The Scout Handbook

All you need to know to grow from Tenderfoot to 1st Class Scout

and to gain your Scout Cord

FULL EDITION

Throughout the text, the word “him” or “he” shall be taken to infer any gender.

3rd Edition October 2019

Welcome to Scouting, an adventure that will take you from being a ten or eleven year old Tenderfoot to becoming a First Class Scout and beyond.

The Baden-Powell Scouts' Association is proud to maintain the Traditional Scouting skills and values that our founder believed in, but we are equally proud of our ability to mix those skills and values with some thoroughly modern adventures.

This handbook will guide you through your progression and development in Scouting and will give you links to other resources that will help you. You have probably just come from the Wolf Cub Pack - you are now at the start of a journey of fun, adventure and learning and maybe you will end up being a Patrol Leader and wearing the Scout Cord, the highest award a Scout can get before they are fifteen – I hope that's what you are going to aim for.

There are tests to be completed at each stage as you progress to gaining your Scout Cord, but they are not like school tests - your Patrol Leader, fellow Scouts and your leaders will help you learn the skills and when you can show that you have mastered them they will sign off your record card, a copy of which is at the end of the Handbook.

The tests are grouped like this:

- Tenderfoot – some simple tests to complete before you are invested as a Scout – if you have gained your Leaping Wolf you have already completed all the Tenderfoot tests.
- Second Class – these are the basic skills that you will need to enjoy the wonderful outdoor life of a Scout
- First Class – these skills prepare you for adventures where you take far more personal responsibility, until you can go on your first class journey
- Scout Cord – the highest award, to be gained before you are 15 and move to Senior Scouts.

Baden-Powell wrote a series of articles called Scouting for Boys which excited young people over 100 years ago, and they started to form Scout Patrols and Troops. He wrote those articles under eight headings and we still use similar headings today, and you will see them throughout this handbook:

- Scoutcraft and Chivalry
- Exploration
- Camp Skills
- Observation
- Woodcraft
- Health and Fitness
- Saving Life
- Citizenship

Enjoy Scouting, I look forward to meeting you during your adventures

Mark

Headquarters Commissioner for Scouts

Tenderfoot

This is the most important badge you will ever be awarded as a Scout.

There will be other badges that prove that you have learned more skills and had more adventures, but this badge shows that you have made a solemn promise in front of other Scouts, and you are going to do your best to obey the Scout Law.

1. **Understand the history of Scouting, the Baden-Powell Scout Association and the World Federation of Independent Scouts. Know about the life and achievements of Lord Baden-Powell, our Founder.**

Robert Stephenson Smyth Baden-Powell was the founder of Scouting. He was born on **22 February 1857**.
B-P's father died when he was three years old, and his early education was at home, where his mother encouraged him to learn about animals, plants and birds. B-P soon discovered he could draw very well using either hand, and he became expert at imitating bird calls.

B-P attended **Rose Hill School,** in Tunbridge Wells and then won a Scholarship to **Charterhouse School in London**. It was here that he explored his interest of wood-craft and learned lots of his scouting skills. Although officially off limits, he would sneak out into the wood surrounding his school where he learned to move silently to avoid detection. He also caught and cooked rabbits and other animals, being careful not to give his position away with smoke.

After school, at the age of 19 B-P, joined the army and did so well in his entrance exams that he was immediately posted as an officer with the **13th Hussars in India.** He gained rapid promotion and had many famous victories, making him a hero to the British public.

During the Boer War in Africa, Colonel Baden-Powell decided to tie up large numbers of Boer Troops by holding the strategically important town of **Mafeking** in South Africa, and the Siege of Mafeking became one of the most important actions of the war. B-P's book called 'Aids to Scouting' sold well both to the military and public at large, and particularly appealed to teenage boys.

In **1907** B-P re-wrote 'Aids to Scouting', to aim it at a younger audience and called it 'Scouting for Boys'. Later that year he ran an experimental camp with 22 boys from different backgrounds, on **Brownsea Island, Poole Harbour, Dorset** to try out his ideas. In **1908** B-P republished his book as "Scouting for Boys", in 6 fortnightly instalments, boys started to buy this and create their own Patrols. Troops were then formed and Scouting began. From there it spread all over the world. B-P ran a camp for another group of Boy Scouts in **Humshaugh, Northumbria** - this was the first true Scout camp.
In the next ten years Girl Guides, Wolf Cubs and Rover Scouts started, and Scout Rallies were held in the major cities of Great Britain. In **1920** the first international **Scout Jamboree** was held and **B-P** was named **Chief Scout of the world**.

In the following ten years B-P visited many countries to establish Scouting across the world. Gilwell Park was presented to the Movement for the Woodcraft training of Scouters.

B-P died on **January 8th 1941** and was **buried** in Nyeri **at the base of Mount Kenya**.
He had the remarkable experience of seeing the movement grow from the tiny acorn of a small group of children camped on Brownsea Island into a Brotherhood and Sisterhood which embraces almost the whole world.

The Baden-Powell Scout's Association was formed in 1970, following moves by the Scout Association in the mid 1960s to modernise their image. Founders of our Association felt that rest of the Scout Movement was abandoning the traditions and intentions set out by B-P. The Baden-Powell Scouts retain the belief that essence of the movement should be based on outdoor activities related to the skills of explorers and backwoodsmen.

It is a voluntary, educational charity movement for young people. It is independent, non-political, non-military, and open to all without distinction of origin, race, creed or gender, in accordance with the purpose, principles and method conceived by Robert Baden-Powell.

As an independent Scout Association, B-PSA are members of the The World Federation of Independent Scouts (WFIS). The WFIS was formed in 1996 and is a world body that recognises Independent Scouts Associations which teach traditional Scouting values, in countries across the globe.

Notable Scouting Dates

1907 Brownsea Island – Experimental Camp
1908 Scouting for Boys. First Scout Camp - Humshaugh
1909 Boy Scouts of America. An American businessman, William Boyce, was visiting London, and lost his way in the fog. A small boy offered to show him the right way. Mr. Boyce wanted to pay him for his trouble, but the boy refused to accept the money, saying "A Scout does not take money for doing a Good Turn". Mr. Boyce was amazed that the boy should refuse, and wanted to find out more about Scouts. Next day he sought out the office and took back books about Scouting to his home in America. He thought it was such a good way of training boys that he started the movement over there.
Crystal Palace Rally
1916 Wolf Cubs formed.
1918 Rover Scouts formed.
1919 Gilwell Park opened.
1920 The first World Jamboree at Olympia.
1924 The Second World Jamboree at Copenhagen.
1929 The Third World Jamboree at Birkenhead (Liverpool) (B-P created Lord Baden-Powell of Gilwell)
1931 First World Rover Moot
1932 The First Gang Show
1933 The Fourth World Jamboree at Godollo (Hungary)
1937 The Fifth World Jamboree at Vogelensang (Netherlands)
1941 Death of Baden-Powell. 8th January.
1946 Senior Scouts formed.
1957 50 year Jamboree, Sutton Park, Birmingham.
1970 Baden-Powell Scouts Association formed.
1982 Beaver Scouts officially formed in the UK.
1996 B-PSA is one of the founder members of WFIS in Laubach Germany
2002 Members of the B-PSA attend the 1st WFIS World Jamboree in Denmark
2006 Members of B-PSA attend Eurocamp in Switzerland
2007 B-PSA celebrate 100 years of Scouting at Camp Cricket and visit Brownsea Island
2008 B-PSA celebrate the 100th anniversary of the Humshaugh camp, by camping near the original site
2016 B-PSA celebrates 100 years of Wolf Cubs
2018 B-PSA celebrates 100 years of Rover Scouts
2020 B-PSA celebrates 50years since its formation

2. Know about the Scout section progressive award scheme and how it is structured.

There are tests to be completed at each stage as you progress through the Scout section, but they are not like school tests - your Patrol Leader, fellow Scouts and your leaders will help you learn the skills and when you can show that you have mastered them they will sign off your record card.

The tests are grouped like this, and are described in detail later in this handbook:

- **Tenderfoot** – some simple tests to complete before you are invested as a Scout – if you have gained your Leaping Wolf you have already completed all the Tenderfoot tests. You should normally complete these within three months of starting in the Scout Section.

- **Second Class** – these are the basic skills that you will need to enjoy the wonderful outdoor life of a Scout. It will probably take you a year or so to gain these skills, but you will of course also be going on camps and outings at the same time and working on proficiency badges for your favourite activities.

- **First Class** – these skills prepare you for adventures where you take far more personal responsibility, until you can go on your first class journey. It may well take you a while to gain all these skills, and at the same time you will be helping younger Scout's gain their skills. You will start to be given more freedom to take care of yourself on camp and expeditions and take even more proficiency badges.

- **Scout Cord** – the highest award before you go to Senior Scouts and must be completed before your 15th birthday. It will need you to complete proficiency badges from a special list, and to have your 1st Class.

TOMMY THE TENDERFOOT No. 5 TOMMY SLEEPS OUT

Plenty of blankets below—he'd been told.
But Tommy knew better—and so he got cold.

3. Know the Scout Law and Promise, and their meaning in accordance with age.

The Scout Law & Promise are very important in the move from being someone who goes along to Scout meetings, to becoming a Scout. There are ten Laws which you will need to learn, however, is not enough just to be able to repeat the Laws, you are going to promise to do your best to obey them, and that is a big undertaking.

Behind each Law lies a great depth of meaning, talk to other Scouts, Senior Scouts and Rover Scouts, to Akela and your Scout Leaders about what the Laws mean to them, and how they try to live by them – they have all promised to obey the same Laws as you.

The Law:

1. A Scouts' honour is to be trusted
A true Scout can be recognised because they lives this Law, and can be trusted to speak the truth, and never go back on their word. They can always be trusted to carry out any job to the best of their ability.

2. A Scout is loyal to The Queen, His Country, His Scouters, His Parents, His Employers and to those under Him
Loyalty means that you don't let people down, and they can rely on you, and that doesn't just apply to people that you look up to. If you become a Patrol Leader, you will have to earn the respect of the members of your Patrol and be faithful to them especially.

3. A Scouts' duty is to be useful and help others
A Scout should do their duty first. In order to understand their duty, B-P suggested that a Scout should consider,
"Which is my duty?" that is, "Which is best for other people?" - and do that one.
A Scout should Be Prepared to do a good turn every day and help people, without seeking reward for being helpful.

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
When meeting another Scout, we should treat each other as we would expect to be treated. A Scout should offer help & support and must never look down upon the other. A Scout accepts the other as they find them.
Start by practising this in your Patrol, then your Troop, then with Scouts you meet from other Troops, and eventually if you are lucky with Scouts from other countries. Nearly 50 million people in almost 200 countries are involved in Scouts and Guides. You are now part of that worldwide brotherhood for peace and good.

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
A Scout should be kind to all animals and save them as far as possible from pain and should not kill any animal unnecessarily.

7. A Scout obeys orders of His parents, Patrol Leader, or Scout Master without question
A Scout should carry out reasonable orders given to them immediately, even if unsure about the intention. They can later discuss or query those orders. That is discipline.
This does not mean that a Scout should break the law of the land or carry out an act which would contravene a moral or ethical code or endanger his safety.
If you become a Patrol Leader you will expect the members of your Patrol to work to your orders but remember that they also need to trust and respect you, so make sure you don't abuse your position.

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8. A Scout smiles and whistles under all difficulties.
You will find that life throws all sorts of difficulties at you, things that you don't want to do, or make you feel frightened or uncomfortable. Moaning and grumbling about these will just make you miserable and will probably make those around you miserable or angry. 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
Thrift means carefulness to avoid waste – it applies to money, property and time. Think carefully 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.
Scouts should not let themselves give way to temptation, either to think, talk or do anything which would be considered unacceptable.

There is a useful little rhyme to help you remember the key words for each Law their order:

Trusty, Loyal, Helpful,
Brotherly, Courteous, Kind,
Obedient, Smiling, Thrifty,
Clean in word, deed and mind.

The Scout Promise

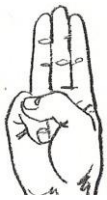
On My Honour I promise,
That I will do my best,
To do My Duty to God and The Queen,
To help other people at all times, and to obey The Scout Law.

This is the solemn promise that you make when you are invested, and is the same promise that all Senior Scouts, Rover Scouts and Leaders make. You will make this promise in front of the other Scouts in your Troop, and they will trust you to do your best to keep it. Later when you are present for a new Scout being invested you should take the opportunity to remind yourself of the things you promised to do.

You are at an age now, when you can make up your own mind about what the word God means to you, it may be a religious deity, or it may be a set of personal values and beliefs – the important thing is that you hold true to your beliefs, and respect the beliefs of others.

4. Know the use and demonstrate the salute, sign, handshake and motto as explained in Camp Fire Yarn 3 of 'Scouting for Boys'.

The three fingers held up like the three points of the Scout badge remind a Scout of the three parts of his promise:



- His duty to God and the Queen (his country)
- To help others
- To obey the Scout Law

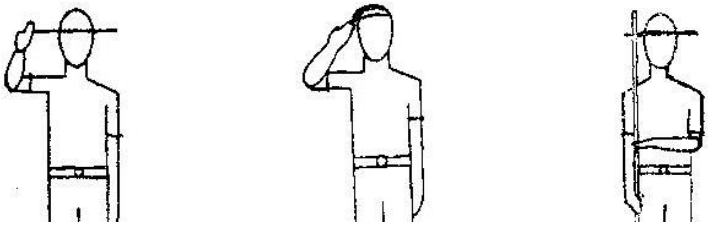
The thumb over the little finger reminds a Scout that the strong, protect the weak.

Salute

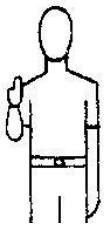
The salute and the badge also look like the arrowhead on an old compass – always pointing in the right direction.

The salute is made with the right hand, which is brought to a position just in front and above the right ear, when a hat or beret is worn the fingers should just touch the edge of the hat. For a smart salute the hand is brought up into position slowly, in a wide arc and then at the end of the salute straight down by your side (longest way up, shortest way down).

When parading with a Scout stave, the salute is made with the left hand and the stave in the right hand. Bend the left elbow at a right angle, and with the palm downwards just touch the fingertips to the stave.



Sign



The Scout sign is identical to the salute, but instead of touching the hat, it is made next to your right shoulder, with the palm facing forward. The sign is used by all invested Scouts who are present at the investiture ceremony of a new Scout, it is also used when Scouts great each other – especially if they aren't wearing hats.

Handshake

When Scouts shake hands, they use their left hands. This is a sign of trust and friendship. Warriors used to carry their spears in their right hand and their shields in their left hand. To offer your shield hand to another person leaves you open to attack, and to do so is a great sign of trust.

It is also said that your left hand is closer to your heart, and that may also be a sign of friendship.

Scouts all over the world shake with their left hands, in some places they also bend their little finger into the palm, as a secret sign of Scouting friendship.

Motto

The Scout Motto is **Be Prepared.** You can see these words under the Scout symbol of the fleur de Lys – the three points of this also remind us of the three parts of our Promise. The words are contained in an upturned scroll, which might remind you of a smile - how your mouth should look as you do your duty.

B-P chose this motto, because he believed that through observation, training and awareness a Scout should always be prepared to tackle any situation – nothing should catch you by surprise.

5. Take part in a Patrol or Troop activity.

This is your opportunity to experience the fun of Scouting and get to know your Patrol before you are invested.

This may be arranged by Akela, Skip or by your Patrol Leader. Ideally it should be more than just coming to a weekly Scout meeting, it should involve working together with your new Patrol in something like a hike, a short camp, or on a pioneering project.

6. Demonstrate how to tie the following knots: Reef knot, Sheet bend, Clove hitch, Bowline, Round turn and two half hitches, Sheepshank. Explain their uses.

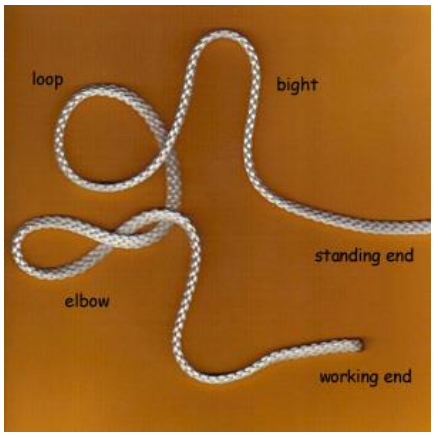
Tying knots is a key skill for Scouts, and you will use your knot tying skills in many Scouting activities including camping, pioneering, climbing, boating, and fishing. It's important to know which knot to use when, as selecting the right one will often be a safety requirement.

Let's start by getting some words right, so that we all have the same understanding, there are some strange words, but if we all use them to mean the same thing, we shouldn't get confused:

Rope This is the manufactured material, before it is given a specific use.

Line Once rope is purposely sized, cut, spliced, or simply assigned a function, it is referred to as a line.

Now let's look at the words that describe the parts of a knot:



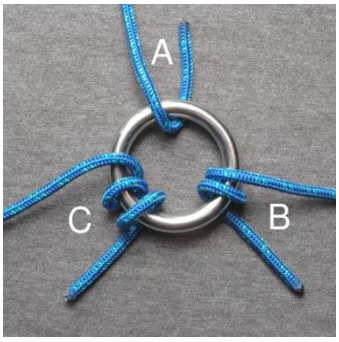
Bight Any curved section, or slack part between the ends of a line.

Loop A full circle formed by passing the working end over itself.

Elbow Two crossing points created by an extra twist in a loop.

Standing end is the longer end of the line not involved in the knot, often shown as unfinished. It is often (but not always) the end of the line under load after the knot is complete. For example, when a clove hitch ties a boat to a pier, the end going to the boat is the standing end. The standing part is the section of line between knot and the standing end.

Turn



A single turn is a single pass behind or through an object (A).

A round turn is the complete encirclement of an object; requires two passes (B).

Two round turns circles the object twice; requires three passes (C).

Working end is the active end of a line used in making the knot and may also be called the 'running end'.

There are many categories of different knots for different purposes, and some knots may belong to more than one category.

Bend A knot uniting two lines.

Binding A knot that restricts object(s) by making multiple winds.

Hitch A knot tied to a post, cable, ring, or spar.

Lashing A knot used to hold (usually) poles together.

Loop A knot used to create a closed circle in a line.

Splice A knot formed by interweaving strands of rope rather than whole lines.

Stopper A knot tied to hold a line through a hole.

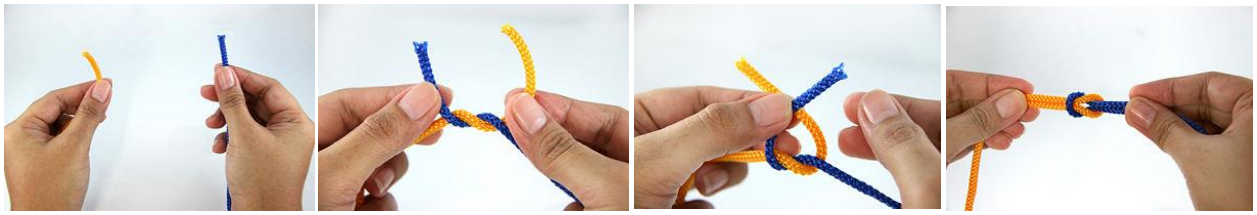
Whipping A binding knot used to prevent another line from fraying.

The Reef Knot (or square knot)

This is the most common Scouting knot but should never be used as a bend (to tie two lines together, as it comes undone very easily).

It's great as your first practice knot, and is useful for tying parcels, tying bandages and slings (because it lies flat) and for its original use which was tying down sails on sailing boats – which is called reefing.

To see how to tie it click this link Tying a reef knot

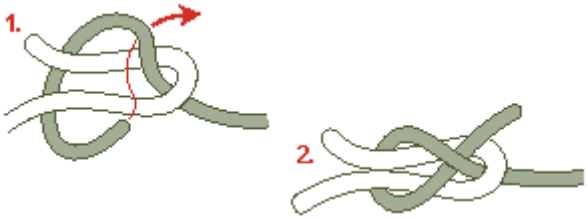


Sheet Bend

The sheet bend is used for tying two lines of unequal thickness together but is also actually better than the reef knot for tying two lines of equal thickness. To make it secure you need to ensure that the two working ends finish up on the same side of the knot.

This can be made even more secure by converting it to a double sheet bend. Always work with the thinner of the two lines.

The first place you will need to use this knot in Scouting is when you tie the halyard (that's the special name for a line that raises and lowers something, like a flag or a sail) to the loop at the bottom of the Union flag – but more about this in test 9.

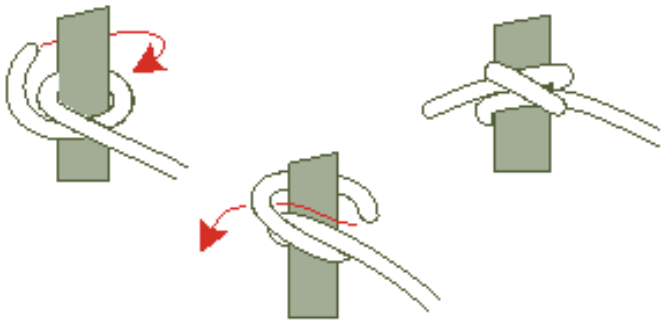


Double Sheet Bend

Clove Hitch

You will use the clove hitch in lots of different applications, for example for starting a square lashing (this is part of second class), and for tying things to poles, rings or spars. It is very quick to tie, and useful because the length of the standing part can be adjusted very easily.

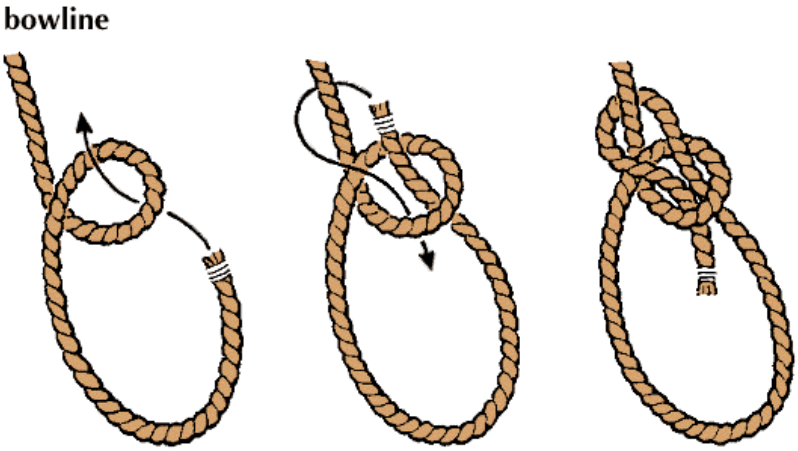
It is used very widely in sailing and boating as well as pioneering.



Bowline

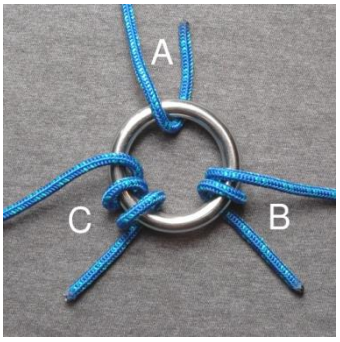
This is widely regarded as the best knot for forming a secure loop in a line, which can be untied easily even after it has been under great pressure. It is commonly used for tying boats to quaysides, and if you imagine the weight of a heavy boat, constantly tugging at it's mooring you need a knot that can be untied easily afterwards. The bowline used to be common in mountaineering and as a rescue knot, and it is useful for you to learn to tie it around your waist, but other better knots are more commonly used for these purposes now.

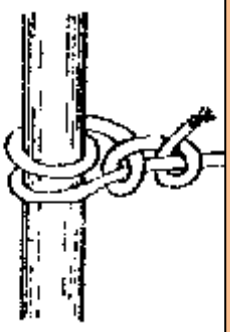
The structure is the same as the sheet bend, the bowline just makes a loop in the end of one line. If you can tell what a sheet bend looks like when you have tied it correctly, you will be able to recognise a correctly tied bowline too.



Round turn and two half hitches

Another useful knot for tying things to poles, spars or rings. You will remember that the round turn is shown in this picture as B.





Adding the two half hitches is a simple way of making it secure.

