

Scout Name: \_\_\_\_\_



Date: \_\_\_\_\_

# First Class Skill Review

SM/ASM/JASM Initial / Date
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<b>First Aid:</b>	
* Tell the five most common signs of a heart attack. Explain the procedures in cardiopulmonary resuscitation (CPR)	
Demonstrate how to care for someone who is choking.	
<b>Show and/or discuss first aid for the following:</b>	
• Cuts, scratches, and nosebleed.	
• Object in the eye	
• Snake bite and a bite from a suspected rabid animal	
• Bites and stings of insects and ticks	
• Puncture wounds from a splinter, nail, and fishhook	
• Blisters, and minor (1st degree), serious (2 <sup>nd</sup> degree), and severe (3 <sup>rd</sup> degree) burns (Frostbite and sunburn)	
• Shock	
• Heatstroke/exhaustion, dehydration, hypothermia, and hyperventilation	
Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.	
<b>Comments:</b>	
<b>Camping/Outdoor:</b>	
*Demonstrate how a compass works and how to orient a map (map & compass alignment). Explain what map symbols mean. What is Magnetic deviation? What is true North?	
Describe how to sharpen a knife.	
Why do we use the buddy system? What to do if you are lost.	
Identify poisonous plants; tell how to treat for exposure to them.	
Demonstrate tying: two half hitches, square and the taut-line hitch.	
* Demonstrate tying a bowline knot; describe how it can be used.	
* Demonstrate tying the timber hitch and clove hitch	
* Discuss when you should and should not use lashings	
* Demonstrate tying square, shear, and diagonal lashings.	
<b>Comments:</b>	
<b>Swimming:</b>	
* What precautions must be taken for a safe trip afloat? (p.153-154)	
Tell what precautions must be taken for a safe swim. (p.99)	
What are some water rescue methods?	
Why are swimming rescues not recommended?	
If a swim rescue is needed how can you avoid making contact?	
<b>Comments:</b>	

**NOTE:** Those with an \* are current rank requirements. Those with \*\* are new 2008 rank requirements.

As of: 10/27/2009

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Date: \_\_\_\_\_

## First Class SMC

	<b>Comments:</b>
Describe what you have accomplished in your leadership position?	
What is your leadership style and how is it working for you?	
Any questions or problems with the way the troop does things?	
What would you change if you were Scoutmaster for a day?	
Do you have a plan to help you achieve your next rank?	
What leadership position would you want to hold next?	
<b>Scout Values:</b>	
Repeat from memory the Scout Oath, Law, Motto, Slogan, and explain the Outdoor Code ( <i>in your own words</i> ).	
*How have you demonstrated scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life?	
Demonstrate the Scout sign, salute, and handshake.	
*Who did you visit to discuss your constitutional rights and obligations as a U.S. citizen, and what did you learn ( <i>own words</i> )? (Pg. 333-334)	
**Describe the three things you should avoid doing related to the use of the Internet. Describe a cyber bully and how you should respond to one	

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**SM / ASM Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_