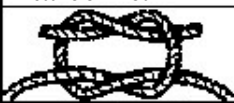


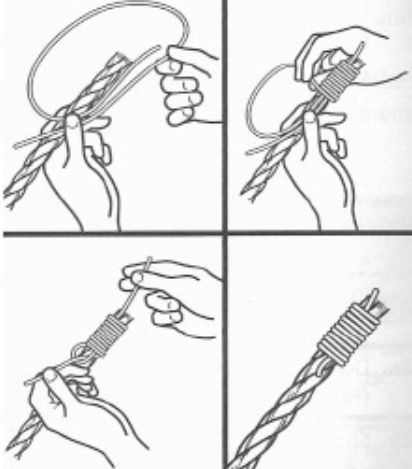
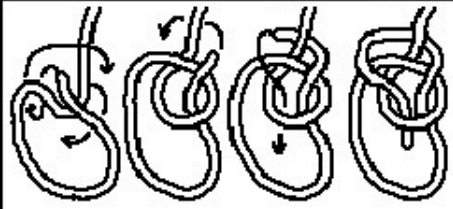
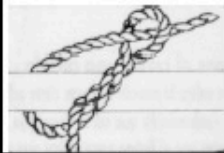
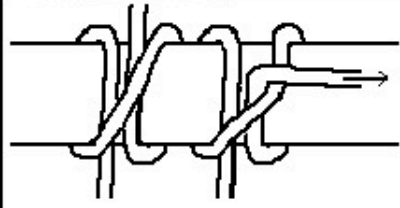
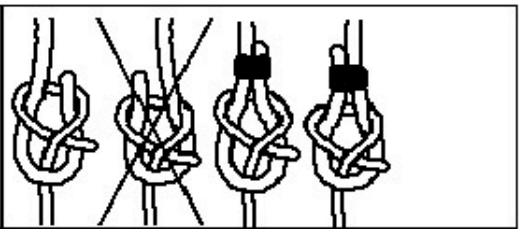
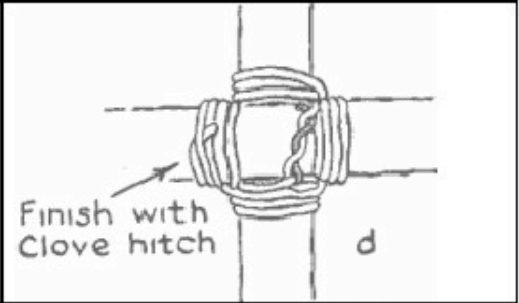
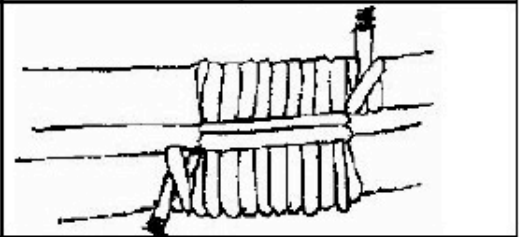
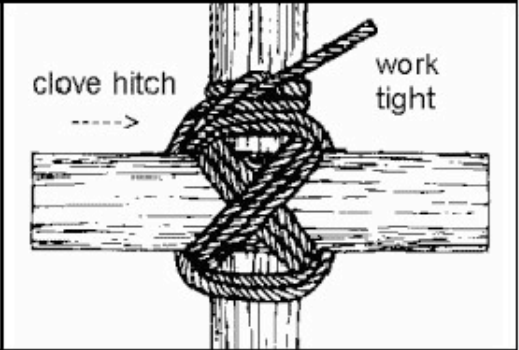


