First Class

Wearing the First Class badge shows that you have achieved the skills of a true Scout. Many more adventures await you.

Scoutcraft and Chivalry	**Page**
1. Discuss with a Scouter the behaviours and attitudes that make a good Scout, and how to set an example to younger Scouts, and demonstrate them consistently for a period of not less than 6 months.	
2. Understand the role of The Court of Honour, and contribute to its running for a period of 3 months.	
Exploration	
3. Use improvised equipment to estimate 3 distances and 3 heights not more than 30 metres. In each case, the estimate to be within ten per cent error above or below the actual distance or height.	
4. Be able to estimate distance walked by time, or pacing over distances up to and including 1 km, both on roads / tracks and open countryside.	
5. Be able to read and use Ordnance Survey maps. Explain spot heights, contours and trig points. Be able to use an OS 1:25,000 map to correctly locate a point described by a six figure grid reference.	
6. Understand and demonstrate the uses of a compass. Point out compass directions by day and night without the aid of a compass. Undertake a short compass journey by night.	
7. Understand how to prepare a route card and use it in conjunction with an OS map as an aid to navigation.	
8. Describe how different weather conditions may impact on the planning of a journey, and what actions may need to be taken if weather conditions change during a journey.	
9. Go on foot, with other Scouts on a 24 hour journey of at least 25 kilometres. In the course of the journey, cook your own meals (one of which must include meat (or substitute). This test is to be completed last. *The Scout is responsible for planning the journey. All aspects of the journey to be checked at least 28 days prior to the expedition taking place by a person holding a Safety on The Hills Certificate (examiner) issued by The B-PSA. A completed log of the journey will be submitted to the examiner within 28 days of the completion*	

of the journey. The log, along with the recommendations of the examiner to be passed to the Area Council, to enable the badge to be awarded.	
Camp Skills	
10. Have camped as a Scout, for a total of ten nights, which need not be consecutive.	
11. Demonstrate the following: Sheer-lashing, Back and Eye splice, Rolling hitch and a Handy billy.	
12. Tie the following knots and know their uses:- Figure of eight, Prussick.	
13. Use a suitable axe for felling or trimming light timber. Log up a piece of timber and demonstrate the theory of felling a tree. Use a bush saw, wedges or log splitter safely and correctly to prepare timber for burning. Demonstrate the use and care of this equipment.	
14. Know how to care for and maintain camping equipment. This should include storage and simple repairs. Assist the Group Quartermaster for a period of not less than 3 months.	
15. Know how to select, plan and set up a campsite for a Patrol, where possible acting as Patrol Leader during a Troop or Patrol camp.	
16. Plan a balanced menu for a Patrol for 24 hours, and prepare a budgeted shopping list.	
17. Be able to operate and maintain stoves and lamps, identify different fuels, and know the safety requirements.	
18. Cook a two course meal on a camping stove.	
19. Build and sleep out in a bivouac and cook a backwoods meal.	
Observation	
20. Read a series of simple tracks made in sandy or other suitable ground.	
Woodcraft	
21. Be able to recognise and name 8 common plants, 8 common birds and 8 native wild animals.	
22. Describe three endangered native plants, birds or animals in the UK, and what practical actions can be taken to assist in the survival of one of them.	
Health and Fitness	
23. Swim 50metres and know the water safety code and the use of the buddy system for swimming.	

24. Explain the principles of good nutrition and a balanced diet and how these should be modified in adventurous activities.	
Saving Life	
25. Know what to do in the following emergencies: fire, drowning, ice breaking and electric shock	
26. Know precautions necessary before undertaking adventurous activities. This must include exposure and mountain safety.	
27. Gain the Scout First Aid proficiency badge.	
Citizenship	
28. Have no less than two years experience as a Scout.	
29. Make regular contact with a Scout from a different Area or Country, and share Scouting experiences	
The First Class Badge is granted by the Area Council on the recommendation of the A.C. (in accordance with area policy)The Scout Master is responsible for seeing that the Scout is examined in all the tests other than the journey.	

1. **Discuss with a Scouter the behaviours and attitudes that make a good Scout, and how to set an example to younger Scouts, and demonstrate them consistently for a period of not less than 6 months.**

As you progress in Scouting, you will be asked to take on more responsibilities – one of those will be setting an example to younger Scouts in your Patrol and Troop. Don't worry – this isn't about being perfect "little angels" this is about the values that we call our Scout Law - take some time now to think about them again as a young teenager who can influence others.

1. A Scouts' honour is to be trusted
You are probably expecting and being given more personal freedom – how important is it for people to be able to trust you?

2. A Scout is loyal to The Queen, His Country, His Scouters, His Parents, His Employers and to those under Him
You may have to juggle lots of different demands on your life at the moment – how do you balance all of these?

3. A Scouts' duty is to be useful and help others
What happens when you become known as a person who helps others willingly? Try it regularly for some time and find out.

4. A Scout is a friend to all, and a brother to every other Scout, no matter to what Country, Class or Creed the other may belong
Not every Scout you meet can have the special place in your life – but think about what you can do to build a spirit of friendship. You may be starting to go on international camps now – how can Scout friendship make the world a better, safer place?

5. A Scout is courteous
A Scout should be polite to everyone, no matter how the other person treats you, or speaks to you.

6. A Scout is a friend to animals
Do you have a pet? Are you taking the responsibilities that deserves?

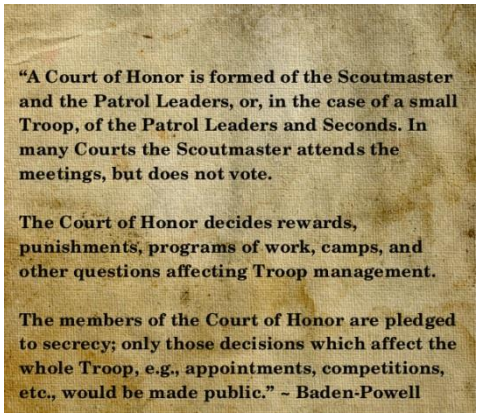
7. A Scout obeys orders of His parents, Patrol Leader, or Scout Master without question
How does this discipline fit with your need to think independently?

8. A Scout smiles and whistles under all difficulties.
See what happens when you tackle every day with a smile on your face – you'll find it's infectious.

9. A Scout is thrifty
In a world where we are wasting valuable resources how you can make a difference?

10. A Scout is clean in thought, word and deed.
As you grow up and take more of an interest in close personal relationships with others, think about how this respect can make those relationships better.

2. Understand the role of The Court of Honour, and contribute to its running for a period of 3 months.


"A Court of Honor is formed of the Scoutmaster and the Patrol Leaders, or, in the case of a small Troop, of the Patrol Leaders and Seconds. In many Courts the Scoutmaster attends the meetings, but does not vote.

The Court of Honor decides rewards, punishments, programs of work, camps, and other questions affecting Troop management.

The members of the Court of Honor are pledged to secrecy; only those decisions which affect the whole Troop, e.g., appointments, competitions, etc., would be made public." ~ Baden-Powell

The Baden-Powell Scout Association is a democracy at all levels, and in the Troop that is achieved through the Court of Honour. We have stayed true to B-P's vision that important decisions should be made by young people.

Normally the Court of Honour is a meeting of Patrol Leaders, and sometimes includes Patrol Seconds – adult Scouters are invited to attend to give support and guidance, and the benefit of their wisdom – but not vote or dictate what decisions are made.

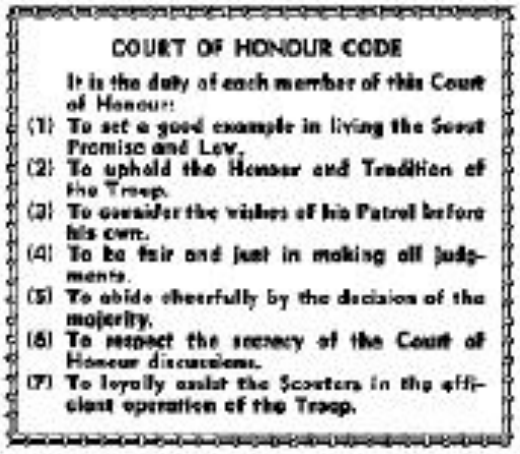
This is more than a committee meeting – **the Court is responsible for the honour of the Troop**. That means that they define the standards and take responsibility for establishing and maintaining the traditions of the Troop in private and in public.

This is one of the places where you can learn leadership and team working skills that will be valuable to you in later life when you go into the workplace.

But in practice what does the Court of Honour do:

- It provides a forum where PLs represent the views of their Patrol, and enthusiastically take back the democratic decisions of the Court and implement them – even if they have been out voted!
- It sets standards for the Troop, in smartness and discipline
- It gives a focus to the programme – but doesn't get involved in every detail of how the programme runs, that is up to adult Scouters working with Patrols
- It decides on who should be promoted to become new Patrol Leaders, and supports PLs in their decision making about who their Patrol Second should be
- It discusses how Troop discipline can be maintained, and what action may be needed to develop Scouting behaviours and attitudes
- It influences plans for camps, camp themes and locations
- It decides who represents the Troop in Area and National events

You may want to think of is as a Patrol of Patrol Leaders – this will transfer the spirit of friendship and collaboration that exists in every Patrol across to the whole Troop. Remember that whilst we have friendly rivalry between Patrols, we are all part of a wider brotherhood.


COURT OF HONOUR CODE

It is the duty of each member of this Court of Honour:

(1) To set a good example in living the Scout Promise and Law.
(2) To uphold the Honour and Tradition of the Troop.
(3) To consider the wishes of his Patrol before his own.
(4) To be fair and just in making all judgments.
(5) To abide cheerfully by the decision of the majority.
(6) To respect the secrecy of the Court of Honour discussions.
(7) To loyally assist the Scouters in the efficient operation of the Troop.

How often?

Well that is something for the Court of Honour to decide – but probably once a month during normal Troop programmes, and every evening just before lights out at camp is a good starting point.

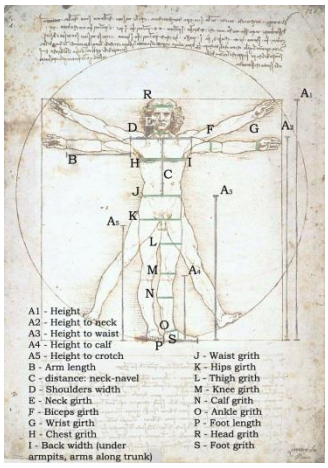
3. Use improvised equipment to estimate 3 distances and 3 heights not more than 30 metres. In each case, the estimate to be within ten per cent error above or below the actual distance or height.

Many Scouts (and Scouters) throw up their hands in horror about this test. Maybe that is because there is a bit of Maths involved, and maybe it's because they don't think about how they can use it in practice.

So let's think about it in terms of things you may need to estimate in your Scouting activities:-

- how much timber to cut for a pioneering project
- how wide a stream is and how big your rope bridge needs to be to cross it
- how tall the flag pole is and how long the halyard needs to be
- how big a clearing is and will my Patrol campsite fit in it
- how tall a copse of trees is, and how far away I need to put my camp so that it isn't permanently in shade
- how big a feature in the hills is, and how will that appear on a map (or is it too small to appear)

First it is useful to know some of your own measurements - then you are a walking ruler (Don't forget that as you grow you will need to re-check).

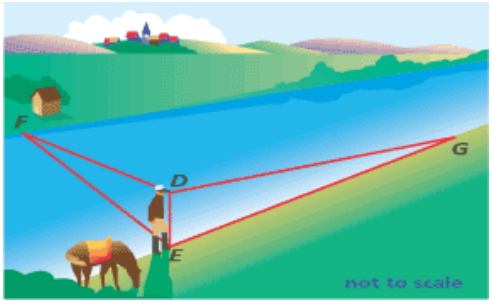


- Height, and rather more useful, your height to your eye-level
- Reach from finger-tip to finger-tip across your chest, this should be approximately the same as your height, another useful one is to check is where on your body starting from your finger tip a metre is.
- Elbow to wrist - a very handy measure, because you can put it in all kinds of positions.
- Knee to ground - the same is true here.
- Your feet with your shoes on! A bit silly if every time you want to measure something you have to take your shoe off.
- Stride or pace – More about this in the next test, but keep it as a natural stride and check how many paces on average you need to take to cover a measured distance of 50 metres.
- Span - from the tip of your thumb to the tip of your little finger.

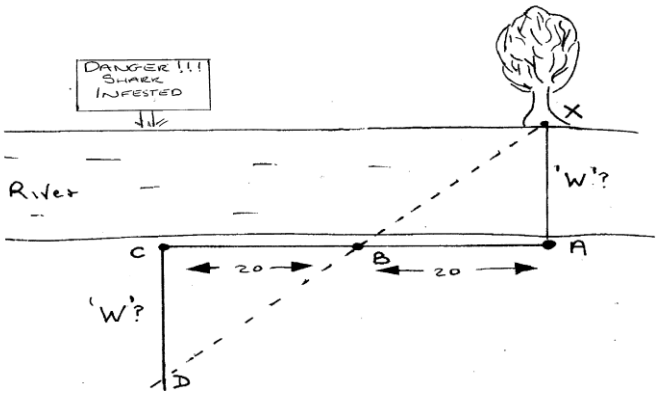
Estimation of distance and width

Practice getting used to the appearance of certain common lengths:- a football pitch, a tennis court, a swimming pool, or the width of your back garden.

