

1st CLASS BOARD OF REVIEW STUDY GUIDE

SCOUT OATH:

On my honor I will do my best
To do my duty to God and my country
and to obey the Scout Law;
To help other people at all times;
To keep myself physically strong,
mentally awake and morally straight.

SCOUT LAW:

A Scout is trustworthy, loyal, helpful,
friendly, courteous, kind, obedient,
cheerful, thrifty, brave, clean and reverent.

SCOUT MOTTO:

Be prepared

SCOUT SLOGAN:

Do a good turn daily.

OUTDOOR CODE:

As an American, I will do my best to
be clean in my outdoor manners,
be careful with fire,
be considerate in the outdoors, and
be conservation minded.

SCOUT BADGE:

Shaped like the point on a compass – means that a Scout can point the right way in life

Three points of the *trefoil* (*three leaves*) stands for the three parts of the Scout Oath: 1) duty to God and country, 2) duty to others, and 3) duty to self.

Eagle and Shield stands for freedom and a Scout's readiness to defend that freedom.

Two stars symbolize truth and knowledge

Scroll bearing the Scout Motto is turned up as a reminder that a Scout smiles as he does his duty.

Knot represents the Scout Slogan, "Do a Good Turn Daily".

DESCRIBE OTHER PARTS OF THE UNIFORM:

Council, Troop number, leadership position, International Scouting emblem,
Arrow of Light

WHIPPING & FUSING A ROPE:

Why – to prevent a rope from becoming unraveled

Fusing – burn the ends of a synthetic rope

Whipping – use waxed string (dental floss) for non-synthetic rope

KNOTS:

Tie the following knots and tell what each are used for:

Square knot – known as the joining knot. *Right over left. Left over right.*
Used to join two ropes of similar size together.

Two Half Hitches – used to tie a rope to a post or to attach the rope to a tarp or rain fly.

Taut-Line Hitch – is tied on a line that is tight or taut. Used to tighten or loosen a tent guyline, clothes line or dining fly. Used on the stake end.

Timber hitch – used for starting diagonal lashings and for dragging a pole.

Clove hitch – begins and ends square, shear, tripod and round lashings.

Bowline – called the rescue knot. It is among the most useful because it forms a loop that will not slip and it is easy to untie.

Sheet bend – used to tie two ropes of the same or different size together.

HIKING:

Always know where you are going

Let someone else know where you are going and when you will return

Buddy system – never go off alone

Hiking on roads – Stay in single file on left side facing the traffic.

Hiking on trails – Do not leave the trail.

If you get lost – STOP (stay calm, think, observe, plan)

If you have no idea where you are...stay put!

Universal distress call is any signal repeated 3 times

HEIMLICH MANEUVER:

The signs of choking – face turns red and is unable to breath, cough or speak

Standing behind the victim, put your arms around his waist and clasp your hands together with the knuckle of one hand just under the rib cage.

Thrust your clasped hands inward and upward with enough force to clear the obstruction. Repeat as needed or until help arrives.

FIRST AID:

Simple cuts and scratches – wash with soap & water, apply antiseptic, keep clean by applying bandage.

Object in the eye – Pull the upper lid down over the lower lid. If the object is under the lower eye lid, pull out on the lower lid.

Blisters – Apply mole skin and/or gel pad

Minor burns – Hold under cold water or apply cool, wet compress.

Serious burns (2nd degree) – If blister forms, do not puncture. Treat as above and apply sterile gauze pad.

Insect bites – Remove stinger with edge of a knife blade. Do not squeeze it out.

Removing a fish hook – Push the hook through the skin. Cut off the barb then pull back through.

Poisonous snake bite – Send for help immediately. Remove jewelry that would restrict blood flow in the area swells. Position the bite area lower than the rest of the body. Have the victim stay calm. Treat for shock.

Shock – Send for help immediately. Get the person to lie down with feet elevated. Keep the person warm.