Troop 394 Scoutmaster's Conference
Check List Answer Sheet

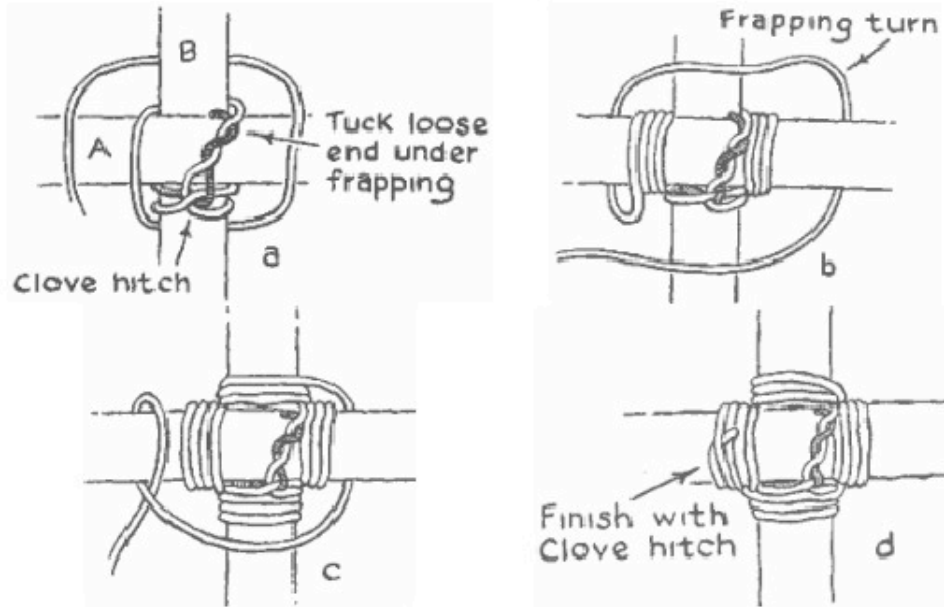
Knots:

Rank	Knot	Use	Picture of knot
Scout: <u> </u>	Square Knot	Used to join two ropes together. Also called the joining knot.	
Tenderfoot: <u> </u>	Two Half Hitches	Used to tie a rope around a post.	
	Taut-line Hitch	Used to tighten or loosen a tent guyline by pushing the hitch up or down.	
	Whip and Fuse	Used to prevent the end of a rope from unraveling.	
First Class: <u> </u>	Bowline Knot	Forms a loop that will NOT slip and is easy to untie. Used to attach a cord to a pack frame, secure a line to a canoe, and in rescue situations.	
	Timber Hitch	Used to drag a log across the ground. Also used to start a diagonal lashing.	
	Clove Hitch	A hitch tied around an object like a pole or bag (for a bear bag). Used to start square and shear lashing and to finish all lashings.	

	Sheet Bend	Used to tie together two ropes of the same or different diameters.	
	Square Lashing	Bind together poles that touch and cross each other at an angle between 45 and 90 degrees. The rope crosses the pole at a right angle.	
	Shear Lashing	Bind together poles that cross each other at an angle between 0 and 45 degrees, or where a flexible joint between the poles is needed, such as a set of shear lets for an A-frame	
	Diagonal Lashing	Bind together poles that do not touch but cross each other at an angle between 45 and 90 degrees. The rope crosses the pole on a diagonal.	

