

Scout Skills Campout 2020 Schedule

- Friday October 9
 - 5:15 pm Gather at 5th St COB for stated departure at 5:30 pm
 - Dinner in you or on you !!
 - 5:15 pm **Lesson 01: Prepare to Camp**
 - 5:30 pm Likely departure time
 - 6:30 pm Arrival at Camp Shenandoah
 - 6:30 pm Check-in, move gear to a few cars to drive up to Fix Campsite, Scouts walk from parking lot
 - 6:45 pm **Lesson 02: Campsite Set-up**
 - 8:00 pm Campfire
 - Game(s) of werewolf and stories
 - Smores and Cracker Barrel snacks
 - 10:30 pm Scouts to tents
 - 11:00 pm Lights out

- Saturday October 10
 - 7:00 am Senior Patrol Leaders wake Troops
 - 7:30 am **Lesson 03: Cooking**
 - Breakfast preparation by cooks & assistants
 - 8:30 am - **Lesson 04: Citizenship**
 - Rules for displaying and caring for the flag
 - How to conduct a flag ceremony
 - 9:00 am New Scouts lead flag ceremony (finish Lesson 4)
 - 9:15 – 11:45 am Rotate through Skill Stations
 - Station 1 - **Lesson 05: First Aid**
 - First aid lessons
 - Station 2 - **Lesson 06: Totin' Chip and Tools**
 - Knife/saw/axe
 - Station 3 - **Lesson 07: Knot Tying**
 - Fuse/whip rope
 - Basic knots

- 11:30 am **Lesson 03: Cooking**
 - Lunch preparation by cooks & assistants
 - 12:00 pm
 - Lunch
 - 12:30 pm **Scavenger Hunt**
 - 1:30 pm **Geocache Adventure**
 - 2:30 pm **Apple Harvest Not Games**
 - Competition by Patrol
 - 4:30 pm **Lesson 08: Fire Building**
 - *No outdoor fires before 4:00 pm*
 - *AH fire building competition*
 - 5:30 pm **Lesson 03: Cooking**
 - Dinner preparation by cooks & assistants
 - 7:00 pm Dinner clean up, retire colors
 - 8:00 pm Campfire
 - Old flag retirement ceremony (we have several)
 - Game(s) of werewolf and stories
 - Smores and Cracker Barrel snacks
 - 10:30 pm Scouts to tents
 - 11:00 pm Lights out
- Sunday October 11
 - 7:00 am Senior Patrol Leaders wake Troops
 - 7:30 am **Lesson 03: Cooking**
 - Breakfast preparation by cooks & assistants
 - 8:30 am New Scouts lead flag ceremony
 - 9:00 am Newer Scouts: **Lesson 10: Safe Hiking** and **Lesson 09: Plant and Animal ID**
 - 10:30 am Return from hike, pack camp, retire colors
 - 11:00 am Incoming drivers meet in parking lot, depart Camp Shenandoah together
 - 12:00 pm Return to 5th St COB

Lesson 01: Prepare to Camp

Instructor: Patrol Leaders

Adult:

Topics to cover:

- Tenderfoot Req 1a
 - Present yourself to your leader, prepared for an overnight camping trip. Show the personal and camping gear that you will use. Show the right way to pack and carry it.
 - Patrol leaders should review the Essential Personal Gear checklist with the Scouts before departure.
- Tenderfoot Req 1b
 - Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.
- Tenderfoot Req 1c
 - Tell how you practiced the Outdoor Code on a campout or outing.

Lesson 02: Campsite Setup

Instructor: Senior Patrol Leader

Adult:

Topics to cover:

- Second Class Req. 1c
 - On one of these campouts, select a location for your patrol site and recommend it to your patrol leader, senior patrol leader, or troop guide. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.
 - Know ahead of time where campsites can be found
 - Start setting up before dark
 - Camp in designated camping areas or on spots that others have used
 - Don't crowd other people
 - Pick a spot close to water
 - You will need water for drinking, cooking, washing
 - Stay 200 feet from water
 - Stay 200 feet from the trail if in the backcountry
 - Watch out for low spots, they tend to be cold and wet
 - Look for **widowmakers** – dead branches or trees that might fall on your tent

Lesson 03: Cooking

Instructor: Patrol Leaders

Adult:

Topics to cover:

- Tenderfoot Req. 2a
 - On the campout, assist in preparing one of the meals. Tell why it is important for each patrol member to share in meal preparation and clean up.
- Tenderfoot Req. 2b
 - While on a campout, demonstrate the appropriate method of safely cleaning items used to prepare, serve, and eat a meal.