Sheepshank

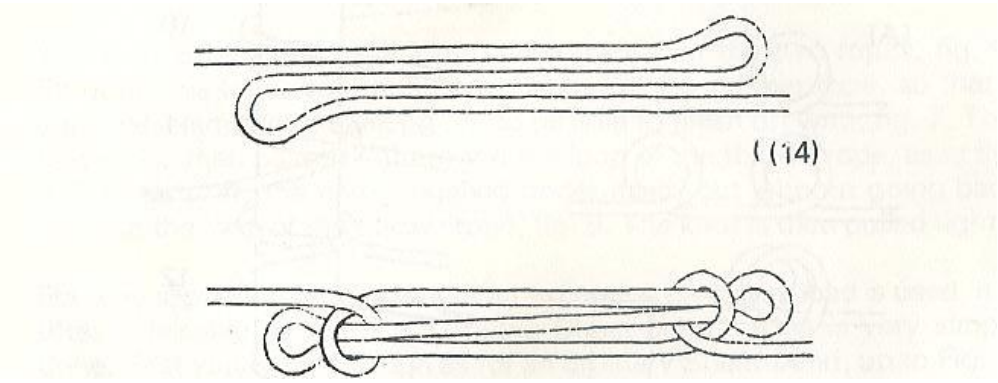
There are times when a piece of line needs to be shorter, but we don't want to cut it and make it permanently shorter. A good example of this is shortening the guy line for a tent – we may want it short this time but need the whole length the next time we put the tent up.

The sheepshank can also be used to protect a weak part of the line temporarily, before we get around to repairing or replacing it.

To start with, the rope must be folded into three layers. (If the knot is used for protection of a weak part, the weak part should be in the centre of the middle layer).

Next, a "half hitch" is put round the end of the knot, to hold the remaining two ropes tightly together. The same is repeated at the other end.

The two ends are then pulled tight, and the knot is finished.



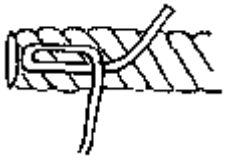
7. Whip the end of a rope

Ropes are traditionally made by twisting smaller strands together – this gives the finished rope greater strength and reliability. Whipping is a method of ensuring that the end of the rope doesn't fray and become useless – it is best used on ropes made of natural materials like hemp, sisal or jute.

We are showing three different methods here, but if you can do one correctly that is fine – you may like to experiment with the others in the future. The important thing for all three is that the final whipping is tight and neat, it will then have a very long useful life.

Common or Simple

The whipping twine is laid on the rope in the form of a loop. This loop must be longer than the intended length of the whipping, and the end must be left long enough to be able to pull.

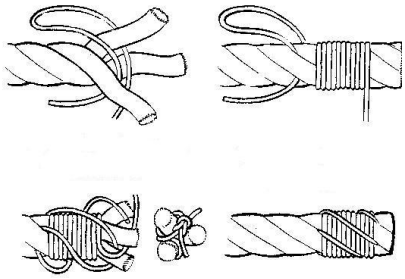


Next, the twine is wrapped round the rope, to make the finished whipping only slightly larger in diameter than the rope itself. A good whipping should not be more than about 10mm long as otherwise it will tend to open, and eventually come undone. As the twine is wound round the rope, each turn must lie hard against the previous one.

When enough of the twine has been wound round the rope, tightly to your satisfaction, the loose end is pushed through the loop at the end of the rope.

Finally, the end of the loop is pulled, pulling the other end into the whipping. When the knot has reached the centre point of the whipping, both ends are cut off, and the whipping is finished.

Sailmaker's Whipping

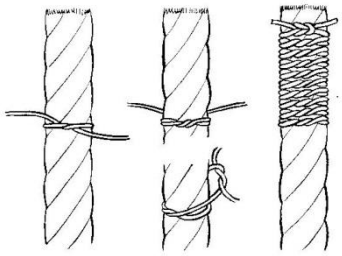


1. Open lay of the rope and place loop of twine round one strand. Re-lay rope.

2. Hold loop down with left hand, leaving short end free. With the long end whip towards rope end.

3. Raise loop and slip it over end of strand it embraces. Pull short end to tighten. Join ends of twine with reef knot.

4. Trim end of rope with sharp knife and rub with wax if desired.



West Country Whipping

This is probably the simplest form of whipping.

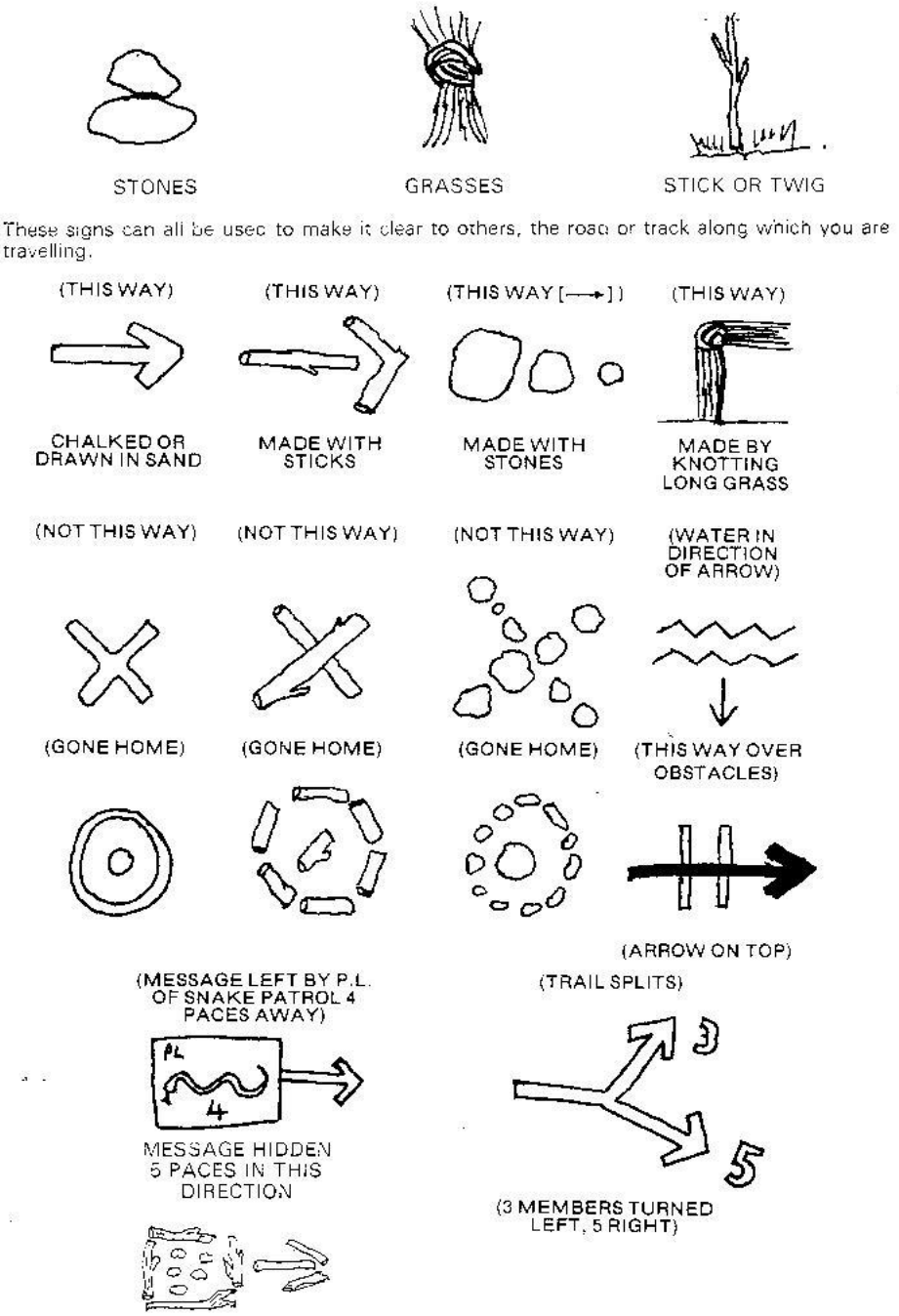
First tie a thumb knot a few cm from the end of the rope. Then tie thumb knot at back. Continue to within 5mm of the end. Finish off with a reef knot. Trim end with sharp knife.

8. Demonstrate and follow the woodcraft signs given in Camp Fire Yarn 4 of 'Scouting for Boys'.

Scout trail signs should be made on or close to the ground. If they are made on a road or track, they should be laid close to the edge on the right hand side.

They should never be made where they will damage or disfigure private property.

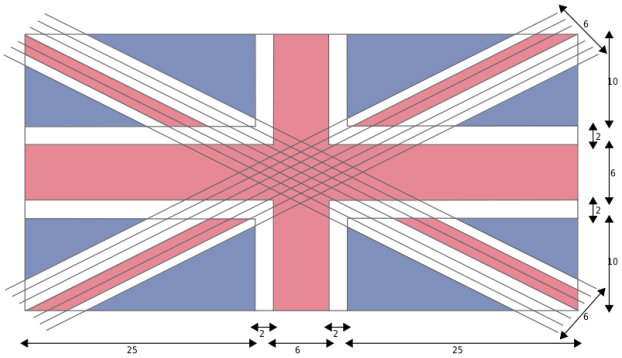
Woodcraft signs are a great way for you to communicate secretly with other members of your Patrol or Troop, but you will need to practice your observation skills so that you get the whole message.



9. Know the history and composition of the Union Flag and demonstrate how to hoist, break and fly it.

The first flag representing Britain was introduced on the proclamation of King James I in 1606 and was made up of just the Scottish and English flags, when he became King of both nations. The Welsh dragon does not appear on the flag because Wales was already united with England from the 13th century. This meant that Wales was a Principality instead of a Kingdom and as such could not be included.

In 1800 during the rule of King George III, Acts of Parliament united the Kingdom of Great Britain and the Kingdom of Ireland to create the United Kingdom of Great Britain and Ireland. The union came into effect on 1 January 1801 and the Union Flag as we now know it was created.



The Union Flag is normally twice as long as it is wide and has very precise specifications about the size of each element, these are shown here. As you can see this means that the broad white diagonal is wider in some places than others. The flag is the right way up when the broad white stripe is at the top, on the side closest to the flagpole.

Right way up if the flagpole is assumed to be on the left.

Upside down if the flagpole is assumed to be on the left. This is normally regarded as a sign of distress, or assistance being required.

When someone of national importance has died, the flag is flown at half mast. This doesn't literally mean halfway down the flagpole. The flag should be hoisted slowly to the top of the pole, and then lowered to leave a gap the same height as the flag itself. When the flag is taken down, it should first be hoisted to the top of the pole, and then reverently lowered.

Remember never to let the flag touch the ground – that is considered very disrespectful.

When preparing a flag for breaking, remember to fold it in such a way that it can be broken.

One method of folding the flag is to begin by laying the flag open on a flat surface or held between two Scouts. The flag is then folded into three in such a manner that both the original top and bottom edges are still visible i.e. they are folded onto opposite sides of the centre.

The flag is then folded in half lengthwise.

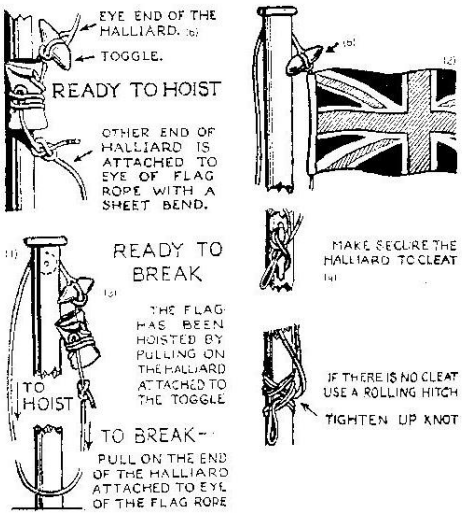
Next, concertina or roll the flag to the stage where enough is left at the hoist end to wrap round once. This is then done.

Lastly, the line attached to the bottom of the flag is wrapped round the flag, and tucked under itself, in the form of a loop, to secure the folded flag.

There are many ways to fold the flag, you may use a different one to this in your Group.

When hoisting the flag up to the top of the pole, the halyard is fastened to the flag in two different ways. First, there will be a loop in one end of the halyard, and this is placed over the toggle on the flag. The other end of the halyard is then fastened to the loop of the rope on the flag with a sheet bend, or double sheet bend. The flag is then hoisted to the top of the pole, and the halyard secured to the bottom of the pole to prevent the flag from falling.

If the flag has been folded properly, it will, when the halyard is given a pull, unfold in the required manner. If this does not happen, the flag will have to be brought down, broken by hand and hoisted.

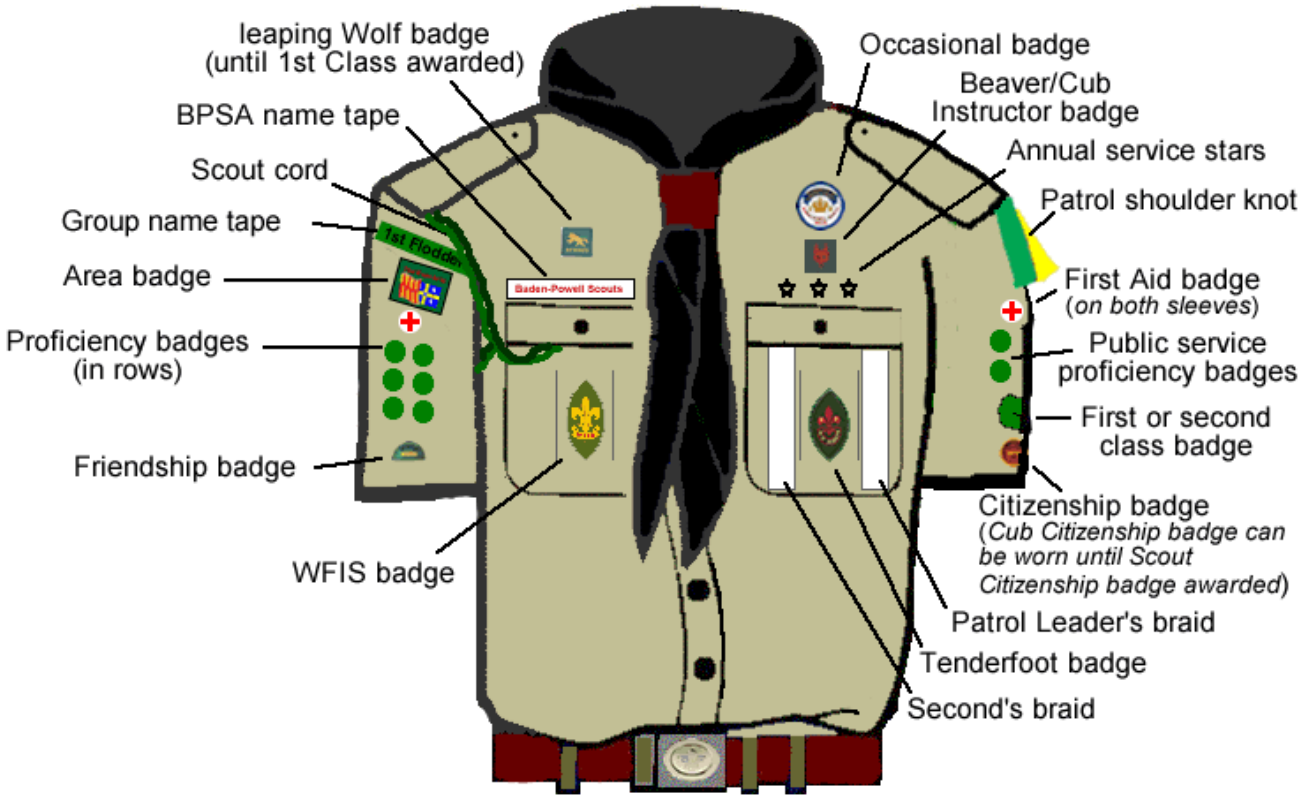


Congratulations you have completed your Tenderfoot and are now ready to be invested into the Troop.

The next few pages show you:

- Where to sew your badges when you have been invested.
- What to expect during your investiture ceremony.
- What flag break at the beginning of a meeting, and the closing ceremony will look like.

Scout badge positions



Scout Investiture

The Troop is in the open square, standing at ease. The SM briefly describes the significance of the occasion. The PL brings forward the new Scout, who stands about 2 paces in front of Skip at the ALERT. The PL steps to stand between the recruit and Skip to Skip's left and holds the Troop flag.

Skip: "Do you know what your honour is?"
Recruit: "Yes it means I can be trusted to be truthful and honest"
Skip: "Do you know the Scout Law?"
Recruit: "Yes I do"
Skip: "Can I trust you on your honour, to do your best, to do your duty to God and the Queen, to help other people at all times, and to obey the Scout Law?"
Recruit: "Yes"
Skip: "Are you ready to make the solemn promise of all Scouts?"
Recruit: "Yes I am"
Skip: The PL steps forward and lowers the Troop flag between Skip and the recruit until it is horizontal, taking care that the flag does not touch the ground.

Skip places his left hand on the flag and asks the recruit to do the same.
"TROOP, TROOP ALERT. TROOP SCOUT SIGN" all invested Scouts and the recruit make the Scout sign.
To recruit "Please make your promise (or repeat after me)"
Recruit: "On my honour I promise that I will do my best, to do my duty to God and the Queen, to help other people at all times, and to obey the Scout Law."

At the end of the Promise Skip and the recruit remove their left hands from the flag, the PL removes the flag, and all come down from the Sign in time with Skip, all remain at the ALERT.

Skip then gives the new Scout a Scout handshake, saying "I trust you on your honour to keep your Promise. You are now a member of the world-wide brotherhood of Scouts."

Skip then puts the new Scout's beret on his head and presents his Tenderfoot badge with a few words about its significance. Other badges, except the Patrol shoulder knot, are then presented.
The PL pins the Patrol shoulder knot to the new Scouts left shoulder.
Skip asks the new Scout and his PL to turn and salute the Troop and on the command TROOP SALUTE, they return the salute.

The Scout is then escorted back to his Patrol by the PL

The Troop is then dismissed.

Note. As this is the first time that a Scout makes his Promise on his honour, it is preferable that the ceremony is only for one Scout at a time, so that it is personal to them. If more than one Scout is to be invested the ceremony is repeated.

Scouts – Flag Break

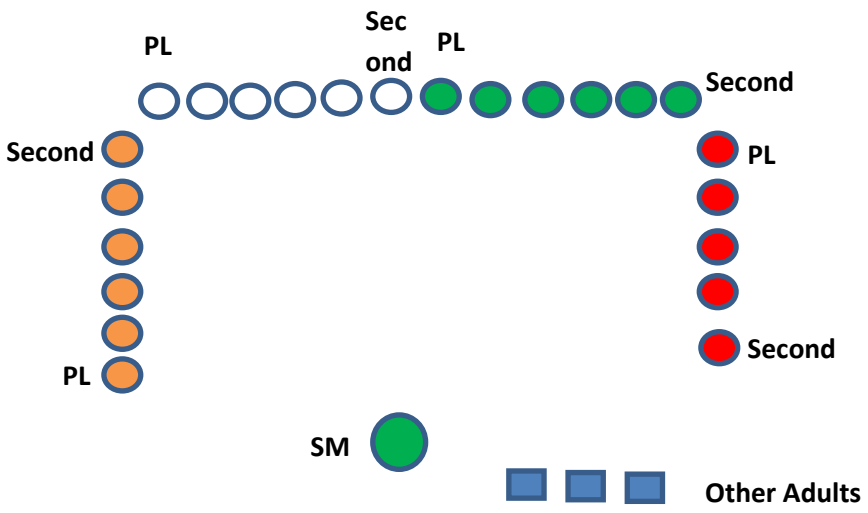
This should be the first event of every Troop meeting and be led by Skip (SM) who hands over responsibility to the duty Patrol Leader (PL).

After gaining the Scouts' attention by shouting "TROOP" and making a hand signal, the Scouts line up in an open square, facing Skip and the Union Flag.

Some Troops give the PLs specific responsibility to form up at a certain time, with no commands.

Each PL brings his Patrol to the ALERT, with the command XX Patrol, XX Patrol ALERT and then immediately stands them at ease with the command XX Patrol AT EASE.

This signifies to the SM that the Patrol is complete and awaiting flag break or other orders.



Once all Patrols are present the SM brings the Troop to the ALERT, and immediately stands them at ease. He asks the duty PL to come to the front of the parade and take his place. The duty PL approaches the front, by walking behind the formation of Scouts (the only time that any one is allowed to cross the "hallowed ground" in front of the SM, is by his specific request, and normally only for the presentation of awards, or for investiture).

When the duty PL has replaced the SM at the front of the parade, he brings the Troop to the ALERT, he then turns smartly and breaks the flag, and steps back one pace, still facing the flag. At the command Troop Salute, all properly uniformed and invested Scouts salute smartly. Non uniformed Scouts make the Scout sign.

The duty PL turns to face the Troop and gives the command to STAND AT EASE. As the duty PL returns to his position, the SM steps forward and takes back command, and thanks the duty PL.

Notices and or inspection will then be completed before the SM brings the Troop to the ALERT and FALL OUT.

Scouts – Flag Down

The ceremony only differs from opening as follows:

- The duty PL lowers the Union Flag, but doesn't allow it to touch the floor
- The duty PL leaves the flag secured on the halyard, and takes one respectful step back from it
- After dismissal the duty PL removes the flag from the halyard, rolls it and presents it to the duty PL for the following meeting, who takes responsibility for it, and ensures it is in place for the next flag break.

Flag down should be the final event of any Troop meeting, except for prayers and dismissal.

Second Class

When you are awarded this badge, you have learnt the basic skills of Scouting, you will need them to enjoy the wonderful outdoor life. Once you have these skills, you will start to be given more and more responsibility for looking after yourself and helping your younger Scouting brothers.

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7. Show the ability to use a telephone and demonstrate knowledge of your locality by: • using local bus and railway timetables. • knowing local landmarks, through-road routes, public transport facilities and utilities serving your area.	**36**
8. Demonstrate that you Can keep a bicycle properly maintained and are able to effect minor repairs.	**37**
9. Know where to find up to date weather forecasts, whilst at home and in camp.	**39**
10. Go by day, on foot, with other Scouts on a journey of 10 – 15 kms. The journey will have a route laid down by the Scout Officer and a simple objective will be given. Take responsibility for leading and navigating at least 2 km of the journey. A verbal report, from notes, must be made on your return. (Normally to be taken toward the end of 2nd Class)	**40**
Camp Skills	
11. Tie the following knots and know their uses: Timber hitch, Killick hitch, Fisherman's knot and Harvester's hitch.	**41**
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13. At camp, construct a useful gadget using natural materials, and demonstrating good use of knots and lashings.	**46**
14. Know the safety rules and care of a hand-axe, bow saw and knife. Demonstrate how to sharpen a knife and hand-axe.	**47**
15. Demonstrate how to make and store firewood.	**51**
16. Lay and light a fire out of doors with natural materials.	**52**
17. Cook over an open fire a simple meal, make a hot drink and wash up afterwards.	**53**
18. With another Scout, pitch, strike and pack a hike tent within a reasonable time.	**54**
19. Camp for a minimum of 5 nights as a Scout.	**55**
Observation	
20. Kim's game. A test in observation to remember 16 out of 24 well assorted articles, following 1 minute's observation, or, follow a trail containing not less than 30 woodcraft signs.	**56**
Woodcraft	
21. Be able to recognise and name 6 common trees and know the value of their wood for burning.	**57**
22. Know and follow the Countryside code.	**58**
Health and Fitness	
23. Know the general rules for healthy living.	**61**
Saving Life	
24. Demonstrate a knowledge of and how and when to summon adult help	**64**
25. Treat shock. (not electric).	**64**
26. Know how to deal with the following common minor ailments: • Minor cuts and scratches • Bleeding from the nose. • Stings and bites. • Burns and scalds. • Know how to avoid sunburn.	**65**

27. Know how to suitably dress and support minor cuts and sprains.	**68**
28. Know how to choose items of suitable personal clothing and equipment for outdoor activities, including camps.	**71**
Citizenship	
29. Have no less than nine months service as a Scout.	**73**
30. Make regular contact with a Scout from a different Group and share Scouting experiences.	**73**
Re-pass the Tenderfoot tests. This test will be taken last.	

1. **Know the Patrol sign, call and colours for the Patrol into which they are invested.**

Camp Fire Yarn No 4 in Scouting for Boys gives a full list of Patrol names, calls and colours. The colours are represented in the shoulder knot you wear on your left shoulder.

You should know about your Patrol and its history, but firstly you need to know a little bit about why Scout Troops are formed of two or more Patrols.