Square Lashing

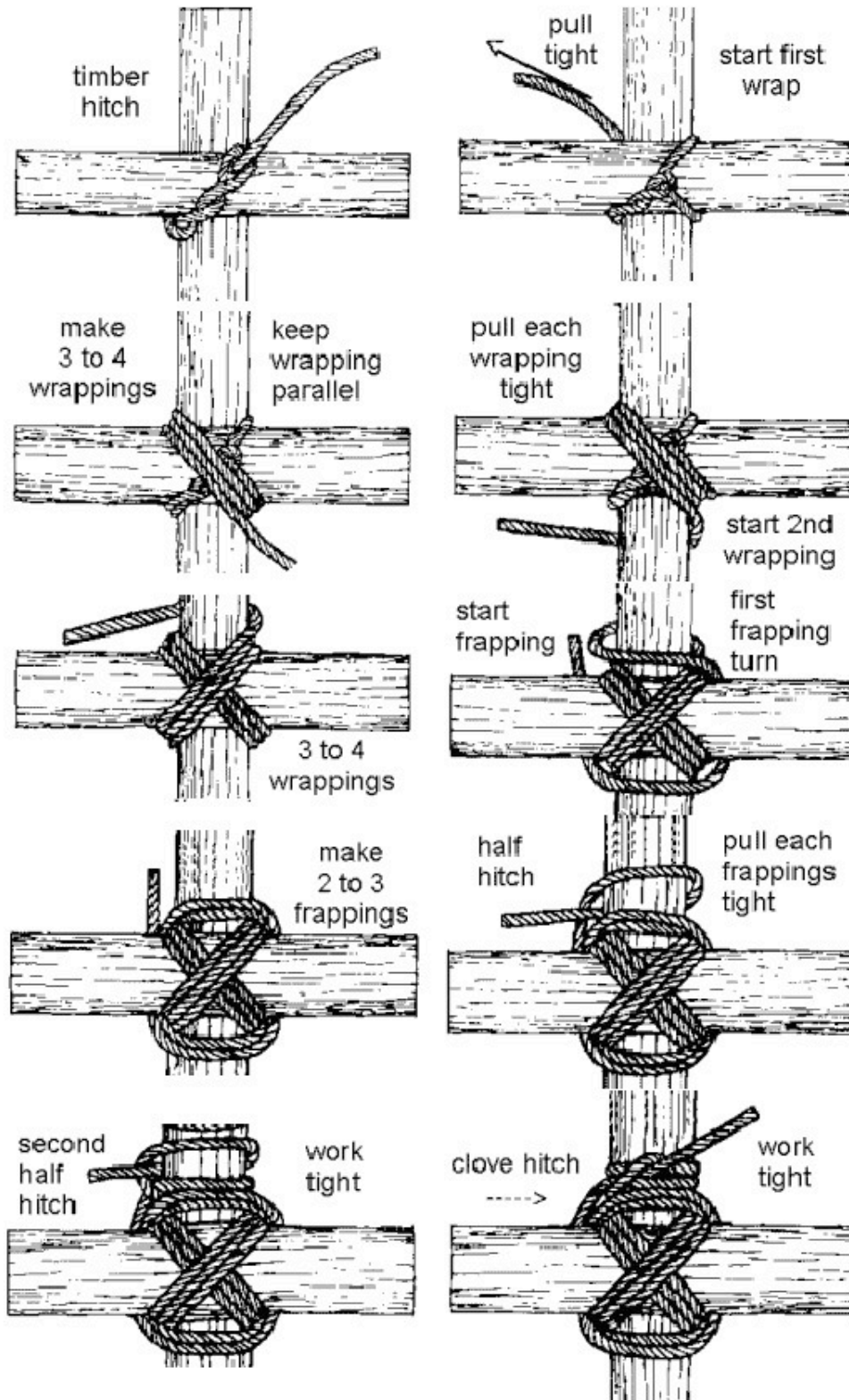
Step by step:



1. Start by crossing the two sticks or dowels at perpendicular or 90 degree angles.
2. Make a Clove Hitch on the vertical stick or dowel near the point where the two sticks cross. This fastens the rope to the stick.
3. Weave the rope under and over the crossed sticks alternately. To do this, run the rope over the horizontal bar, around behind the vertical bar, then back over the face of the horizontal bar on the left. Tighten snugly, and then bring the rope behind the vertical bar and up the right front side of the horizontal bar. Repeat this three or four times, keeping the rope tight.
4. When you have finished weaving the lashing, then "FRAP" it by wrapping the rope between the poles (in front of the back stick and in back of the front stick), pulling tightly. This tightens the connected poles.
5. Finish your lashing with another Clove Hitch.

Diagonal Lashing

Step by step:



1. Tie a timber hitch diagonally around both poles.

2. Start the wrapping turns on the opposite diagonal to the timber hitch, by pulling the rope tight so that the poles contact each other.

3. Take 3 to 4 wrapping turns; keep the wrapping turns parallel; pull each wrapping turn tight. [NOTE] If the wrapping turns are allowed to cross, the increased friction between the strands of the rope will make it difficult to tighten the wrapping turns.

4. Start the second set of wrapping turns by going past and around the vertical pole. [NOTE] Going around the pole the rope allows the direction of the rope to be changed without crossing the first set of wrapping diagonally.

5. Take 3 to 4 wrapping turns; be sure to keep the wrapping turns parallel; pull each wrapping turn tight.

6. Start the frapping turns by going past and around one of the poles. [NOTE] Going around the pole with the rope allows the direction of the rope to be changed without crossing the wrapping turns diagonally.

7. Take 2 to 3 frapping turns; keep the frapping turns parallel. Be sure to pull each turn tight.

8. End the lashing with a clove hitch. Take the first half hitch of the clove hitch by going past and then around one of the poles. Lock the half hitch tight against the lashing by working it tight.

