

Scout Name: _____



Date: _____

Life Skill Review

	SM/ASM/JASM Initial / Date
First Aid:	
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.	
Tell the five signs of a heart attack. Explain the procedures in CPR	
Demonstrate how to care for someone who is choking.	
Show and/or discuss first aid for the following:	
• Splinter, fishhook, cuts, scratches, nosebleed, & object in eye	
• Snake bite, rabid animal bite, insect bite/stings and ticks	
• Blisters, 1 st & 2 nd & 3 rd degree burns (Frostbite and sunburn)	
• Shock	
• Heatstroke/exhaustion, dehydration, hypothermia, hyperventilation	
Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.	
What items do you have in a first aid kit when you go on a hike?	
Comments:	
Camping/Outdoor:	
Demonstrate how a compass works and how to orient a map. Explain what the map symbols mean.	
How to find directions day and at night without using a compass.	
How do you measure the height and/or width of designated item	
Demonstrate tying: two half hitches, taut-line hitch, square knot and bowline knot. Describe what they are used for.	
Demonstrate tying the timber hitch and clove hitch	
Demonstrate tying square, shear, and diagonal lashings.	
Discuss when you should and should not use lashings	
Explain the procedures for safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishables.	
How to properly dispose of camp garbage, cans, plastic containers, and other rubbish.	
Comments:	
Swimming:	
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?	
Comments:	

NOTE: Those with an * are current rank requirements.

As of: 10/27/2009

Scout Name: _____



Date: _____

Life SMC

	Comments:
How are you doing 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 understand what is expected of a Life Scout?	
Do you have a plan to help you achieve your next rank?	
What leadership position would you want to hold next?	
Scout Values:	
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.	
*Be active in scouting for at least 6 months as a Star Scout.	
*Earn 5 more merit badges, (11 total) including 3 from the required list for Eagle.	
*As a Star Scout, what service project(s) (totaling at least 6 hours of work) did you do.	
*While a Star Scout, serve actively 6 months in one or more positions of responsibility (or carry out a Scoutmaster-assigned leadership project to help the troop)	

NOTE: Those with an * are current rank requirements.

SM / ASM Signature: _____

Date: _____