Lesson 04: Citizenship

Gear needed: Flag for folding (that is, one that is not on a flagpole)

Instructor: Senior Patrol Leader

Adult:

Topics to cover:

- Tenderfoot Req. 7a: Flag Care (Scout Handbook pages 56-62)
 - Demonstrate how to display, raise, lower, and fold the U.S. flag.
 - Flag can fly all day, only at night if lit
 - Should fly on all national and state holidays and days proclaimed by the President
 - When flown with other national flags, each flag must be on its own pole.
 - When flown with state or other flags, the U.S. flag should be in a position of honor
 - Should be flown on the tallest pole, or
 - Should be out front, or
 - Should be on its own right (audience left).
 - Demonstrate how to fold the flag
 - Demonstrate how to raise and lower the flag
 - U.S. flag should always be higher than other flags
 - U.S. flag goes up briskly, goes up first
 - U.S. flag comes down slowly, comes down last
 - For flag at half-staff, raise it all the way, hold for an instant, and then back down. At retirement, raise it up, then down.
- Second Class Req. 8a: Flag Ceremony
 - Participate in a flag ceremony for your school, religious institution, chartered organization, community, or Scouting activity.
 - Color Guard
 - Never let the flag touch the ground

- When marching, the U.S. flag should lead or should be on its right.
- U.S. flag should be placed on its right (to the left as seen by the audience)
- Color guard does not salute, does not repeat the Pledge of Allegiance
- Color Guard Commander
 - Please rise for the presentation of the colors.
 - Color Guard attention.
 - All Scouts in uniform, please salute, all others please place your hand over your heart.
 - Color Guard advance. Audience should be saluting any time the flag is in motion.
 - Color Guard, post the colors.
 - Please join me in the Pledge of Allegiance
 - I pledge allegiance to the flag...
 - Please join me in reciting the Scout Oath and Law
 - On my honor, I will do my best to ...
 - A Scout is trustworthy, helpful, friendly ...
 - Color Guard retire
 - Color Guard dismissed
 - Please be seated
 - At the end
 - Color Guard attention
 - Color Guard advance
 - Color Guard, retire the colors
 - Hand salute
 - Color Guard, dismissed

Lesson 05: First Aid

Gear needed: First aid kit

Instructor:

Adult:

Topics to Cover:

- Tenderfoot 4a: Show first aid for
 - Simple cuts and scrapes
 - Wash with soap and water
 - Apply antibiotic cream
 - Cover with a dry, sterile bandage
 - Clean and re-bandage each day
 - Blisters on the hand and foot
 - Prevention is best: wear shoes that fit, break in shoes and boots before a long hike, wear two pairs of socks
 - If you feel a hot spot
 - Cover the area with moleskin or duct tape
 - If a blister forms, do not pop it
 - Surround with moleskin
 - Minor burns or scalds
 - 1st degree – hold under cool water or apply cold, wet compress
 - 2nd degree – don't pop blisters, don't apply lotion (might pop blisters)
 - 3rd degree – Do not remove clothing, wrap clean cloth around injury and seek immediate help
 - Bee/wasp stings
 - Ask if they are allergic. If so, use EpiPen
 - Remove the stinger with a credit card or the back edge of a knife blade.
 - Ticks
 - Use tweezers to grasp tick near head and gently pull until tick comes out.