9. Take a second half hitch around the pole.

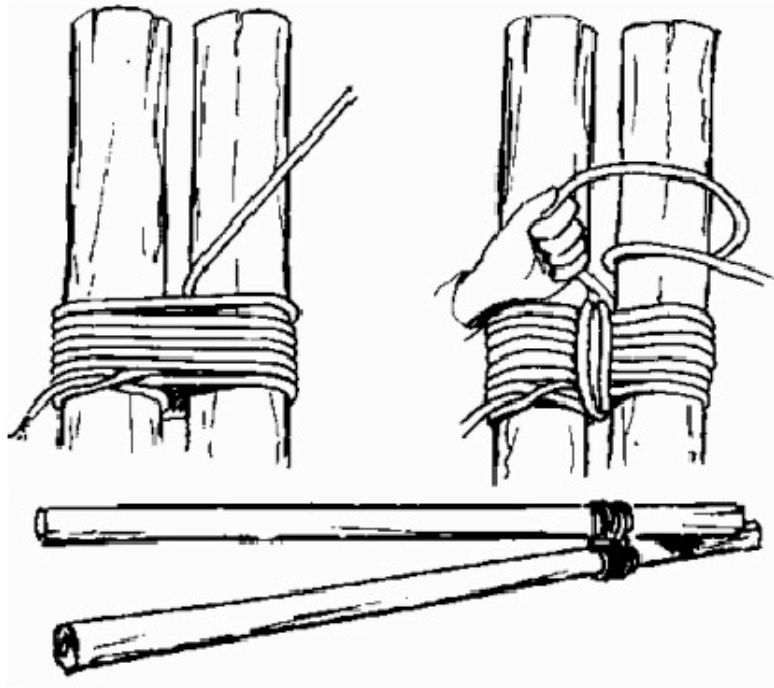
10. Work the second half hitch tight against the first half hitch so that the clove hitch is locked against the lashing.

Note

If very smooth rope is used, the lashing can be made more secure by adding a third or fourth half hitch to the clove hitch.

Shear Lashing

Step by step:



1. Lay out the poles. For most lashings you will want to lay the poles side by side with the butt ends aligned (thicker ends).
2. Tie a clove hitch around one of the outside poles and secure the standing part by wrapping it around the running part (or trap it under the first turns).
Note: If you only lashing two poles together it may be better to simply tie the clove hitch around both poles and pull tight.
3. Pass the rope around the poles to form a first turn.
4. Pulling each turn tight made a series of turns until the lashing is at least as long as the combined diameters of the two poles (usually a set of 4 to 6 turns will be sufficient).
5. Tighten the lashing with a frapping turn by taking the rope down between two poles at one end of the turns. This should be difficult to do if the turns have been pulled tightly (as they should be). Bring the rope back up between the poles at the other end of the lashing and pull tight. Repeat 2 or 3 times.
6. Start the second set of frapping turns by taking the rope around the centre pole and frapping. Take the second set of frapping turns in the opposite direction to the first set.
7. Repeat for any additional poles.
8. Pass the rope once more between the poles then around one pole and tuck it under itself to form a half hitch. Pull this tight and make a second half hitch forming a clove hitch by taking the rope around the same pole and tucking it under itself.

First Aid:

Tenderfoot:

The Heimlich maneuver

- When to use, ask if choking, ask if they want help, and identify yourself
- Review method, positioning of hands, foot placement, and upward thrusts
- Demonstrate with a scout of similar size & weight

Simple cuts and scratches

- Wash
- Antiseptic
- Band-Aid

Blisters on the hand and foot

- Moleskin
- When to pop (if keep hiking)
- How to pop (sterilize pin, Band-Aid, moleskin)

Minor burns and scalds

- Cool water or cool compress to remove the heat
- No save or heavy creams. It locks in the heat.

Bites and stings of insects

- Use back of knife blade to remove stinger
- Wash with soap and water
- Spider bite – see doctor as soon as possible

Poisonous snakebite

- Get to doctor as soon as possible
- Remove rings other jewelry due to swelling
- Treat for shock
- Within 3 minutes, use Sawyer Extractor

Nosebleed

- Lean forward
- Pinch Nose for pressure

Frostbite and sunburn

- Sunburn – apply sunscreen, protective clothing to prevent. Cool area with water / light spray.
- Frostbite – warm affected area, under armpit, warm water, rubbing.

Second Class:

Show what to do for “hurry” cases

- In all cases, send someone to call 911 for help.