A simple way to estimate the width of a river is to use the brim of your Scout hat, or the peak of a baseball cap. Stand at the river's edge and look across to the far side, and lower the brim of your hat until it touches the shore. Now turn and face dry land and note the corresponding point – you can now pace this to measure it.



The method described here will allow you to estimate the width of a river, bottomless pit or a lake of shark infested custard.



The first thing you need to do is pick an object (X) on the other side of the river, this needs to be quite a visible object which you can easily recognise - so large trees or rocks are better than clumps of grass or bushes.

You now need to stand at 90° (right angles) (A) to the object (X) and walk a 20 paces (a larger no. of paces is needed for wider rivers) in a straight line along the river bank. When you have gone 20 paces place a marker post (your Scout staff) vertically in the ground (B). Now walk another 20 paces along the river bank and stop (C).

Turn 90° inland (otherwise you'll get wet) walking away from the bank until you can see in a straight diagonal line from where you are standing (D) through your marker post (B) and on to your original object (X).

The distance CD will now be equal to AX (Maths geek note - something to do with identical triangles)

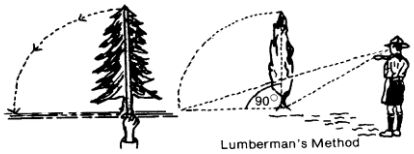
Estimating Height

Method 1 – The other Scout method

Say the object is a tree, and the other Scout stands at the bottom, with his back against the trunk. Now, as you know the height of the other Scout, you just have to walk a short distance away from the tree (just far enough to see the top), and measure off the times that he will go into the height. Multiply this by his height, and you have the height of the tree.

Method 2 - Lumberman's Method

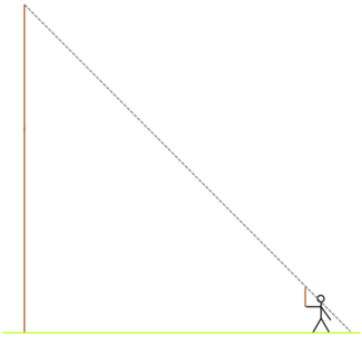
Take a pencil or short stick in your hand and hold out in front of you so that the tip of the pencil is level with the tip of the object you are measuring. Next you need to line your thumb up with the base of the object. Once you are sure the tip of the pencil and your thumb are in the right place turn the pencil so it is horizontal but with your thumb still on the base of the object. Now you will need a friend to walk from the base of the tree at 90° (a right angle) from you until he apparently reaches the tip of the pencil. You then need to mark this point and measure from it to the base of the object and this should give you a reasonably accurate height.



Method 3 - One in Ten

Take 99 paces. Set up your staff, take one more pace, put your eye at ground level, have your assistant, who is holding the staff, run his fingers down the pole until in line with the treetop. The height up the staff in centimetres is equal to the height of the tree in metres.

Method 4 - Old logger method.



Find a stick the length of your arm. Hold your arm out straight with the stick pointing straight up (90-degree angle to your outstretched arm). Walk backwards until you see the tip of the stick line up with the top of the tree. Your feet are now at approximately the same distance from the tree as it is high (provided the tree is significantly taller than you are, and the ground is relatively level).

4. Be able to estimate distance walked by time, or pacing over distances up to and including 1 km, both on roads / tracks and open countryside.

You are working towards your 1st Class Journey, and one of the most common reasons for Scouts getting lost on their journey is that they have difficulty in relating the distances that they have worked out carefully in their route planning to real distances on the ground. So how do you find that tricky hidden footpath that is 550 metres away from a known starting point?

Pacing

Firstly you need to find out how long your average pace is. So find somewhere where this has been helpfully measured out for you (athletics tracks are good), and walk normally over a 100 metre distance and count every other step (say right leg only – this means you count a smaller number and have less chance of forgetting what number you got up to).

This will normally be somewhere between 55 and 70.

Now to find that tricky footpath – let's say you took 60 double paces for 100 metres, then the footpath will be 60 x 5.5 = 330 double paces away.

Remember there are some issues with this method:

- It's a bit anti-social – you normally can't count and talk at the same time
- It varies on steep or uneven ground, and when you are carrying a pack but you will learn how to adjust
- It becomes a bit boring if you do it for your whole hike

Timing

From experience you will start to work out how far you and your friends walk in a given time. A good start point for a 1st Class journey carrying your kit is to work on 3 kms per hour – that means 1km takes 20 minutes, and 100 metres takes 2 minutes.

So our tricky footpath would be 5.5 x 2 = 11 minutes – so maybe walk for 9 minutes and then start paying special attention, just in case you walked a bit faster than you expected.

Again you will need to adjust for hills, difficult ground etc. a rough guide is to add a minute for every 10m contour line that you go up.

Visual estimation

At 50 metres a person's mouth and eyes can be clearly seen.

At 100 metres, a person's eyes appear like dots.

At 200 metres, all parts of the body can be seen.

At 300 metres, the face is indistinct.

At 400 metres, the movements of the legs can be made out

At 600 metres, the head is like a dot.

5. Be able to read and use Ordnance Survey maps. Explain spot heights, contours and trig points. Be able to use an OS 1:25,000 map to correctly locate a point described by a six figure grid reference.

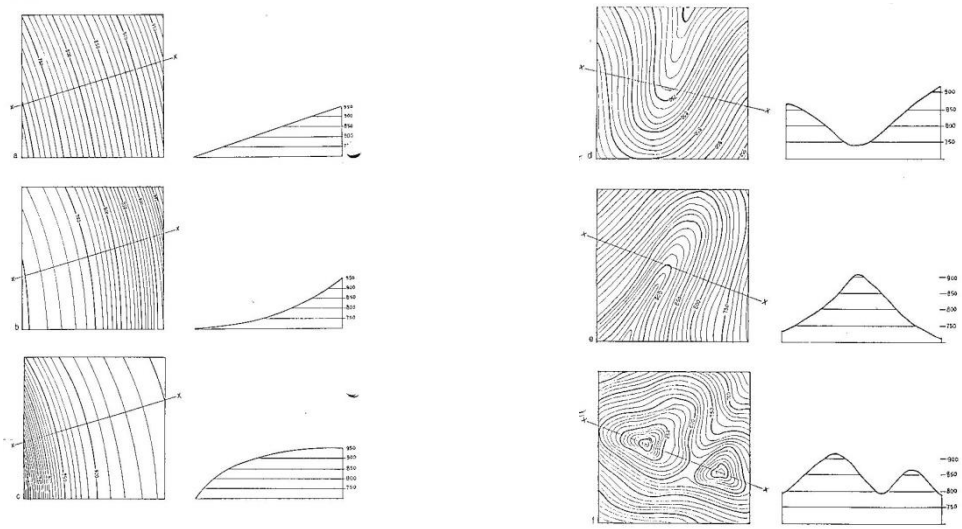
By this stage in your Scout life you should be getting pretty good at relating what you see on the ground to how it is depicted on a map, and interpreting what is shown on a map to what you expect to see in real life.

Ordnance Survey maps at a scale of 1:25,000 scale are perfect for walking in the UK. They show a level of detail which means that you can spot individual fields and their boundaries, and individual buildings. It's good practice to go out near your Scout House and really work out what you can see and how it is shown, and practice your pacing and timing. Also practice telling your walking partner what a short journey will look like, just by reading the map – and then go out and see how accurate your description was.

Contour Lines

Contour Lines are thin lines drawn on the map each line joining up points of equal heights above sea level. Against these lines, in the same colour, is written the height of the line above sea level. Suppose, for instance, that we looked at a line marked 100. This means that any point on this particular line is 100 metres above sea level. The next line might be marked 110, and any point on this line would be 110 metres above sea level.

The closer together the contour lines are, the steeper is the hill which they show; where they are far apart the slope shown is gradual. Remembering this it is possible to see at a glance where the steepest slopes are.



It is for these reasons that it is important to be able to recognise the two types of slope as they appear on the map.

Imagine yourself walking up a convex slope. It will start steeply from the bottom, and become more gradual at the top. Remembering that the contour lines are closest together where the hill is steepest, it follows that the contours at the base of the convex slope will be close together, while those at the top will be wider apart.

Now imagine yourself walking up a concave slope. It will start gradually, and become steepest as it reaches the top; therefore its contour lines will be wide apart at the bottom and close together at the top.

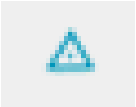
If you are in doubt as to whether a certain slope on the map is convex or concave, the first thing to do is to make up your mind which way the slope runs. This is done either by looking at the contour figures, or by noting the presence of features such as rivers and railways. Having done this, begin at the bottom of the slope, see how the contour lines are spaced, and apply the rules given above.

Spot Heights

These give the height above sea level at a given point. They are often inserted along roads on the brows of hills.

Trig. Points

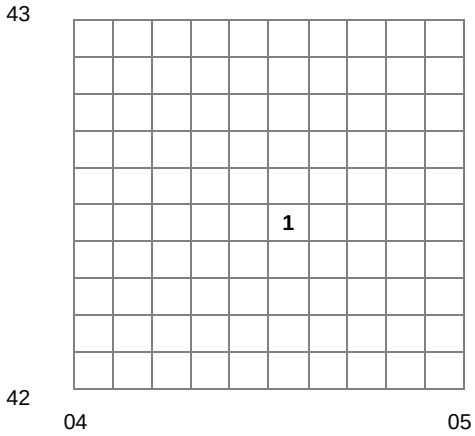
Triangulation point or pillars are marked by a blue triangle with a blue dot in the middle on Ordnance Survey maps. These are usually found on the tops of hills or ridges.



Grid References

A distinctive feature of British maps is the grid structure of blue lines superimposed over the whole country. These grid lines are the basis of a numerical system, which allows any point to be pinpointed and communicated. The grid reference is prefixed by the two letters that identify each 100km square.

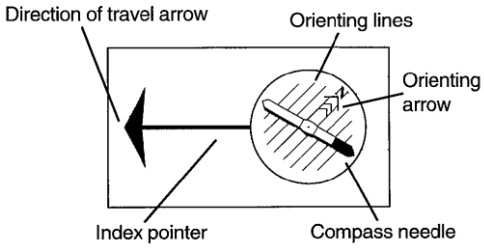
When giving Grid References the convention is to define the sideways location, Eastings, first followed by the vertical location, Northings. The numbers marked on the map describe the square diagonally to their right and upwards. So by reading the Easting and then the Northing you can give a four figure grid reference. However a four figure is far too vague for pinpointing an accurate location. For more accurate locations you need to use a six figure grid reference which narrows the area down to a 100m square. You can estimate a six figure grid ref. by eye or use the ruler on the side of your compass or a roamer. Having worked out the basic 4-figure grid reference, for example, square 04 42 below, imagine this square is further divided up into tenths. Using the example below, the number 1 is 045 424.

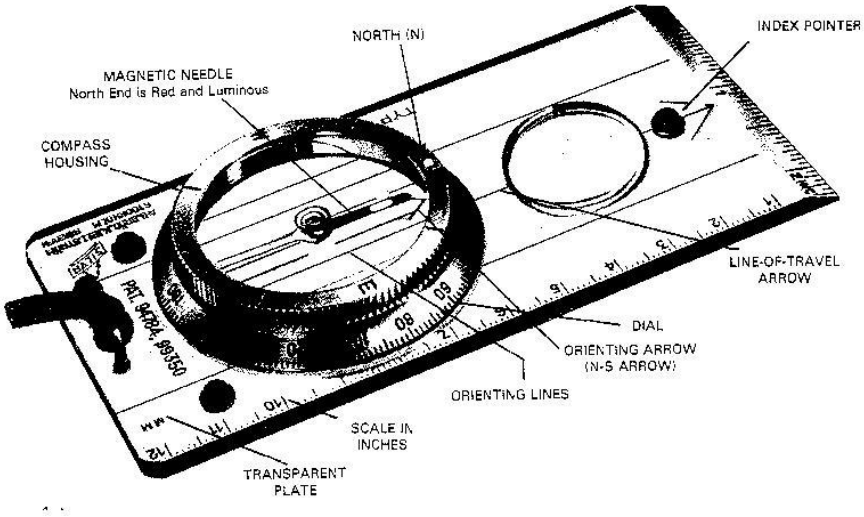


6. Understand and demonstrate the uses of a compass. Point out compass directions by day and night without the aid of a compass. Undertake a short compass journey by night.