In Scouting for Boys, B-P said:

"Each Troop is divided into Patrols of about eight boys, and the main object of the Patrol system is to give real responsibility to as many boys as possible, with a view to developing their character. If the Scoutmaster gives his Patrol Leader real power, expects a great deal from him and leaves him a free hand in carrying out his work, he will have done more for that boy's character expansion than any amount of school training could ever do."

Every Troop is named after the place where it belongs, and within it each Patrol is named after a native animal or bird – it's best to make that name relevant to the place where you live too. So a Troop near the sea may have a Seagull Patrol and a Gannet Patrol, and a city Troop may have a Bulldog and a Fox Patrol.

Each Patrol Leader should carry a stave of straight natural wood (Hazel is good), on top of which is the Patrol Pennant. Pennants can be made in cotton, canvas or leather, and are normally made in one of the heraldic shapes shown here. They always carry a silhouette design of your Patrol name and may be in your Patrol colours – the ones you wear on your shoulder knot.

At some Area and National events your Patrol may be awarded a small trophy in a tournament, this can be attached to your Patrol pennant, and becomes part of the history which will be passed on from one Patrol Leader to the next.

You may want to have a Patrol motto – something that links to your Patrol name, like "Alert and Wise" for the Owl Patrol, or "Soar high" for the Owl Patrol. You should also have a call that is similar to the call of the bird or animal your Patrol is named after – this could be a useful secret call in Patrol games.

2. Take responsibility for a weekly duty within the Patrol for a minimum of 3 months

You should be proud of the Patrol of which you are a member and want it to be the best it can be. That means that from the moment you join your Patrol you should be taking some small responsibility for making it work as a team.

Your Patrol Leader is your team leader, and he is responsible for the smartness and effectiveness of your Patrol, he will select a Second to help him and take over when he is not there.

Your PL will try to find a job for you that suits your age, knowledge and skills – one that suits your talents.

The jobs which need to be done each week in the Patrol vary between Troops, but here are some ideas of jobs that might need doing:

- Look after all the Patrol's equipment and make sure it is always ready for any eventuality (Patrol Quartermaster)
- Collect the subs each week, record who has paid and pass the money to the PL or Skip (Patrol Treasurer)
- Record the decisions made by the Patrol in Council, that's a meeting where everyone in the Patrol gets to discuss important issues (Patrol Secretary)
- Keep a Patrol register of who attends each week
- Be responsible for communicating messages from your PL to every member of the Patrol in between meetings, that could be by email or phone
- Train other Scouts in a skill which you are good at
- Check the uniform of all members of your Patrol before inspection, to make sure that it is complete and smart

3. Discuss with Patrol Leader or Second how the Scout Law and Promise applies to their daily life

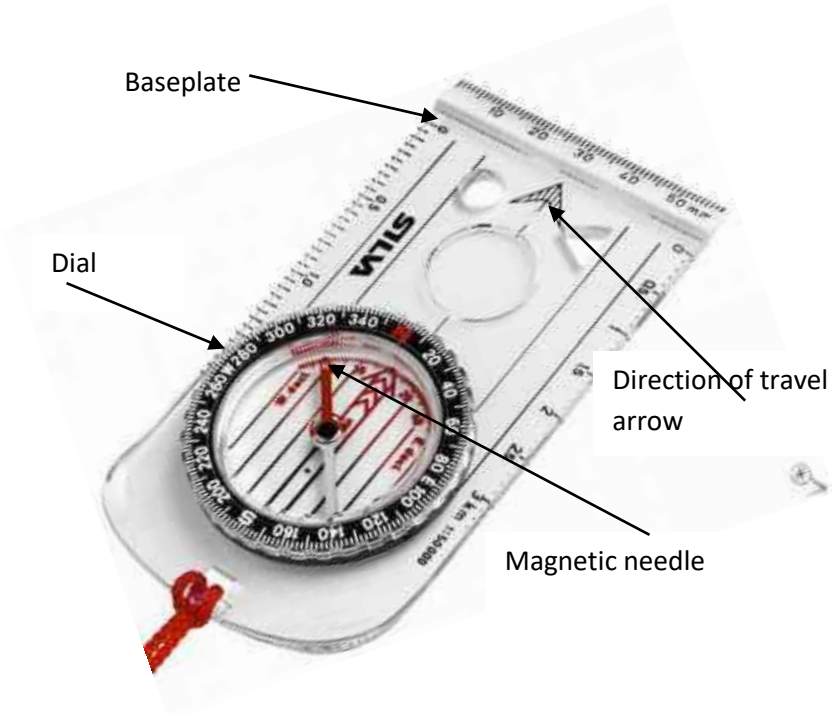
I suggest you leave this until you have nearly completed your Second Class, by then you will have had some experience of trying to keep the Promise you made when you were invested.

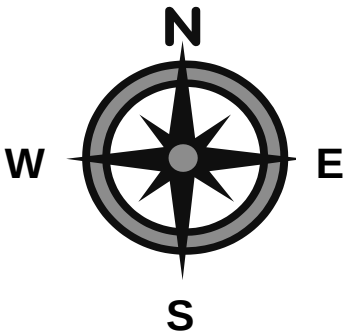
Your Patrol Leader and Second should have been setting you an example by their actions as Scout's this is a chance to discuss what you have learned from them, and what you think you could do differently to become a better Scout.

But remember none of us are perfect, you have made a promise to do your best, and that is all anyone can ask of you.

4. Know how to use a compass and how to set a map.

The first thing to remember is that your compass is a very important piece of safety equipment, and it is worth buying a good reliable brand. That doesn't mean that you must spend a lot of money. Silva make very good compasses designed for schools and youth organisations.
The compass has three main parts, a baseplate, dial and magnetic needle.





As well as the four cardinal points you know well, the compass dial is marked with the degrees of a circle, with every 20^0 numbered, and every 2^0 marked with a white line. The ones you should remember are:

North = 0^0 or 360^0	North East = 45^0
East = 90^0	South East = 135^0
South = 180^0	South West = 225^0
West = 270^0	North West = 315^0

When using a compass, keep it well clear of magnetic metallic objects like knives, belt buckles, cars or overhead power lines (magnetic fields) as this will affect the direction in which the compass points.

Setting a map

To set or orient the map, turn the map around until the North or top of the map is pointing towards the actual North, and so that the features on the map are shown in relation to their position on the ground, you can set the map by either using a compass of looking at features around you.

In the right hand margin of every Ordnance Survey map are three arrows. One points to magnetic North, one to true North (the north pole) and one to grid North. The angle between magnetic North and grid North is known as magnetic variation – which will be covered in more detail in First Class.

To set your map, using the compass, firstly line up the red arrow on the dial with the direction of travel arrow. Then place the compass on the map with the edge of the baseplate running along one of the blue gridlines, with the direction of travel arrow pointing to the top of the map. Now rotate the map until the red magnetic needle lines up with the red arrow on the dial. Now you know which way you are facing, the direction of North, and you can start to try and identify points on the ground from the map, or vice-versa.

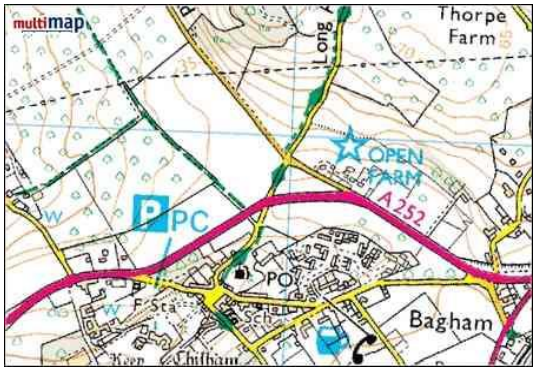
You can set the map without using a compass by simply turning the map till it coincides with the ground before you. This may mean that the map is sideways, or upside down, to you – do not worry. You can still

read it like that, and it means that the objects on the ground, which can not move, will still appear in the correct place and where you expect them. Many people go wrong when map reading because they hold the map like a book, with the writing the right way up, and turn left when they should be turning right, or spend hours looking in the wrong direction for landmarks. Get the map set on your position and, as you move, keep it that way.

5. **Using OS 1:50,000 or 1:25,000 maps show an understanding of conventional map signs, scales and the use of map references.**

All maps have a key, which tells you what all the symbols on the map are. Here is an example of how different rights of way are shown on an OS 1:25,000 map. You will need to learn the most common symbols, and you can play all sorts of games with the Scouts in your Patrol to help you remember them.

Maps are designed to show you in symbolic form all the things that you would see on the ground if you were looking down at it, like transferring an aerial photograph into a set of shapes and symbols. See if you can find a satellite view of your home on the internet, and then match that up to an OS map of the same area.



Scale

To get all that detail onto a piece of paper, everything must be shrunk down in proportion to the real world. When we say the map is made on the scale of 1:50 000 (one to fifty thousand) it means that one unit on the map represents 50,000 units on the ground – that means 1cm on the map will equal 50,000cms (or 500 metres) on the ground.

All maps have scales but the maps you will use most commonly during your time at Scouts are Ordnance Survey maps with either a 1:25,000 or 1:50,000 scale. On these maps one grid square is equal to one kilometre and the scale is printed on the bottom of the map.

Map References

Map or grid references are usually given in six-figure numbers, representing the grid square, and a particular point within that square.

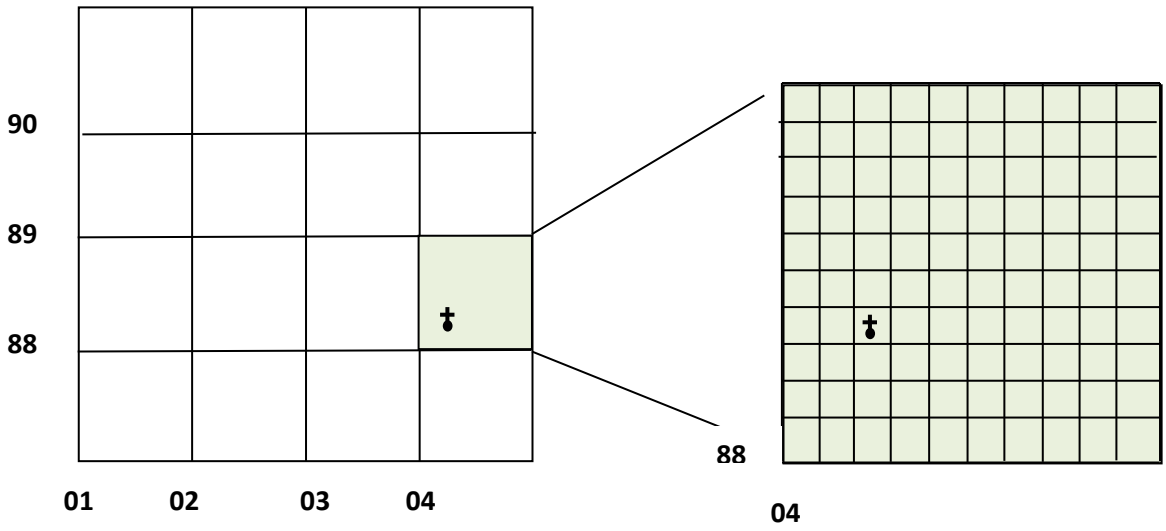
1:25 000 and 1:50 000 maps are divided into 1km grid squares by horizontal and vertical lines; each line is identified by a two-figure number, and these give you the first of the numbers for the six-figure reference – two vertical numbers and two horizontal numbers.

The vertical lines are known as “Eastings”, for although they run, individually, up and down the map, they advance across the map from left to right, or heading from West to East – hence “Eastings”. The same applies to the horizontal lines which advance in series up the map, from South to North, and are called “Northings”.

Where the two lines intersect you have a grid point, and you can express this by giving the numbers of the grid lines, first the easting and then the northing, for example the highlighted square containing the church will have the four figure reference 04 88. That defines a one kilometre square.

If you wanted to give the position of the church more accurately to find the point you require within that square you divide the “Easting” and “Northing” lines into ten imaginary lines and pinpoint the spot by referring to the

intersection of the imaginary lines which would cut it. So the church is located at grid reference 042 883, and that gives a far more accurate 100 metre square. Use the scale on the side of your compass to estimate these imaginary lines quickly and accurately.



6. **Show that you understand the Highway Code (particularly the sections for pedestrians, cyclists and sign and markings).**

The Highway Code covers all users of public highways not just people who are driving cars or other vehicles. In this section are a few of the rules that apply to pedestrians and cyclists, but you can get more information by visiting www.highwaycode.gov.uk or going to your local library and looking at a copy of the Highway Code.

Walking

- Where there is a pavement or footpath, walk on it. Keep as far away from traffic as possible.
- Where there is no footpath, walk on the right hand side of the road to face the traffic coming towards you. Walk one behind the other at bends in the road or at night or if there is a lot of traffic. Take special care at right hand bends.
- If you are looking after somebody younger than you are, always hold their hand when using the road.

Be Safe, Be Seen

- It is difficult for a driver to see you in the dark or in bad weather. When you have to be out then, always wear light-coloured or bright clothing. **Fluorescent** materials show up in daylight and at dusk. Always wear or carry something **reflective** at night.

The Green X Code

First find a safe place to cross, then stop.

- It is safer to cross at subways, footbridges, islands, Zebra and Pelican crossings, or where there is a police officer, school crossing patrol or traffic warden.
- If you cannot find any good crossing places like these, choose a place where you can see clearly along the roads in all directions. Try not to cross between parked cars. Move to a clear space and always give drivers a chance to see you clearly.
- Always STOP at the kerb and give yourself lots of time to have a good look all round.
    - Stand on the pavement near the kerb.
    - Do not stand too near the edge of the pavement. Stand a little way back from the kerb - where you will be away from traffic, but where you can still see if anything is coming. If there is no pavement, stand back from the edge of the road but where you can still see traffic coming.
    - Look all round for traffic and listen.
    - Traffic may be coming from any direction, so take care to look along every road, and listen too, because you can sometimes hear traffic before you can see it.
- If traffic is coming, let it pass. Look all round again.
- When there is no traffic near, walk straight across the road.
    - Do not cross unless there is a safe gap and you are sure there is plenty of time. If you are not sure, don't cross. Always walk across quickly, don't run.
- Keep looking and listening for traffic while you cross.

Crossing at a Pelican crossing

- When there is a Pelican crossing, use it. Do not cross on the zigzag lines. At these crossings, traffic lights control the traffic. Press the button and wait. When the red man signal is showing, do not cross. The lights will soon change, and a green man signal will appear. Look to make sure the traffic has stopped, then cross carefully.
- When the green man signal begins to flash, you should not start to cross. However, if you have already started, you will have time to finish crossing safely.

- Pelican crossing which goes straight across the road is one crossing, even if there is a central island. Traffic must stop for you when the green man is showing. Some crossings do not go straight across the road. Here you must press the button again on the central island to get the green man signal.
- At some Pelicans, there is a bleeping sound to tell blind people when the green man signal is showing.

Crossing at a Zebra crossing

- If there is a Zebra crossing, use it. Do not cross on the zigzag lines - only on the black and white stripes.
- Drivers need plenty of time to slow down and stop. Wait on the pavement near the kerb until all the traffic has stopped before you start to cross.
- Remember, vehicles need more time to slow down if the road is wet or slippery.
- After traffic has stopped, walk across. Keep looking all round and listening in case a driver has not seen you. Watch out for overtaking vehicles.
- If there is an island in the middle of the crossing, stop on it. Look all round and listen, and after the traffic has stopped, walk across.

Crossing where there is an island in the road

- Use the Green Cross Code to cross to the island. Stop there and use the Code again to cross the second half of the road. Remember to look all round and listen.

Crossing at a junction

- If you must cross at a road junction, look out and listen for traffic turning the corner, especially from behind you.

Crossing at traffic lights

- At some traffic lights there are red and green signals for pedestrians that tell you when to cross. Always obey them.

Crossings controlled by police, traffic wardens or school crossing patrols

- When school crossing patrols, police officers or traffic wardens are controlling the traffic, wait until they signal to you to cross the road. Always cross in front of them.

Crossing one-way streets

- Use the Green Cross Code. Check which way the traffic is going. Remember that in one-way streets there will usually be more than one traffic lane going in the same direction. Do not cross until it is safe to cross all the lanes of traffic.

Parked vehicles

- Try not to cross between parked cars. However, if there is nowhere else to cross, choose a place where there is a space between two cars. Make sure neither car is about to move off. Walk to the outside edge of the cars and stop.
- Here you can be seen by drivers and you can look all round for traffic. Use the Green Cross Code. When it is clear, cross, still looking and listening as you go.

Crossing bus lanes

- In these lanes, buses may go faster than other traffic. Sometimes they go in the opposite direction. Cyclists and taxis may also be using them so take special care when crossing.

Guard rails

- Guard rails are there to protect you. If you need to cross the road walk to the gap in the guard rails and use the Green Cross Code. Never climb over or walk outside them.

Railway level crossings

- There are many kinds of crossings - all can be dangerous. They may have gates, barriers, or even no barriers at all. There may also be warning lights or bells. You must never cross when red lights flash or when you can hear warning sounds. Always stop behind the STOP line. Never go past a barrier that is down. Remember, if the lights continue to flash after a train has gone, another train is coming. It is not safe to cross until the lights go out.
- If there are no flashing red lights, warning sounds or gates, you should still stop, look and listen to make sure it is safe to cross.
- You must always obey the instructions shown at crossings.

Cycling

- Riding a cycle which is too big or too small for you can affect your balance – make sure yours is the right size for you.
- Make sure your cycle is safe to ride. The brakes must work properly, and tyres should be in good condition and pumped up. The chain should be correctly adjusted and oiled and a bell should be fitted. Wear a cycle helmet - it will help to protect you if you have an accident.
- When you have to carry anything on your cycle, use a bike bag or panniers. Carrying things on your handlebars makes steering difficult - they could also catch in the front wheel. Make sure that your clothing does not get caught in the chain or wheels.
- Make sure that other road users can see you. Wear fluorescent materials in daylight and at dusk, and something reflective at night. A cycle spacer may be helpful as a warning to other drivers. At night you must have front and rear lights which work well, and a clean rear reflector. Spoke and pedal reflectors are also useful.
- You should not ride on the pavement unless there are special signs allowing you to do so.
- Wheel your cycle to the edge of the kerb and, if safe, place it in the road. Get on your cycle and look all round for traffic even if you have a mirror fitted. When it is safe to move off, signal with your right arm if necessary. Then, with both hands on the handlebars, cycle away.
- Ride far enough from the edge of the road to avoid drains and gutters.
- Always keep both hands on the handlebars unless you are signalling.
- If riding with others on busy or narrow roads, you should ride one behind the other. Never ride more than two side by side on any road.
- Even if you are wheeling your cycle in the road, you must still obey traffic light signals and road signs. You must also obey the signals made by police officers, traffic wardens or school crossing patrols.
- Never hold onto any vehicle or another cyclist.
- You must not carry a passenger on your cycle.
- You should never lead an animal whilst cycling.
- Before starting off, turning right or left, overtaking, or stopping, you must look behind and make sure it is safe. Give a clear arm signal to show what you intend to do.
- When turning from one road into another, look out for pedestrians who are crossing that road. Give way to them.
- If you want to turn right from a busy road, moving to the middle of the road may be difficult and dangerous. It is often safer to stop on the left hand side before or after the junction and wait for a safe

gap in the traffic before walking with your cycle across the road. This is especially important in the dark.

- Watch out for traffic that may suddenly stop, turn left in front of you, emerge from a side turning or pull away from the kerb. Long vehicles need room to turn so do not ride up beside them when they do so.
- Only overtake when you are certain it is safe to do so. If you are overtaking parked vehicles, watch out for them starting off while you are doing so. Look for car doors opening and for pedestrians darting out into the road in front of you.
- You should not wear a personal stereo whilst cycling. You can't hear the other traffic if you do and riding on the road needs your full attention.
- Always park your cycle sensibly so that it is not in the way of other people. Lock it to prevent it being stolen and have the frame stamped with your postcode.
- You must stop for pedestrians on Zebra crossings.
- Be ready to stop for the red light at Pelican crossings. When the amber light flashes, you may continue if there is no body on the crossing.
- Only ride in bus lanes if there is a cycle shown on the sign.
- Be careful when cycling near horses and other animals. Give them plenty of room as you go by. Animals are easily frightened by sudden noises so do not use your bell.
- Roundabouts can be difficult for cyclists to use safely. If you are not sure it is safe, get off your cycle and walk. When riding into a roundabout you must give way to traffic coming from your right. Look out for vehicles which may turn in front of you.
- When cycling in the dark or at dusk, you must have a white front lamp, a red rear lamp and a red reflector. Wear something reflective and fit spoke reflectors. If you have dynamo lighting, remember the lights go out when you stop. When other vehicles are using their lights, use yours too.
- If you want to turn right, it is more difficult and dangerous to move to the middle of the road when it is dark.
- Stop on the left hand side and wait for a gap in the traffic before you turn.

- In some areas special cycle routes and paths are provided. You will see the following signs to show the different paths. Always use them.

Recommended route for pedal cycles

Cycles only

Shared with pedestrians

Separate cycle and pedestrians

Riding in Cars

- When you get in or out of the car, use the door nearer the pavement. Make sure the doors are shut properly. Only get out when you are told to do so and when you are sure it is safe.
- Seat belts or safety harnesses must always be worn . Lap belts must only be used of all other seat belts are in use.
- Keep your hands away from door handles while the car is moving. Only open doors or windows after being given permission.
- Never lean or wave out of the window or do anything to distract or offend other drivers. Do not throw or hang anything out either
- A driver uses the mirror to see the traffic behind. Do not block the view

Using Buses

- When you wait for a bus, stand on the pavement well back from the traffic. Make sure there is room for other people to walk along. It is dangerous to play around at bus stops

- Wait for people to get off the bus before you get on

- Drivers are responsible for your safety. Always do what they tell you and do not distract them with bad behaviour

- If you need to cross the road after getting off a bus, wait for it to move away. You will then be able to see traffic clearly and drivers will be able to see you

7. **Show the ability to use a telephone and demonstrate knowledge of your locality by:**
    - **using local bus and railway timetables.**
    - **knowing local landmarks, through-road routes, public transport facilities and utilities serving your area.**

Many of you will have a landline telephone in your house and you may well have your own mobile phone. The main difference when dialling a number from these two different phones is that when;

- Dialling from a mobile you always must insert the area code first.
- Whereas if you make a call from a landline you only insert an area code before the phone number if you are making a telephone call to someone living in a different area.
- U.K. area and international codes are found in the front of your local phone book and you just dial this number before the number of the person you want to phone.

Here are some examples;

- If you wish to call Manchester from London the code is 0161
- Birmingham is 0121
- Glasgow is 0141
- If however you wanted to call the U.K. from abroad you would have to insert 00 or + (the international access code) then 44 for the U.K. and drop the 0 from the area code.

Remember if you are using your phone to contact the emergency services:

- The UK number of 999 doesn't work abroad – you will need to check what the code is in the country you are in
- You don't need to have any credit on your mobile phone to call the emergency services
- A call to the emergency services will hunt across all networks to give you the best possible signal and will often work even if your phone shows that it has no signal.

