the 5-mile hike from Wednesday.
 - Weather permitting, we should be able to make up any requirements missed at Aquatics, but it is encouraged the scouts attend the Thursday afternoon.