Recommended compass type

In Scouting we recommend using a Silva type compass - this consists of a magnetised needle suspended in an alcohol filled housing. The liquid helps to 'dampen' movement of the needle enabling it to be read quickly. The compass housing has etched orienting lines and an orienting arrow, whilst the base plate (on which the housing is mounted) has the direction of travel arrow and map scales etched onto it.

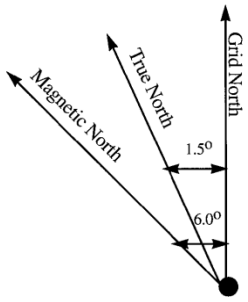




Why use a compass?

Apart from determining the direction of north, a compass enables you to work out a compass bearing. This is the angle measured in the number of degrees between 0 and 360 that tells you the direction from one place to another. We call the direction north '0' and therefore, it follows that east is 90 degrees, south-west is 225 degrees and so on. You should practice using a compass to:

- Take a bearing - determine the angle between north and the direction of an object
- Walk on a bearing - use a bearing to get to a destination without necessarily using a map.
- Set a map - use a compass to correctly align the map with what you see in real life



Three Norths

When working with a map and compass, there are three different 'Norths' to be considered:

- True North – the North Pole

- Grid North - The grid lines on Ordnance Survey maps divide Great Britain into one kilometre squares, east of an imaginary zero point in the Atlantic Ocean, west of Cornwall.
- Magnetic North - A compass needle points to the magnetic north pole. Unfortunately, it is not in the same position as the true North pole. The magnetic north pole is currently located in the Baffin Island region of Canada, and from the United Kingdom, it is west of true north. The difference between grid north and magnetic north is known as the magnetic variation and its value can be found in the orientation panel or margin of an Ordnance Survey map. This magnetic mass moves over time, and is currently reducing towards grid north.

As true north is only about 1.5 degrees off grid north, it is so small that it is normally disregarded and only grid north and magnetic north are used.

This magnetic variation is important when combining a map and compass as you need to convert bearings from 'map to field'. To convert grid bearings (which are indicated by a map) to magnetic bearings (as per the compass pointing to magnetic north), add the current variation by turning the compass housing anti-clockwise. For example, if the current variation is 3 degrees, a grid bearing of 122 degrees would become 125 degrees. This is what the dial should be set at.

The reverse is true for converting a magnetic bearing to a grid bearing. One easy way to remember this is 'From Grid to Land EXPAND, From Land to Grid GET RID.'

Taking a bearing and walking on it

1. Hold the compass flat in your hand with the direction of travel arrow pointing towards your destination or objective.

2. Turn the compass housing until the compass needle lines up over the orienting arrow.

Ensure the north pole of the needle, usually red, is used.

3. Read off the magnetic bearing (that is, the number of degrees) from the mark on the compass housing indicated by the index pointer

4. Pick out a landmark along your direction of travel line and walk towards it.

5. Check your bearing and your objective at regular intervals.

Setting a map with a compass

This is for when you are using a map in conjunction with a compass to reach a given destination, probably in unfamiliar territory.

1. Turn the compass housing until the magnetic variation for the area is shown against the index pointer.

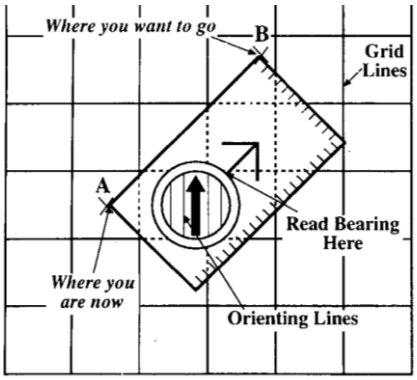
2. Place the direction of travel arrow pointing along the vertical grid line with the direction of travel arrow pointing to the top of the map.

3. Turn the map with the compass in this position until the compass needle points to the north mark on the compass housing.

4. Your map is now 'set' and you should be able to recognise actual features from your map in front of you.

Combining map and compass

1. Place the compass on the map so that one long edge joins the start point and your destination, with the direction of travel arrow pointing towards the direction you wish to travel.



2. Turn the compass housing until the orienting arrow points to the top of the map and the orienting lines are parallel to the grid lines.

3. Take the compass off the map and read off the bearing at the index pointer and add the local magnetic variation.

4. Turn the whole compass so that the needle comes to rest over the orienting arrow, with the red part to the north.

5. Hold the compass in front of you, pick out a landmark along your line of travel and walk towards it.

Finding Your Position by Compass

To find your position you need two or more identifiable features or landmarks on the ground, that you can also find on your map. These should preferably be some distance apart and at least right angles to each other, so that you have a cross bearing to fix your position. This is called a re-section and if three landmarks are used it is called triangulation.

- Take a bearing on each feature as described earlier
- Convert the magnetic bearings into grid bearings by removing the magnetic variation. From Grid to Land Expand.
- Set your grid bearing on your compass and place the compass on map with the edge of the compass directly over the landmark, now swivel the hole compass until orienting lines (on the compass) are parallel with the grid lines (on the map). Ignore the magnetic needle you do not need it for this exercise. Now using the edge of the compass as ruler draw a faint pencil line from the landmark back in the direction towards you. Your position is somewhere along this line.
- Repeat this process with second and subsequent landmarks and bearings and where the lines intersect is your position. More often than not when you have three or more lines they will not intersect exactly but will give you a small triangle and you now you are some where within that triangle.

Point out compass directions by day and night, without the use of a compass.

By Day:

- A watch method. Point hour hand to the sun, imagine a line bisecting the angle between the hour hand and the 12 on your watch and this imaginary line is pointing South. This calculation is correct if the time is G.M.T. (Greenwich Mean Time) - deduct 1 hour for Summer Time. e.g., if the hour hand points to 4, reckon it as 3.
- (If you use this method before 6 a.m. or after 6 p.m. you must remember to bisect the angle which is greater than 180).
- Remember in summer the Sun is always E. at 6 a.m, S.E. at 9 a.m., S. at noon, S.W. at 3 p.m. and W. at 6p.m.(G.M.T.)

By Night:

Two constellations, or groups-of stars, which all Scouts should know, show where the North or Pole Star lies.

- The Plough (or Great Bear) always above our horizon, the two important stars being called pointers
- Orion visible from autumn to early spring, the three stars known as the Sword pointing North.

By night you will be facing North if you face the Pole Star. This can be found from the pointers of the Plough or from the "arrowhead", in Cassiopeia.

Churches are generally built with the chancel in the East and many have weather vanes.

7. Understand how to prepare a route card and use it in conjunction with an OS map as an aid to navigation.

Route cards are important for a number of reasons:

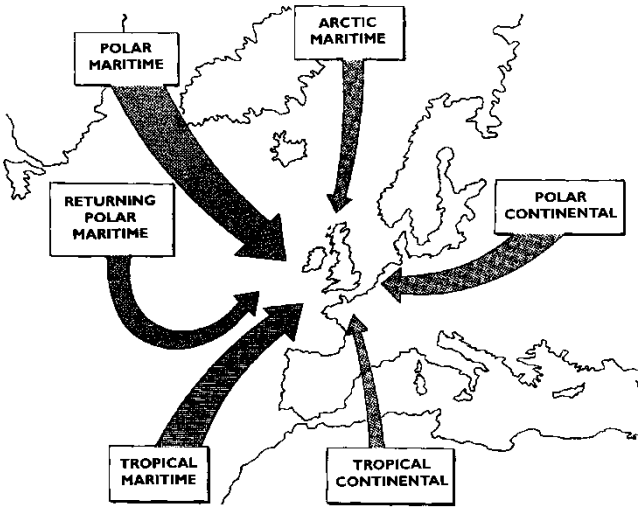
- They provide a plan which should be left with someone who can use it to help find you if you don't turn up at a checkpoint or camp site when you planned
- They make you consider in some detail the demands that a particular route is going to place on you and your party
- It involves the estimation of time and distance and compass bearings in the comfort of base camp which, on the day, might be difficult and time consuming to take because of poor weather or darkness
- They provide a good memory jogger for you when you are walking, about the key points to look out for so you don't get lost
- Finally it makes you look for ways of cutting your route short (emergency escape routes) should circumstances require it. The route card shows all the information required for an expedition.

You can find a template for a route plan on the B-PSA website – here are some of the key things you need to include in your planning.

Main Objective						Date:	
From	To	Magnetic Bearing	Height (metres) Gained	Lost	Distance Metres	Description of Ground	Time Minutes
Time out			Time back			It is dark at	
Escape plan							

8. Describe how different weather conditions may impact on the planning of a journey, and what actions may need to be taken if weather conditions change during a journey.

Weather is always a topic of discussion for those who walk in the British hills and the reason is not hard to find. We are fortunate enough to live in a country that lies at the meeting place of great air masses of contrasting character, which are constantly vying for supremacy in the atmosphere. The result of this is a constantly changing pattern or weather, which is softened by the surrounding of the relatively warm sea.



The map to the left shows the main air streams that affect the British Isles. The width of the arrows is proportional to the frequency of occurrence.

Knowing what weather to expect before you venture out is essential so that you are prepared and can make the right decision about whether or not to even start your journey.

So knowing what weather to expect will have an impact on:

- The route you plan – you may decide to keep to lower more sheltered ground if strong or very cold winds are forecast
- The kit that you carry
- The distance that you plan to walk

9. Go on foot, with other Scouts on a 24 hour journey of at least 25 kilometres. In the course of the journey, cook your own meals (one of which must include meat (or substitute). This test is to be completed last.

The Scout is responsible for planning the journey. All aspects of the journey to be checked at least 28 days prior to the expedition taking place by a person holding a Safety on The Hills Certificate (examiner) issued by The B-PSA. A completed log of the journey will be submitted to the examiner within 28 days of the completion of the journey. The log, along with the recommendations of the examiner to be passed to the Area Council, to enable the badge to be awarded.

So what does this mean? Your questions answered

Q Why does this have to be the last test?

A It is the test that brings everything else that you have learned as a Scout together – adventure precautions, camping, cooking, map reading and navigation, choice and care of equipment, first aid, estimation and self reliance.

By this stage you are properly prepared for a journey with no direct supervision from adults. They will of course monitor you and make sure you are safe, but you should pretend they are not there.

If you are successful, you truly will be a 1st class Scout.

Q Do all the Scouts that I am walking with need to be doing their 1st Class Journey?

A We recommend that you walk with at least 3 other Scouts for your safety, but they don't all need to be undertaking their 1st Class Journey. Some may be using this as a practice, others may be working towards their Bronze Duke of Edinburgh award expedition. But you must take a full role in the planning and completion of the journey – you will not succeed if you are just there for the ride!

Q Who can be an examiner?

A The B-PSA trains its leaders and awards a Safety on the Hills certificate. You may be lucky and have a certificate holder in your Group – he or she can be your examiner. If your Scout Master doesn't know who the local certificate holders are, then you can contact me and I will give you some names to select from.

Our insurance company has accepted that a person with this qualification is suitable to check your plans and advise on your safety.

Q What does the examiner need to see before the journey?

A The examiner makes sure that your route is safe, and that you are properly prepared which is why they need to know all your plans 28 days before the journey, that gives time to give you advice, or put things right if necessary. They will need to see:

- the map of your route

- a properly completed route card
- your menu – remember the food needs to be light enough to carry, but should provide about 50% more calories than your normal diet
- your kit list – personal and group kit
- your transport plans
- your timing plans and your budget
- your proposed campsite

Q What sort of projects will the examiner set?

A The journey is not just about proving that you can walk for 25 kilometres, with all your kit on your back. It is also a chance to prove that you are a proper Scout – interested and observant about the area you are walking in. The project could include architecture, plants and animals, human impact or the impact of nature.

Q What is the log, and what needs to be included?

A The log is your record and reminder of what is often the first long journey that you have taken on foot, with no direct adult supervision. Its should be something to treasure, I still have mine over 40 years on.

The log will also be read by the examiner, and he will use it to assess how well all your training came together on the journey. The most important thing is that it is a true record of your journey, that it records the highs and lows, how you felt and what impact it had on you. The examiner will be delighted to read about YOUR journey.

The things that must be included are:

- Your details, and the details of the rest of the party
- A map – either a photocopy with the route highlighted, or a sketch map
- Your route plan, including dates and times
- The kit you carried – your personal kit and the kit carried and shared with other members of your party
- Your menu
- The story of your journey, with references to timings, locations and notable events. With photographs, sketches, and answers to the project this will probably be 4 or 5 pages long.