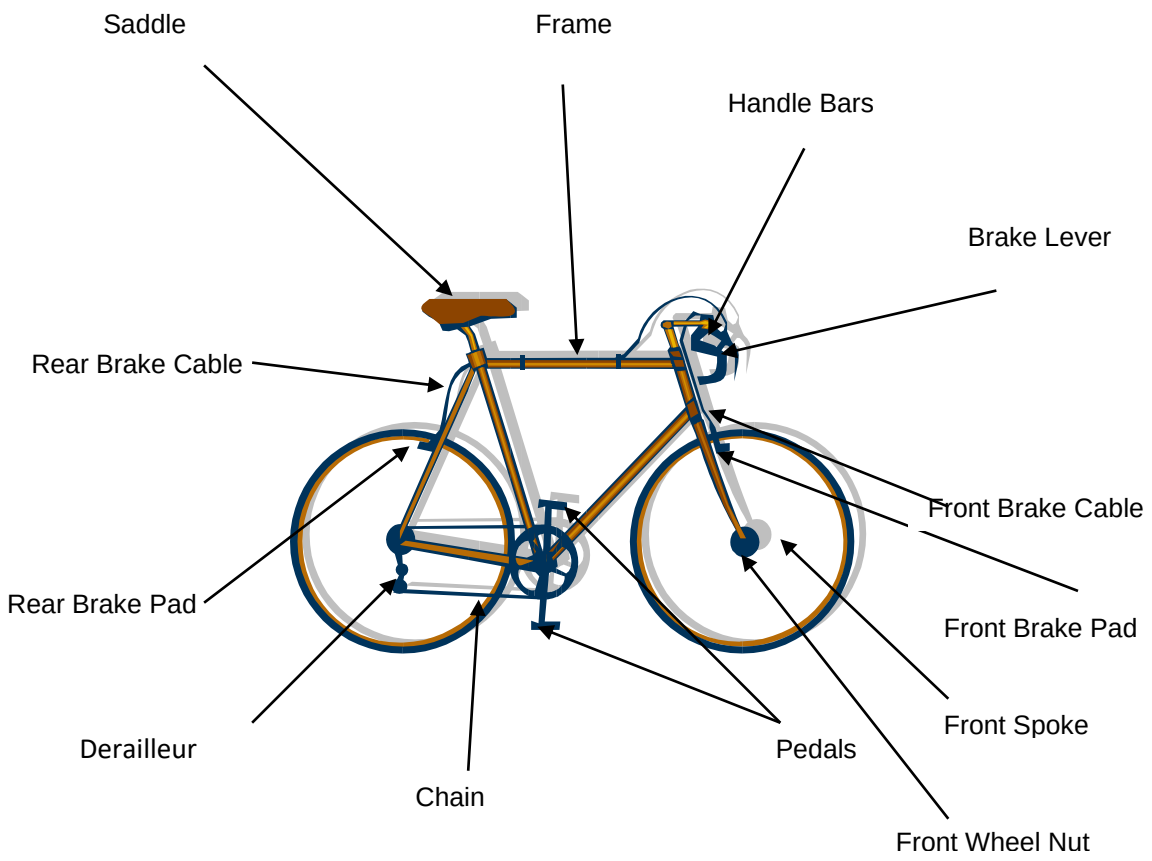
Bus and rail timetables

- You will be able to get hold of a copy of these by going to your local bus, train station or library or by looking on the internet.

- You should know where the major roads go from and to, and their names. Where the nearest railway stations are, and the services that operate, and the destinations of the buses that pass through your town or village, and their respective bus stops.

- Know the whereabouts of the police, fire and ambulance stations, the local library and telephone boxes, and the nearest hospital, doctor, dentist and vets. A good Scout would also know places of local interest, such as museums, parks, cinemas and other leisure sites.

8. Demonstrate that you Can keep a bicycle properly maintained and are able to effect minor repairs.



When using a bike, it is important that you follow the Highway Code and that you wear a helmet and visible clothing at all times.

When riding your bike at dusk, dawn in the dark you need to have a white front light and red rear light fixed to your bike and you need to wear reflective clothing.

It is also vital that you keep your bike well maintained so it is safe to ride. You need to make sure that:

- The chain is well oiled.
- Tyres are inflated to the correct pressure.
- Brake cables are undamaged and tight enough to be effective.
- The saddle and handlebars are fixed securely and at the right height for you to ride the bike.
- Front and rear wheel nuts are securely fastened.
- Front (white) and rear (red) reflectors are attached to bike and clean.

The most common repair you will need to carry out on your bike is repairing punctures. Puncture repair kits are available from most petrol stations and bike shops.

To repair a puncture, you need to:

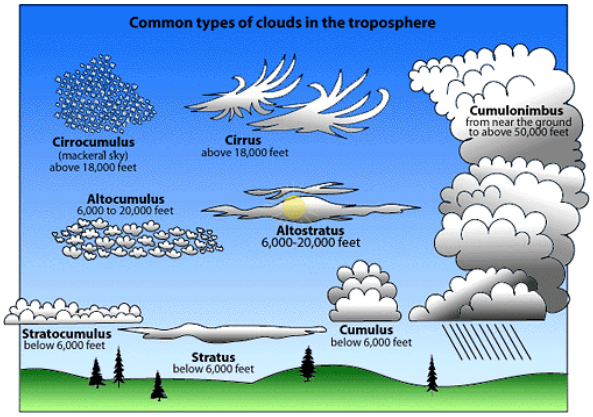
- Remove the wheel from the bike by turning both wheel nuts anti-clockwise at the same time in opposite directions.
- Then remove the tyre using tyre levers, being careful not to cause any more damage to the inner tube.
- Unscrew nut holding inner tube valve in place and remove inner tube.
- Inflate inner tube and place in bowl of water to locate the hole, mark with a wax crayon.
- Follow manufactures instructions for applying repair patch to inner tube.
- Check repair has worked by checking for leaks with a bowl of water.
- Check the inside of tyre for any sharp objects still lodged in rubber that may have caused the puncture and remove them.
- Replace deflated inner tube back into wheel and screw valve back into place.
- Attach tyre back to wheel using tyre levers, again being careful not to damage inner tube.
- Attach wheel to bike and inflate tyre to the correct pressure.

9. Know where to find up to date weather forecasts, whilst at home and in camp.

The Norwegians have a saying "There is no such thing as bad weather, just the wrong sort of clothes", and believe me the Norwegians experience all sorts of weather, so they should know.

This also applies to us as Scouts, if we are prepared and dress correctly, we should be able to carry on with most Scouting activities whatever the weather. So, knowing what the weather forecast is, will help us be prepared:

- To wear the right clothing
- To keep our wood dry for the fire
- To pack the right kit for a hike
- To close our tents before it rains
- To build our fire in the right place so the smoke blows away from our sleeping tent
- To pitch our tents in an area that won't flood
- To wear sunscreen and a hat



For Second Class you don't need to be able to understand weather maps – you just need to know what is forecast for the area that you are in.

The main sources of forecasts are:

- TV – look for the regional forecasts not the national ones
- Radio – tend to be more general than TV, unless you listen to local radio
- Newspapers – these don't normally go into much detail
- The internet – the BBC website gives excellent forecasts by time of day for most major towns, and this is probably the best source if you have internet access.
- Phone weather services – normally premium rate, but good local detail

At camp it is obviously more difficult to get reliable information, and phone, radio and newspapers may be your best – in some tourist areas the tourist information office or other shops will display a forecast, as do some campsites.

10. Go by day, on foot, with other Scouts on a journey of 10 – 15 kms. The journey will have a route laid down by the Scout Officer and a simple objective will be given. Take responsibility for leading and navigating at least 2 km of the journey. A verbal report, from notes, must be made on your return. (Normally to be taken toward the end of 2nd Class)

Your journey should be taken when you have done most of the rest of your 2nd Class training, that means that you will have already learned about how to navigate with a map and compass safely, and that you know enough first aid to treat any small injuries.

For this, you will have to ask your Scout Master for the route you are to follow and sort out who is going with you (there must be at least four of you in the group, but probably no more that six). You will have an objective to go to, or do, and this must be completed to the best of your ability. Sometimes it will be a church, on which you will be asked questions, or a good turn, which you will have to prove that you have done. Either way, the questions you will be asked will not be the obvious ones for the situation, so keep your eyes and ears open. Take photos – you may discover some fascinating things as you walk.

This may be the first time that you have ever walked this far without an adult with you. Enjoy the adventure, and make sure that you follow your Scout Master's instructions about where they will meet you at checkpoints to make sure you are safe. Normally you will agree a time that you will meet at a checkpoint, if you get there early just wait until the adult that is meeting you arrives – it's a good chance to have a rest and snack and plan the next bit of your route. If you are running late for some reason, keep going and get to your checkpoint as soon as you can – it won't be the first time that Skip has had to wait for Scouts who have got a bit lost.

Don't worry if you do get a little bit lost – the important thing is to realise quickly and work out how to get back on route. You should be able to do that by using all the clues on your map – its normally far more reliable than asking a nice person out walking their dog!

Even though you are taking turns at being the leader and doing the navigating, that doesn't mean that you can just be a "follower" for the rest of the time. Keep track of where you are, and check that you are going in the right direction – and if you think that you are going wrong, speak up – have a team discussion and agree on what to do next. Everyone will be happy if you help them avoid walking 2 kms in the wrong direction.

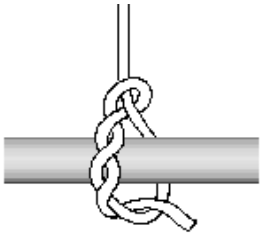
You will have arranged with Skip how to make contact if you have a problem, and you will also have agreed that in some situations you may return to your last checkpoint, or to a road where you can be easily found. Whatever arrangements you have made – stick to them and stick together.

When you return, and give your report to your Scout Master, try to make it interesting; don't forget that he may have to listen to several in quick succession, and they can get boring, do not miss anything out. If you fell in the river, instead of crossing it by the bridge, put it into the report, and give your Scout Master a laugh. If you lose your woggle, make another one, and tell your Scout Master how you came to lose it, how long you looked for it, and what you did about it when you could not find it. It makes the report more realistic and do not forget to take notes of the objective.

Remember to take along a compass, the correct map of the area, emergency rations and a first-aid kit.

11. Tie the following knots and know their uses: Timber hitch, Killick hitch, Fisherman's knot and Harvester's hitch.

Timber Hitch & Killick Hitch



This is one of the few classical hitches that is truly useful and reliable. Its security is admirable, and it always unties without trouble after use. Just remember that a true timber hitch must have at least three tucks trapped against the object.

Beware of using this hitch around a very large object that might keep the tucks from being clamped down securely. In such case you might have to put tucks of rope further back to ensure that three tucks stay clamped no matter what happens. Of course, if you decide to use the timber hitch for any lengthwise pull, you should make sure that any sliding motion will cause your tucks to tighten, not loosen.

The one bad thing about this hitch is that it is so simple, that some do not take the time to really study and memorise it, and will sometimes wrap the rope around the wrong leg, which will not result in anything but junk. Remember to wrap the rope back around the leg from where it just came (left side as shown above). If you did, it should form an eye for the standing part to run through.

The knot, as with the clove hitch, can be used for fastening the rope to a spar. The official use, however, is for tying together a bundle of poles, to be tight enough for transportation. Also, when the knot is undone, it can be easily pulled out, which is not always the case with other knots.

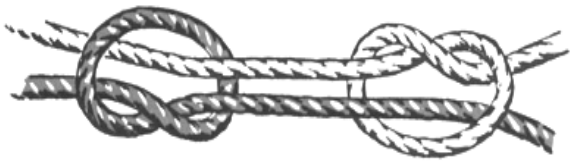
Firstly, the rope is pulled under the bundle of poles. It then takes a turn round itself, to go back the way it came. However, instead of going straight back round the bundle, it wraps round and round itself.

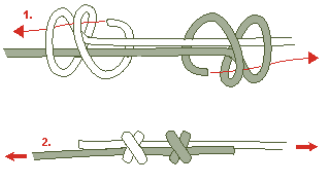
Killick hitch

The rope can then be laid along the wood in the direction of eventual pull, and a half hitch is thrown round the end of the poles. The knot is then known as a killick hitch.

When the bundle of poles is consequently either lifted, or pulled, the knot pulls tight against the poles, trapping the twisted part of the rope between the wood, and the original turn round it. The knot will easily fall apart when need be.

Fisherman's knot





Double Fisherman's Knot

This is a very simple knot also known as the angler's knot, English knot, Englishman's knot or bend, true-lover's bend or knot, halibut knot or waterman's knot but should not be confused with the fisherman's bend.

It can be used to join two lines of equal thickness, but it is not suitable for two ropes of large or uneven diameter. It is widely used by anglers to join fishing line.

To tie the knot lay the two lines parallel to each other, with the working ends facing in opposite directions.

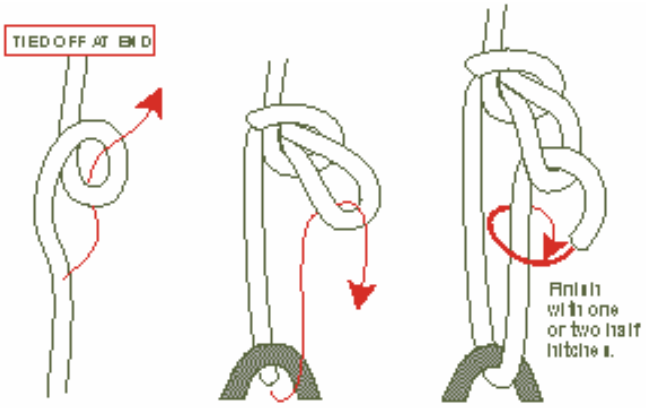
Pick up the lower working end and tie an overhand knot around the other line.

Then take the upper working end and tie an overhand knot around the lower line.

The two overhand knots can now be pulled together.

For a more secure knot the double fisherman's knot is also illustrated here.

Harvester's_hitch



This hitch is also known as the trucker's or wagoner's hitch. It is used to lash downloads securely and is still used by truck drivers, wherever rope lashings have not been superseded by webbing straps and mechanical tensioning and locking devices.

Attach one end of the rope to an anchorage point on the far side of the vehicle/ trailer, then bring it over the load to the nearside.

Cast an anticlockwise over hand loop in the rope.

Make a bight in the standing part of the rope and tuck it up, from the back to the front, through the over hand loop. A Sheepshank can be used to make the bight.

Then pass the standing part of the rope through an anchorage point on the nearside of the vehicle and back through the loop resulting from the tucked bight.

Tie off with two half hitches.

12. Demonstrate square and diagonal lashings by constructing a trestle of scout staves.

When joining two or more spars together this is the way to do it – at this stage you only need to know two lashings to open the possibility to have great fun building all sorts of things. Practice making your lashings tight, and really neat and tidy – lashings that look no good, generally are no good. As you build bigger and bigger pioneering projects you will learn that the quality of your lashings is what will keep you safe.

The other thing to remember is to use natural rope materials rather than synthetic – they will grip the wood tighter, and for most projects, sisal is perfectly adequate – you don't need to use massive ropes, they are just more difficult to get tight. The assault course shown in this picture only used sisal.

Square lashing

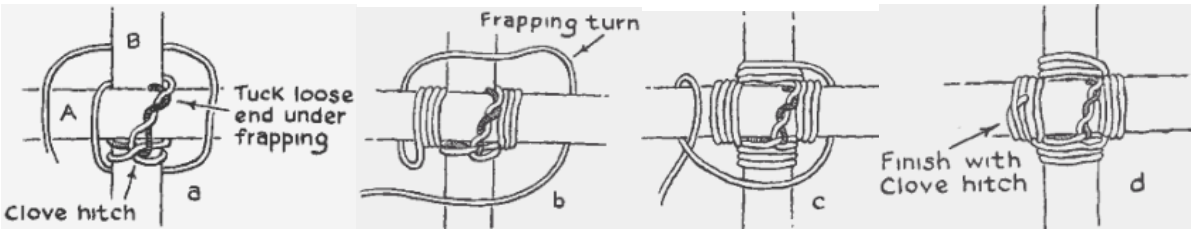
So, called because the turns of the rope make a square and it is used to fasten any two spars crossing one another, **whether they are at right angles or not**, so long as they are in contact with each other.

Start with a clove hitch round one spar at the place where the other spar will be crossing it and on the side which the strain will come when the spars are in use.

Twist the end of your lashing rope or cord round the standing part to prevent the clove hitch slipping and to avoid having a loose end hanging down.

Start binding the two spars by winding the lashing round; being sure each turn is tight. Continue until you have completed three turns. Then you bind these together by making three complete frapping turns between the spars.

These frapping turns must be very tight, and then finish off with a clove hitch on the opposite spar to which you started. If you still have some cord over do not cut it off, but "lose it" by continuing to make half hitches round the same spar until it is all used up.



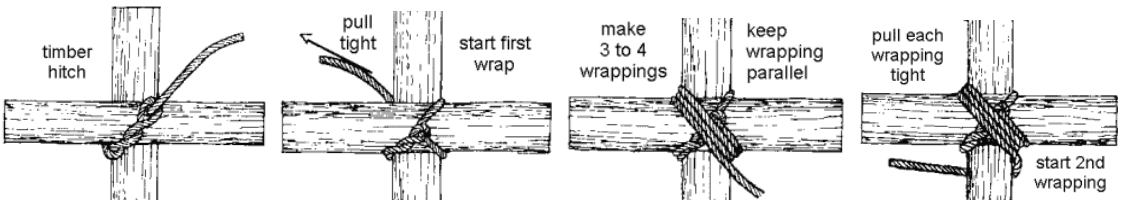
Diagonal lashing

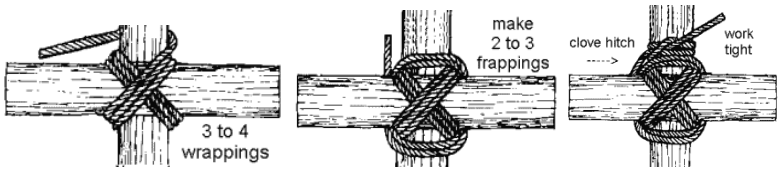
This lashing is used **when two spars must be pulled together**; it gets its name from the fact that the lashing makes a diagonal form at the intersection of the two spars which it joins together.

Start with a timber hitch round both spars, pull against the loop, and make three turns round the two spars opposite to the line of the timber hitch. Then round the spars on the other diagonal, as before, seeing that each turn is tight, although you will not be able to make it as tidy as you did with the square lashing.

Then apply three frapping turns, weaving them between the two spars, each turn as tight as possible, as the safety of the lashing depends on this. Finish off with a clove hitch, as you did with the square lashing, and use up the end of the cordage with half hitches.

If it has been properly put on, you should find it almost impossible to twist or slide the spars in any direction. That is the test of a good lashing.





Trestle

The most important thing to remember about lashings is that they must hold tight and not slacken off in use, so it is better to take a little longer in making, if by doing so we are sure they will hold. When using heavy timber it will be necessary to use some form of lever to pull each turn tight and to have a special kind of mallet to use on the frapping turns, but you will not have to use these tools for a light trestle such as you are now going to make.

Gear required is six Scout staffs and nine light lashings, about 3 metres in length. The latter are better too long than too short.

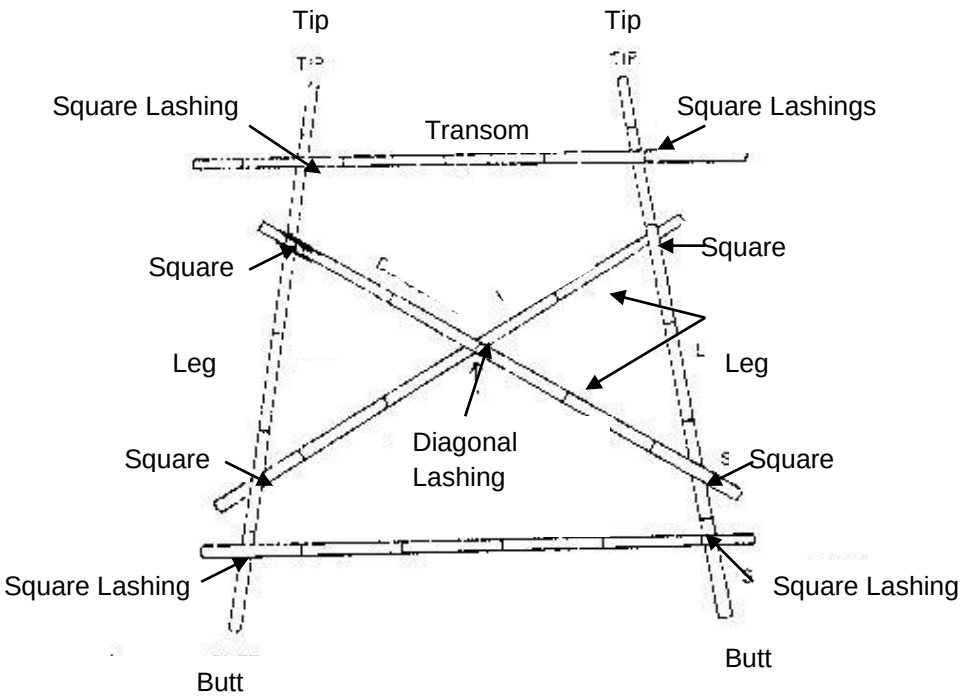
Take the two stoutest for the legs and make the thicker ends the butts or bottoms.

Decide on the positions for the transom and ledgers and make both legs. The sketch shows the transom 20 - 25cm down from the tips and the ledgers 20 - 25cm from the butts.

Then mark the transom and ledgers so that when they are lashed each leg will slope inwards 1 in 6, that is 5cm for every 30cm of its length.

Use the next strongest staff for the transom as it would have to take most of the weight if it were used in constructing a bridge.

These can now be lashed together, using square lashings, then add the diagonal braces fastening them to the legs, exactly as shown in the sketch below. All these are fastened with square lashings and finally the diagonal braces are lashed together using a diagonal lashing.



13. At camp, construct a useful gadget using natural materials, and demonstrating good use of knots and lashings.

Baden-Powell once said “Any fool can be uncomfortable at camp” but he also said “A Scout is no fool”.

Camp gadgets are a way of us creating useful things that will make our life more comfortable, and they can include all sorts of things:

- A tripod to hang a cooking pot over a fire, or to hang a lamp on
- A mug tree
- A stand to hold a washing up bowl
- A table and seats
- A draining board and billie rack
- A covered wood store
- A rubbish sack holder
- A clothes line

And just for fun we also like to build camp gateways, so that you can welcome visitors to your campsite in style.

Here are some photos of gadgets made by Scouts – what can you make?





14. Know the safety rules and care of a hand-axe, bow saw and knife. Demonstrate how to sharpen a knife and hand-axe.

Axes, saws and knifes can be very dangerous if you don't use them and look after them properly, but they are essential tools which will help you enjoy Traditional Scouting. Use them properly and they will be your best friends.

Safety when using a hand-axe

Common Sense

This is the most important rule to remember — if what you are doing with the axe, or what someone is doing in the vicinity of the axe is dangerous, or does not make sense, then the axe should not be used UNDER ANY CIRCUMSTANCES.

Clothing

This is also important, especially regarding footwear, and any loose clothing you may be wearing. FOOTWEAR; should be of a strong nature (i.e. boots, or strong shoes), so that, should the axe slip, it will not penetrate the foot.

LOOSE CLOTHING; must be either fastened, or removed, so that things like neckerchiefs don't get tangled up and affect your control.

Branches

Don't chop in an area where overhanging branches could get caught in the axe and affect your control.

Weather

This is an important factor in axemanship, especially when it is wet. A wet axe on wet wood will invariably slip; if you use the axe when it is raining, you cannot properly see what you are doing; if the haft is wet, you will lose your grip; on the other hand, if the weather is too hot, you will sweat, and again tend to lose your grip; if you face the sun you will tend to be blinded.

Others

When you are using an axe, it is MOST important that you are not disturbed by conversation, or distractions of any kind, as this will cause lack of concentration, and consequently accidents.

Also, there should be nobody at all in front of you, or within two axe-lengths to the side, or behind you. The reason is that should you by accident let go of the axe, or the head fly off the haft, there is less chance that anyone will be hit. AN AXE LENGTH is the distance from your neck to the eye of the axe when the arm is held out straight, holding the axe haft at the foot end.

Your Body

Do not use an axe when you are tired or feeling unwell.

These are some of the safety rules; but if you want to add some more of your own, by all means do, so long as you remember these.

- Always use your common sense.
- Check the axe before you start
- Tighten or discard loose clothing
- Wear strong shoes or boots
- Clear overhanging, or protruding branches

- Never chop in the rain
- Do not chop when the wood is wet
- Do not chop facing the sun
- Always concentrate on the axe while in use
- Don't talk while chopping
- Keep other people at TWO axe lengths distance
- When you are tired, stop.
- If you're ill, don't start!!!
- Aim the axe and use it properly
- Never chop live timber, without permission
- Use a chopping block
- Mask the axe in it when you finish
- Never chop in poor light
- Never mask an axe in the floor

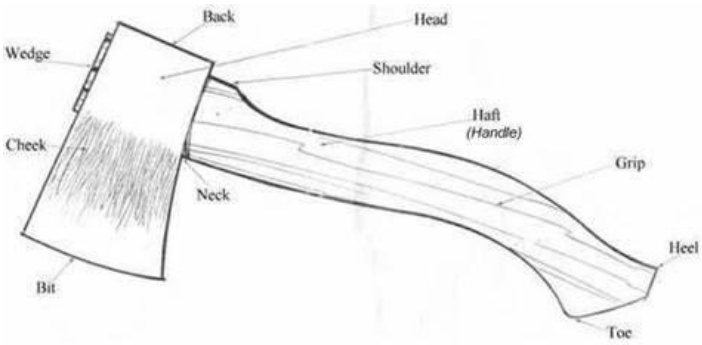
An axe can be a camper's most prized possession, and one of his most useful tools, but, like fire, it is a good slave, but poor master!

