

Boy Scout Troop 325

Trail to First Class

Weekly Training Outline for New Scout Patrols

Training Method: training should be within the patrol as much as possible. Let the troop guide (older Scout assigned to the New Scout Patrol) lead the discussions and do as much of the instructing as possible. The patrol leader should lead when it comes to running elections, getting the patrol into formation, leading yells, and so on, with the troop guide acting as his advisor or coach.

The assistant scoutmaster for the New Scout Patrol should primarily be an advisor to the troop guide. He also makes sure the appropriate materials are available for patrol use. Generally, the assistant scoutmaster should meet with the troop guide immediately after each meeting, or just before the upcoming meeting to review how the most recent session went, what worked well, what could have been improved on, and then to review what the Scouts will be doing in their next meeting.

Training methods used include “discussion”, “demonstration”, and “hands-on”.

Discussion: generally, Scout-age boys are not interested in lectures and discussion, but if someone closer to their own age who they look up to is leading them, and if he leads them primarily by asking them questions, and if discussions never go more than about 20 minutes without a 20 minute activity following, then discussions can be effective.

Demonstration: this can be done at the troop level or at the patrol level. Generally, demonstrations should not take more than five minutes. Demonstrations should be accompanied by *Hands-on* whenever possible. Scouts would rather be doing than watching. Hand out materials to the Scouts at the beginning of the demonstration so they can be attempting the skill while you demonstrate. Whenever possible, refer them to the correct page in the Boy Scout Handbook or have a individual instruction sheets for them to refer to while you are demonstrating.

Hands-on: Scouts would rather be doing! They can practice new skills either by attempting the skill while they are watching a demonstration, and/or they can be working individually from individual instruction sheets. The best size group for Scouts to work in is patrol size: three to eight Scouts working under the guidance of their troop guide with the assistant scoutmaster stepping in only as necessary.

Week:

- 1) **Boy Scout Joining Requirements** (Boy Scout Handbook, page 4, discussion led by Scoutmaster, 45 minutes.)

- 2) **Review Troop 325's Family Handbook, *An Introduction*** (discussion led by Assistant Scoutmaster, 20 minutes. *Materials: one An Introduction for each Scout.*)

- 3) **Review the Boy Scout Handbook table of contents and “Scouting Uniform”** (Boy Scout Handbook, pages 12-13, discussion and practice uniform inspection if the new Scouts have uniforms, 20 minutes. *Materials: uniform inspection sheets for each Scout.*)
- 4) **Review “The Ranks of Scouting”** (Boy Scout Handbook, page 14, discussion, with emphasis on “First Class, First Year” as an ideal, but emphasizing that there is no rule and that some Scouts complete it in three months, others have taken two years or longer, 20 minutes.)
- 5) **Review “Your Patrol and Troop”** (Boy Scout Handbook, pages 16-22, discussion, 20 minutes)
- 6) **Form the Patrol** (Patrol elections, newly elected patrol leader leads patrol in selecting a Patrol Name, and to develop a Patrol Flag and Yell, hands-on, 45 minutes. *Materials: patrol flag staff, material for flag, pencils, paper to design with, different color marking pens – finish working on flag at subsequent meetings*)
- 7) **Earning the National Honor Patrol Award** (Boy Scout Handbook, page 23-29, discussion, 20 minutes); *be sure to point out that the Scout rappelling off of the rock outcrop on page 29 of the Boy Scout Handbook was a member of our own Troop and Crew 325. Venture Crew 325 (at that time Explorer Post 325) was one of about twenty units selected from around the country to be photographed in 1997 for the new publications and the new Venturing Program being introduced in 1998). Members of Troop and Crew 325 appeared in about half a dozen publications, including the poster and pamphlet introducing the new Venture Program, the new Venturing Handbook, and the Youth Protection Video cover. This picture is of Eagle Scout Greg Benson rappelling off of Goat Rock in Castle Rock State Park just off Skyline Blvd. above Saratoga.*)
- 8) **Camping Know-How, Part I** (Tenderfoot Requirements 1, 2, Boy Scout Handbook, pages 30-32, pages 200 – 210 & 216 – 242; focus on hiking shoes and foot care, what to wear, what to pack, discussion with props; emphasize ***the Scout outdoor essentials***, page 207, 45 minutes. *Materials: sock liners, hiking socks, light weight hiking boots, heavy duty hiking boots, Scout canteen, water bottle, Scout mess kit, plastic bowl, utensils, Scout poncho, rain suit, emphasize the practicality of the Scout uniform, duffel bag, beginner back pack.*)
- 9) **Knots & Lashings, Part I** (Tenderfoot Requirements 4a, whipping and fusing rope, Boy Scout Handbook, pages 34 & 35, demonstration and hands-on, 45 minutes. *Materials: one 10’ length of 3/8” or 1/2” sisal rope for each Scout, two one foot long pieces of string for each Scout, one 3’ long 1/4 ” nylon cord for each Scout, candle, matches and gloves or rag for fusing nylon rope.*)