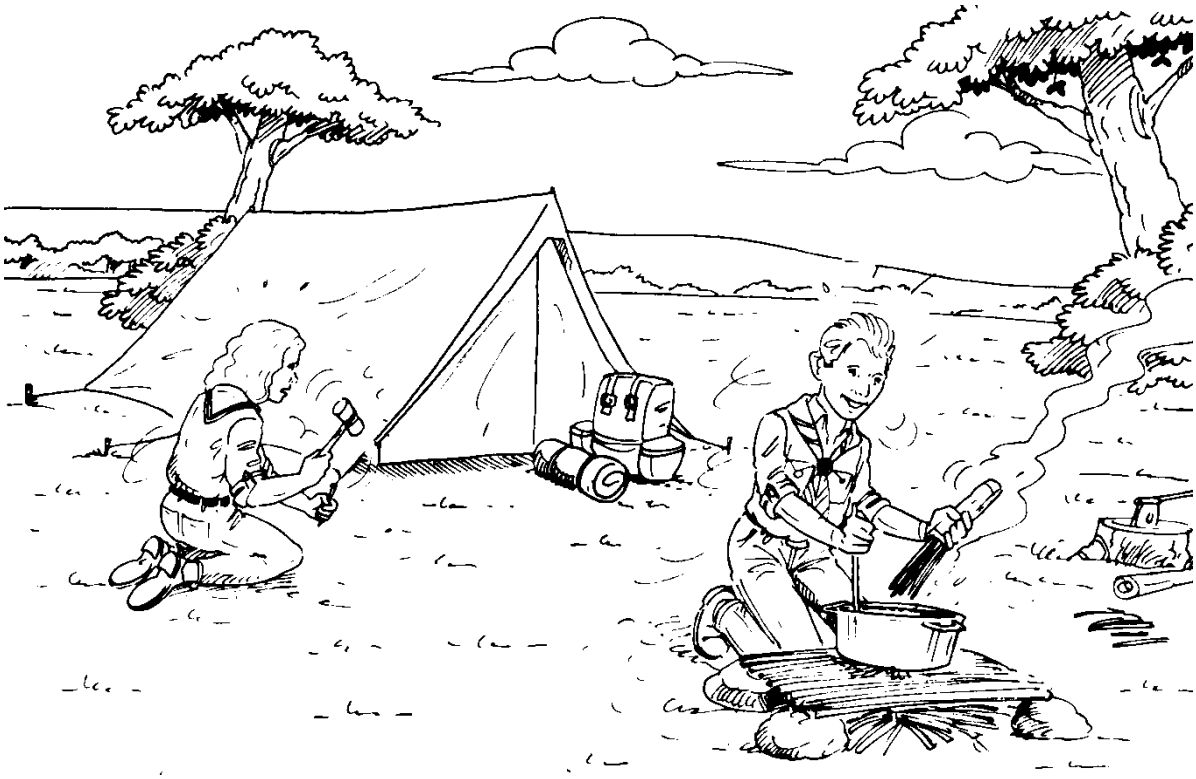
10. Have camped as a Scout, for a total of ten nights, which need not be consecutive.

As you are working towards becoming a 1st Class Scout, this is no longer just about attending camps – you now need to be thinking about taking more responsibility, and teaching younger Scouts the joys of Scout camping.

The sorts of things that should be second nature by now are:

- Pitching, striking and storing tents correctly so that they keep you warm and dry at camp, and don't deteriorate while they are stored because they were put away dirty or wet. Make sure that all the pegs and guys are packed away clean and tidy too.
- Planning where to put things in camp – so the layout is sensible and safe.
- How to light fires, and use any cookers that you take to camp
- How to make a real contribution to cooking and cleaning up
- How to make yourself comfortable, and keep yourself warm, clean and dry
- How to store your personal kit so that you can find things when you need them, and your kit stays as clean and dry as possible

As an experienced camper you should be taking the initiative to look after yourself and others without needing any reminders from skip.



11. Demonstrate the following: Sheer-lashing, Back and Eye splice, Rolling hitch and a Handy billy

Firstly a reminder about looking after your ropes – they are essential kit for many Scout activities, and your safety and fun depends on them being in good condition.

A rope is a useful article, with which it is possible to tie things together, lift or lower, or simply taking a strain. It can be easily worked, this means that it is pliable, can be tied in knots, or looped over pulleys in 'U' turns, without being damaged.

However, it is very easy to damage a rope, usually without thinking. Try leaving a rope out in the frost, or in a continual rain/sun, and you will find that it will rot, or lose its pliability, and consequently its reliability.

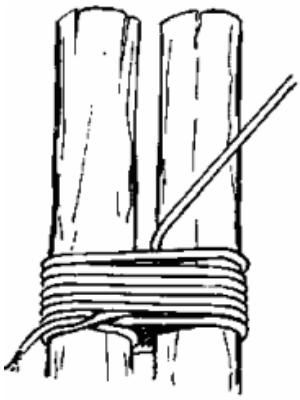
So, when you are about to use a rope, you should always check it for dampness, mildew, rot, grit, and fraying. If there is an area that is suffering from any of these, it should be removed, and the two ends spliced back together, or leave it as two ropes.

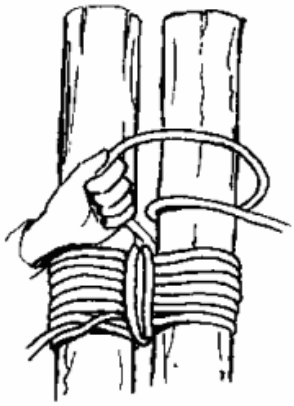
When you are finished using a rope, it should be checked again for the things mentioned above. This time, it may be possible to remove any grit, dry the rope, or even deal with fraying, before it is put away.

Lastly, and most important, look after the rope while it is in use. In other words, don't walk all over it, or leave it in the local pond till tomorrow, keep it away from grit, and the like, do not let it fray on the bark of a tree, and don't kink it. If you treat rope correctly and look after it, it should last for a very long time.

Sheer Lashing

The sheer lashing is used for joining two poles or staffs together so that they can be opened out to make legs, or to join two poles end to end to make, say a flagpole. When making a flagpole or similar you will need to put two sheer lashings on the poles to hold them in place securely.



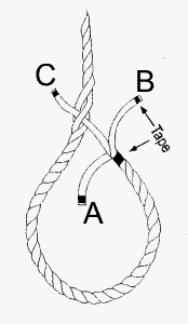


To tie the lashing lay the poles side by side on the ground. Start by tying a clove hitch around one of the spars and then bind the spars together, like in a whipping, with about seven to ten turns.

When this is done apply frapping turns round the lashing and between the spars, then pull as tightly as possible.

To finish off, tie another clove hitch round the opposite spar to the one that you started on.

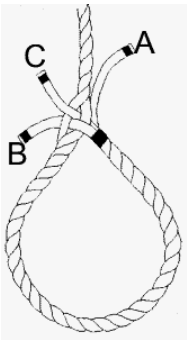
Eye Splice



1. Un-lay the ends to be spliced, enough to be able to tuck three times, plus a bit to spare. If you are splicing manmade fibre you will need to make five or six tucks.

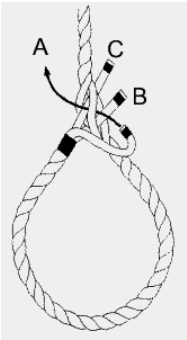
Tape or seize the ends, and lay them out as shown on the left. The strand "A" will go to the back of the rope, "B" to the front, and "C" will be the first to be tucked.

Follow the picture on the left, and when ready go to stage two.



2. Next, tuck strand "B" into the space where strand "C" emerges, and below that strand.

When that is done, go to stage three below.



3. Now turn the whole thing over as shown on the left. You will see just one empty space where there is no strand emerging, that is where the last strand "A" should be.

Tuck strand "A" from right to left, under one strand and out where indicated on the left.

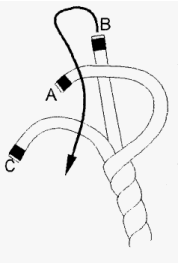
4. Once all three strands are tucked, pull the strands through so that the lower seizing is close to the rope, and tuck each strand in turn, over one and under one, repeating the above process until the required number of tucks have been made.

If you are happy that all is correct, cut off the ends about one centimetre from the rope.

Roll the splice under foot or between hands to seat the strands nicely.

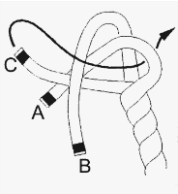
Back Splice

A back splice is a good way to secure the end of a three-strand rope, it is more secure than a whipping, and if spliced correctly will last the life of the rope.

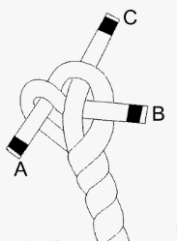


Start by un-laying the strands as you would for an eye splice

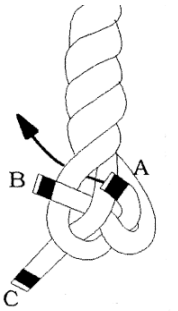
Lay out the three strands, and continue as follows: Pass strand "A" in an anti clockwise direction, in front of strand "B".
Strand "B" is now taken over "A" and "C" as shown on the left.



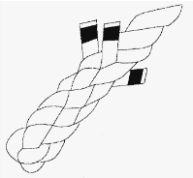
Strand "C" is now taken over "B" and into the bight created by strand "A" being doubled over.



You should now have a "crown" created by the three strands, which you should work tight and snug.

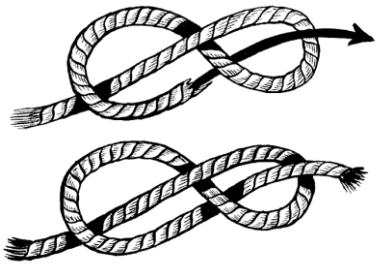


Now turn the whole thing upside down as in the picture, and proceed to splice exactly the same way as an eye splice (pg. 15), over one and under one, with each strand in turn. Make three to five tucks, then trim off the ends.

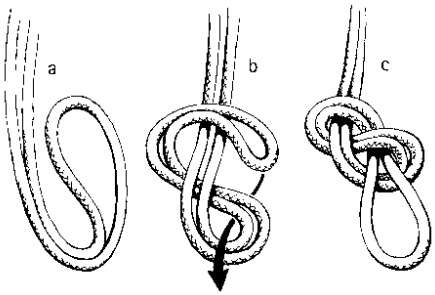


12. Tie the following knots and know their uses:- Figure of eight, Prusik.

Figure of Eight

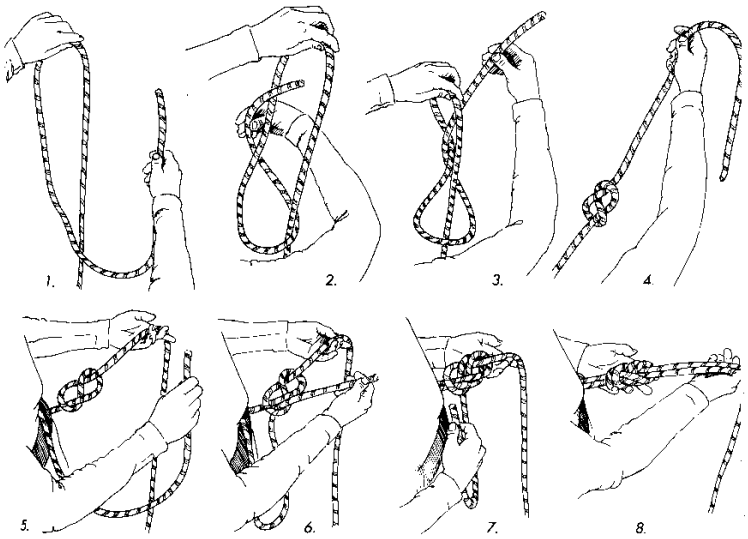


This is one of the most commonly used knots in climbing and sailing, and in its simplest form is used a stopper knot to prevent the end of a line running through a retaining device.



It is also one of the quickest and easiest ways of making a secure loop in either the end or bight of a line, but can sometimes be difficult to untie after it has been under a lot of strain.

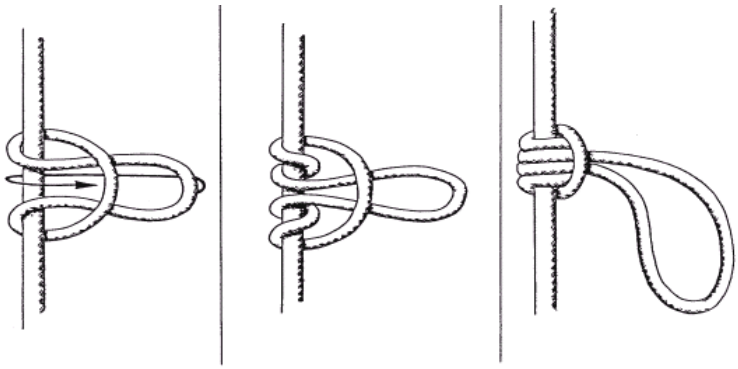
In this form the knot is also often also used in angling.



In its "retraced" or "follow through" form, this is now the most common way of tying a climbing rope into a harness.

First tie a simple figure of eight about a metre from the end of the rope, take the end through the harness loop and then follow the original shape. Any spare line can be secured with half hitches.

