

STAR-LIFE-EAGLE 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, Order of the Arrow

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 guy-line, 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.

FIRST AID:

What should first aid do?

- Stop life threatening dangers.
- Protect an injured or sick person from further harm.
- Get proper medical help for the victim.

Treat accident victims by performing these steps in this order:

1. Approach with care. Is the scene safe?
2. Treat hurry cases (conditions that threaten a person's life). As you begin, send **two** people for help.
 - a. Stopped breathing
 - b. No heartbeat
 - c. Severe bleeding
 - d. Internal poisoning
3. **Treat every accident victim for shock.**
4. Examine every victim for other injuries that may require first aid
5. Plan what to do next. If help is coming, keep the victim comfortable.

Watch for changes in condition and treat accordingly. Remain calm. Your confidence will help others lose their fear. Be positive.

When sending a note with messengers, be sure to include:

- The location of the victim
- Description of the injury
- What time the injury occurred
- Any treatment the victim has received
- Number of people with the victim and their skill level
- What special assistance and/or equipment may be needed

Whenever you come upon an injured person, make a quick assessment of his condition. Should only take about 15-20 seconds.

- Is he breathing? (pat on the shoulder and ask if he's OK) Place your ear near his mouth and nose. Watch for chest rising and falling.
- Is his heart beating? Feel for pulse in the neck artery.
- Is there severe bleeding? Open outer clothing and check for injuries.
- Is there evidence of poisoning?

TREATING THE HURRY CASES:

STOPPED BREATHING:

1. Open the airway. Clear tongue from airway (press forehead and lift chin to tilt head back). *If you suspect a neck injury, keep head still and thrust jaw forward.* Look for obstructions (food, gum, etc) and perform mouth sweep with your index finger. Protect airway. (If he begins to vomit, turn head to one side).
2. If the airway seems to be open and the victim is still not breathing, begin rescue breathing:
 - a. Use mouth barrier if available
 - b. Pinch nostrils (if a child, cover nose and mouth with your mouth)
 - c. Watch to see if chest rises. If no air is getting in the lungs, perform the Heimlich maneuver (see below)
 - d. Repeat every 5 seconds if over 9 yrs and every 3 seconds if under 9 yrs
 - e. Continue until medical help arrives or until you are unable to continue.

HEIMLICH MANEUVER:

Ask “are you choking?”. If the victim nods yes and he cannot speak, cough or breathe, perform the Heimlich maneuver.

If the victim is sitting or standing, stand behind the victim, put your arms around his waist and clasp your hands together with the knuckle of one thumb just above the navel but below the rib cage.

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

Can be done on the floor if the person is large or unconscious:

Lay the victim on his back and straddle thighs
Put heel of one hand above navel, below rib cage
Press inward and upwards with quick thrusts
Mouth sweep/rescue breathing

Universal choking sign: clutching your throat with hands

Can perform maneuver on yourself using a chair

NO HEARTBEAT:

Five common warning 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

If someone shows these symptoms, get medical attention immediately.

Be prepared to give CPR if heartbeat and breathing stops.

SEVERE BLEEDING:

Treat all blood as if were contaminated with blood-borne viruses. Do not use bare hands to stop bleeding.

1. Direct pressure.
2. Raise injury above the level of the victim's heart.
3. Use arterial pressure points if direct pressure is not helping much – or if direct pressure will cause further injury (compound fracture).
4. Do not remove soaked bandages. Place new over old.
5. Hold in place with cravat bandage (not too tight).
6. Wash hands with antiseptic soap.

INTERNAL POISONING:

1. Call 911 or poison control center (800-764-7661)
2. Treat for shock. Do not give anything by mouth unless told to do so.
3. Save any vomit (bowl, pot, plastic bag). Will help identify poison.

HEATSTROKE (VERY BAD):

Heatstroke happens when a person's cooling system is so over-worked it stops functioning.

- very hot skin
- red skin (damp or dry)
- rapid, quick pulse or noisy breathing
- confusion, irritability (unwilling to accept treatment)

- unconsciousness

Treatment:

- move to a cool, shady spot
- cool anyway you can – sponge, towel (avoid chilling)
- keep victim lying down, head slightly raised
- monitor victim and get medical help right away

HEAT EXHAUSTION:

Occurs when the body's cooling system over-worked

- Pale, clammy skin
- nausea and fatigue
- dizziness and fainting
- headaches, muscle cramps & weakness

Treatment:

- have victim lie in a cool, shady place with feet raised
- cool victim with wet cloths
- let him sip water with a pinch of salt
- recovery should be rapid

“If the face is pale, raise the tail. If the head is red, raise the head.”

HYPOTHERMIA:

When the body is losing more heat than it can generate.

- feeling cold and numb
- fatigue and anxiety
- uncontrollable shivering
- confusion, bad decisions
- stumbling

Treatment:

- take victim into a shelter and into warm dry cloths
- zip him into a warm dry sleeping bag
- if victim is alert, offer him warm liquids
- place warm water bottles in armpits and groin
- seek medical help

BURNS:

First Degree Burns:

Skin is tender and red. Treat with cold water, wet compress

Second Degree Burns:

Blisters. Treat with cool water, let dry, cover with sterile gauze to protect blisters. Do not break blisters (creates open wound). Do not apply any ointments or creams.

Third Degree Burns:

Skin is burned away and/or charred. May feel no pain due to nerve damage. Do not remove clothing. Wrap a clean sheet around victim. Treat for shock.