- 10) **Knots & Lashings, Part II** (Tenderfoot Requirements, 4b, tie two half hitches and the taut-line hitch, Boy Scout Handbook, pages 35 –37, demonstration and hands-on, 45 minutes. *Materials: one stave and two 10' lengths of sisal rope - ends whipped - for each pair of Scouts.*)
- 11) **Hiking** (Tenderfoot 5, explain the rules of safe hiking, Boy Scout Handbook, pages 38-41, discussion, 20 minutes. *Materials: hiking sticks.*)
- 12) **Citizenship, Part I** (Tenderfoot Requirement 6, demonstrate how to display, raise, lower, and fold the American flag, Boy Scout Handbook, pages 42 - 44, demonstration and hands-on, 45 minutes. *Materials: one American flag for each pair of Scouts.*)
- 13) **Scout Spirit, Part II** (Tenderfoot Requirement 7, repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan, Boy Scout Handbook, pages 45 – 55, discussion, 20 minutes.)
- 14) **Scout Spirit, Part III** (Tenderfoot Requirement 8, know your patrol name, give the patrol yell, and describe your patrol flag, Boy Scout Handbook, page 56, discussion, 20 minutes.)
- 15) **Buddy System** (Tenderfoot Requirement 9, explain why we use the buddy system in Scouting, Boy Scout Handbook, page 57, discussion, 20 minutes.)
- 16) **Physical Fitness, Part I** (Tenderfoot Requirement 10a, record your best in push-ups, pull-ups, sit-ups, standing long jump, ¼ mile run/walk, Boy Scout Handbook, page 57, hands-on, 45 minutes. *Materials: one 100' tape measure, chalk.*)
- 17) **Physical Fitness, Part II** (Tenderfoot Requirement 10b, practice for 30 days, then record your best in push-ups, pull-ups, sit-ups, standing long jump, ¼ mile run/walk again, and show improvement over the 30 day period, Boy Scout Handbook, page 58, hands-on, 45 minutes. *Materials: one 100' tape measure, chalk.*)
- 18) **Nature, Part I** (Tenderfoot Requirement 11, identify local poisonous plants; tell how to treat for exposure to them, Boy Scout Handbook, page 59, discussion, 20 minutes.)
- 19) **First Aid, Part I** (Tenderfoot Requirement 12a, demonstrate the Heimlich maneuver and tell when it is used, Boy Scout Handbook, pages 296-97, discussion, demonstration, hands-on, 45 minutes.)
- 20) **First Aid, Part II** (Tenderfoot Requirement 12b, show and give first aid for the following: simple cuts and scratches, page 304, blisters on the hand and

foot, page 308, minor burns or scalds, page 306, bites or stings, page 310, poisonous snakebite, page 313, nosebleed, page 306, frostbite and sunburn, page 324, 306-7, discussion, demonstration, and hands-on, 45 minutes. *Materials: antiseptic cleaning pads, bandages, one 2" x 2" sterile, gauze compress for each Scout, several rolls of 1" roller tape, several pads of Mole Skin, tick tweezers.*)

- 21) **Scoutmaster Conference and Boards of Review** (Tenderfoot Requirements 13 & 14, review the purpose of the Scoutmaster Conference and the Board of Review, pages 60 & 61, discussion, 20 minutes.)
- 22) **Orienteering, Part I** (Second Class Requirements 1a & 1b, demonstrate how a compass works and how to orient a map, Boy Scout Handbook, pages 66 – 72, demonstration and hands-on, 45 minutes. *Materials: one compass and one map of local area for every two Scouts.*)
- 23) **Orienteering, Part II** (Second Class Requirements 1a, continued and 1b, explain what map symbols mean. Using a compass and map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian, Boy Scout Handbook, pages 67 – 74, demonstration and hands-on, 45 minutes. Demonstrate on an outing. *Materials: one compass and map of local area for every two Scouts.*)
- 24) **Troop/Patrol Activities Record, Part I** (Second Class Requirements 2a, since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight, Boy Scout Handbook, page 75, discussion, 20 minutes.)
- 25) **Camping Know-How, Part II** (Second Class Requirement 2b, on one of these outings, select your patrol site and sleep in a tent that you pitched, Boy Scout Handbook, pages 76, 234-245, discussion, 20 minutes. Demonstrate on an outing.)
- 26) **Knife, Axe, & Saw, Part I** (Second Class Requirement 2c, earn your Totin' Chip, and on one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used, Boy Scout Handbook, pages 77 – 87, discussion, demonstration, hands-on, 45 minutes. *Materials: knife, ax and saw for every three Scouts, wire brush, shop cloths or rags, preservative oil, triangular file, bastard file, whet stone, and Q-tips.)*
- 27) **Knife, Ax, & Saw, Part II** (Second Class Requirement 2d, use the tools described in 2c to prepare tinder, kindling, and fuel for a cooking fire, Boy Scout Handbook, pages 233, 249 – 252, discussion, 20 minutes. *Materials: knife, ax, and saw for every three Scouts, wire brush, shop cloths or rags, preservative oil, triangular file, bastard file, whet stone, and Q-tip, plus wood. Demonstrate on an outing.*)