Prusik Knot



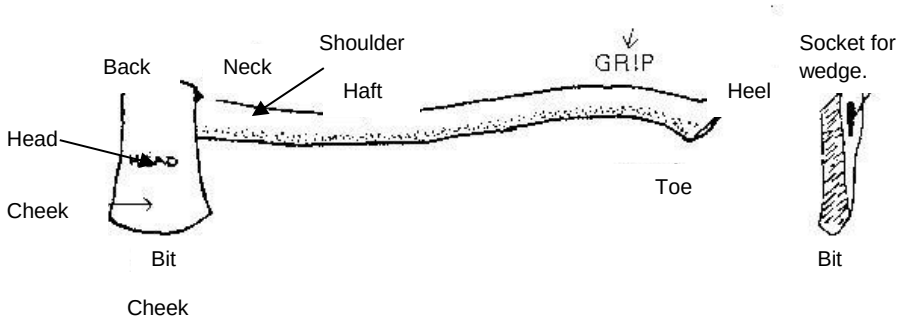
Named after the Austrian mountaineer Karl Prusik, it is a friction knot that can be tied around a pole, spar, branch or another rope and when not under pressure / load will slide, but when loaded will grip and remain in position. Is used for emergency ascents of a rope, for hanging equipment, or for tensioning a main rope in pioneering projects.

13. Use a suitable axe for felling or trimming light timber. Log up a piece of timber and demonstrate the theory of felling a tree. Use a bush saw, wedges or log splitter safely and correctly to prepare timber for burning. Demonstrate the use and care of this equipment.

We covered the safety aspects of using an axe in Second Class – so just remind yourself of those again now.

The Felling Axe

The rules are the same as for the hand-axe, but remember that the axe length has increased through the length of the axe and it is only safe to use if you can hold it out at arms length, at shoulder height comfortably.



The other difference is in the use. When using a Felling Axe, stand firmly on the ground, with your feet spread slightly apart, so you have a firm footing, and lessen the chance of slipping while using the axe. Next, get your distance. This you do by standing up straight and holding the axe by the heel and the head should rest on the wood where you intend to start chopping. You are then at the correct distance for your work. Make sure you have strong shoes on and if possible place another log in front of your feet.

Now, hold the axe so that your left hand is by the shoulder of the axe, and your right hand is holding the heel. Raise the head of the axe to your shoulder, but keep the heel low. Now, as you make your swing, let your left hand slide down the haft, so that it reaches the right hand when the Axe is about to hit the wood. Do not forget, that, like the hand axe, you chop at 45 degrees each time.

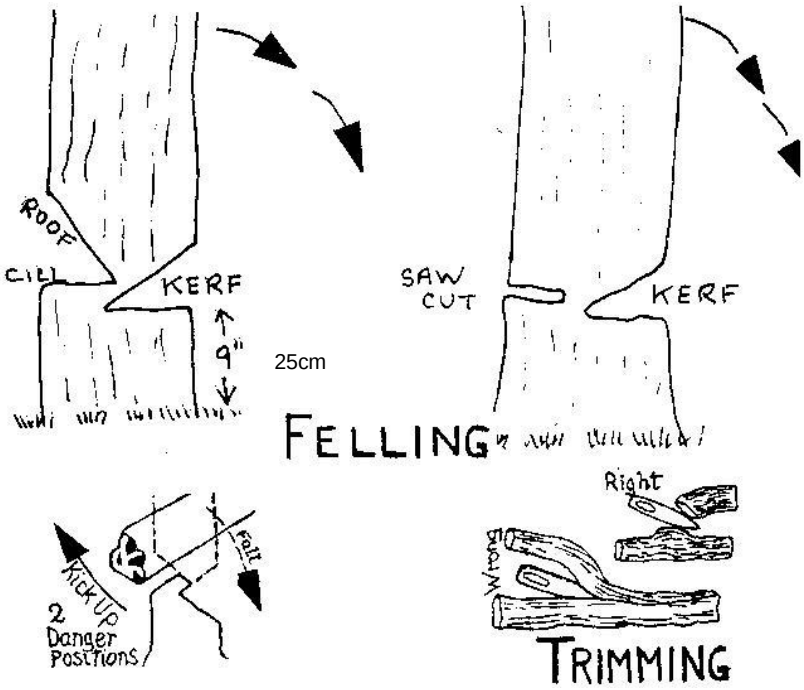
Having made your first swing, you now reverse the hand positions, and swing in the opposite direction. This means that you hold the shoulder with your right hand, and the heel with your left hand, and raise the head to your right shoulder.

Remember - NEVER to cross your hands, or your swing will go drastically wrong.

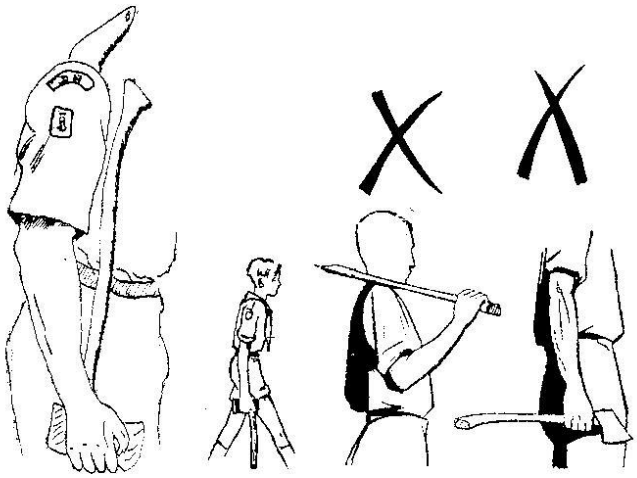
In choosing an axe make sure:

- The haft is straight grained and without knots.
- The head is set true to the haft.
- The wedge runs the whole length of the socket (also called the eye).
- The axe is the correct weight for you.

- Before you begin the felling clear away undergrowth and creepers within the reach of the extended axe, overhead as well as around you.
- Keep spectators three axe lengths away chopping timber, but if you are felling a tree a much greater distance is required.
- Remove lanyard, neckerchief and any other clothing likely to obstruct the swing of the axe.
- Wear leather boots or shoes while chopping.
- Decide in what direction the tree is to fall. (It is a good plan to fasten a rope at least one third up the trunk to guide the fall.)
- On this side cut slightly more than halfway through the trunk, making your cut the shape shown in the diagram below.
- Then on the other side make a similar cut, slightly above the other on.
- Call out "Timber!" as the tree begins to fail.
- Rest when you are tired. Do not put much force into your strokes, the weight of the axe should do the work.
- Always trim (that is, take off branches) upwards, from the lower end of the trunk.
- Mask your axe when not in use.
- Never put an Axe into the ground when not in use, all soil has stones and grit, and will blunt your axe.



How to carry a felling axe.



Looking after the axe

The axe head should be kept clean and greased when not in use.

The haft should be rubbed with linseed oil very occasionally.

Grinding an Axe:

Don't use too much water and empty the grindstone when the job is finished. The wheel should be turned away from the person who is grinding. Start well back from the bit and move the haft backwards and forwards so that the grinding takes the shape of the bit. Once ground, an axe can be kept sharp by touching up with a carborundum stone. If the bit becomes nicked, a file should be used to make the bit smooth. Do not attempt to grind out large nicks.

Axemanship is essentially practical and cannot be learnt from a book. Go out and practice, but remember, get permission first.

14. Know how to care for and maintain camping equipment. This should include storage and simple repairs. Assist the Group Quartermaster for a period of not less than 3 months.

Camping equipment is expensive, and if it isn't properly cared for there are chances that it will let you down, that may mean you are uncomfortable, or even unsafe. So it is vitally important that you take care of every piece of camping equipment every time you use it, and ensure that it is put back into store in perfect condition at the end of camp so that it is ready for whoever uses it next – most Groups aren't lucky enough to have a magical kit fairy that cleans and repairs kit between camps when it is in the stores!

Every Scout Group will have different equipment, and you will need to work out with your Scoutmaster exactly how to take care of it – but here are some general reminders:

Tents

Cooking pans

Lamps and stoves

Axes and saws

Mallets

Most of the equipment can be looked after by simply cleaning it, keeping it dry, and using it carefully. However, with such things as the tents, groundsheets, lamps, etc., it is sometimes necessary to service or repair them.

Lamps and stoves should be kept clean and handled carefully, but some of the parts do wear out and need replacing from time to time. You will find out more about lamps and stoves further on in this book

Tents are a little more difficult to deal with. Firstly, let us deal with prevention of damage to tents. You should already know how to pitch and strike a hike tent correctly and your Patrol Leader or Scout Master will show you how to pitch and strike a Patrol tent. So long as you pitch the tent properly and then pack it away afterwards dry, and with no creases in the cloth, the tent should have a long life.

If a tent is put away wet, mould very soon grows on the cloth, which lets the water through when the tent is next pitched. There are only two other reasons that a tent should leak, first if the cloth is cut, and second if it wears out. Wear is unfortunately something that there is very little you can do anything about, except replace the entire tent. The life of the tent can be extended slightly by using a waterproofing material that goes right into the cloth and not the variety that you plaster on the outside. The reason for this is that that variety that you plaster on the outside is all right until you pack the tent away, and then it cracks, and lets the water through even faster.

If you do end up tearing the tent, or find any unwanted holes the only thing you can do is repair it, and there is only ONE successful way of repairing a tent, and that is by sewing a patch of the same or similar material onto it. To do this, place a patch of the right size both inside, and outside the tent. Pin them into place making sure that there are no creases in any of the three layers of canvas.

Then you run the whole lot through a sewing machine, making sure that in the process you sew the edges of the patches (especially the outside one) well down, as otherwise the rain will tend to seep in underneath it. Having made sure of the edges, you then run the machine over the patch or use tent stitch. While sewing, make sure that the tension on the cotton is not too tight, as this will prevent it from swelling when the rains start.

Guy lines are apt to fray after use, and when one does, it is best to change them all, as the rest will not be far off from fraying. Use a similar type of material as that used by the makers, and use the same material all the way round the tent, as different ropes shrink and expand at different rates. Check the places where the guys are fastened to the tent as well, as the canvass may be starting to tear. If it is, then repair it immediately, as the longer you leave it, the worse it will get.

Poles should be kept in good condition, making sure that they slot into each other easily.

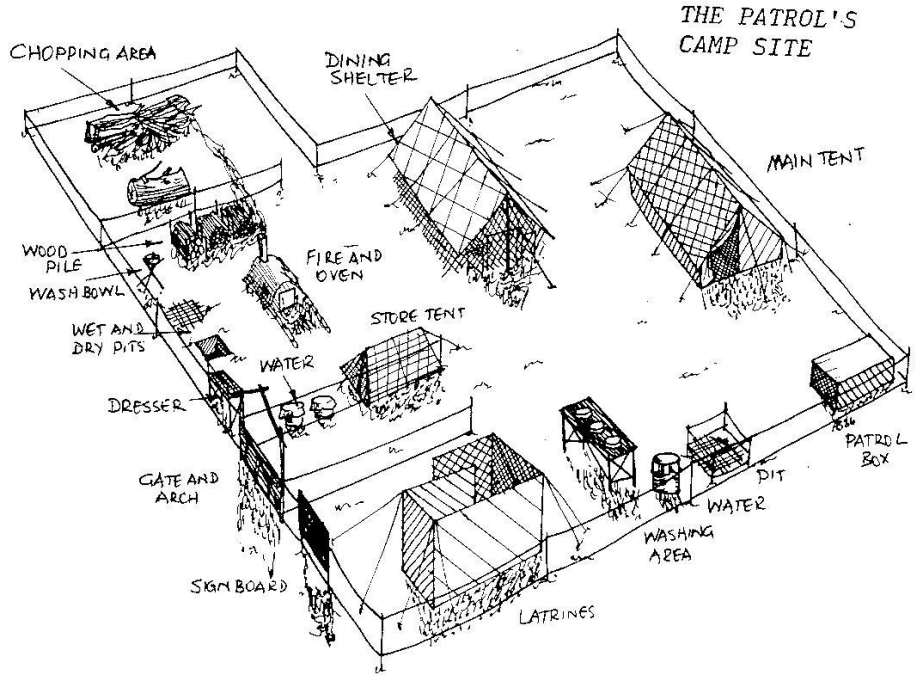
Groundsheets are the other part of the tent, and equally as important as the cloth of the tent. Should a hole appear in the sheet, the treatment is similar as for the inner tube of a bike, namely, you just put a patch on it. (Cycle repair patches are ideal for the purpose).

15. Know how to select, plan and set up a campsite for a Patrol, where possible acting as Patrol Leader during a Troop or Patrol camp.

Patrol camping is fundamental to the principles of Traditional Scouting practiced by the B-PSA, and wherever possible and practical your Patrol should be camping in a self-sufficient manner, even as part of a Troop or Group Camp. With permission you can off course plan a Patrol camp independently of the rest of your Troop.

That means that you will be camping in your own defined area, with all the facilities that you need to look after yourselves. You may of course share toilet and washing facilities with the rest of the camp, or have them on your own site depending on the location of your camp.