- Don't squeeze, twist, or jerk the tick.
- Look for rash.
- Venomous snakebite
 - Remove rings before swelling starts
 - Get the victim to a doctor as soon as possible
 - If they cannot walk, carry them
 - Have victim lie down.
 - Hold limb lower than the body
 - Treat for shock
- Nosebleed
 - Have person lean forward so blood does not run down throat
 - Pinch nose firmly, but gently. Apply pressure on the upper lip just below the nose
 - After 10 minutes, release the pinch. If it starts, pinch again.
 - If bleeding continues for more than 15 minutes, seek help.
- Frostbite
 - Move victim to shelter
 - Gently warm frostbitten hand under your clothing or in warm, but not hot, water
 - Do not rub, do not rub with snow
 - If there is a chance that it will refreeze, do not warm it up.
- Sunburn
 - Prevention is the key – wear sunscreen, even in winter – wear a hat
 - Treat with lotion or cool, damp cloths
- Shock
 - Treat every victim for shock
 - Signs
 - Restlessness or irritability
 - Weakness
 - Confusion, fear, dizziness
 - Skin that is clammy, cool, pale
 - Quick, weak pulse

- Shallow, rapid breathing
 - Nausea or vomiting
 - Extreme thirst
 - Treatment
 - Have victim lie down
 - Raise feet about 12 inches
 - Keep victim warm
- Choking
 - Heimlich maneuver (Scout Handbook pages 134-135)
 - If victim is conscious, put your arm over their chest, have them lean forward (bend over), strike their back sharply with the heel of your hand 5 times. If that doesn't work then
 - Stand behind the victim, put your hands around their waist, clasp your hands together. Knuckle of thumb should be above navel but below rib cage. Thrust your clasped hands inward and upward with enough force to pop loose the object. Repeat 5 times.
 - Repeat the above until the object is coughed up, medical help arrives, or the person becomes unconscious
- Tenderfoot 4c:
 - Tell what you can do on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b (poisonous plants).

Lesson 06: Totin' Chip and Tools

Gear needed: Pocketknife, ax, saw, rope for ax yard, sharpening stone, file, safety glasses, gloves, shin guards

Instructor:

Adult:

Topics to cover:

- Safety
 - Blood circle, ax yard
- Scout Req. 5
 - Demonstrate your knowledge of pocketknife safety (Scout handbook pages (379-381))
 - Always keep closed
 - Always cut away from yourself, never toward. If the blade slips, you may be hurt.
 - Close the blade before you pass the knife to someone.
 - Always keep your knife sharp.
 - Never throw a knife.
 - Obey all rules about carrying a knife (NEVER bring it to school).
- Tenderfoot 3d
 - Demonstrate proper care, sharpening, and use of the knife, saw, and ax. Describe when each should be used.
 - Ax
 - Check tool for safety (is it in good condition)
 - Safe shoes, eye protection, gloves
 - Safe working area – ax yard
 - Safe technique
 - Safe carrying
 - Use sheath
 - Carry in one hand, at your side, with blade away from your body

- Safe handling
 - Pass an axe by holding the handle with the blade head down and away from both
 - Don't release your grip until the other person says "Thank You."
- Storage
 - Keep sheath on
 - Keep dry
- Saw
 - Keep sheath on blade
 - Carry saw with blade turned away from you
 - Do not saw with a dull blade
 - Wear proper shoes, gloves, and eye protection
 - Don't cut live trees
 - Don't allow saw to cut into ground
 - Don't leave saw lying around camp
- Sharpening
 - Knife
 - Ax

Lesson 07: Knot Tying

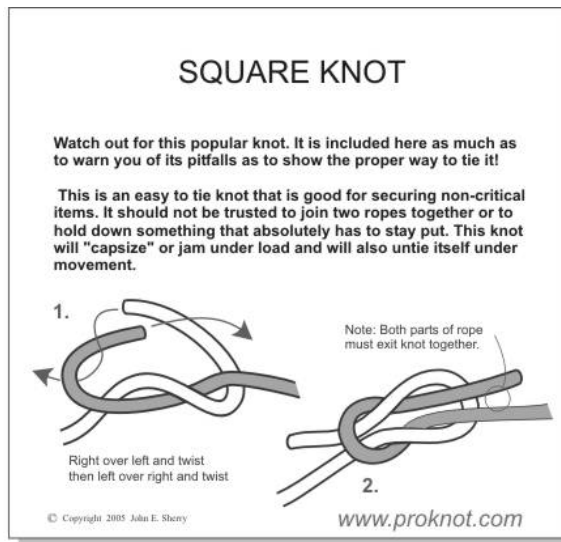
Gear needed: Rope, string to whip rope ends, flame to fuse ropes