- 28) **Firemanship, Part I** (Second Class Requirement 2e, discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both, Boy Scout Handbook, pages 233, 248 – 255, discussion, demonstration, hands-on, 45 minutes.)
- 29) **Firemanship, Part II** (Second Class Requirement 2f, demonstrate how to light a fire and a lightweight stove, Boy Scout Handbook, pages 233, 248 – 255, discussion, demonstration, hands-on, 45 minutes. *Materials: two light weight stoves, one white gas, one propane/butane mix fuel stove, fuel, and matches.*)
- 30) **Cooking, Part I** (Second Class Requirement 2g, on one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the four basic food groups. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected, Boy Scout Handbook, pages 255 – 283, discussion, 20 minutes. Demonstrate on an outing.)
- 31) **Citizenship, Part II** (Second Class Requirement 3, participate in flag ceremony for your school, religious institution, chartered organization, community, or troop activity, Boy Scout Handbook, pages 44 & 87, discussion, hands-on practice, 45 minutes. Demonstrate at the ceremony itself.)
- 32) **Citizenship, Part III** (Second Class Requirement 4, participate in an approved (minimum of one hour or longer) service project, Boy Scout Handbook, page 88, discussion, 20 minutes. Carry out project outside of troop meeting.)
- 33) **Nature, Part I** (Second Class Requirement 5, identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community, Boy Scout Handbook, pages 89 – 96, discussion, 20 minutes. Identify animals on an outing.)
- 34) **First Aid, Part III** (Second Class Requirement 6a, show what to do for “hurry” cases of stopped breathing, serious bleeding, and internal poisoning, Boy Scout Handbook, pages 97, 293 – 302, discussion, demonstration, hands-on, 45 minutes. *Materials: one 2' x 2" sterile gauze pad, one 1" roll of tape, one pair latex gloves, one triangular bandage per Scout.*)
- 35) **First Aid, Part IV** (Second Class Requirement 6b, prepare a personal first aid kit to take with you on a hike, Boy Scout Handbook, pages 97 & 289, discussion, 20 minutes.)

- 36) **First Aid, Part V** (Second Class Requirement 6c, demonstrate first aid for the following: object in the eye, page 314, bite of a suspected rabid animal, page 312, puncture wounds from a splinter, nail, and fishhook, page 305, serious burns, page 306, heat exhaustion, page 319, shock, page 303, heatstroke, dehydration, hypothermia, and hyperventilation, pages 320, 321, 323, 314, discussion, demonstration, hands-on, 45 minutes. *Materials: one 2" x 2" sterile pad, one roll 1" tape, one triangular bandage per Scout, one emergency blanket per pair of Scouts.*)
- 37) **Swimming, Part I** (Second Class Requirement 7a, tell what precautions must be taken for a safe swim, Boy Scout Handbook, pages 98 – 99, discussion, 20 minutes.)
- 38) **Swimming, Part II** (Second Class Requirement 7b, demonstrate your ability to jump feet first into water over your head in depth, level of and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place, Boy Scout Handbook, pages 100 – 104, discussion, demonstration, hands-on, 45 minutes.)
- 39) **Swimming, Part III** (Second Class Requirement 7c, demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim, Boy Scout Handbook, pages 104 – 107, discussion, demonstration, hands-on, 45 minutes. *Materials: two throw lines, two reach poles.*)
- 40) **Physical Fitness, Part III** (Second Class Requirement 8, participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco and other practices that could be harmful to your health. Discuss your participation in the program with your family, Boy Scout Handbook, page 108, discussion, demonstration, hands-on, 45 minutes.)
- 41) **Scout Spirit, Part IV** (Second Class Requirement 9, demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life, Boy Scout Handbook, pages 108 – 109, discussion, 20 minutes.)
- 42) **Orienteering, Part III** (First Class Requirement 1, demonstrate how to find directions during the day and at night without using a compass, Boy Scout Handbook, pages 114 – 117, discussion, demonstration, hands-on, 45 minutes.)
- 43) **Orienteering, Part IV** (First Class Requirement 2, using a compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.), Boy Scout Handbook, pages 118 – 125, discussion, demonstration, hands-on, 45

minutes. *Materials: one compass, one local map, one 3" x 5" card and one pencil for every two Scouts.*)

