

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



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

# First Class Skill Review

**Pick 10 items to cover. Mix them up between the sections.**

SM/ASM/JASM Initial / Date
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<b>First Aid:</b>	
Tell the five signs of a heart attack. Explain the procedures in CPR	
Demonstrate how to care for someone who is choking.	
Demonstrate bandages for a sprained ankle, the head, the upper arm, and the collarbone..	
Show how to transport by yourself, and with one other person, an injured person.	
<b>Show and/or discuss first aid for the following:</b>	
• Cuts, scratches, nosebleed, Puncture wounds from a splinter, nail, and fishhook	
• Object in the eye	
• Snake bite, bite from a rabid animal, Bites and stings of insects and ticks	
• 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?	
Tell what precautions must be taken for a safe swim.	
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>	

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## First Class Spirit/SMC

	<b>Comments:</b>
<b>Scout Spirit/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> )?	
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.	
What ten troop/patrol activities (other than troop/patrol meetings), have you participated in? (3 of which included camping overnight).	
Who did you tell about Boy Scouts, about your troop's activities? Did you invite him to a troop outing, activity, service project or meeting?	
<b>Scout Master Conference</b>	
Are you in a leadership position?	
• Describe what you have accomplished?	
• What is your leadership style and how is it working?	
Any questions or problems with the way the troop does things?	
What would you change if you were Scoutmaster for a day?	
Do you understand what is expected of a First Class Scout?	
Do you have a plan to help you achieve your next rank?	
What leadership position would you want to hold next?	

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

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