Here is a diagram of a sample layout for a Patrol Camp – but you will need to work out what works best for the location and programme of your camp. In your Troop you may no longer use Patrol Tents, but all the sleeping tents for your Patrol should be within your site. This plan shows that the site is marked off with a rope boundary and has a gateway – the boundary is a good way of defining the area which you will look after and may be inspected on, but the gateway shows that you do of course welcome all visitors.

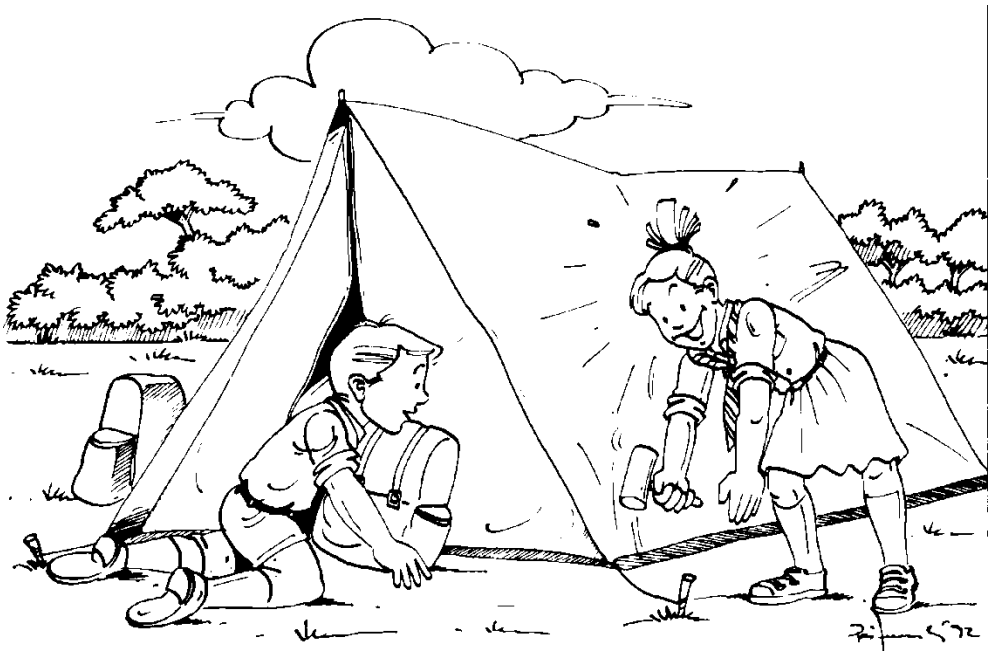


So what things will you have to cover in your planning:

- Dates – plan on some options that suit everyone, this then gives you choices when looking for site availability. This could be a discussion point at a Court of Honour.
- Place – You may have a favourite site, or you may want to go to a special location for a particular activity. If you have a choice of dates it is more likely one will be available.

- Permission – You will need permission from the site owner, your parents, and your Scout Master who will help you through the B-PSA permission to camp process.
- Fuel – Is wood available, and are open fires permitted, or is an alternative cooking method required.
- Water – Is drinking water easily available, or will it need to be transported. Is it permitted to bathe in the stream?
- Fires – If fires are permitted, can they be ground fires or must they be altar fires.
- Weather protection – what will the site be like after heavy rain, or in strong winds – is any specialist equipment necessary?
- Transport and access – how will we travel there, how close can vehicles get to the camping area.
- Activities – what are we going to do while on camp – do we need to plan on any special equipment?
- Camp fees – what is the price, are you expected to undertake any duties (cleaning the loos) while on site?
- Waste disposal – are there facilities, can we recycle, do we have to take all rubbish home?
- Shopping – where can we buy provisions?
- Programme – what are our broad plans and what badges, tests or activities do we want to concentrate on.

Hopefully you will get the opportunity to plan and run a Patrol Camp as a PL, but if for some reason that isn't possible, then ask Skip if you can act as a Patrol Leader at a Troop Camp and take a full part in planning all the things above.



16. Plan a balanced menu for a Patrol for 24 hours, and prepare a budgeted shopping list.

We will discuss nutrition and balance in test 24. Here we are looking at applying those principles to a menu for a Patrol of six to eight people that you can cook at camp, and that fits in with your programme of activities, and of course very importantly is something you will all enjoy eating, and can afford.

You may want to ask the members of your Patrol what their favourite camp meals are to help you plan.

So for a 24 hour period you are looking at:

- Breakfast – this is a very important meal at camp, it needs to warm you up and give you the energy and stamina for a day that may be more active than normal. You may want to include porridge or cereal, followed by something cooked. It isn't always necessary to have a "full English" fry up, what about pancakes, waffles, or eggy bread for a change. A hot drink is normally good, and you can always top up with bread / toast and marmalade or chocolate spread.
- Lunch – as your day at camp is often very active, this is usually a quick meal of something like soup and sandwiches or a Ploughman's followed by fresh fruit or cake.
- Dinner – should be a hot meal and will normally be a main course and pudding. There are all sorts of fun things you can try here – spaghetti Bolognese is a favourite, but the choice is only limited by your imagination.
- Supper – Is normally a hot drink (chocolate or cocoa) and a biscuit or hot dogs.

Don't forget that you also need to plan for snacks and drinks throughout the day – you will probably need to eat at least 50% more calories when you are on an active camp, than when you are at home.

Budgeting for your menu means you need to go through the following process:

- Work out a shopping list – all the things that you will need to buy, and don't forget things like cooking oil, herbs, seasoning, sauces etc.
- Work out the quantities you will need, and remember you will need to eat more than at home
- Find out how much it will all cost – you can either walk round the supermarket to do this, or do it on a supermarket online shopping site. The benefit of going to the supermarket will be that you get a chance to compare different options easily, and remember that some of the "value" brands don't actually give you good value or quality – and it is poor economy if you have to use twice as much, or throw it away because it doesn't taste good.

17. Be able to operate and maintain stoves and lamps, identify different fuels, and know the safety requirements.

The main fuels that you will need to use for Scout lamps and stoves are shown below, and it is important that you can tell the difference between them – using the wrong fuel in a device may be very dangerous. You will need to use your senses of sight, touch and smell to distinguish between them, and make sure that all containers are marked with their contents.

- Meths (Methylated Spirit) – commonly used in Trangia stoves. Normally purple in colour and cold and clean to the touch, this will ignite and burn when a match is put to it.

- Paraffin (similar to lamp oil) – used in hurricane lamps which will burn throughout the night safely and are ideal for giving some guiding lights on camp sites (position of gate, latrine etc.)

Paraffin is often coloured pink or blue, and is oily and warm to touch. It will not light from a match, but needs a wick to soak up the oil first.

- Petrol – unleaded petrol is used for hike stoves and some larger camp cookers, and is explosive. You should never put a flame to liquid petrol – also take extreme care not to leave lids off petrol containers as a spark will ignite the vapour and the container may then explode.

- LP Gas – Many modern trekking stoves and lamps use pressurised liquid gas. This will always come in labelled containers and should be used in accordance with the gas and stove manufacturers instructions. Many Groups are now converting their Trangia stoves to be used with a gas burner.

Safety rules

- Do not attempt to use a stove until you have be shown how to use it properly, by your Scout Master or Patrol Leader.
- Store fuel separately in the correct, well labelled containers.
- All lamps and stoves should be emptied, not just disconnected, during transportation.
- Gas supply must be kept outside the tent and out of direct sunlight.
- Lamps and stoves must not be used in sleeping tents.
- Always light your match and hold it in place before turning the lamp or stove on.
- Make sure there is nothing directly over the stove (especially your face) when you light it as they have a tendency to flare up when they are first lit.
- Always follow manufactures instructions when using lamps and stoves.

For general usage and maintenance of lamps and stoves always follow the manufactures instructions and guidelines and ask your Scout Master or Patrol Leader for their help and assistance.

18. Cook a two course meal on a camping stove.

Imagine you are cooking your main evening meal, with your tent partner on your lightweight stove after the first day of your 1st Class expedition.

You will need:

- Food that is light to carry and doesn't take up too much space
- Food that is high in calories
- Food that will not get damaged or go off in your rucksack
- Food that is quick to cook, the longer it takes to cook the more fuel you have to carry
- Food that you will actually look forward to eating
- Food that you can afford

There are many pre packed expedition meals available from specialist outdoor shops – they generally meet all these criteria except the last – they are very expensive.

Instead go to your favourite supermarket and look at some of the convenience dehydrated and pouch foods that are available, and select them against the criteria above. Remember to keep the cooking instructions if you take them out of their boxes when you pack your rucksack. If you add chorizo sausage or salami to many of these it will add flavour and it keeps well without refrigeration.

Challenge the rest of the Scouts going on your 1st Class Expedition to a cook off – set a budget, and go shopping. Then cook your meal, get Skip to taste and be the judge based on nutrition, flavour, weight, price, and speed of cooking.

19. Build and sleep out in a bivouac and cook a backwoods meal.

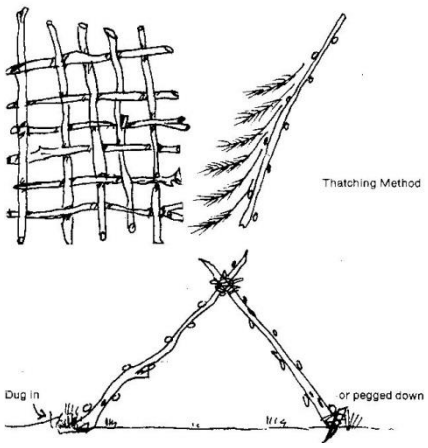
A bivouac or bivvi is a shelter that you make with only the natural materials that you find around the site, i.e., sticks, leaves and bracken. The method to employ for building the bivvi, is to make a basic framework of strong sticks by weaving them in and out of each other, to get a wall onto which you can put the covering. Remember to keep the bivvi as small as comfort will allow as it will take less time to build and be a lot warmer when you go to bed.

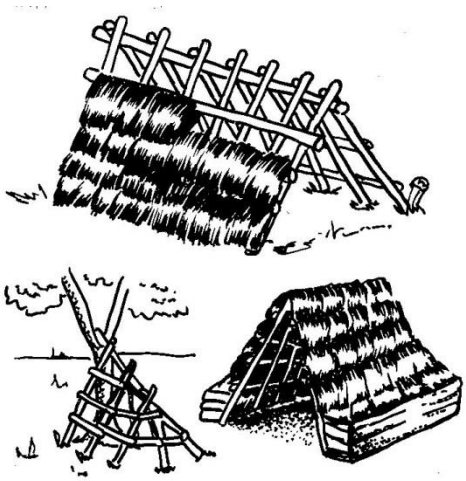
Make two of these walls, and place them together to form the shape of a tent. Obviously there are many ways of adapting the shape to the surroundings, like building only one wall, and placing it against a brick wall, or cliff face, or using trees to keep it up, but the basic shape is that of the tent.

When you have the frame made, which must, of course be big enough to accommodate whoever is sleeping in it. You then need to weave ferns and leaves in and out, both of themselves and the frame on which you are putting it on. Always start working on your roof at the bottom and work along the base and then move up a layer. In this way the upper layers overlap the lower layers, so giving a waterproof cover to the Bivvi. Usually it's advisable to put about 3 layers on, to make sure it is weatherproof.

Now block up one end in the same manner, and make a moveable section for the other end, and you have your bivvi, water and pretty near wind proof. Remember to allow plenty of time to make your bivvi, about 3 to 4 hours is usual.

All that remains now is to sleep in it. Sweet Dreams.





Cook a Backwoods Meal

The idea is to cook a meal without using the normal sort of utensils that you would at camp, and of course to cook over an open fire.

At Cubs and as a young Scout you may have tried this using lots of aluminium foil to wrap food in, now its time as a 1st Class Scout to start experimenting with use more natural materials – even just using cabbage leaves to replace tin foil.

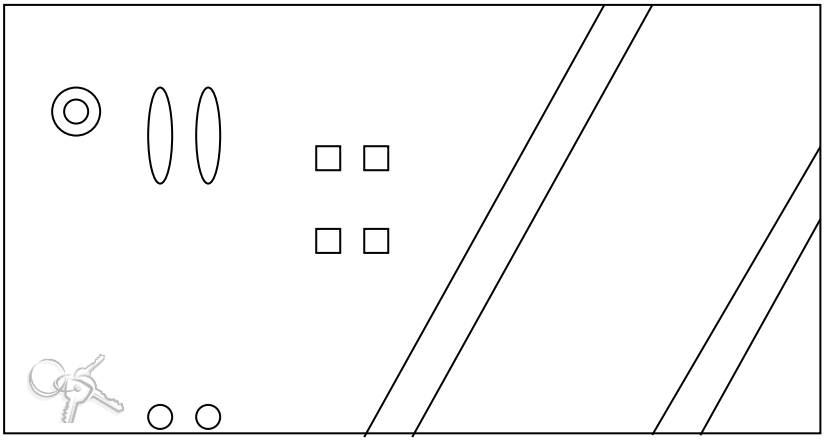
Why not make a grill or a broiler from green sticks to cook your fish or meat on, or perhaps a rotisserie spit made of wood.