SHOCK:

When a person is injured or under great stress, his circulatory system might not provide enough blood to all parts of the body.

Symptoms:

- a feeling of weakness
- confusion, fear, dizziness
- skin is moist, clammy, cool and pale
- rapid, weak pulse
- shallow, rapid, irregular breathing
- nausea
- extreme thirst

Treatment:

- Eliminate cause (restore breathing, heartbeat, control, bleeding).
- Make sure to keep airway open.
- Lie down. Raise feet 10 to 12 inches to help move blood to vital organs.
- Cover victim with blankets, coats, sleeping bags.
- Call for help or send 2 people for help.

SIMPLE FIRST AID:

Fainting: occurs when the brain does not receive enough oxygen

- keep victim lying down
- if you are feeling faint, sit with head between knees or lie down with feet raised.

Puncture Wounds: allows germs into a wound that's hard to clean

- encourage wound to bleed, wash with soap & water, bandage.
- if object is large or through, do not remove

Nose Bleed: have victim sit up and lean forward, pinch nostrils.

- keep blood out of airway

Snake Bites:

Non-Poisonous: treat same as puncture wound (soap & water, bandage)

Poisonous: you must avoid being bitten yourself. (Safe area)

- send for medical help immediately
- remove rings, watches & jewelry
- have victim stay calm & lie down with bite lower than heart
- treat for shock
- if available within 3 minutes use Sawyer Extractor
- do not use ice. May cause skin damage

Spider Bites:

Treat for shock. Send for medical help as soon as possible.

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

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.

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

SAFE SWIM DEFENSE (PDQBALLS):

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

The two most important are Qualified Supervision and Discipline.

WATER RESCUES:

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

Never attempt a swimming rescue when assistance can be given by a safer and easier method.

Lie down and reach method, paddle, cushion, surfboard, cooler.

BSA SAETY AFLOAT:

Basically adds to Safe Swim:

- PFD's
 - skill
 - planning
 - equipment
1. Qualified supervision
 2. Physical fitness
 3. Swimming ability
 4. Personal floatation device
 5. Buddy system
 6. Skill proficiency
 7. Planning
 8. Equipment
 9. Discipline

MAPS AND COMPASS:

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.

Leap-frog method – to stay on a correct course. To go in the opposite direction, add or subtract 180 degrees.

One contour line – means all the same elevation

Contour interval – distance of elevation between contour lines

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.

Pace – one pace is each time the right foot hits the ground

Finding direction:

North Star method: off the big dipper bowl, look for the North Star (Polaris).

Constellation method: using the stars

Using the sun:

1. watch method
2. shadow stick method (works for sun and moon)

BACKPACKING PACKING LIST:

Sleeping bag
Tent
Therma-Rest
Insulated underwear
Fleece jacket
Handwarmers
Gloves/toboggan/hat (orange)
Two pairs socks
Rain gear
Toilet paper
Trash bags
Two-way radio (troop)
Water pump (troop)
Cup
Small pot
Plastic spoon
Two Nalgene bottles
Peanuts/crackers/trail mix
Lipton soup mix/boil in the bag rice/canned chicken/Raman
Hot chocolate/drink mix
Pop Tarts/bagels/nutria-grain bars
Stove (patrol)

Ounces make pounds and pounds make PAIN.

If the weather is good, think about using just the rain fly, ground cloth and tent poles. This will save having to unpack, setup and re-pack your entire tent.

HIKING:

- Always know where do 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.
- Universal distress call is any signal repeated 3 times.
- The most important part of hiking is doing it safely.
- A smart hiker knows when to turn back on a dangerous route.
- Hike at a pace that is best for the slowest member of the group.
- Scout Outdoor Essentials are what you carry
- No Trace methods
- Planning – the Five W's:
 1. **where** are you going
 2. **when** will you return
 3. **who** is going with you
 4. **why** are you going
 5. **what** are you taking (Scout Outdoor Essentials)

Scout Outdoor Essentials:

1. pocket knife
2. first aid kit
3. extra clothing
4. rain gear
5. water bottle
6. flashlight
7. trail food
8. matches or lighter
9. sun protection
10. map, compass and whistle

If you get lost....**STOP**

- Stay calm
- Think
- Observe
- Plan

CAMPING:

Plan ahead – using the five W's (where, when, who, why, what)

1. where are you going
2. when will you return
3. who is going with you
4. why are you going
5. what are you going to do

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.
- Size – large enough for patrols? Use 200-ft rules.
- Water – several gallons per Scout – 200-ft rule
- Terrain – Gentle slope for drainage. Area facing south and east will be drier.
- Privacy – respect the privacy of others
- Remember the Outdoor Code and No Trace Camping
- Set up dining fly first – if it starts to rain, you have a place for shelter and gear.
- Set up tents in patrols in a semi-circle layout.
- Avoid camping in meadows – woods provide shelter from sun and wind
- Campfires & stoves – use existing fire rings at least 30 feet from tents

CAT HOLES AND LATRINES:

Find a private spot at least 200 feet from water, campsites and trails. Organisms in the soil's top layer will break down waste. Mark each with a stick.

Cat holes – dig a hole 6 to 8 inches deep.

Latrines – 6 to 8 inches deep, 1 foot wide and 3 or 4 feet long

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. At least 30 feet from tents.

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

THE GOALS OF SCOUTING: (found on the back cover of Scout Handbook)

1. Character
2. Citizenship
3. Fitness