Stopped Breathing

- Clear Airway
- Heimlich maneuver
- Rescue breathing
- Mouth barrier
- Look for chest rising
- Give a breath every 3 seconds (under 9 yrs) or 5 seconds (over 9 yrs)

Serious Bleeding

- Direct pressure with pad
- Add more pads, do not remove blood soaked ones
- Raise limb above heart
- Pressure points
- Wash yourself afterward, use latex gloves if you have them
- Do not use tourniquet

Internal Poisoning

- Call poison control or 911
- Have container with you when call
- Treat for shock
- Save any vomit in bowl or bag

Object in the eye

- Blink

- Wash with water
- Upper lid over lower
- Pull lower lid, remove spec with clean handkerchief Heat exhaustion
- Bite of a suspected rabid animal
 - Scrub with soap and water
 - Cover wound with sterile bandage
 - Get to doctor
 - Call animal control – Do not attempt to catch animal!
- Puncture wounds
 - Encourage to bleed to clean wound
 - Use tweezers to remove any foreign objects
 - Wash with soap and water
 - Apply sterile bandage antiseptic
 - Do not attempt to remove large puncture objects
 - Stabilize large objects before transport
 - Seek medical attention ASAP

Serious burns (Second & Third Degree)

- Second degree
 - Cool water to remove heat from burn area
 - No ointments
 - Protect with sterile gauze to prevent infection

- Third degree
 - Do not remove any clothing
 - Wrap in a clean sheet
 - Treat for shock
 - Don't touch skin, roll onto a sheet then pick up sheet
 - Seek medical help immediately

Heat Exhaustion

- Symptoms:
 - Pale skin that is clammy from sweating
 - Nausea and fatigue
 - Dizziness and fainting
 - Headache, muscle cramps, weakness

- Treat:
 - Lie down in a cool place with his feet raised
 - Cool victim by using cool, wet cloths and fanning him
 - If fully alert, let him sip water with a pinch of salt
 - If symptoms persist, call for medical help

Shock

- What is it?
 - Feeling of weakness
 - Confusion, dizziness or fear
 - Skin is moist, clammy, cool, and pale
 - Quick, weak pulse
 - Shallow, rapid, irregular breathing
 - Nausea and vomiting
 - Extreme thirst

- Treatment:
 - Eliminate the cause for shock
 - Airway stays open
 - Have person lie down and raise feet 12 inches to get blood to vital organs
 - Keep warm with blankets
 - Call or send someone for medical care

Heatstroke

- Symptoms:

Very hot skin
Red skin
Rapid, quick pulse and noisy breathing
Confusion and irritability, refuses treatment
Unconsciousness

Treatment:

Must be cooled immediately
Move to cool area, possible AC car
Use cool, wet cloths
Keep victim lying down with head raised
Get emergency help immediately

Dehydration

Drink more fluids, esp. water
Keep intake of fluids up to prevent reoccurrence

Hypothermia

Get into warm area
Use dry sleeping bag
Give warm or hot liquids
Warm hot water bottles

Hyperventilation

Breathing too quickly and deeply leads to loss of CO₂
Victim feels as if suffocating
Quiet victim
Breathe into paper bag until breathing returns to normal

First Class:

Demonstrate bandages for:
Sprained ankle



Injuries to head



Injuries to arm



Injuries to collarbone



Show how to transport by yourself and with one other person:

A person from a smoke filled room

With both hands, grasp their clothing and drag them towards you.

A person with a sprained ankle

Walking Assist – Someone who has suffered a minor accident or who feels weak can be assist as they walk. Bring one of his arms over your shoulder and hold onto their wrist. Place your free hand around their waist.

Five signs of heart attack

1. Uncomfortable pressure, fullness or pain in center of chest. Might spread to neck, arms and shoulders. Might come and go, isn't always severe.
2. Unusual sweating
3. Nausea
4. Shortness of breath
5. Feeling of weakness

CPR steps

1. Assessment: check breathing, pulse. Are you OK?
2. ABC of CPR – airways, breathing, circulation
3. Check airways
4. Tilt head back to open airway
5. Pulse but not breathing – rescue breathing
6. No pulse, CPR – 15 compressions to 2 ventilations, check every 4 cycles (child: 5 compressions to 1 ventilation)
7. Rhythm: 1 and 2 and 3 and 4 and
8. Position hand on lower 1/3 of sternum
9. For child, might start breathing on own after about 2 – 5 breaths
10. For adult with heart attack, might have to do CPR until help arrives, until someone else can perform it, or you are physically exhausted and can not continue.