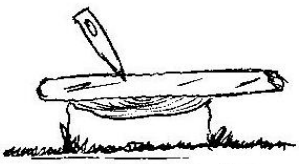
There is just one rule that I have so far left out, and it is perhaps, the most important of all:

NEVER PLAY AROUND WITH AN AXE

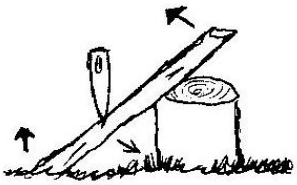
An axe is a lethal weapon, and because of its weight and momentum, once you have started your swing at the log, you will not be able to stop the axe in mid air. Also, should you let go of the axe in mid swing, it will travel a long, long way, before it eventually lands in the earth or tree, or other obstruction. So NEVER wield an axe at anybody, play with one, leave it un-masked, or even run when carrying one, as that is asking for trouble.

When you have finished with the axe, even for a short period, you must mask it, so that other people cannot hurt themselves on it.



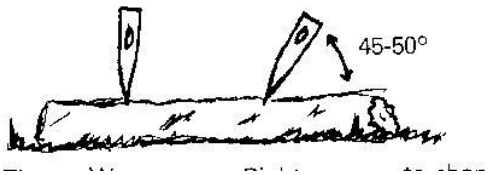


The right place to chop



The wrong place to chop

The right hand picture above shows what not to do. Just use your imagination for a minute and imagine that the axe has come to the end of its downward travel and has landed on the piece of wood. There is nothing under the wood to stop the axe from carrying on any further, which it promptly does. It twists as it hits the wood, so breaking it instead of cutting it. However, because you are holding the grip of the axe tightly, it cannot turn as easily as the head, so the haft can easily break (usually by the shoulder). Also, as the wood breaks, the end which is resting against the wood leaves the block under the force of the axe and will fly away in the direction of the arrow. Just imagine what would happen if your head was in the way at that time!



Now look at the picture above, and you will it see that it portrays a large log lying on the ground. The axe is pictured on it in two different positions. In the first it has landed straight down on the log, while in the second it has come down at a slight angle. You will waste an awful lot of time, effort and energy, by using the axe in the first of the two, as it will never cut very deep or remove the wood chippings in the cut.

To use the axe as in the second part, the axe will easily cut the wood (providing the axe is sharp), and when reversed for the second stroke, will not only chop easily again, but will also clear the chip from between the two cuts. Remember though that if the angle of the axe is too shallow, it will tend not to bite into the wood at all but slide along the top. A blunt axe will cut flesh but perhaps not wood.

You should always be a comfortable distance away from the wood to be cut, but not so far as to miss the wood, and hit your foot as this could be rather painful!

As for the swing, and the way to hold the axe, it is best to get your Scout Master, or one of the other Scouters to show you how, and for them to watch you as you use the axe for the first few times until you have passed your test. But still take the same care after you have passed, as you used before! Also, do not forget that the more you use it, the better you will get.

When handing over an axe to your friend, hold the head on your upturned palm, and rest the haft along your arm. Your friend will then be able to pick it up off your hand and will have a good hold of it.

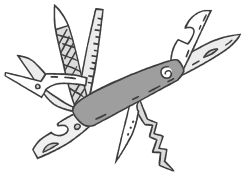
Knife

Now, your knife. If used incorrectly, or when blunt, can be just as dangerous as an axe.

Firstly, if you use a knife, be it a clasp knife, or a sheath knife, always cut away from you, and anybody else who might be near you. This is in case you slip it will do far less harm that way.

When you hand over a sheath knife, you hold the blade between the thumb and fore finger (at the hilt), with the rest of the blade in your palm, the sharp edge overhanging your fingertips.

A clasp knife, you hand over CLOSED.

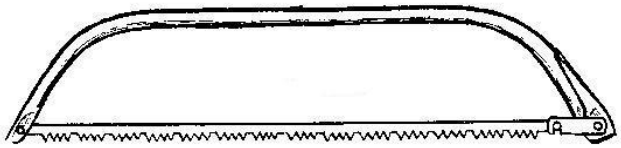


Saws

The bush saw is a rather less messy method of cutting wood and the less mess that is left the less there is to clear up afterwards.

When using a saw always keep your hand, which is not holding the saw well away from the saw cut as they have springy blades and give you a nasty cut.

Do not try to sharpen saw blades when they become blunt, replace them with a new one.



Sharpening Knives and Axes

There are various recognised methods of sharpening both, but these are the ways that I use for the knife and the axe respectively.

First the knife. This will have a reasonable edge on it when you buy it but will soon have to be re-sharpened. This will never be too difficult, providing that you do not let it become too blunt in the first place!! You hold the knife firmly in one hand, and the stone in the other. The stone should have a fine layer of oil or water on it. Then firmly rub the stone over the blade of the knife, until a partial edge has been formed on the blade. Next, turn the blade over, and do the same on the other side. This should leave you with a reasonable edge to your knife, and a quick rub across the other side of the blade will remove any burr there might be. The stone should always be moved in a circular direction, as otherwise you will sharpen grooves into the blade, and sharpen the blade un-evenly.

With the axe, the system is very similar, although it will need grinding by an experienced person to get a decent edge on it in the first place, or if the edge has been left to get blunt (which, of course, it should not). However, your axe being usually much harder than your knife, will take a lot more work.

It is always advisable to re-sharpen both immediately after use, as then it is ready for when you need it next.

15. Demonstrate how to make and store firewood.

Having a fire at camp is one of the delights of Scouting – it will keep you warm, it allows you to cook fabulous meals (if you get it right, it's a lot easier than using a gas stove), and at the end of the day it is great to sit round the fire with your Patrol and chat, to remember the wonderful things the day has brought, and look forward to tomorrow.
But to have a great fire you must first learn how to collect, chop and store firewood so that it's always ready when you need it.

As you work your way through Scouting, you will find out that certain woods burn far better than others – section 21 will give you more information about recognising trees, and understanding which woods are good in different situations.

First collect enough wood to last you all day, and for breakfast tomorrow – its far better to be prepared.

When you have collected the wood, you can chop, saw or break it to size. You will need four different piles, for different purposes:

- Firstly, you will need **tinder**, in many ways this is the most important material – it's what catches first and allows your fire to grow. You will need a ball of tinder about the size of a grapefruit to get your fire started – it must be dry. Keep your eyes open and stuff your pockets with good tinder whenever you see it. Natural materials include dry grass, dry dead bracken, sheep's wool, the fluffy seed down from clematis plants and birch bark. Also keep any little bits of sisal that you trim – this needs to be un-wound and fluffed up, and of course bits of paper, the ends of candles and anything else that will light from a match.
- Your second pile will be **kindling**, this is dead brittle dry wood no thicker than a pencil. If it doesn't snap easily then it isn't dry enough! Look under hedges where little twigs stay dry even in wet weather and look for dead twigs on trees – particularly hawthorn – if it snaps off easily it is dead, and you won't harm the tree. But remember never cut live wood from trees – it won't burn anyway.
- Your third pile will be **small fuel**, thicker than a pencil but not much thicker than your thumb. This should also be dead and dry and easy to snap. This will be the fuel that establishes your fire or gives you a quick burst if you need to revive the fire from embers.
- Your fourth and biggest pile will be **main fuel,** this should be no wider than the palm of your hand. It is best to split branches and logs so that you have more flat surfaces and edges, than rounds – these are better for burning

Make you wood pile between your chopping area and fire. Not too close to either you need to keep it safe from people using axes, and away from the fire so it doesn't catch by accident.

This wood MUST be kept dry, so overnight cover it with a tarpaulin or build a covered wood pile. Its also a good idea to keep your prepared wood off the ground, so stack it across a couple of small logs.

16. Lay and light a fire out of doors with natural materials.

There are all sorts of different styles of fire, and you can practice them and see which you like best for different jobs, bust first some basics:

As you are a Scout, you DO NOT lay a fire on top of grass, as you have to leave the site the way you found it, or better.

Therefore, the first thing you must do is remove the grass. This you do with a spade, by cutting a pattern in the grass two spades wide, and three spades long. The spade is then pushed for 5 to 10 cms down, then underneath the grass, until the turf has been completely loosened, then you lift it off, and lay it down in a safe place until you put it back in place. You keep doing this until a large enough area has been uncovered for your needs. You will find that it is advisable to cut the turf back from the actual fire for a short distance, so that the edges of what you leave do not burn, or you can line the pit with cut logs like shown here.

Look after the turf you have removed and water it from time to time, so that it will grow back just as good when you replace it at the end of camp.

The fire-trench is then dug out, to no more than half a spade's depth, and sloping up at the ends. The trench lies along the direction of the prevailing wind, to help the fire to burn. Be sure the landowner will allow you to dig a fire trench. If not, you will need to raise your fire off the ground on an altar fire or lay your fire on a provided concrete base.

Lighting your fire

Start with a ball of tinder – grapefruit size – and cover this with some of your smallest kindling wood in the centre of the fireplace, with the driest, and most combustible material at the bottom, so that, when you light the fire, the flames have to go through the rest before showing themselves.

On top of the kindling, you place some of the smallest pieces from the small fuel pile. These are stood up on end, to form a pyramid shape. Around this, in the same manner, you put some of the larger bits from that pile.

You can now apply a match. This, when it has been lit, is placed as near to the centre of the fire as is possible, so it is wise to leave a passage-way to the centre when you start to build.

Once the Kindling has caught, it will set the twigs on fire, and so on. Now you can start putting some of the bigger wood from the small fuel pile on, again in the Pyramid shape. All the time build up the size of the wood but do it slowly. Leave the fire for a while without putting more wood on, so that it has a chance to catch light properly.

When the fire is burning, put some more wood on, this time from the thinner end of the main fuel pile, and eventually just from your main fuel pile.

After a while the fire will settle down to good hot embers — the fire is now ready for cooking.

17. Cook over an open fire a simple meal, make a hot drink and wash up afterwards.

And so on to the cooking . . . trust me some of the best food you have ever tasted will be cooked over an open fire at camp, and there is almost nothing that you can cook at home, that you can't cook on an open fire. I've even made ice cream at camp – but that's another story.

I trust that while the fire was being made, somebody thought to prepare the meat, and peel the spuds, as otherwise, you're going to waste both time and wood. Now, when cooking, the various foods take different times to cook – you'll soon get the hang of what needs to go on first, but if you are not sure an older Scout or adult will give you some help.

If you cut your potatoes small and just cover them with boiling water, they will cook quicker than putting them on whole. Sausages will cook quicker than a pork chop, which needs to be cooked slowly. Find out at home, from your Patrol Leader or Scout Master how long the various items you intend to prepare are going to take.

Flapjacks, Dampers and Twists

To find out about these you can read Scouting for Boys, Camp Fire Yarn 9.

To make the mixture you need self-raising flour, salt and water.

Make a little mountain of about a handful of flour, put your finger in the centre (after washing your hands please), and make a small hole. Add a pinch of salt. Now add the water a small amount at a time; you can mix it with your hands, a little messy, but great fun. You'll find it helps to stop the mixture sticking to your hands if you cover them lightly with flour first. When the mix is just firm and not tacky it is ready to cook.

Flapjacks

Shape the mixture into flat cakes about 80mm across and 20mm thick. Heat some oil or butter or lard in a frying pan and wait until the fat is smoking hot. Drop (carefully) your cakes into the hot fat and sizzle them until golden brown. Serve with butter and jam. You could try sprinkling them with brown sugar or currants.

Twists

Take a green stick thinner than your little finger (this is the only time you can cut live wood from a tree) and 1 metre long, peel off the bark. Roll your mixture into a snake and wind it around the stick, leaving a space between each turn for it to cook and expand. Hold your stick closely over a fire of glowing embers (not flames). Keep rotating the stick until your snake has gone a dark golden brown. You can test to see if it is cooked by sticking a knife blade into the snake, if it drags or comes out sticky, more cooking is needed. When cooking is complete, your twist will slide off the stick, cut it open, spread with butter and jam and keep eating.

Baden-Powell used this recipe. Firstly, it saved in weight, just carrying a small bag of each of the ingredients and secondly, he could enjoy hot fresh bread every day.

Dampers

Use the same mixture and cook on a hot stone next to the fire.

18 With another Scout, pitch, strike and pack a hike tent within a reasonable time.

For the pitching and striking of a hike tent you will get the best advice from your Patrol Leader or Scoutmaster, because they will be able to show you with the type of tents which are used in your troop.

Hike tents come in different shapes and sizes. They may also be used with sewn in groundsheets or separate groundsheets. Some may be used with external poles, often called 'A' poles or with poles inside the tent. You unpack the tent and lay out the parts, canvas and groundsheet, poles and pegs, on dry ground.

Make sure the doors of the tent are zipped or fastened together, then if you have a separate groundsheet, lay it on the ground and peg it down securely. This establishes the base and shape. Fit together the poles and suspend the tent from them. You should now peg out the main guy-lines, usually with the heaviest duty pegs provided. Do not worry too much about the shape of the tent or the tautness of the guys at this time.

Put in the remaining pegs and then go around tightening up the guys and adjusting the angle and position of the pegs.

When you are more experienced, you will probably get them right first time. Remember, do not over tighten the guys and make sure they run in line or parallel with the seams. If it rains heavily, you will need to slacken the lines, particularly if they are not nylon, because they shrink and thus would tighten more and could eventually tear your tent.

When you are using the tent make sure that you store the tent and peg bags away in the tent in the dry ready for when you strike. Try not to touch the walls of the tent especially when it is raining as this may permit water to enter. If the tent has a sewn-in groundsheet, take your shoes or boots off before you go stomping about, the groundsheet is to keep water out from below, not to be used as a doormat.

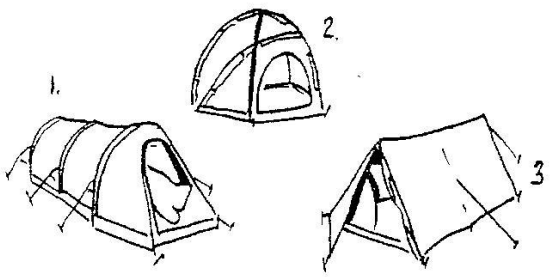
When you come to strike the tent try to do so when it has dried out either from the morning dew or overnight rain. This of course is not always possible.

Striking

Reverse the procedure outlined above and try to wash or scrape clean all the pegs before you pack them away and count them to make sure you have got them all.

If you have had to pack the tent away wet, ensure that you set it up again or hang it up to dry before it is finally put back in store.

If there is any problems or things missing from the tent tell your Quarter Master before returning the tent to the store.



1. Hoop tent
2. Dome tent
3. Ridge tent

19. Camp for a minimum of 5 nights as a Scout

For most Scouts camping is the most special part – it is a chance to live in harmony with nature and prove that you can be happy and comfortable away from all the luxuries of a modern house.

You may go to different sorts of camp, and it would be good if you could get a variety of different experiences to pass this test.

Some different Scout Camps are:

- Troop camp – often for a week, and normally in the summer holidays. Most Troops will camp with each Patrol in a separate area, looking after their own cooking
- Patrol camp – just your Patrol camping on their own, working together to have fun
- Activity camps – quite often a weekend camp, where the focus is on a special activity, and sometimes cooking will be done centrally by Scoutmasters or a duty Patrol
- Hike camps – normally when you are working on your First Class, carrying all your gear for more than a day, and camping overnight in a hike tent
- Area camps – sometimes these are competitions, and sometimes they are based around activities
- National camps – every Troop is invited to two national camps each year, one is a fun competition to see who has got the best camping skills, and the other is a badge bonanza where you can take badges that you can't always do in the Troop. Look for details on the B-PSA website
- International camps – we are very lucky to be members of the World Federation of Independent Scouts, WFIS, and once every four years they hold a European Jamboree where you can meet thousands of traditional Scouts from all over the world, and make new friends from overseas – look for details on the WFIS website

For this test, the five nights need to be camps that you have undertaken under canvas with Scouts (not Cub camps), and camps with your family don't count either – they can be great fun, but they are not quite the same.

•

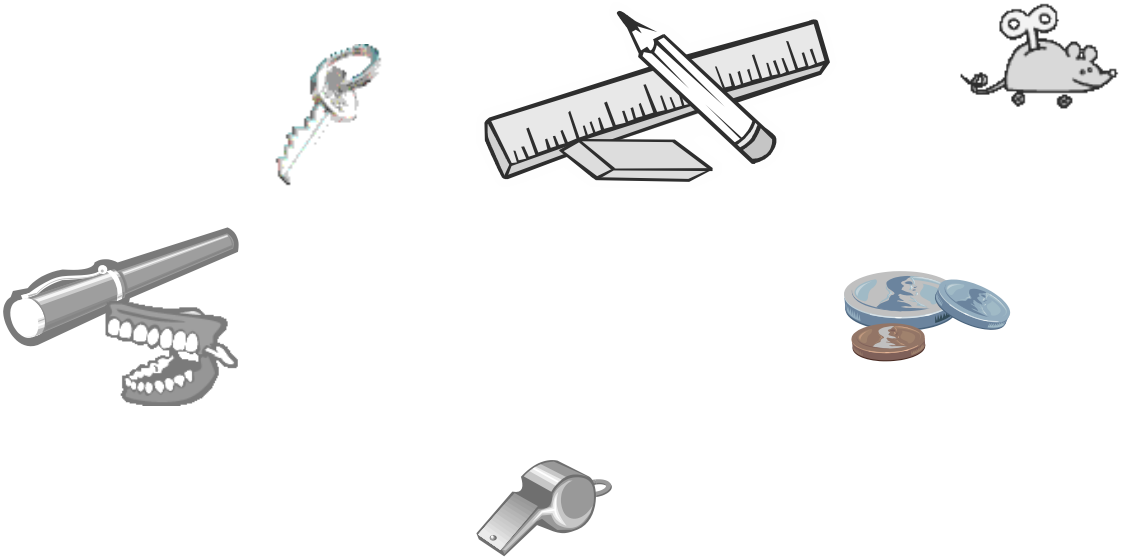
20. Kim's game. A test in observation to remember 16 out of 24 well assorted articles, following 1 minute's observation, or, follow a trail containing not less than 30 woodcraft signs.

The thing to remember is that most of the objects will have a pair. By this, we mean that there will be common items, like a pen, and a pencil, where if you can remember one, it will help you to remember the other. In some cases, a whole series can be formed, like Pen, Pencil, Rubber, Pencil Sharpener, Paper, Biro, Ink, etc. All these have the same common root — they are used when writing. So, the more you can connect, the easier it should be.

One of the best ways of getting used to Kim's game, is to walk slowly past a shop window, looking at all there is on display. Go past, write it down (or describe it to a friend who is looking in the window at the time), and go back and check the list. The more you do it, the easier it will become.

Read the stories of Kimball O'Hara and the Elsdon murder at the beginning of Scouting for Boys.

You may not be good at this test to start with because you have to train yourself. Remember you also have other senses which need training.



Alternatively follow a trail containing not less than 30 woodcraft signs.

You will have learnt several woodcraft signs for your Tenderfoot test and you probably followed a short trail.

Now for Second Class this should be a test of observation. The trail may be marked by leaves or twigs placed in strange positions i.e. an oak leaf may be stuck among some horse chestnut leaves, or pieces of coloured wool may be draped over bushes or on the bark of trees.

Remember that the trail should only be obvious to Scouts and should be cleared away once it is finished with.

21. Be able to recognise and name 6 common trees and know the value of their wood for burning

Wherever you live in this country, you will find that there are far more than just six types of tree around, several which, you will find that you can name.

A lot you will know by just thinking; such trees as the Holly, Oak, Beech, Birch, Pine, Ash, Hawthorn, Horse Chestnut -there, in fact, are more than six already!

So, you see, there is nothing particularly difficult about that part of the test. The next part, though, is slightly more difficult, as you have probably not come across the need to know the burning qualities of them.

Here, you will find a list of trees, and the burning qualities of their woods, and in some cases, their barks.

Birch bark	Excellent for starting the fire, as both the wood, but especially the bark burns very easily. However, it burns very quickly.
Conifers	Very good for taking over after Birch, but again, burns quickly. The logs usually make the basis of the centre of the campfire.
Holly	This makes a good fuel for really getting the fire going.
Crab Apple & Cherry	Good burners, useful for the preparation of the cooking fire.
Ash & Beech	These are perhaps one of the best woods to use as they are easy to prepare and burn well for a reasonable time.
Yew, Hazel, Hawthorn	Very good for cooking, dry twigs on bushes are excellent for starting a fire on a wet day. These burn very well, especially when dry.
Lime, Sycamore &	Difficult to light, but once burning gives off a good heat, which is useful for items Plane which do not require a lot of flame.
Oak	Another wood difficult to light, but again, when once alight, will give a good heat, and last a long time. Useful when bedding down the fire at night, to keep it until morning.
Hornbeam	Very hard to split and prepare but will burn well.
Horse chestnut, Elder	All woods to be avoided, as they either do not burn well

You may find this rhyme useful.

These hard woods burn well and slowly,

Ash, Beech, Hawthorn, Oak and Holly,

Soft woods blaze up quick and fine,

Birch, Fir, Hazel, Larch and Pine,

Elder and Willow you'll regret

Chestnut green and Sycamore wet.

22. Know and follow the Countryside code

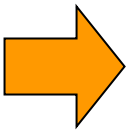
Be Safe – Plan Ahead and Follow Any Signs

Refer to up-to-date maps or guidebooks.

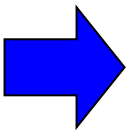
You're responsible for your own safety and for others in your care, so be prepared for changes in weather and other events.

Check weather forecasts before you leave, and do not be afraid to turn back, it shows good leadership qualities to do this and to know the limitations of your party.

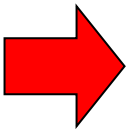
Part of the appeal of the countryside is that you can get away from it all. You may not see anyone for hours and there are many places without clear mobile-phone signals, so let someone else know where you are going and when you expect to return.



Footpath waymark



Bridleway waymark



Byway waymark

National trails

Leave Gates and Property
as You Find Them

Please respect the working life of the countryside, as our actions can affect people's livelihoods, our heritage, and the safety and welfare of animals and ourselves.

A farmer will normally leave a gate closed to keep livestock in but may sometimes leave it open so they can reach food and water. Leave gates as you find them or follow instructions on signs; if walking in a group, make sure the last person knows how to leave the gates.

In fields where crops are growing, follow the paths wherever possible.

Follow paths across land that has crops growing on it, wherever possible.

Use gates and stiles wherever possible - climbing over walls, hedges, gates and fences can damage them and increase the risk of farm animals escaping.

Our heritage belongs to all of us - be careful not to disturb ruins and historic sites. Leave machinery and livestock alone - do not interfere with animals even if you think they are in distress. Try to alert the farmer instead.

Protect Plants and Animals, and Take Your Litter Home

We have a responsibility to protect our countryside now and for future generations, so make sure you do not harm animals, birds, plants or trees.

Litter and leftover food do not just spoil the beauty of the countryside, it can be dangerous to wildlife and farm animals and can spread disease - so take your litter home with you. Dropping litter and dumping rubbish are criminal offences.

Discover the beauty of the natural environment and take special care not to damage, destroy or remove features such as rocks, plants and trees. They provide homes and food for wildlife and add to everybody's enjoyment of the countryside.

Wild animals and farm animals can behave unpredictably if you get too close, especially if they are with their young - so give them plenty of space.

Fires can be as devastating to wildlife and habitats as they are to people and property - so be careful not to drop a match or smouldering cigarette at any time of the year. Sometimes, controlled fires are used to manage vegetation, particularly on heaths and moors between October and early April, so please check that a fire is not supervised before calling 999.

Keep Your Dog Under Close Control

The countryside is a great place to exercise dogs, but it is every owner's duty to make sure their dog is not a danger or nuisance to farm animals, wildlife or other people.

By law, you must control your dog so that it does not disturb or scare farm animals or wildlife. You must keep your dog on a short lead on most areas of open country and common land between 1 March and 31 July, and always near farm animals.

You do not have to put your dog on a lead on public paths as long as it is under close control. But as a rule, keep your dog on a lead if you cannot rely on its obedience. By law, farmers are entitled to destroy a dog that injures or worries their animals.

If a farm animal chases you and your dog, it is safer to let your dog off the lead – don't risk getting hurt by trying to protect it.