- 44) **Troop/Patrol Activities, Part II** (First Class Requirement 3, since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings) three of which included camping overnight, Boy Scout Handbook, pages 126 – 127, discussion, 20 minutes.)
- 45) **Cooking, Part II** (First Class Requirement 4a, help plan a patrol menu for one campout – including one breakfast, lunch, and dinner – that requires cooking. Tell how the menu includes the four basic food groups and meets nutritional needs, Boy Scout Handbook, pages 257 – 283, discussion, demonstration, hands-on, 45 minutes. *Materials: one menu form for each patrol.*)
- 46) **Cooking, Part III** (First Class Requirement 4b, using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients, Boy Scout Handbook, pages 257 – 283, discussion, hands-on, 90 minutes. *Materials: completed menus, two or three sheets of paper, one pencil or pen per patrol.*)
- 47) **Cooking, Part IV** (First Class Requirement 4c, tell which pans, utensils, and other gear will be needed to cook and serve these meals, Boy Scout Handbook, pages 257 – 283, discussion, 20 minutes.)
- 48) **Cooking, Part V** (First Class Requirement 4d, explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish, Boy Scout Handbook, pages 257 – 283, discussion, 20 minutes.)
- 49) **Cooking, Part VI** (First Class Requirement 4e, on one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup, Boy Scout Handbook, pages 257 – 283, discussion, 20 minutes. Demonstrate on outing. *Materials: one complete patrol box per patrol with cooking pots set, utensils set, two-burner stove, fuel, wash pan, soap, sponge, matches, cutting board, water tote, food, menus.*)
- 50) **Citizenship, Part IV** (First Class Requirement 5, visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) your Constitutional rights and obligations as a U.S. citizen, Boy Scout Handbook, page 130, discussion, 45 minutes.)

- 51) **Nature, Part II** (First Class Requirement 6, identify or show evidence of at least ten kinds of native plants found in your community, Boy Scout Handbook, pages 131 – 136, discussion, 20 minutes. Demonstrate on outing.)
- 52) **Knots & Lashings, Part III** (First Class Requirement 7a, discuss when you should and should not use lashings, Boy Scout Handbook, pages 137 – 148, discussion, 20 minutes.)
- 53) **Knots & Lashings, Part IV** (First Class Requirement 7b, demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together, Boy Scout Handbook, pages 137 – 148, discussion, demonstration, hands-on, 45 minutes. *Materials: two staves and two 10' lengths of 1/4" sisal rope, whipped, per Scout.*)
- 54) **Knots & Lashings, Part V** (First Class Requirement 7c, use lashings to make a useful camp gadget, Boy Scout Handbook, pages 144 – 145, discussion, hands-on, 45 minutes. *Materials: six staves, six 10' lengths of 1/4" sisal rope with whipped ends per Scout.*)
- 55) **First Aid, Part VI** (First Class Requirement 8a, demonstrate tying the bowline knot and describe several ways it can be used, Boy Scout Handbook, pages 148 – 150, discussion, demonstration, hands-on, 45 minutes. *Materials: one 100' length of 1/4" sisal, nylon, or cotton rope with ends fused or whipped, for each pair of Scouts.*)
- 56) **First Aid, Part VII** (First Class Requirement 8b, demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone, Boy Scout Handbook, pages 316-17, discussion, demonstration, hands-on, 45 minutes. *Materials: one triangular bandage per Scout.*)
- 57) **First Aid, Part VIII** (First Class Requirement 8c, show how to transport by yourself, and with one other person, a person from a smoke-filled room, with a sprained ankle, for a at least 25 yards, Boy Scout Handbook, pages 326-28, discussion, demonstration, hands-on, 45 minutes. *Materials: two staves, one blanket, one pair of jeans, one long-sleeved shirt for each three Scouts.*)
- 58) **First Aid, Part IX** (First Class Requirement 8d, tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR), Boy Scout Handbook, pages 294-98, discussion, demonstration, hands-on, 45 minutes. *Materials: one rescue dummy, two alcohol wipes, for every two Scouts.*)
- 59) **Swimming, Part IV** (First Class Requirement 9a, tell what precautions must be taken for a safe trip afloat, Boy Scout Handbook, pages 152-3, discussion, 20 minutes.)

- 60) **Swimming, Part V** (First Class Requirement 9b, successfully complete the BSA swimmer test, Boy Scout Handbook, pages 154 – 159, discussion, demonstration, hands-on, 45 minutes.)
- 61) **Scout Spirit, Part V** (First Class Requirement 10, demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life, Scout Handbook, page 164, discussion, 20 minutes.)