Other:
Scout:

Pledge of Allegiance

I pledge allegiance to the Flag of the United States of America,
and to the Republic for which it stands:
one Nation under God, indivisible,
With Liberty and Justice for all.

Scout sign, salute, and handshake

Demonstrate each

Understand & agree to live by the Oath, Promise, Law, motto, & slogan, & Outdoor Code

Recite each and explain in their own words what they mean and how they will live by them every day

Describe the Scout badge



1. The three points of the trefoil stand for the three parts of the Scout Oath.
2. The shape of the Scout badge means that a Scout can point the right way in life as truly as does a compass in the field.
There are two stars on the badge. They symbolize truth and knowledge.
3. The eagle and shield stand for freedom and a Scout's readiness to defend that freedom.
4. The scroll bearing the Scout motto is turned up at the ends as a reminder that a Scout smiles as he does his duty.
5. The knot at the bottom of the scroll serves as a reminder of the Scout slogan, Do a Good Turn Daily.
- 6.

Tenderfoot:

Rules of Safe Hiking

Always hike with a buddy

On roads and highways - Stay in single file facing traffic. Wear bright or reflective clothing

Use a flashlight. Never hitchhike.

On trails - Stay on established trails. Use bridges to cross streams.

If you get lost

S - Stay Calm

T - Think

O - Observe

P - Plan

Stay put if you have no idea where you are or where to go.

Use the distress signal - any signal repeated three times.

Buddy System

A way for scouts to look out for each other.

Keep track of your buddy - Buddy Check.

Share the good times and prevent the bad.

Poisonous Plants

Poison Ivy, Poison Oak, and Poison Sumac

Leaves of Three – Let it Be.

Wash immediately and change clothes.

Use Calamine lotion to sooth the itching.

Use a Compass

Have the scout demonstrate how to work a compass and orientate a map

Second Class:

Orientate a Map & Symbols

Know directions, symbols, and directions on a map. Review a contour map.

Appropriate Cooking on Stove & Fire

It is safer and more environmentally friendly to use a stove. A stove is preferred.

Use a fire if a stove is not available after you obtain permission.

Use a fire if you are lost and do not have a stove.

Safety for both

Fire:

Use a fire ring or existing fire spot whenever possible.

When done, make sure it is COLD OUT.

Pick out any bits of unburned trash and pack them out.

If a new fire site, erase all evidence of the fire & spread cold ashes over a wide area

Stove:

Use, refuel and store only with supervision of adult and only where allowed.

Operate and maintain according to manufacturer's instructions

Store fuel in approved containers. Keep from sources of heat.

Allow to cool before changing gas or liquid fuel.

Refill away from heat. Use fuel recommended by the manufacturer

Do not operate indoors or in poorly ventilated areas. Never in a tent.

Place on a level surface.

Check periodically to make sure they are in top working order.

Follow instructions for lighting a stove. Keep head and body away while lighting.

Never leave a stove or lantern unattended.

Do not overload the stove with a heavy pot or large frying pan.

Carry empty fuel containers home for proper disposal.

8 Safe Swim Defense Steps

1. Qualified Supervision

2. Physical Fitness

3. Safe Area

4. Lifeguards on Duty (1/10 boys but at least 2)

5. Lookout – sees big picture

6. Ability groups

7. Buddy System

8. Discipline – obey orders by life guards and supervisor

First Class:

Directions without compass

North Star Method

Constellation Method

Watch Method

Shadow Stick Method

Equal-Length Shadow Method

Safe Handling of Food

Protect your food from animals by using a bear bag

Keep perishable foods properly chilled

When and not to use lashings

Use lashings after you have obtained permission to do so.

Make useful gadgets or structures that make you more comfortable.

Take everything apart and leave no evidence that you were there.

Dispose of Camp Trash

Pack out or burn all food scraps

Take recyclable materials home to be recycled

9 Steps for Safe Trip Afloat

1. Qualified Supervision
2. Physical Fitness
3. Swimming Ability – must be a swimmer to participate, non-swimmers only with adult certified lifeguard
4. Personal Floatation equipment – worn by all persons
5. Buddy System (every person had buddy, every boat has a “buddy boat”)
6. Skill Proficiency – all persons must be trained in craft-handling, safety and emergency procedures
7. Planning – float plan,
8. Equipment – suited to craft and in good working order
9. Discipline – obey orders by adults