

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



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

# Life 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>	
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.	
<b>Show and/or discuss first aid for the following:</b>	
• Splinter, fishhook, cuts, scratches, nosebleed, & object in eye	
• Snake bite, rabid animal bite, insect bite/stings and ticks	
• Blisters, 1 <sup>st</sup> & 2 <sup>nd</sup> & 3 <sup>rd</sup> 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?	
<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?	
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.	
<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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# Life Spirit/SMC

<b>Comments:</b>	
<b>Scout Spirit/Values:</b>	
Repeat from memory the Scout Oath, Law, Motto, Slogan, and explain the Outdoor Code (in your own words).	
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.	
What Troop/Patrol activities have you participated in over the last 6 months as a Star Scout?	
What 5 merit badges, (3 Eagle) have you earned?	
As a Star Scout, what service project(s) (totaling at least 6 hours of work) did you do.	
What position of responsibility did you serve for 4 months while a First Class Scout?	
What is the EDGE method of teaching? <i>(Explain, Demonstrate, Guide, and Enable)</i> What skill did you teach a younger? Who was the scout?	
<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 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 Star 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: \_\_\_\_\_