Take particular care that your dog does not scare sheep and lambs or wander where it might disturb birds that nest on the ground and other wildlife – eggs and young will soon die without protection from their parents.

Everyone knows how unpleasant dog mess is and it can cause infections – so always clean up after your dog and get rid of the mess responsibly. Also, make sure your dog is wormed regularly.

You can also find out more by phoning the Open Access Helpline on 0845 100 3298.

Consider Other People

Showing consideration and respect for other people makes the countryside a pleasant environment for everyone - at home, at work and at leisure.

Busy traffic on small country roads can be unpleasant and dangerous to local people, visitors and wildlife - so slow down and, where possible, leave your vehicle at home, consider sharing lifts and use alternatives such as public transport or cycling. For public transport information, phone Travel line on 0870 608 2608.

Respect the needs of local people - for example, do not block gateways, driveways or other entry points with your vehicle.

By law, cyclists must give way to walkers and horse riders on bridleways.

Keep out of the way when farm animals are being gathered or moved and follow directions from the farmer.

Support the rural economy - for example, buy your supplies from local shops.

You can also find this information on the web:

https://www.gov.uk/government/publications/the-countryside-code

23. Know the general rules for healthy living.

The important rules to remember for healthy living are:

- A healthy diet
- Good personal hygiene
- Lots of exercise

Diet

A healthy diet contains lots of fruit and vegetables; is based on starchy foods such as wholegrain bread, pasta and rice; and is low in fat (especially saturated fat), salt and sugar.

Meat, fish, eggs and pulses;
For most people, a healthy diet means eating only moderate amounts of meat, fish and alternatives such as lentils, nuts, beans and eggs, and choosing lower fat versions when you can.

Meat such as bacon and salami, and meat products such as sausages, beef burgers and pâté are all relatively high fat choices, so try to keep these to a minimum.

Beans, such as tinned baked beans and pulses, are a good low-fat source of protein.

Aim to eat at least two portions of fish a week because fish are a good source of protein, vitamins and minerals, and they are low in saturated fat. You can choose from fresh, frozen or canned fish.

Oily fish are a healthy choice because they also contain omega 3 fatty acids. These include mackerel, salmon, pilchard, herring, trout, sardines and fresh tuna. Canned tuna does not count as an oily fish, but it is still a good source of protein and some vitamins.

Fats and sugars Fats and sugars;
A healthy diet means consuming less of these sorts of food.

What's included?
Food containing fat:
Margarine, butter, other spreading fats and low fat spreads, cooking oils, oil-based salad dressings, mayonnaise, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces and gravies.

Food and drinks containing sugar:
Soft drinks, sweets, jam and sugar, as well as foods such as cakes, puddings, biscuits, pastries and ice cream.

What are the main nutrients?
As well as fat, including some essential fatty acids, foods containing fat also provide some vitamins. Some products also contain salt or sugar.

Some food and drinks containing sugar also provide minerals and some provide fat.

How much should I be eating?
Eat foods containing fat sparingly and look out for the low fat alternatives. Foods and drinks containing sugar should not be eaten too often as they can contribute to tooth decay.

Fruit and Vegetables;
Most people know that we should be eating more fruit and vegetable, but most of us aren't eating enough. Did you know that we should be eating at least five portions of fruit and vegetables every day?

You can choose from fresh, frozen, tinned, dried or juiced, but remember that potatoes do not count because they are a starchy food.

Salt;
We all need to eat some salt, but most of us are eating too much. Salt is present naturally in food and we also use it to flavour and preserve foods.

We tend to add more salt at the table or when we are cooking. But on average, three-quarters of the salt we eat comes from processed food.

Bread and cereals;
Base your meals on these sorts of foods, which should make up about a third of your diet.

Try to eat a variety and remember you can choose from all these: bread, breakfast cereals, chapattis, oats, pasta, noodles, rice, potatoes, sweet potatoes, yams, dishes made from maize millet and cornmeal, plantains, green bananas, beans and lentils.

Choose wholegrain, wholemeal, brown or high fibre varieties wherever possible.

How much do I need?
Lots! Eat more of this food group, because we eat less than we should. These foods should make up a big part of our diet. Try serving larger portions of these foods at mealtimes by, for example, having more rice or potatoes.

Can eating these foods make me fat?
People often think that starchy foods are particularly fattening. This is not true, but starchy foods can become fattening if they are either served or cooked with fat. For example, it is the margarine or butter we spread on bread, the cream or cheese sauce we add to pasta or the oil that we use for frying that makes them fattening so try cutting down on added fats.

Dairy foods;
For a healthy diet, most people should eat dairy foods such as milk, cheese, yoghurt and fromage frais in moderate amounts. If you want to cut down on fat, choose lower fat versions whenever you can.

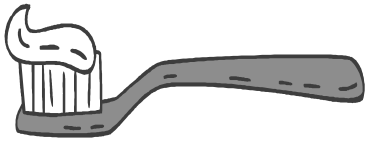
Personal hygiene

Puberty brings a physical transformation to your body. Those physical and hormonal changes typically begin between ages 8 and 13 for girls and 9 to 15 for boys, and they cause everything from oily skin to excess perspiration. Having an effective personal hygiene routine is important. Here are some self-care habits:

1. **Take a shower every day:** Start each day with clean skin. Focus on the armpits, groin and feet with an antibacterial deodorant soap. Showering is also a must after any sweaty activities. If at camp and showers are not available you can still wash your body, preferably in hot water but cold will do, concentrate on the sweaty parts ie arm pits, groin and feet.
2. **Wash that oil right out of your hair:** Your hair isn't always easy to manage. Overactive sebaceous (Sweat) glands increase the oil in your hair, so shampooing at least every other day can keep it under control. Clean hair can also decrease breakouts of spots.
3. **Keep skin clear:** Your skin also gets oilier, for proper skin care, a mild acne cleanser or soap should be used twice a day, if spots occur you can use an over-the-counter benzoyl peroxide cream. Try not to touch your face — it spreads bacteria and picking spots can leave scars.
4. **Stop the sweat:** First things first: changing clothes and undergarments daily is essential. Also, don't leave the house without deodorant or antiperspirant. (Deodorant covers up the smell, while antiperspirant stops perspiration.) REMEMBER you need to wash before using deodorant or perfume as it only masks the smell for a short time.
5. **Brush, floss, rinse ... repeat:** Make sure you don’t skimp on oral care as it can cause gingivitis, cavities and bad breath. Make sure you brush correctly and follow up with floss and mouthwash — both morning and night.

6. **Trim and tidy fingernails:** Make sure you trim your fingernails and toenails straight across to prevent ingrown nails. Then slightly round at the top with a nail clipper and/or emery board. Try not to bite your nails as it can lead to infection in your fingers.

   You can get more information at www.healthyessentials.com/baby-child-solutions/personal-hygiene-for-teens-tweens



24. Demonstrate a knowledge of and how and when to summon adult help

It is very important to remember the 3 basic principles of 1st Aid – sometimes known as the **3Ps**

- **Preserve Life**
- **Prevent deterioration**
- **Promote cure**

The 1st Aid training you will do at Scouts can help with all three of these, but you must remember that it doesn't qualify you as a paramedic, a doctor or a nurse. So for anything more serious than the minor ailments we look at in test 26, your first priority should be to get adult help, and if in doubt call the emergency services.

Call 999 (or 112)
You can get to all the emergency services by calling 999 – they include: fire, police, ambulance, coastguard, mine, mountain and cave rescue.

- You will be asked which service you require – if there are casualties always ask for ambulance, they will automatically ask for fire or police service assistance if needed.
- Keep calm and try to be clear and concise
- You will be asked for the number you are calling from; this will enable them to call you back if you get cut off
- It will help if you have a full address and postcode to give – the call centre may well not be in your town, so using local slang names like "cemetery junction" will not help them
- If you don't have full details stay on the line, your call can be traced
- They will ask you for details of the suspected injury, make sure that if the injuries you suspect include head or spine, or possible heart attack that you make this clear very early – that will make your call a priority. The operator may well give you advice on what to do next with the casualty
- You will also be asked for the number, age and gender of casualties and a description of the incident – this will help them to assess their response
- You may also be asked if there are any hazards – like gas, fuel leaks from vehicles or adverse weather

While you wait for the emergency services to arrive, you should concentrate on the first two Ps – the ambulance operator may help you with advice.

25. Treat shock. (not electric).

When people are injured, they often go into shock – their bodies send the blood supply to the vital organs, and they may appear pale, sweaty and feel giddy.

If none of their injuries prevent you from moving them, help them to lie down on something warm like a blanket if possible, raise and support their legs above the level of their heart – just popping a rucsac under their ankles would do.

Keep the casualties head low, and undo tight clothing around the neck, chest and waist.

Keep the casualty warm – put a blanket or more clothes over them.

Do not give the casualty anything to eat or drink, and don't try to warm them with any direct heat like a hot water bottle.

26. Know how to deal with the following common minor ailments:

- **Minor cuts and scratches**
- **Bleeding from the nose.**
- **Stings and bites.**
- **Burns and scalds.**
- **Know how to avoid sunburn.**

Cuts and scratches

Prompt fist aid can help nature heal small wounds and prevent infection. But you must seek medical advice if:-

- there is an object embedded in the wound
- the wound is at special risk of infection such as a dog bite or a puncture by a dirty object
- an old wound shows signs of becoming infected

Before treating the wound, wash your hands well in soap and water. Put on disposable non powdered latex gloves.

If the wound is dirty, clean it by rinsing lightly under running water pat dry with a clean gauze swab. Temporarily cover the wound with sterile gauze.

Elevate the wounded part above the level of the heart if possible, avoid touching the wound directly with fingers. Support the affected limb

Clean the surrounding area with water, pat dry and remove the covering apply an adhesive dressing.

Once the dressing has been placed in position, it should be kept clean and renewed periodically, especially in camp, until the wound has healed.

Bleeding from the nose

These most commonly occur when blood vessels inside the nostrils are ruptured, either by a blow to the nose or as a result of sneezing or picking or blowing the nose. Infection such as a cold or flu makes the blood vessels in the nose more fragile. Nosebleeds may also occur as a result of high blood pressure. Nosebleeds are usually merely unpleasant, but they can be dangerous if the casualty loses a lot of blood. Where a nosebleed follows a head injury, the blood may appear thin and watery, if this is the case seek medical advice immediately.

- Sit the patient down with head well forward.
- Advise patient to breath through mouth and not to sniff
- Get the patient to pinch nose at joint of hard and soft parts.
- Release pressure on nose after about 10 minutes, if the bleeding persists for more than 30 minutes take the casualty to hospital
- Gently clean around the nose with warm water, rest quietly and avoid exertion and blowing nose for 2-3 hours.

Stings and bites

Bee, wasp, and hornet stings are usually painful rather than dangerous. An initial sharp pain is followed by mild swelling and soreness, which first aid can relieve. Some people are allergic to stings and can rapidly develop

the serious condition (anaphylactic shock), medical assistance must be sought immediately in this case. Multiple stings can also be dangerous. Stings in the mouth or throat are serious, as the swelling they cause can obstruct the airway.

If the sting is still in the wound pluck out firmly with fine tweezers. Apply a cold compress to relieve pain and minimise swelling.

For a sting in the mouth give the casualty ice to suck or cold water to sip to minimise the swelling. If the pain and swelling persist seek medical help.

The only poisonous snake native to mainland Britain is the adder and its bite is rarely fatal, however many exotic snakes are kept as pets. Wash the snake bite well and pat dry with clean swabs. Take the casualty to hospital, if possible, make a note of the snake's appearance this may help the correct anti venom to be given to the casualty.

Dog and animal bites need to be cleaned thoroughly as these wounds are very vulnerable to infection. Wash with warm water pat dry and cover with an adhesive dressing. Advise the casualty to see a doctor in case inoculation is needed.

Burns and scalds

When the skin is burned, the small blood vessels within the skin leak fluid. This fluid either gathers in tissue spaces to form blisters or it leaks through the skins surface. If a burn is over 2-3 cm in diameter, medical assistance is required. If the burn is on a limb, the fluid may accumulate in the tissues, causing swelling and pain this is particularly dangerous if the limb is being constricted, for example, by clothing or footwear.

How burns are caused -

Dry burn	cause	Flames, contact with hot objects, friction (example rope burns)
Scald	cause	Steam, hot liquids such as tea, coffee or fat,

Flood the injured part with cold running water for at least ten minutes to stop the burning and relieve the pain.

Ask the casualty if they can gently remove any jewellery, watches, belts or constricting clothing from the injured area before it begins to swell.

Cover the area with a sterile dressing or any clean, non-fluffy material and bandage loosely in place. A clean plastic bag or clean kitchen film makes a good temporary covering.

DO NOT - break blisters or interfere with the injured area

DO NOT - apply adhesive dressings

DO NOT - apply lotions, ointments or creams

Sunburn

This is caused by overexposure to the sun. Most sunburn is superficial, however in severe cases, the skin is lobster red and blistered and the casualty may suffer from heat stroke.

To avoid sunburn and heat stroke it is important to cover yourself up when out in the sun for prolonged periods, always wear a sun hat, apply lots of a high factor sun block regularly and drink plenty of water.

The treatment is to cover the patient's skin with a towel or clothes and get him into the shade. You can cool skin by sponging with cold water or by soaking the affected areas in cold water for 10 minutes.

If there is extensive blistering, skin damage or pain then seek medical advice.

27. Know how to suitably dress and support minor cuts and sprains.

Applying dressings and bandages is an important part of good first aid practice. Wounds usually require a gauze dressing, and almost all injuries will benefit from the support that bandages can give.

Dressings

Dressings cover a wound, prevent infections from entering it and help the blood clotting process.

- The dressing pad should always extend well beyond the wound's edges
- Place dressings directly on a wound, do not slide them on from the side, and replace any that slip out of place
- If blood seeps through a dressing, do not remove it instead apply another dressing over the top
- If there is only one sterile dressing use this to cover the wound and use other clean materials as top dressings

Roller bandage

A roller bandage may be used to hold a dressing in place or to provide support to wrists, elbows, knees or ankles that have been sprained or strained. Support bandages should extend well beyond the joint to provide pressure over the injured area.

These are made of cotton, gauze or linen and applied in spiral turns.

There are three main types:

1. **Open-weave bandages,** which are used to hold light dressings in place; because of their loose weave, they allow good ventilation, but cannot be used to exert pressure on the wound or to give support to joints.
2. **Conforming bandages,** which mould to the body shape, are used to secure dressings and lightly support injuries.
3. **Crepe bandages,** which are used to give firm support to joints.

There are several ways in which to secure a roller bandage; specialised clips, safety pins or adhesive tape and if you have none of those a simple tuck should keep the end of the bandage in place.

To apply a roller bandage there are some general rules to follow:

- When the bandage is partly unrolled, the roll is called the head, and the unrolled part the tail. Keep the head of the bandage uppermost when bandaging
- Position yourself towards the front of the casualty, at the injured side.
- While you are working, ask the casualty to support the injured part in the position in which it will remain after bandaging.
- Check the circulation beyond the bandage; especially when using conforming and crepe bandages; these mould to the shape of the limb and may become tighter if the limb swells.

Tubular bandages can sometimes be useful to hold dressings into place or provide support.

Triangular Bandages

These are sold in sterile packs but can also be made by cutting or folding a square metre of fabric diagonally in half or by using your neckerchief. They can be used:

- Folded into broad-fold bandages; to immobilise and support limbs and bulky dressings.
- Folded into narrow-fold bandages; to immobilise feet and ankles and hold dressings in place.
- Straight from the pack as an improvised sterile dressing.
- Open, as slings to support an injured limb, or to hold a hand, foot, or scalp dressing in place.

There are two types of sling:

- **Arm sling,** which supports the arm with the forearm horizontal or slightly raised, used for injured upper arm, wrist or forearm, or a simple rib fracture.
- **Elevation sling,** which supports the upper limb with the hand in a well raised position. It is used for some fractures, to help control bleeding from wounds in the forearm, to reduce swelling in burn injuries and for complicated rib fractures.

Improvised Slings

As well as using a square of cloth or your neckerchief as an improvised sling you can also use other various items of clothing such as:

- **Jacket** undo the jacket and turn the hem up and over the injured arm. Pin the hem to the jacket breast with a large safety pin.
- **Button-up Jacket** undo a button of the jacket or coat and place the injured arm inside the fastening.
- **Long-Sleeved Shirt** pin the cuff of the casualty's sleeve, of the injured arm, to the opposite breast of his shirt.
- **Short-Sleeved Shirt** use a belt, tie or a pair of braces or tights to make a collar and cuff sling.
- The patient can also hold the injured limb in a comfortable position if he is happy to do so.

Circulation

You must check the circulation in the hand or foot immediately after bandaging a limb or using a sling, and again every ten minutes until you reach medical help.

Rechecking the circulation is vital because limbs swell following an injury, and a bandage can quickly become too tight and impede the circulation. The symptoms will change, as first the veins in the limb, and then the arteries supplying the limb, become impeded.

After bandaging there may be:

- A swollen limb.
- Blue skin with prominent veins.
- An increased feeling of pain.

Later there may be:

- Pale, waxy skin and a cold numbness.
- Tingling followed by deep pain.
- Inability to move fingers or toes.

To check the circulation, you press one of the nails, or skin of the hand or foot, until it is pale. If, on releasing the pressure, the colour does not return, or returns slowly, the bandage may be too tight.

Loosen tight bandages by unrolling just enough for warmth and colour to return to the extremity. The casualty may feel a tingling sensation. Re-apply the bandage as necessary and keep rechecking for circulation.

28. Know how to choose items of suitable personal clothing and equipment for outdoor activities, including camps.

Clothing

The best way to protect your self from the elements is by using a layer system. This works on the principle that air is an excellent insulator, therefore the more layers of air you trap the greater the degree of insulation. This is why two thin jumpers are better then one thick one.

Inner Layer – The major role of the layer that is in contact with your skin, is to wick (draw) moisture away from the skin to leave a dry layer next to the body. Of the modern materials available currently the best is probably 100% polypropylene, which is what most good quality thermal underwear is currently made of. Of the more traditional materials wool and silk are unbeatable, although most people find wool to itchy to wear in direct contact with the skin.

Thermal Layer – The purpose of this layer is to form an insulating barrier between you and the outside elements. Wool again is a good choice, which as the added advantage of being a good insulator even when wet. (Wet wool can emit a small amount of heat due to a chemical reaction). However, wool is heavy and bulky and becomes even heavier when wet and takes a long time to dry. Wool has now been largely replaced by fleece materials, which too retains its insulation properties when wet, but they are weight for weight warmer than wool, and generally less bulky.

Outer Shells/ Coats – Gone are the days where it is necessary to carry a separate wind proof and waterproof coats as nowadays a single garment can comfortably perform both functions. When looking for a coat it is important to make sure it has taped seams and a strip of material (baffle) to cover the zips to prevent wind blowing straight through them. If it has a detachable hood, make sure that when it is attached there is no way of wind or water running down your neck. Whichever type of coat you choose the water proofing will not last forever so they will need reproofing.

Footwear

There are many types of footwear available for various outdoor activities.

The most important thing is that they are the right size and comfortable. They can be made of leather or material, both of which can be waterproof so long as you treat them in the correct manner. Whether you wear one pair of socks or two is up to you and whatever you feel most comfortable with.

The thing you need to remember is to use your common sense and choose the correct footwear for the activity you are undertaking.

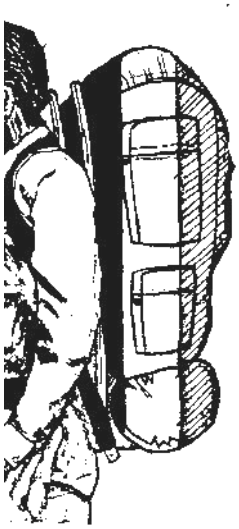
Sleeping bag

There are hundreds of different types of sleeping bags available in the shops today ranging from a £10 in a supermarket to £250 + in an outdoors shop. In general, as with most things, you get what you pay for. So, you need to decide what time of year you do your camping and what the temperature is going to be like. In outdoor shops most sleeping bags are labelled with several “seasons”, a one season sleeping bag being suitable for summer use (providing it is warm or you are sleeping in a hut or caravan) and a four season sleeping bag being suitable for all year round use. You can also purchase a liner to increase the warmth of your sleeping bag and it saves you from washing your sleeping bag so often.

Rucksack

Here, again, there are many types to choose from. Rucksack capacity is measured in litres, so you need to decide how much you want to carry and then look at rucksacks in that size range. If you are planning on walking a long way carrying your rucksack it is important that it has adjustable waist and chest loops and adjustable padded straps so that you can fit it to you comfortably and distribute the weight evenly.

Good outdoor shops will help you choose and fit a rucksack, it is worth taking time to get something that fits your body properly, as it will make carrying loads on hikes very much easier. A 65 litre rucksack will be big enough to carry all your equipment inside the bag, rather than have it tied to the outside.



Black Zone

This area closest to your centre of gravity should be filled with objects of greatest density.

White Zone

This middle area further away from your centre of gravity, should be filled with the medium density objects.

Shaded Zone

This area, the furthest away from your centre of gravity, should be filled with the lightest things as this is the place where any excess weight tries to pull you over backwards.

When loading your bag, place it in a horizontal position leaning forward at the top. Black Zone is now on the bottom. Place the heaviest objects in the bag, keeping them up towards the mouth of the bag. When you have filled Black Zone, fill White Zone with the next most heavy objects. Last, fill Shaded Zone with the lightest things. Your bag should weigh no more than 20kg aim for 15kg as a comfortable weight to carry.

General Advice

Before you buy any of these expensive items talk to other Scouts in your patrol and to your Scoutmaster. Sometimes you might be able to get a better buy second hand. Study the catalogues issued by the manufacturers. Try testing the warmth in various sleeping bags by putting somebody inside with a thermometer. Try carrying someone's rucksack when it is loaded.

Whilst on camp or on outdoor activities denim or other loose weave materials should be avoided. These become very heavy when wet and allow the wind to blow through them.

Lined trousers should be avoided near water as if you fall in wearing these the water gets trapped between the layers and can pull you down.

29. Have no less than nine months service as a Scout.

Gaining your second class isn't something to be rushed through, just to get the badge – these are the basic 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 tie a bowline in an emergency!

30. Make regular contact with a Scout from a different Group 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.

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

And finally:

Re-pass the Tenderfoot tests. This test will be taken last

.

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.	**77**
2. Understand the role of The Court of Honour and contribute to its running for a period of 3 months.	**78**
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.	**79**
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.	**81**
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.	**82**
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.	**84**
7. Understand how to prepare a route card and use it in conjunction with an OS map as an aid to navigation.	**87**
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.	**88**
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.	**89**

Camp Skills	
10. Have camped as a Scout, for a total of ten nights, which need not be consecutive.	**91**
11. Demonstrate the following: Sheer-lashing, Back and Eye splice, Rolling hitch and a Handy billy.	**92**
12. Tie the following knots and know their uses: - Figure of eight, Prusik.	**96**
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.	**97**
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.	**100**
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.	**102**
16. Plan a balanced menu for a Patrol for 24 hours and prepare a budgeted shopping list.	**104**
17. Be able to operate and maintain stoves and lamps, identify different fuels, and know the safety requirements.	**105**
18. Cook a two course meal on a camping stove.	**106**
19. Build and sleep out in a bivouac and cook a backwoods meal.	**107**
Observation	
20. Read a series of simple tracks made in sandy or other suitable ground.	**108**
Woodcraft	
21. Be able to recognise and name 8 common plants, 8 common birds and 8 native wild animals.	**109**
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.	**110**
Health and Fitness	
23. Swim 50metres and know the water safety code and the use of the buddy system for swimming.	**111**
24. Explain the principles of good nutrition and a balanced diet and how these should be modified in adventurous activities.	**112**
Saving Life	

25. Know what to do in the following emergencies: fire, drowning, ice breaking and electric shock	**114**
26. Know precautions necessary before undertaking adventurous activities. This must include exposure and mountain safety.	**116**
27. Gain the Scout First Aid proficiency badge.	**119**
Citizenship	
28. Have no less than two years experience as a Scout.	**120**
29. Make regular contact with a Scout from a different Area or Country, and share Scouting experiences	**120**
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 currently – 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?