You may also want to test your observation skills and see what fruits, berries, plants and herbs you can find around you that can add flavour to your food – these will depend on location and season of course.

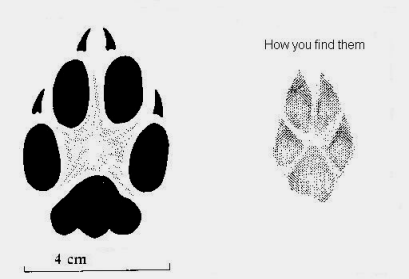
What about starting a Patrol or Troop Backwoods cookbook with recipes and illustrations – something that will record your ideas, and challenge future Scouts in your Patrol to try them, or add to them.

20. Read a series of simple tracks made in sandy or other suitable ground.

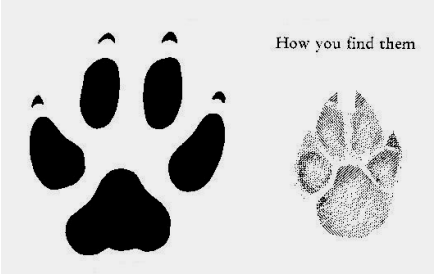
For this you can either ask your Scout Master to create some marks in a sand pit or similar (see example below) and then you have to look at the marks and the evidence left and you can try and decipher what has been happening and what could have left the marks in the sand.



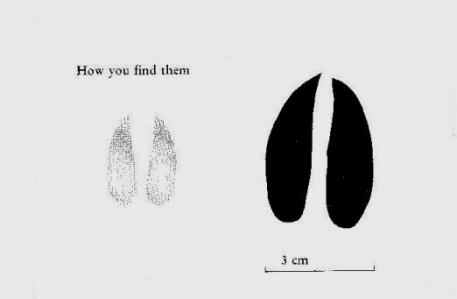
Alternatively you could go out and look for some animal tracks out in the country and either photograph or take a plaster cast of them and identify what animal made them. There are some examples below of some of the animal tracks you may find in the countryside near you.



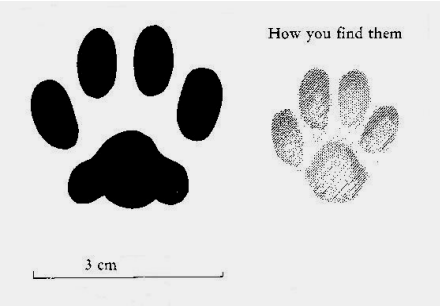
Fox



Dog



Deer



Cat

21. Be able to recognise and name 8 common plants, 8 common birds and 8 native wild animals.

You can make this as easy or challenging as you like, but as a 1st Class Scout I think you should be challenging yourself to something a little more difficult than just rattling off a list like:- hedgehog, rabbit, fox, squirrel, badger, mouse, deer and hare.

Perhaps make your list specific to the area that you live in, and some of the special characteristics of that animal – how you would recognise their habitat, their droppings, the impact they have on their surroundings etc. What do they eat, what are they like to eat?

Maybe you could make your plant list something that would have use in your Scouting – so 8 plants that have medicinal properties, or 8 plants that are edible.

Here are some pictures that you can start by researching – and see where the research takes you:
















22. Describe three endangered native plants, birds or animals in the UK, and what practical actions can be taken to assist in the survival of one of them.

This one is a real personal challenge – try and make it something relevant to the area that you live in, and work out what you can do to make a difference to the survival of your chosen endangered species.

Many Local Councils have conservation wardens or rangers who will be happy to help you with information about your area, and they may have real practical projects that you can take part in.

There are also 47 Wildlife Trusts covering the whole of the UK – how could you get your Patrol or Troop involved with one of their projects – start by visiting www.wildlifetrusts.org

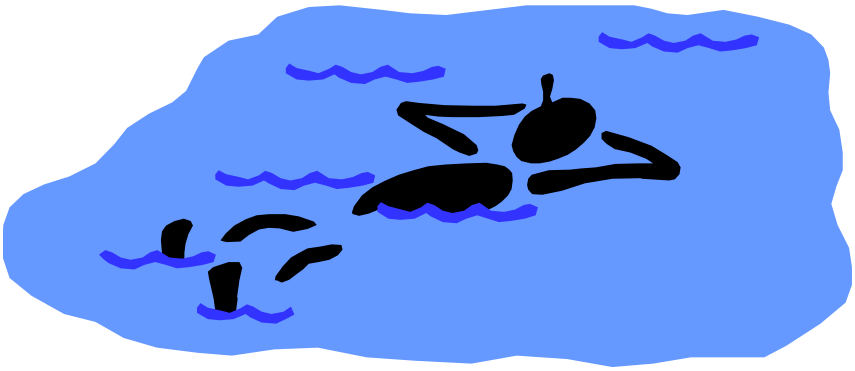
23. Swim 50metres and know the water safety code and the use of the buddy system for swimming.

The Water Safety Code

- Let someone know where you are swimming and your estimated time of return.
- Never swim alone.
- Never swim when a red flag is flying.
- Do not stay in too long – leave before you become tired or cold.
- Watch out for currents.
- Do not mess about in deep water.
- Always keep close to the shore at the seaside.
- Do not dive into 'unknown' water (where you don t know what lies under the surface).
- Learn to swim properly before leaving your depth.
- Do not eat for an hour prior to swimming.

Buddy System

The “buddy system”, is where each scout is paired with another scout preferably of the same swimming ability. Buddies go in to the water together and stay within 3 metres of each other in the water, constantly check on each other and leave the water together. When the buddy signal is sounded, buddies raise grasped hands and hold them high so at the lifeguard can check the number of buddy teams.



24. Explain the principles of good nutrition and a balanced diet and how these should be modified in adventurous activities.

A healthy diet can help you look and feel great. Don't follow the latest food fad: find out the truth about eating well.

Your body needs energy and nutrients from food to grow and work properly. If you don't eat a healthy, balanced diet, you could be putting your health and growth at risk.

A healthy diet also gives you the energy you need and can help you look and feel great. But eating well doesn't have to mean giving up all your favourite foods. A healthy diet means eating a wide range of foods so that you get all the nutrients you need, and eating the right number of calories for how active you are.

- **Don't skip breakfast**. Some people skip breakfast because they think it will help them lose weight. But skipping meals doesn't help you lose weight and is not good for you, because you can miss out on essential nutrients. Research shows that eating breakfast can actually help people control their weight. In addition, a healthy breakfast is an important part of a balanced diet and provides some of the vitamins and minerals we need for good health. Whole grain cereal with fruit sliced over the top is a tasty and healthy start to the day.
- **Aim to eat at least five portions of a variety of fruits and vegetables a day**. They are good sources of many of the vitamins and minerals your body needs. It's not as hard as it might sound: fresh, frozen, tinned, dried and juiced fruit and vegetables all count towards your total. So fruit juice, smoothies and vegetables baked into dishes such as stews all count.
- **At snack time, swap foods that are high in saturated fat or sugars for healthier choices**. Foods high in saturated fat include pies, processed meats such as sausages and bacon, biscuits and crisps. Foods high in added sugars include cakes and pastries, sweets, and chocolate. Both saturated fat and sugar are high in calories, so if you eat these foods often you're more likely to become overweight. Too much saturated fat can also cause high cholesterol.
- **Make sure you drink enough fluids**. Aim to drink six to eight glasses of fluids a day: water, unsweetened fruit juices (diluted with water) and milk are all healthy choices.
- **If you're feeling tired and run down**, you may need more iron in your diet. Teenage girls are at higher risk of being low on iron, because they lose iron when they have their monthly period and they are still growing. Good sources of iron include red meats, breakfast cereals fortified with iron, and baked beans.
- **If you often feel hungry, try eating more high-fibre foods** such as wholemeal bread, beans, wholegrain breakfast cereals, fruit and vegetables. Foods that are high in fibre are bulky and help us to feel full for longer, and most of us should be eating more of them.
- **If eating makes you feel anxious**, guilty, or upset, or you're often worried about food or your weight, you may have an eating disorder. Help is out there: tell an adult you trust.
- **If you are underweight, you may not be eating enough**. Restricting foods (or food groups) or not eating a balanced diet can stop you getting enough of the calories and other important nutrients your body needs. This can lead to weight loss. Being underweight can cause health problems, so if you're underweight it's important to gain weight in a healthy way. Your GP can help with this.

- **If you are overweight, you may be eating too much**. Foods high in fat and sugar are high in calories, and eating too many calories can lead to weight gain. Try to eat fewer foods that are high in fat and sugar, such as swapping to low- or no-sugar fizzy drinks. A healthy balanced diet will provide you with all the nutrients your body needs. Your body mass index (BMI) can tell you whether you are a healthy weight.
- **Don't follow fad diets**. If you have an overweight BMI, aim to lose weight to bring your BMI into the healthy range. If you want to lose weight, it's important to choose your diet plan carefully. It can be tempting to follow the latest fad diet, but these are often not nutritionally balanced and don't work in the long term: once you stop, the weight is likely to come back. Diets based on only one or two foods may be successful in the short term, but can be dull and hard to stick to and deficient in a range of nutrients. The healthier, long-term way to lose weight is by combining long-term changes towards a healthy, balanced diet with more physical activity. If you're concerned about your weight, your GP can help.
- **Watch out for "low-carb" diets**, or any eating plans that advise you to cut out whole food groups. This can be unhealthy, because you may miss out on nutrients from that food group. Low-carb diets can be high in saturated fat. Eating too much saturated fat can cause high cholesterol, which can lead to an increased risk of developing heart disease. Other diets may involve cutting out dairy foods such as milk, yoghurt and cheese. These foods are high in calcium, which you need to ensure your bones grow properly. Choose lower fat dairy foods when you can – semi-skimmed, 1% fat or skimmed milk contain all the important nutritional benefits of whole milk, with less fat.

25. Know what to do in the following emergencies: fire, drowning, ice breaking and electric shock

Your First Priority is Your Own Safety and Then the Safety to of Others. Make sure you do not become a casualty yourself.

Fire

There is a saying about fire, and you will find that it is quite true: "Fire is a good servant, but a bad master". In camp, it is no good having a fire for cooking on if the flames are too high. First, you cannot get near it, and second, any food you do put on it is burnt.

What To Do In Case Of fire

- A plan of action should be prepared so that every member of the family knows what to do.
- Bring everyone in the house to the ground floor from where they can leave the building safely.
- See that the fire brigade are called at once: do not just think that someone else has already done so.
- Do not re-enter the building until told by the fire brigade that it is safe to do it.

If Cut Off By Fire

- Close the door of the room and block up any cracks with bedding or similar.
- Go to the window and try to attract attention.
- If the room fills with smoke, lean out of the window unless prevented by smoke and flame coming from a room below or nearby. If you cannot lean out of the window, lie close to the floor where the air is clearer until you hear the fire brigade.
- If you have to escape before the fire brigade arrives, make a rope by knotting together sheets or similar materials and tie it to a bed or other heavy piece of furniture.
- If you cannot make a rope and the situation becomes intolerable, drop cushions or bedding from the window to break your fall, get through the window feet first, lower yourself to the full extent of your arms and drop.
- If possible, drop from a position above soft earth.
- If above the first floor, drop only as a last resort.

If Clothing Catches Fire

- A person whose clothes are on fire should be laid on the floor and rolled in blankets, rugs or a thick coat. If your own clothing catches fire, roll on the floor to extinguish the flames

Drowning

- If you see someone in difficulties in the water, send someone for help immediately (if you are your own, call loudly for help).
- Then shout to the person in the water and try and get them to calm down and ask them to try and kick their legs and swim towards you.

- If this does not work look around and see if there is a long branch or similar that you can reach out to the person with. Before doing this make sure you have a firm footing on the bank of lie down so that there is no chance of you being pulled into the water.
- If there is nothing long enough to hand to reach the casualty, you need to find something buoyant to throw to the casualty to help them stay afloat. There may be an orange life belt along the bank of the river or lake, or you could use a football or plastic bottle. Once the casualty has caught the object, you need to get them to kick their legs and try to swim towards you. Alternatively if you can find some rope you could coil it up and throw one end to the casualty and try to pull him in.
- All of the above methods require an element of skill, so practice them on dry land just in case.
- The final thing you can do if all of the above have failed is to enter the water yourself. However, this should only be attempted if you are an experienced lifesaver. If you cannot get to the casualty keep talking to him, try to get him to swim towards you and tell him help is on its way.
- Once the casualty is rescued you may need to treat injuries and will certainly need to treat the casualty for shock.