Nose bleed – Pinch the nostrils together and lean forward.

Frost bite – Get to shelter and warm the injured area. Use warm, not hot water.

FIRST AID HURRY CASES:

Stopped Breathing – Open the airway and perform rescue breathing. If the victim's chest does not rise and fall, check again for obstructions in the airway and do the Heimlich maneuver.

Severe Bleeding – 1) Put on latex gloves before touching the victim. 2) First try direct pressure using a clean cloth or bandage. Do not remove the direct pressure pad; instead, apply new ones over the old. 3) Raise the injured part above the heart. 4) If bleeding persists, press hard on one of the 4 pressure points (arm pit or groin). 5) When bleeding has stopped, hold the pad in place with medical tape. Don't wrap too tight.

Internal Poisoning – Take the poison containers to a telephone and call 911. Treat the victim for shock and monitor breathing.

Stopped Heartbeat – have someone who is trained in CPR perform cardiopulmonary resuscitation

The five most common signs of a heart attack:

1. Uncomfortable pressure/squeezing in center of chest
2. Unusual sweating
3. Nausea
4. Shortness of breath
5. A feeling of weakness

SAFE SWIM DEFENSE: (PDQBALLS)

1. Physical fitness
2. Discipline
3. Qualified supervision
4. Buddy system
5. Ability groups
6. Life guards
7. Lookout
8. Safe area

BSA SAFETY AFLOAT:

Basically adds to Safe Swim:

- PFD's
- Skill level
- Planning
- equipment

WATER RESCUES:

1. Reach
2. Throw
3. Row
4. Go (last resort)

MAPS:

Directions – North is almost always towards the top of the map. *True North* points to the North Pole. Compasses always points to *Magnetic North*.

Distances – bar scales measures feet, meters and miles

Symbols – explain symbols on the map

Colors – Green means heavy vegetation, white means open areas, blue means water, black is anything man-made and brown is used for contour lines.

Orienting a Map – 2 methods: with a compass or by sighting land features.

FINDING DIRECTIONS WITHOUT A COMPASS:

Daytime:

1. Watch method
2. Shadow stick method (works for sun and moon)

Night-time:

1. North Star method – off the bowl of the Big Dipper
2. Constellation method – using the stars

Measuring heights:

- Stick method: Have a friend stand by an object. Hold a stick at arm's length. Put thumb at base of tree. You know your friend's height. See how many fit.
- Felling method: Hold stick at arms length. Measure. Rotate 90 degrees then measure distance on ground.

Measuring widths:

- Salute method: Bottom of salute hand lines up with opposite bank. Then turn 90 degrees. Measure distance.
- Stick method: Locate object on opposite bank. Put a stick in the ground at (B). Take any number of paces (20). Put stick in ground at point (C). Go same number of paces. Put stick in ground (D). Go 90 degrees from (D) until object on other bank is opposite stick (C).
- Compass method: Locate object on opposite bank. Take compass reading and 45 degrees to your reading. Walk along bank keeping direction arrow pointed at object. When needle and Red Fred's Bed line up, stop and measure distance to first mark.

SELECTING A CAMPSITE:

Permission – Always get permission if private land. If public land, make sure camping is allowed.

Environmental Impact – Use established campsites if possible and existing fire rings if available.

Safety – Don't pitch a tent under trees with dead branches, low spots that can flood or areas that are likely targets of lightning.

Terrain – Gentle slope for drainage. Area facing south and east will be drier.

KNIFE OR AX CARE & HANDLING:

Keep sharp at all times

Carry ax by holding near the head

Use only in safe area

BUILDING A FIRE:

Selecting a sight – minimize environmental impact. Use existing fire rings if available.

Safety – Rake away dry leaves, pine straw, etc. Keep water nearby. Never leave a fire unattended.

Build fire on a mound. Do not dig a pit (harms soil layer)

Components of a fire – tinder, kindling and fuel wood

Types of construction – tepee, log cabin, lean-to