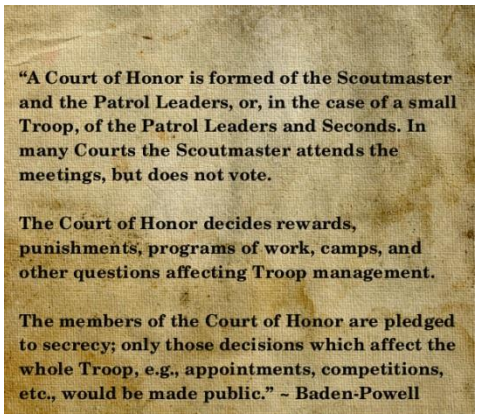
7. A Scout obeys orders of His parents, Patrol Leader, or Scout Master without question
How does this discipline fit with your need to think independently?

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.

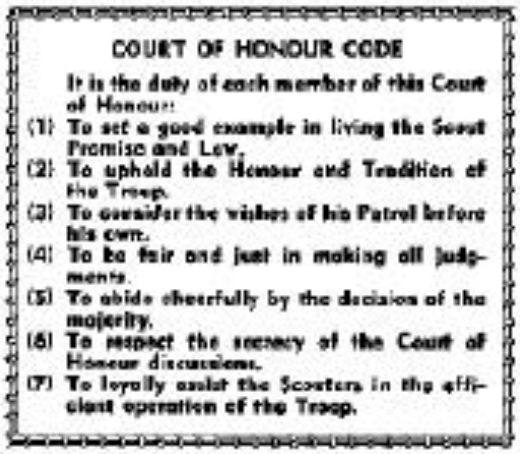
This is more than a committee meeting – **the Court is responsible for the honour of the Troop**. That means that they define the standards and take responsibility for establishing and maintaining the traditions of the Troop in private and in public.

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.**

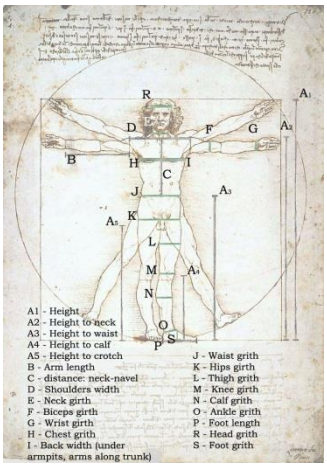
Many Scouts (and Scouters) throw up their hands in horror about this test. Maybe that is because there is a bit of Maths involved, and maybe it's because they don't think about how they can use it in practice.

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 flagpole 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)

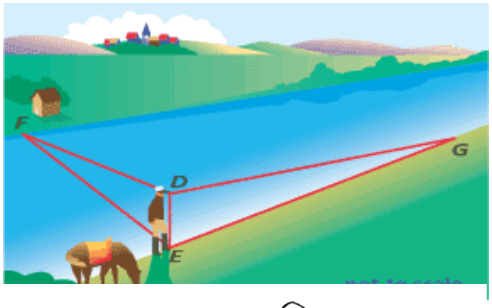
First it is useful to know some of your own measurements - then you are a walking ruler (Don't forget that as you grow you will need to re-check).

- 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 fingertip 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 must 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.



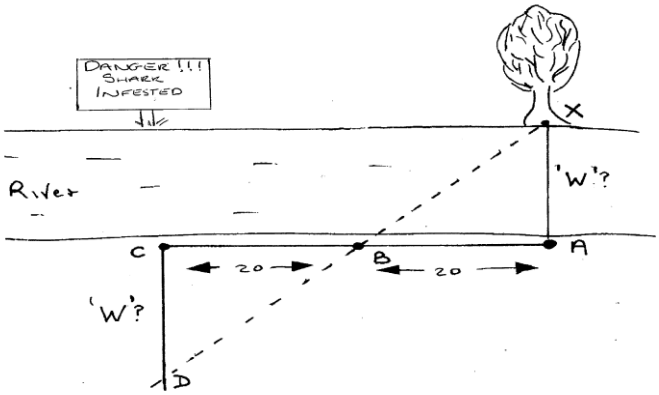
Estimation of distance and width

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 20 paces (a larger no. of paces is needed for wider rivers) in a straight line along the riverbank. 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 riverbank 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

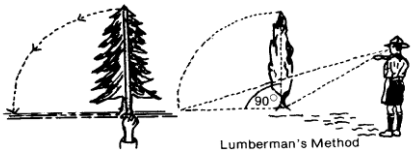
Method 1 – The other Scout method

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

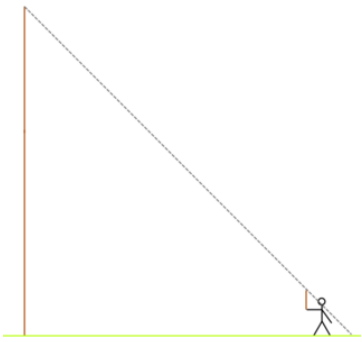
Take a pencil or short stick in your hand and hold out in front of you so that the tip of the pencil is level with the tip of the object you are measuring. Next you need to line your thumb up with the base of the object. Once you are sure the tip of the pencil and your thumb are in the right place turn 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 starting 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.

Thus, 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.**

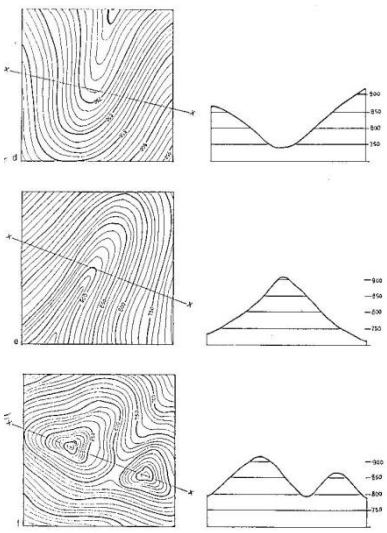
By this stage in your Scout life you should be getting pretty good at relating what you see on the ground to how it is depicted on a map and interpreting what is shown on a map to what you expect to see in real life.

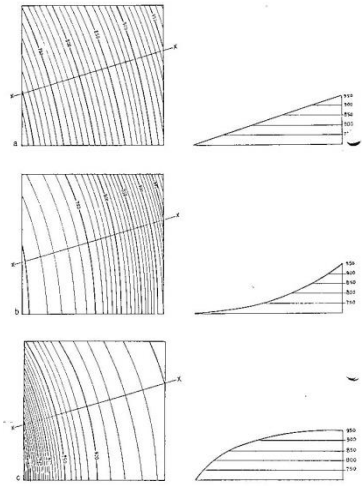
Ordnance Survey maps at a scale of 1:25,000 scale is perfect for walking in the UK. They show a level of detail which means that you can spot individual fields and their boundaries, and individual buildings. It's good practice to go out near your Scout House and really work out what you can see and how 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 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.

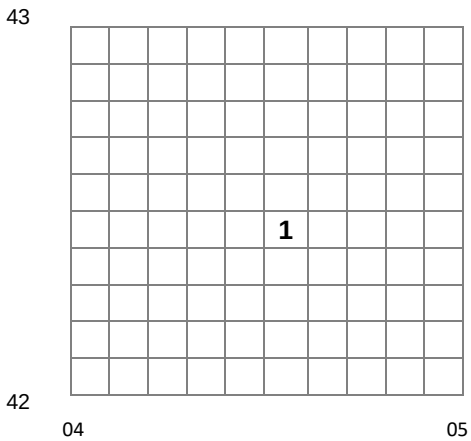
Trig. Points

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.

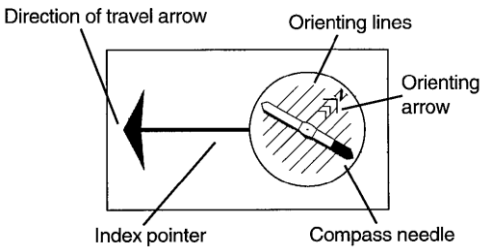
When giving Grid References the convention is to define the sideways location, Eastings, first followed by the vertical location, Northings. The numbers marked on the map describe the square diagonally to their right and upwards. So, by reading the Easting and then the Northing you can give a four figure 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.

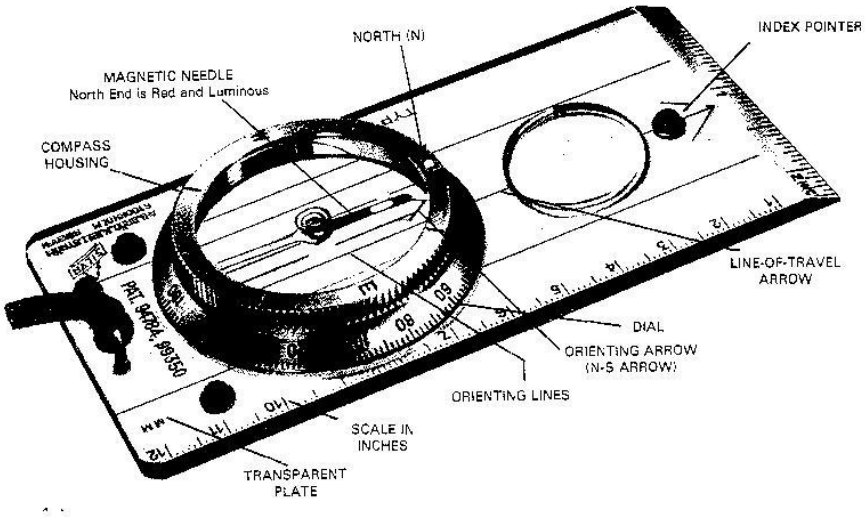


6. Understand and demonstrate the uses of a compass. Point out compass directions by day and night without the aid of a compass. Undertake a short compass journey by night.

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.



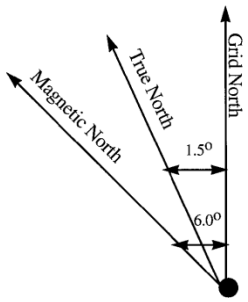


Why use a compass?

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.

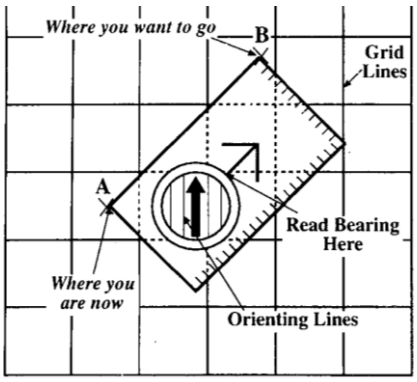
4. Your map is now 'set' and you should be able to recognise actual features from your map in front of you.

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 point 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 Summertime. 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 South.

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 several reasons:

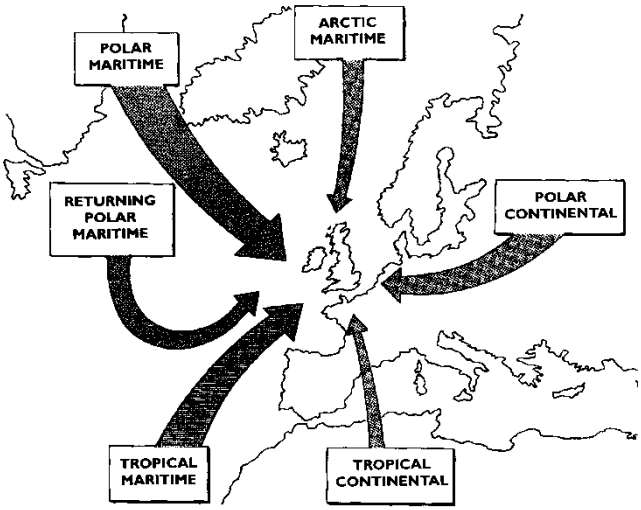
- They provide a plan which should be left with someone who can use it to help find you if you don't turn up at a checkpoint or camp site when you planned
- They make you consider in some detail the demands that a particular route is going to place on you and your party
- It involves the estimation of 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 to even start your journey.

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

- The route you plan – you may decide to keep lower in 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.

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 they can contact the Area Commissioner who 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.

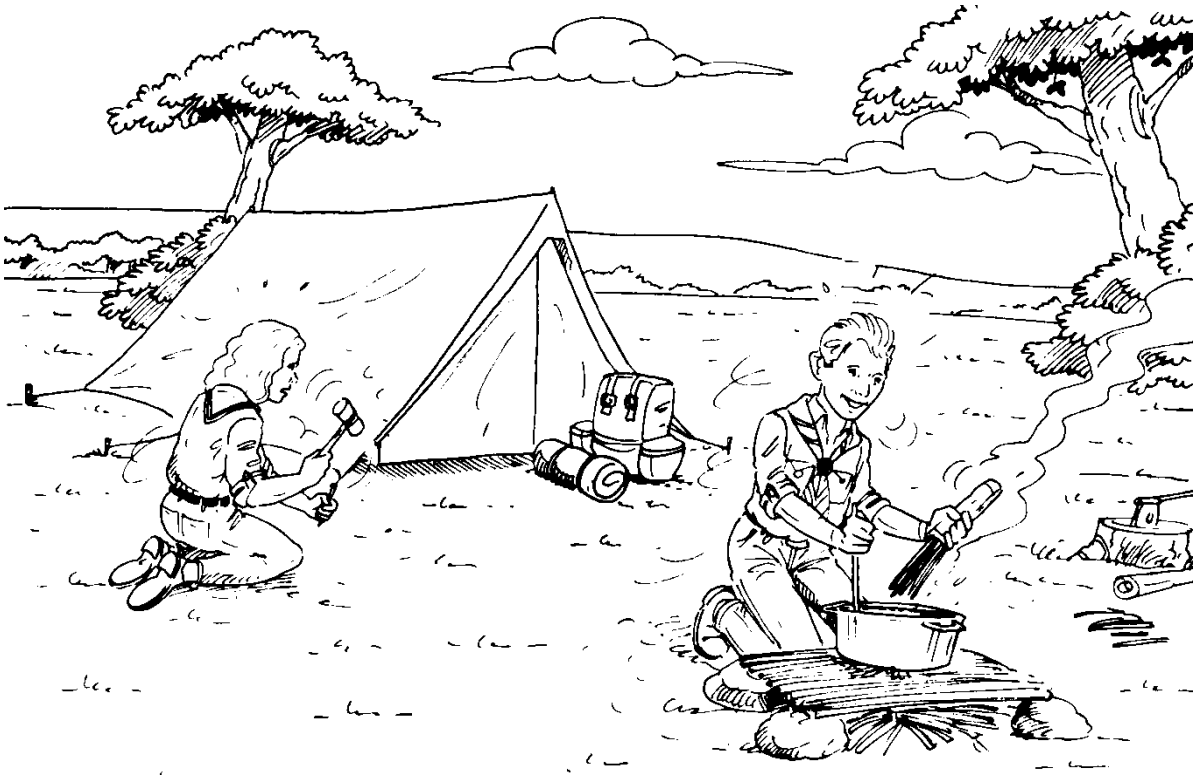
10. Have camped as a Scout, for a total of ten nights, which need not be consecutive.

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.

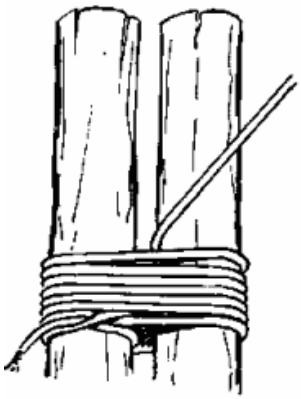
So, when you are about to use a rope, you should always check it for dampness, mildew, rot, grit, and fraying. If there is an area that is suffering from any of these, it should be removed, and the two ends spliced back together, or leave it as two ropes.

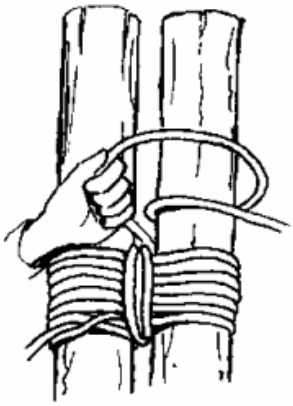
When you are finished using a rope, it should be checked again for the things mentioned above. This time, it may be possible to remove any grit, dry the rope, or even deal with fraying, before it is put away.

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.



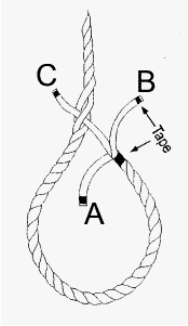


To tie the lashing lay the poles side by side on the ground. Start by tying a clove hitch around one of the spars and then bind the spars together, like in a whipping, with about seven to ten turns.

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.

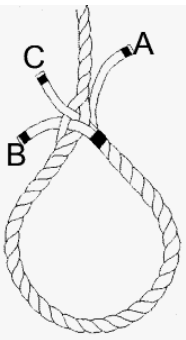
Eye Splice



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.

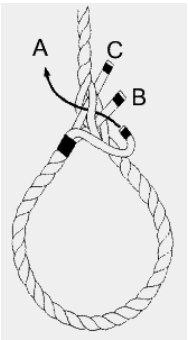
Tape or seize the ends and lay them out as shown on the left. The strand "A" will go to the back of the rope, "B" to the front, and "C" will be the first to be tucked.

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.

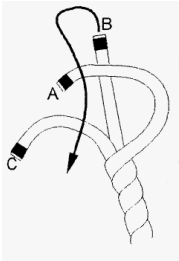
Tuck strand "A" from right to left, under one strand and out where indicated on the left.

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.

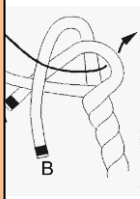
Back Splice



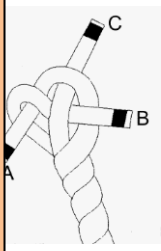
A back splice is a good way to secure the end of a three-strand rope, it is more secure than a whipping, and if spliced correctly will last the life of the rope.

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

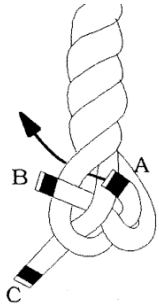
Lay out the three strands and continue as follows: Pass strand "A" in an anti clockwise direction, in front of strand "B".
Strand "B" is now taken over "A" and "C" as shown on the left.



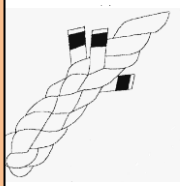
Strand "C" is now taken over "B" and into the bight created by strand "A" being doubled over.



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



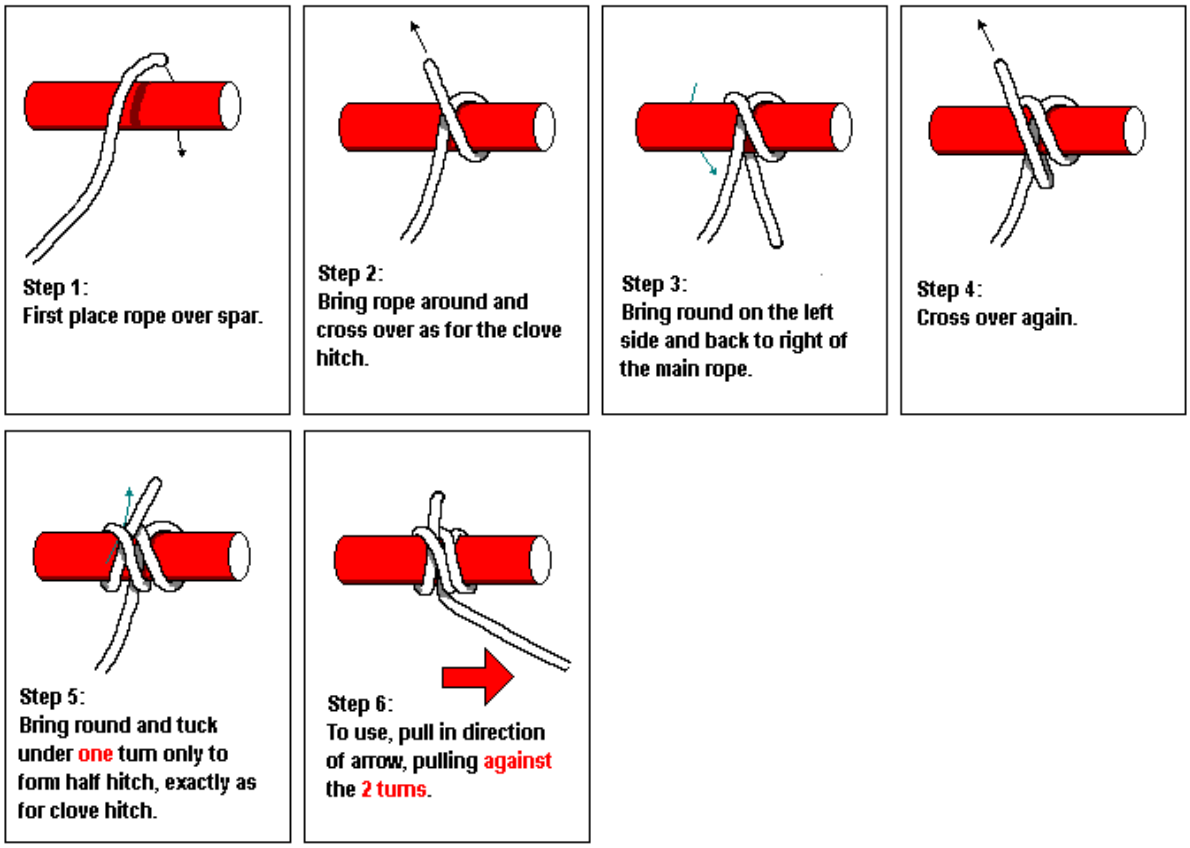
Now turn the whole thing upside down as in the picture and proceed to splice the same way as an eye splice (pg. 91), over one and under one, with each strand in turn. Make three to five tucks, then trim off the ends.



When completed it should look just like the eye splice, but without the loop.

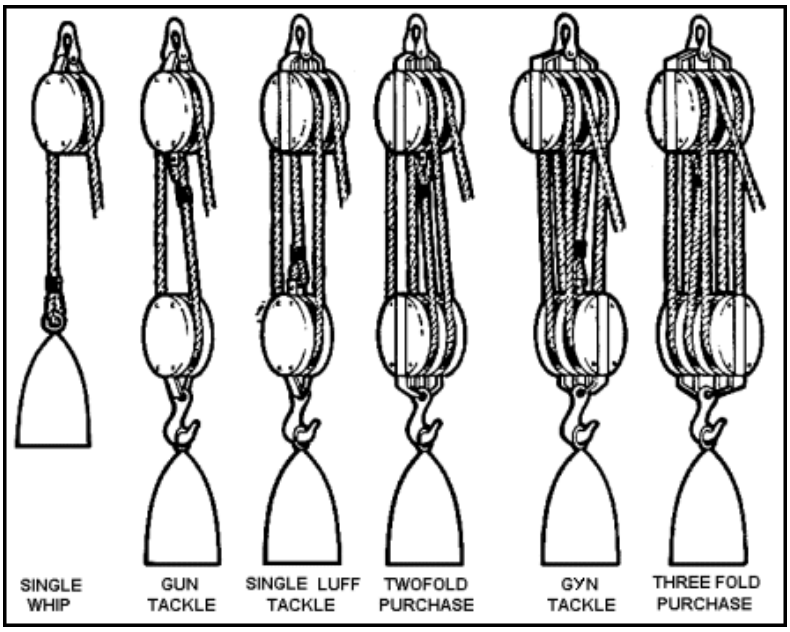
Rolling Hitch

The rolling hitch is similar to a clove hitch, except that it is used when there is strain at an angle on a round object such as a spar or thick rope.



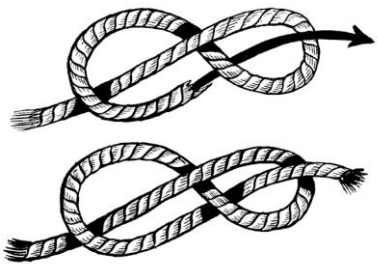
Handy Billy

The Handy Billy is a pair of pulley blocks reeved together with a short rope tail attached to each eye or hook. It is used to tension a main rope which is then made fast and the Handy Billy removed. The diagram below shows the nautical names for different set ups of pulley block. The more pulleys there are in the system, the greater the load that can be lifted with less effort.

