

## Requirements Covered in Home-Camping Week 4

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### **Monday:**

- **Scout:**
  - 3a: Explain the patrol method. Describe the types of patrols that are used in your troop.
  - 3b. Become familiar with your patrol name, emblem, flag, and yell. Explain how these items create patrol spirit.
  - 4a. Show how to tie a square knot, two half-hitches, and a taut-line hitch. Explain how each knot is used.
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- **Tenderfoot:**
  - 2c. Explain the importance of eating together as a patrol.
  - 3a. Demonstrate a practical use of the square knot.
  - 3b. Demonstrate a practical use of two half-hitches.
  - 3c. Demonstrate a practical use of the taut-line hitch.
- **Second Class:**
  - 2f. Demonstrate tying the sheet bend knot. Describe a situation in which you would use this knot.
  - 2g. Demonstrate tying the bowline knot. Describe a situation in which you would use this knot.
- **First Class:**
  - 3b. Demonstrate tying the timber hitch and clove hitch.

### **Tuesday:**

- **Second Class:**
  - 3a. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.
  - 3d. Demonstrate how to find directions during the day and at night without using a compass or an electronic device.
- **First Class:**
  - 6c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b.
  - 7a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.

- 7d. 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.
- (HOMEWORK) 7e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.

## **Wednesday:**

- **Tenderfoot:**
  - 3c. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.
  - 4a. Show first aid for the following:
    - Simple cuts and scrapes
    - Blisters on the hand and foot
    - Minor (thermal/heat) burns or scalds (superficial, or first-degree)
    - Bites or stings of insects and ticks
    - Venomous snakebite
    - Nosebleed
    - Frostbite and sunburn
    - Choking
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- **Second class:**
  - 2a. Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so.
  - 2b. Use the tools listed in Tenderfoot requirement 3d to prepare tinder, kindling, and fuel wood for a cooking fire.
  - (HOMEWORK) 2c. At an approved outdoor location and time, use the tinder, kindling, and fuel wood from Second Class requirement 2b to demonstrate how to build a fire. Unless prohibited by local fire restrictions, light the fire. After allowing the flames to burn safely for at least two minutes, safely extinguish the flames with minimal impact to the fire site.
  - 6a. Demonstrate first aid for the following:
    - Object in the eye
    - Bite of a warm-blooded animal
    - Puncture wounds from a splinter, nail, and fishhook
    - Serious burns (partial thickness, or second-degree)
    - Heat exhaustion
    - Shock

- Heatstroke, dehydration, hypothermia, and hyperventilation
- 6d. 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.

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## **Thursday:**

- **Second Class:**
  - 6b. Show what to do for “hurry” cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
- **First Class:**
  - 7c. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

## **Friday:**

- **Scout:**
  - 5. Tell what you need to know about pocketknife safety.
- **Tenderfoot:**
  - 3d. Demonstrate proper care, sharpening, and use of the knife, saw, and ax. Describe when each should be used.
  - 4c. Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.
  - 5a. Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Use the buddy system while on a troop or patrol outing.
  - 5b. Describe what to do if you become lost on a hike or campout.
  - 5c. Explain the rules of safe hiking, both on the highway and cross country, during the day and at night.