Electric Shock

- Electricity does not differentiate between the victim, and the rescuer, so if you do not think, there are likely to be two victims!
- Electricity is the same as lightning, and it will find the shortest way of "going to Earth", if it is given the chance. If the Live wire touches the Earth, or the Neutral, then this circuit is completed, and the fuse blows. However, if you take hold of the live wire, then you are the direct contact with Earth, but the resistance of your body is such that the fuse will not blow, so the current flow continues.
- Now, if you should come across a person that is in contact with the live wire, and you grab hold of him, then you become part of the circuit, and there are TWO casualties.
- Should you come across a person who is being electrocuted, you must act quickly. However, remember, under no circumstances must you take hold of him.
- Send for the emergency services
- Only if safe to do so shut off the supply, which can either be done at the mains by switching everything off, or at the switch on the wall. If it is not safe to do so, call for help immediately.

Ice Breaking

- When somebody has fallen through the ice, he very quickly becomes unconscious, owing to the temperature of the water. This means that you have to work fast.
- Send someone for the fire brigade and ambulance immediately
- If you can, throw a line to him quickly, tie a bowline in it first, so that, before he becomes numb, he can put it over his arms, and you can pull him out, even if he becomes unconscious.
- Do not try to get across the ice in any way to try to rescue the casualty, as this will end in the fire brigade having to pull two casualties out of the lake.
- If you cannot reach the casualty with a rope, long branch or similar then keep talking to the casualty until the emergency services arrive.
- If you manage to rescue the casualty before the emergency services arrive, you will need to treat him for hyperthermia and shock.

26. Know precautions necessary before undertaking adventurous activities. This must include exposure and mountain safety.

Just remember 'Prevention is better than Cure' but precautions can take a long time to organise properly, so start well in advance of your proposed activity.

Thinks to consider in planning any multi day expedition:

- Your proposed route, and is it within your skills, physical ability and stamina, knowledge and team and leadership ability
- Forecast weather conditions
- Micro navigation ability for poor weather conditions
- Speed of the slowest member of your party
- Daylight hours – allow plenty of spare time
- Bad weather / escape routes
- A home contact that has details of your route plan
- Local emergency contacts – mountain rescue for example
- Your personal kit and clothing (revise this from 2nd class and add a woolly hat, mittens, and good layered clothing systems)
- Your group kit – remember to include a group shelter, first aid kit, emergency rations, torch with spare batteries, whistle, map, compass and a short piece of light weight climbing rope.
- Cooking kit – research modern trekking stoves, many of the gas systems are now superior to the trusty old Trangia
- Camping kit – make sure your tent is light, visible, wind and waterproof and has enough room for you and your kit (storing your rucksack outside in a bivvi bag is an option

On The Expedition

- Watch the weather constantly. On high ground mist, rain or snow can close in with alarming speed.
- Do not be afraid to abandon the journey via an escape route. It takes a stronger leader to turn back or to take an escape route, than to carry on with blind optimism.
- Leader chooses route and sets pace, which is that of the slowest walker, and appoints rear man to keep party together, ensuring that all members of the party have adequate rests, 5 – 10 minutes every hour.
- Wait after obstacles for party to re-form
- Do not split the party except in an emergency.
- Watch for signs of exhaustion or hypothermia (exposure).Know the causes and treatment for hypothermia.
- Know the correct procedure for dealing with an accident. Have a plan in mind for taking shelter if necessary in bad weather or darkness.
- Do not leave rucksacks behind when making a detour.
- If you have to stay away from your base overnight for any reason, as soon as possible after you are off the hill tell your base or the police by message or 'phone what has happened. Failure to do this promptly may cause search parties to waste time looking for you.

- Whistles, flares, shouting, torches, etc. should only be used in emergencies and not for wide-games or similar.
- Keep track of the time and distance covered so that you always know where you are. Do not hesitate to take an escape route, if the weather breaks or the route is too much for any of the party, or if you cannot complete the planned route before darkness. Pressing on is folly not pluck and can be disastrous.
- Keep off ice and away from snow slopes and cornices until you have learned the techniques necessary for safe skiing or snow and ice climbing. Do not attempt any type of ice or rock climbing without proper training and equipment.

Above all the party must keep together and accept all decisions by the Leader.

Procedure in The Event of an Accident or Illness

- Do any immediate First Aid that is necessary. Stop any bleeding by applying clean dressings and bandaging firmly. If patient is unconscious, make sure that he is not choking or blocking his airway.
- Make the patient as comfortable as possible and treat for shock. Keep him warm, putting spare clothing etc. as insulation underneath him.
- If you have phone signal contact the emergency services.
- Give the International Distress Signal – 6 loud short blasts on your whistle, or 6 flashes on your torch, then wait for a minute and repeat. Keep repeating this sequence until you feel that there is definitely no one going to respond or until you hear a response. The response is 3 short blasts, or flashes, then a minutes break and repeated.
- If your signal does not produce assistance, as suitable number of people from your party should go to get assistance, and should know:
    - Exact position, giving six-figure grid reference or, if this is not feasible, as much information as possible to enable a rescue party to go straight to the injured person.
    - If a rock-climbing accident, he must know the name of the cliff, the route, and the pitch, so that the rescue party will know whether to approach from the bottom or the top.
    - Time of the accident.
    - How many people are injured.
    - Nature of the injuries.

Hypothermia/ Exposure, or Wet/ Cold Exhaustion

- Collapse and possible death from exposure is brought on by the failure of the person to maintain body core temperature, either by keeping himself dry or by maintaining a high enough work output, with its accompanying warming effect. Consequently, it should be appreciated that a tired, frightened or hungry walker, carrying even a light load who is wet and cold through to the skin is a possible victim of exposure, especially if the air temperature should fall to near zero centigrade.

Signs and Symptoms

It is not easy to recognise a mild case of exposure in a party, and yet it is extremely important that the signs of a Scout approaching a crisis are not overlooked. The following are among the most usual symptoms of which any may be present:

- A slowing of the rate of progress with complaints about coldness and tiredness.
- Clumsiness and stumbling with failure to respond to simple directions and mental lethargy.
- Disturbance of speech and/or vision.
- Sudden shivering fits.
- Collapse.
- Irrational or unreasonable behaviour.
- Argumentative: sudden bursts of energy.

In view of the relatively short period of time (between 1 and 2 hours) between the onset of the symptoms and collapse it is essential that urgent and correct action is taken.

The condition of the Scout must not be allowed to deteriorate further, and this means that pressing on is NOT the answer, unless shelter is only minutes away. Once the victim is only capable of low level physical activity the time has come to STOP and make some sort of camp on the spot. If possible a tent should be erected, failing this a temporary shelter must be erected using whatever is available.

The following treatment should then be given:

- STOP AT ONCE. Do not allow serious disability or collapse to develop. See Accident Procedure above.
- Insulate the victim against further heat loss i.e. put him into a man-sized polythene survival bag and sleeping bag, with further padding underneath it If possible place another fit person in with the casualty or close alongside for warmth. Make the whole set-up as windproof as possible.
- Give the victim food and warm drinks if a stove is available.
- Reassure the patient - fear greatly accelerates exhaustion.
- This activity is directed at (1) preventing further loss of body heat and (2) raising the body core temperature. NO ATTEMPT EITHER BY RUBBING, HOT WATER BOTTLES OR ALCOHOL SHOULD BE MADE TO WARM THE SKIN OF THE VICTIM; this would only cause a rush of blood to the skin and further core cooling.
- When the stretcher party arrives all the insulation around the victim should be preserved during the carry.
- On arrival at suitable access/ escape point get medical assistance for the casualty.

Our mountains and moorlands are a common heritage. They provide a haven of peace and beauty for all who seek it, a playground for many, a means of livelihood for some, a last refuge for certain wild animals and plants. In these and other ways, they are an important part of our national life.

It is up to us to conserve this heritage for the benefit of ourselves and other people, and for the enjoyment of future generations. Enjoy them wisely.

27. Gain the Scout First Aid proficiency badge.

The requirements for this are given below, this handbook is not the place to try to teach first aid, that needs to be done practically by an experienced 1st Aider.

The B-PSA has two qualified 1st Aid at Work instructors, and they regularly run courses for leaders and Senior Scouts. Someone who has attended one of the courses and has a current 1st Aid Certificate can instruct you.

- Using a manikin or mask, demonstrate artificial respiration by the mouth-to-mouth or mouth-to-nose method. Show how to place the patient in the recovery position and how to manage an unconscious person after an accident, fit, fainting or other causes.
- Understand the dangers of moving or handling a patient when the extent of the injury is unknown.
- Have a basic understanding of the circulation of the blood.
- Show how to stop bleeding and how to dress a wound.
- Know how to guard against shock following an accident and electric shock.
- Show how to prevent and deal with hypothermia.
- Demonstrate the first-aid treatment for burns, including those caused by acid and friction.
- Bandage an injured ankle.
- Know what to do if you suspect that someone has swallowed a poisonous substance.
- Understand the limits of capability and importance of summoning help.
- Know how to deal with a foreign body in the eye, ear, nose or throat.
- Prepare a simple first aid kit for home or camp and know how to use the contents.

Note: A person holding either British Red Cross Youth First Aid, St Johns Ambulance Essentials of First Aid or St Andrews Ambulance Association Junior First Aid cert automatically qualifies for this badge. Note: The Examiner for this badge must be a qualified doctor, RGN, SRN, an Instructor in First Aid to one of the bodies listed above or have passed the B-PSA 1st Aid Course.

28. Have no less than two years experience as a Scout.

Gaining your first class isn't something to be rushed through, just to get the badge – these are the core skills of Scouting, that will last you a lifetime and you may need to practice some of them a few times before your Scoutmaster feels that you have enough knowledge and experience.

I've often heard Scouts say "oh we've done that before" but then when asked to demonstrate the skill they can't remember how to do it – having a tick in a box won't be much help when you need to cook a nourishing meal in pouring rain in remote countryside.

29. Make regular contact with a Scout from a different Area or Country, and share Scouting experiences

You are part of the largest worldwide youth organisation – and you share the same values as over 30 million people. You may make friends and contacts for life within your own Patrol and Troop, but it is always nice to extend that to other Groups – either in your own Area or further afield.

You will get an opportunity to meet other Scouts at Area events, and National events – take the chance to chat to them.

Every four years WFIS organise a camp for all member Associations across Europe. The 2014 camp is in Italy – near Rome, and the 2018 camp will be in Belgium. There is no reason why you shouldn't be at one of those camps to meet other Traditional Scouts – you just need to make it happen.

Talk to your Scoutmaster and parents about the best way to keep in contact – it may be through emails, facebook, SMS, or letters and postcards.

And finally:

Re-pass the Second Class tests. This test will be taken last**.**

Scout Cord

This is the highest award that you can earn as a Scout.

Before reaching the age of 15, and before being invested as a Senior Scout, the Scout will be required to have completed:

- The First Class
- The Citizenship badge
- At least 3 proficiency badges from the list below:
    - Backwoodsman
    - Camper
    - Camp Cook
    - Explorer
    - Pioneer
    - Tracker
    - Starman
    - Weatherman
    - Woodcraftsman

Some final thoughts – Quotes from B-P

"We never fail when we try to do our duty, we always fail when we neglect to do it."
"The spirit is there in every boy; it has to be discovered and brought to light."
"The most worth-while thing is to try to put happiness into the lives of others."
"The Scoutmaster teaches boys to play the game by doing so himself."
"If you make listening and observation your occupation you will gain much more than you can by talk."
"There is no teaching to compare with example."
"The most important object in Boy Scout training is to educate, not instruct."
"A boy carries out suggestions more wholeheartedly when he understands their aim."
"The sport in Scouting is to find the good in every boy and develop it."
"Show me a poorly uniformed troop and I'll show you a poorly uniformed leader."
"The more responsibility the Scoutmaster gives his patrol leaders, the more they will respond."
"In all of this, it is the spirit that matters. Our Scout law and Promise, when we really put them into practice, take away all occasion for wars and strife among nations."
"In Scouting, a boy is encouraged to educate himself instead of being instructed."
"A Scout smiles and whistles under all circumstances."
"When you want a thing done, 'Don't do it yourself' is a good motto for Scoutmasters."
"An individual step in character training is to put responsibility on the individual."
"See things from the boy's point of view."
"Be Prepared... the meaning of the motto is that a Scout must prepare himself by previous thinking out and practicing how to act on any accident or emergency so that he is never taken by surprise."
"Correcting bad habits cannot be done by forbidding or punishment."
"The uniform makes for brotherhood, since when universally adopted it covers up all differences of class and country."
"A boy is naturally full of humour."
"Trust should be the basis for all our moral training."
"A Scout is never taken by surprise; he knows exactly what to do when anything unexpected happens."
"Scoutmasters need the capacity to enjoy the out-of-doors."
"O God, help me to win, but in thy wisdom if thou willest me not to win, then O God, make me a good loser."
"It should be the thing never to mention unfairness of judging when defeated in a contest."
"The object of the patrol method is not so much having the Scoutmaster trouble as to give responsibility to the boy."
"Success in training the boy depends largely on the Scoutmaster's own personal example."
"The Scoutmaster guides the boy in the spirit of another brother."
"The good turn will educate the boy out of the groove of selfishness."
"Loyalty is a feature in a boy's character that inspires boundless hope."