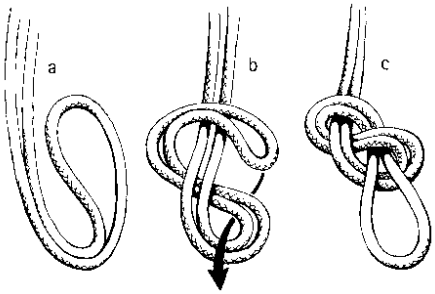


12. Tie the following knots and know their uses:- Figure of eight, Prusik.

Figure of Eight

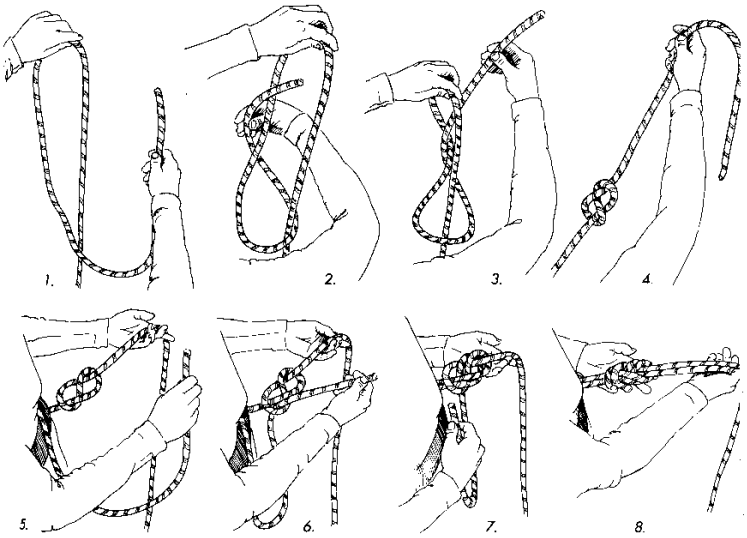


This is one of the most commonly used knots in climbing and sailing, and in its simplest form is used a stopper knot to prevent the end of a line running through a retaining device.



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.

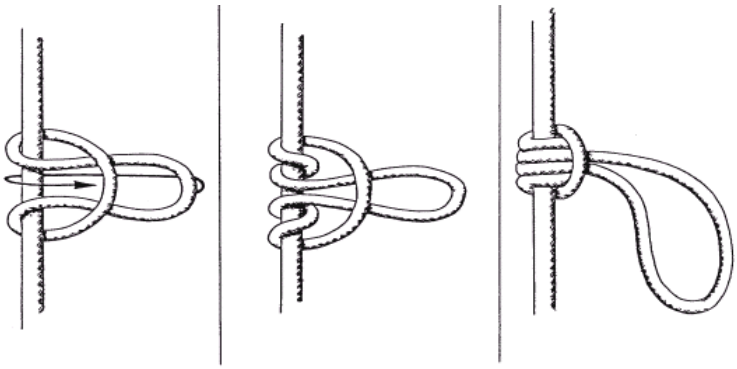
In this form the knot is also often also used in angling.



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



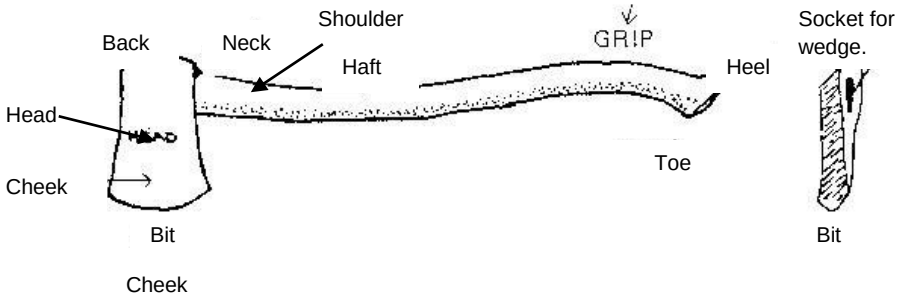
Named after the Austrian mountaineer Karl Prusik, it is a friction knot that can be tied around a pole, spar, branch or another rope and when not under pressure / load will slide, but when loaded will grip and remain in position. Is used for emergency ascents of a rope, for hanging equipment, or for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

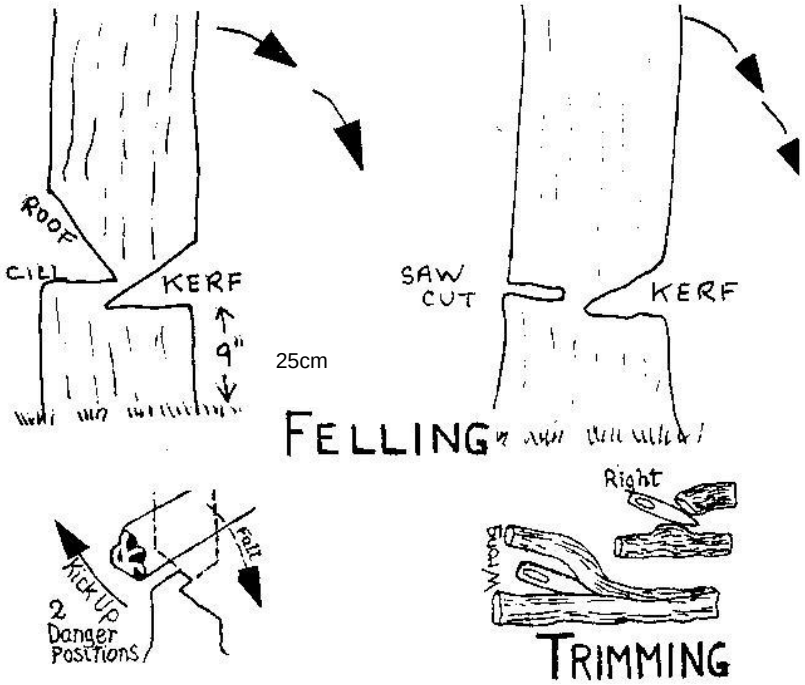
Having made your first swing, you now reverse the hand positions, and swing in the opposite direction. This means that you hold the shoulder with your right hand, and the heel with your left hand, and raise the head to your right shoulder.

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

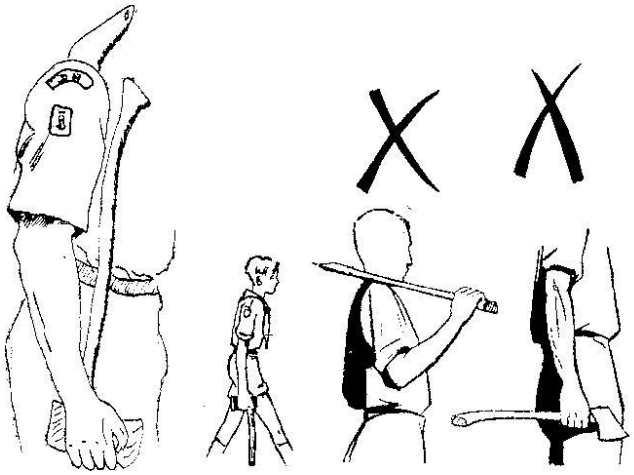
In choosing an axe make sure:

- 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.

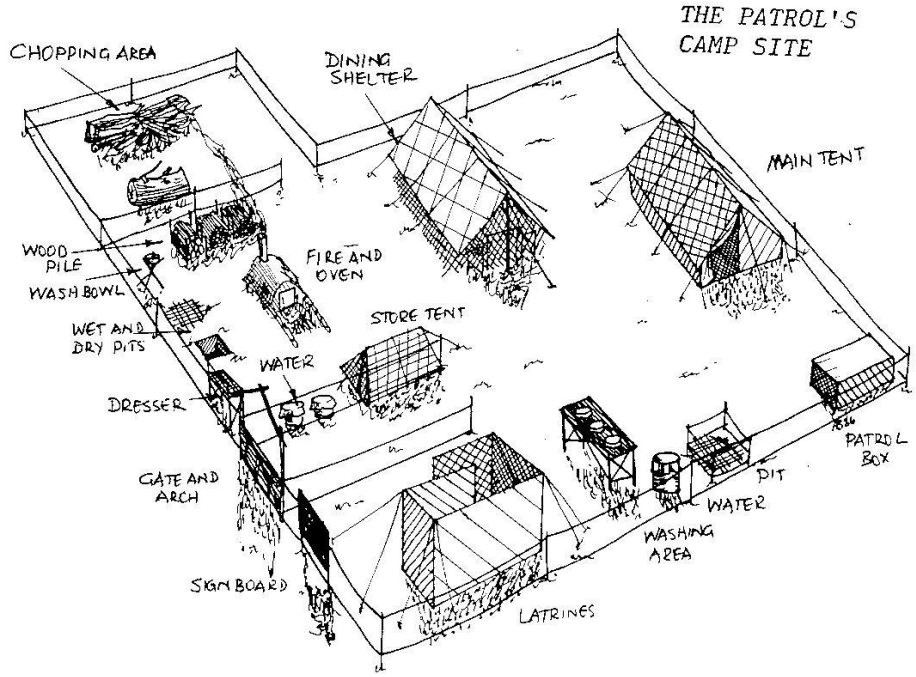
Groundsheets are the other part of the tent, and equally as important as the cloth of the tent. Should a hole appear in the sheet, the treatment is similar as for the inner tube of a bike, namely, you just put a patch on it. (Cycle repair patches are ideal for the purpose).

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.

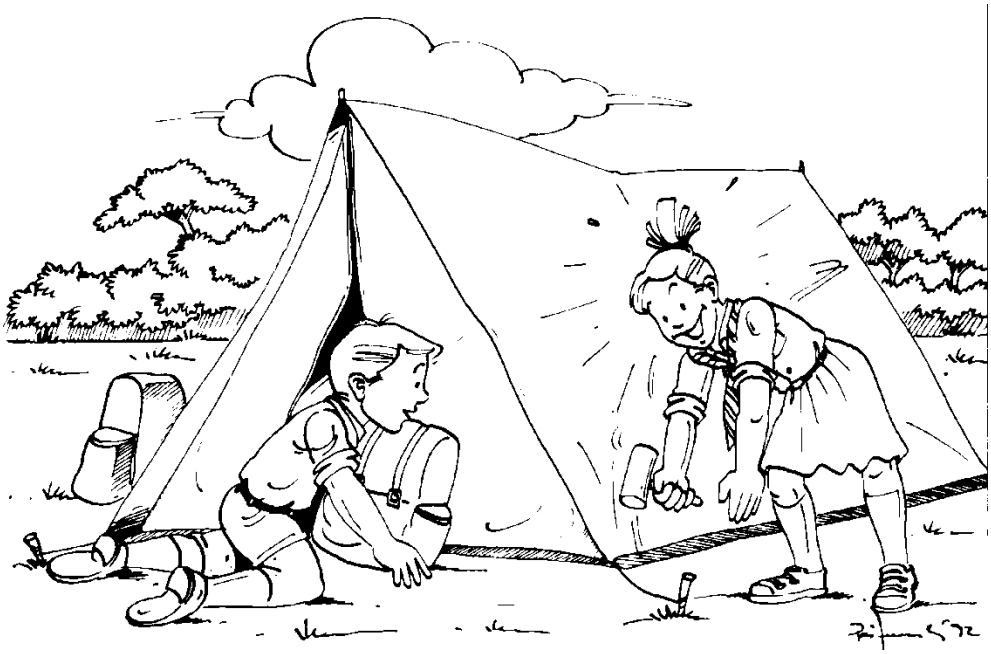


Here are things will you have to cover in your planning:

- 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 or 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 burger 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 dog.

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 been 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 tend 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 prepacked expedition meals available from specialist outdoor shops – they generally meet all these criteria except the last – they are very expensive and are also heavy as contain liquid.

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.

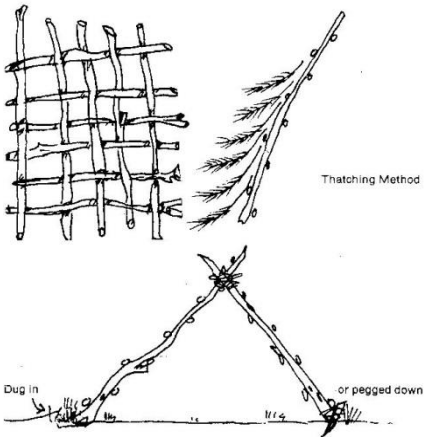
A bivouac or bivvi is a shelter that you make with only the natural materials that you find around the site, i.e., sticks, leaves and bracken. The method to employ for building the bivvi, is to make a basic framework of strong sticks by weaving them in and out of each other, to get a wall onto which 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.

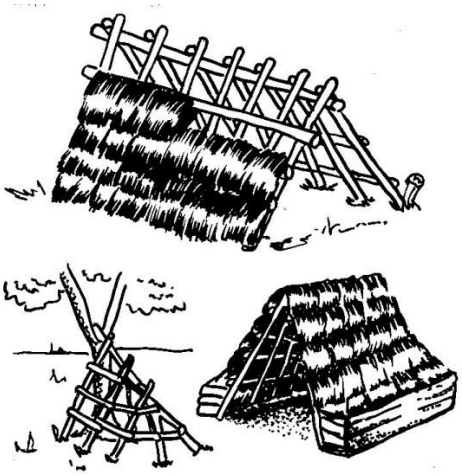
Make two of these walls and place them together to form the shape of a tent. Obviously, there are many ways of adapting the shape to the surroundings, like building only one wall, and placing it against a brick wall, or cliff face, or using trees to keep it up, but the basic shape is that of the tent.

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 as wind proof as possible. 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.

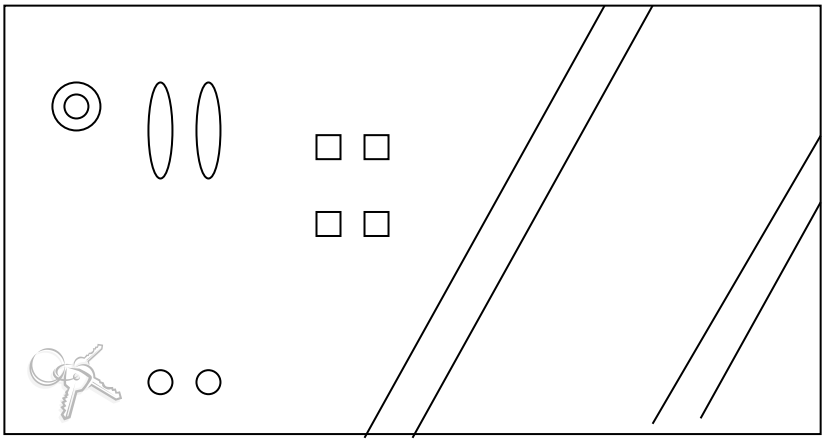
Why not make a grill or a broiler from green sticks to cook your fish or meat on, or perhaps a rotisserie spit made of wood?

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.

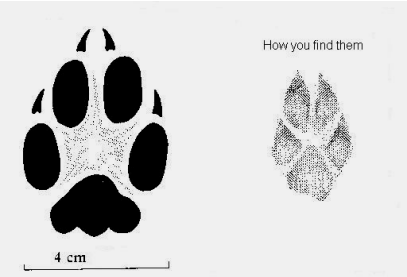
What about starting a Patrol or Troop Backwoods cookbook with recipes and illustrations – something that will record your ideas, and challenge future Scouts in your Patrol to try them or add to them.

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

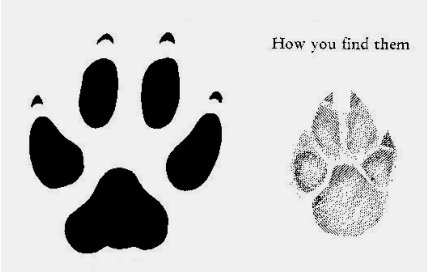
For this you can either ask your Scout Master to create some marks in a sand pit or similar (see example below) and then you have to look at the marks and the evidence left and you can try and decipher what has been happening and what could have left the marks in the sand.



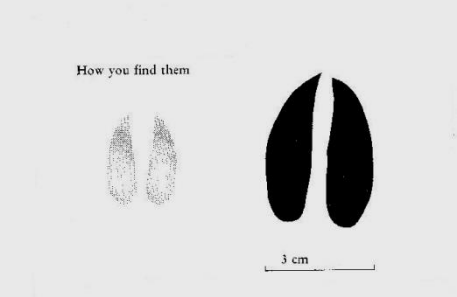
Alternatively, you could go out and look for some animal tracks out in the country and either photograph or take a plaster cast of them and identify what animal made them. There are some examples below of some of the animal tracks you may find in the countryside near you.



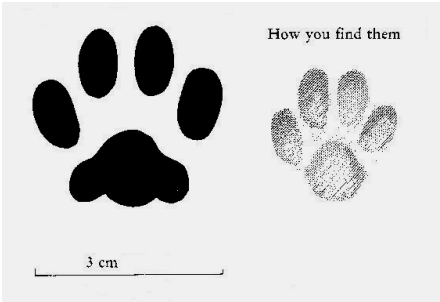
Fox



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

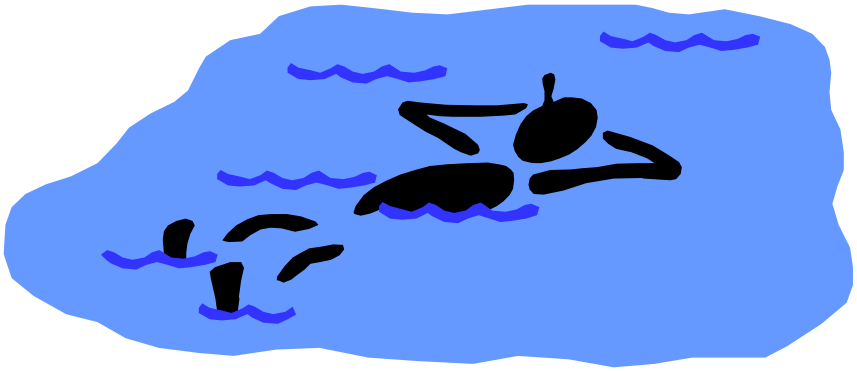
The Water Safety Code

- 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 into 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.

Note: if a Scout cannot swim, just learning to swim and completing a width or a length of the pool will pass this test. If a Scout can swim, they must swim 50m.



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.
- Ensure that the fire brigade are called at immediately: 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 need 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, STOP DROP and ROLL.

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.

- 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 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 must 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.
- 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 determination 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 they are not choking and their airway is not blocked.
- Make the patient as comfortable as possible and treat for shock. Keep them warm, putting spare clothing etc. And insulation underneath them.
- 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 minute's 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.

1. Using a manikin or mask, demonstrate CPR. 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.

2. Understand the dangers of moving or handling a patient when the extent of the injury is unknown.

3. Have a basic understanding of the circulation of the blood showing: (a) how to stop bleeding (b) how to dress a wound.

4. Know how to guard against shock following an accident and electric shock.

5. Show how to prevent and deal with hypothermia.

6. Demonstrate the first-aid treatment for burns, including those caused by acid and friction.

7. Bandage an injured ankle.

8. Know what to do if you suspect that someone has swallowed a poisonous substance.

9. Understand the limits of capability and importance of summoning help.

10. Know how to deal with a foreign body in the eye, ear, nose or throat.

11. 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. The Examiner for this badge must be an Instructor in First Aid, or a Health Care Professional ie Nurse, Paramedic or Ambulance Technician.

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. 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**.**

Citizenship badge

This badge is awarded when the Scout holds

3 Public service badges.

3 months Community service to the satisfaction of the SM, producing a diary of service carried out. Suggested ideas for community service may include helping as a Wolf Cub or Beaver instructor, service with a first aid provider eg St Johns, a community conservation project or service to the elderly. It should symbolise the spirit of Scouts serving the community.

This award is worn until the Senior Scout equivalent has been gained.

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

Friendship Badge

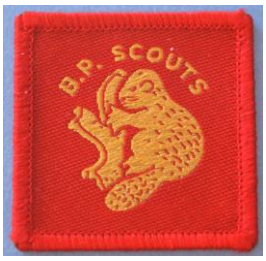
1. Introduce a friend to Scouting by bringing them along to Troop meetings until they are invested. This must be arranged with the Scout Master.

2. Take part in a Troop activity out of doors with the friend.

3. Help the friend to learn the Scout Laws.

Note: The Friendship Badge will only be presented immediately after the friend has been invested.

Beaver Instructor Badge



To qualify for this badge, you must:

1. Hold the Second Class badge.

2. Have 6 months service helping a Beaver Colony.

Wolf Cub Instructor Badge

1. Hold the First Class Award.

2. Have 6 months service helping with a Wolf Cub Pack.

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 saving 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.

Scout Record Card

Name: D.o.B

Tenderfoot		
Test	Date	Signed
History of B-P, B-PSA, WFIS		
Know about the award scheme		
Law and Promise		
Salute, sign handshake and motto		
Patrol or Troop activity		
Knots and hitches		
Whip a rope		
Woodcraft signs		
Union flag – hoist, break and fly		
AWARDED and INVESTED		

2nd Class		
Test	Date	Signed
Patrol sign, call and colours		
Weekly patrol duty		
Discuss law and promise with PL		
Use compass and set a map		
Map signs, scale and grid references		
Highway code		
Phone and local knowledge		
Cycle maintenance		
Weather forecast		
Journey		
Knots and hitches		
Lashings		
Hand axe, knife and saw		
Make and store firewood		
Light a fire		
Simple meal on an open fire		
Pitch, strike and store a hike tent		
5 nights camping as a Scout		
Kim's game		
6 trees and burning properties		
Countryside code		
Rules for healthy living		
When and how to summon adult help		
Treat shock		
Treat minor ailments		
Dress cut, support sprains		
Select suitable activity clothing		
9 months service as a Scout		
Regular contact with Scout – diff Area		
AWARDED		

1st Class		
Test	Date	Signed
Behaviours & attitudes of good Scout		
Court of Honour		
Estimate under 30mtrs		
Estimate by Pacing/Timing		
OS 1:25,000 maps		
Compass knowledge		
Route card		
Weather		
Journey (to be completed last)		
10 nights camping as a Scout		
Lashings / Splices		
Knots		
Felling axe, wedges etc.		
Equipment care / QM		
Patrol campsite		
Patrol menu and shopping list		
Lamps, stoves and understanding fuels		
Two course meal on a camping stove		
Bivouac and backwoods meal		
Tracking		
8 plants / birds / wild animals		
3 endangered UK species		
Swim 50 metres		
Good nutrition		
Emergency procedures		
Adventurous activity precautions		
Scout 1st Aid badge		
2 years service as a Scout		
Regular contact with Scout – diff Area		
AWARDED		

Scout Cord		
Test	Date	Signed
Qualifying badge 1		
Qualifying badge 2		
Qualifying badge 3		
1st Class badge		
Citizenship badge		
AWARDED		

Leadership	Date	Signed
Promoted to Second		
Promoted to Patrol Leader		

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Citizenship Award

Test	Date	Signed
3 months Service		
3 public service badges		

Service	Date	Signed
Year 1		
Year 2		
Year 3		
Year 4		
Year 5		

Moved up to Senior Scouts		

Friendship Award

Test	Date	Signed
Introduce a friend		
Troop Activity with a friend		
Help a friend learn the Scout Laws		

Proficiency Badges

Test	Date	Signed

Proficiency Badges

Test	Date	Signed

Activity / Camping Record

Location / Event	Date	Nights

Activity / Camping Record

Location / Event	Date	Nights

Personal Information

Full Name:

Date of Birth:

Address:

Home Phone:

Parent / Guardian 1.
Mobile Number

Parent / Guardian 2.
Mobile Number

NHS Number:
Doctor / Surgery:

School:

Religion / Faith:
Hobbies:

Outside Qualifications:

Special Requirements / Health Issues / Allergies

Addendum to 3rd Edition

Page numbers moved to centre of page

Page 2 - Text change

Page 6 - Extra dates

Page 8 – Wording changed

Page 14 – New picture of bowline

Page 20 – New picture of bridge layout

Page 21, 22 - NEW addition, Investiture, Flag break, Flag down.

Page 28 – Cost of compass removed

Page 37 – removed text 'if you have the use of a bicycle'

Page 42 – harvesters hitch addition of sheepshank.

Page 47 – Axe Heel and toe markers swapped

Page 54 – Text change re International camps

Page 60 – Hyperlink added at end of text

Page 62, 63 - Personal hygiene rewritten

Page 72 – Top of page Rucksack, extra sentence added re size and sentence at end re weight.

Page 77- Scout Cord moved to end of document

Page 87 – Orion's sword direction changed to south from north.

Page 96 – Rolling hitch and handy billy added

Page 112 – Swim added footnote about test.

Page 115 – Text highlighted

Page 120 – First Aid updated

Page 121 - Section 29 text changes removing Eurocamp 2018

Page 122 – Other awards added

Page 124 - New scout record card

Page 126 - Addendum to Edition 3.