Instructor:

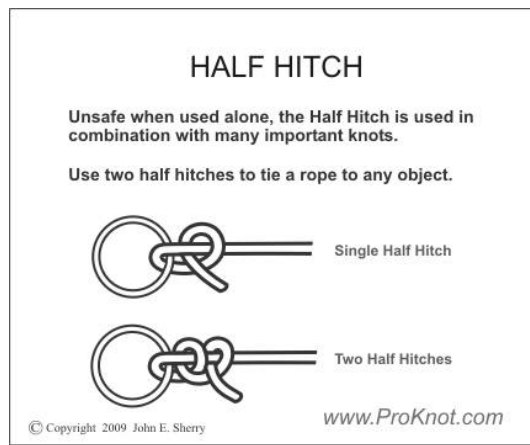
Adult:

Topics to cover:

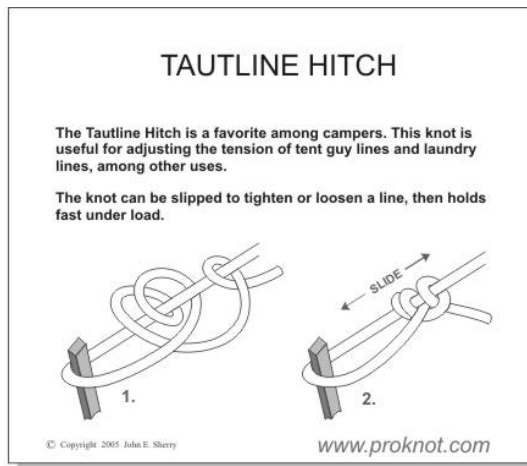
- Scout 4a:
 - Show how to tie a square knot, two half-hitches, and a taut-line hitch. Explain how each knot is used.
 - Square knot



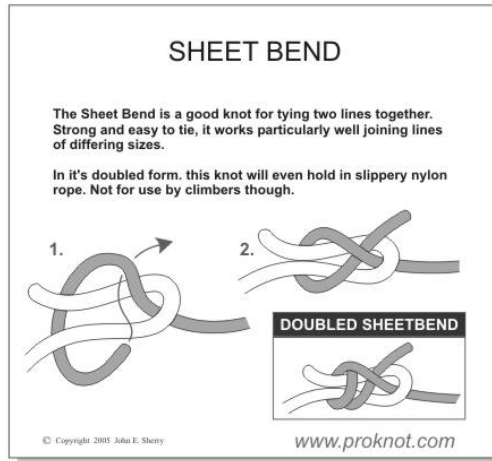
- Two-half hitches



- Taut-line hitch

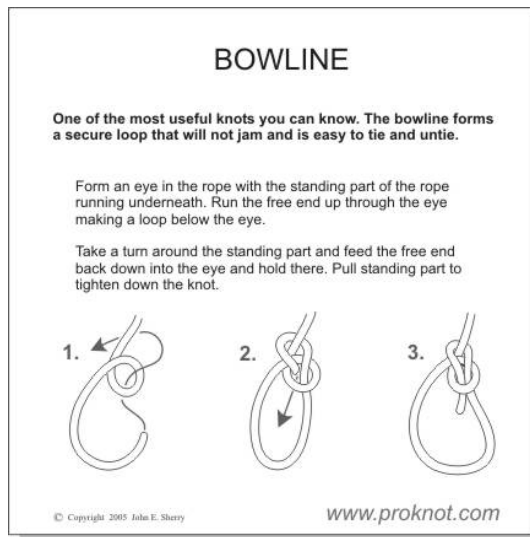


- - Scout 4b
 - Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.
 - Tenderfoot 3a
 - Demonstrate a practical use of the square knot
 - Tenderfoot 3b
 - Demonstrate a practical use of two half-hitches
 - Tenderfoot 3c
 - Demonstrate a practical use of the taut-line hitch
 - Second Class 2f
 - Demonstrate tying the sheet bend knot. Describe a situation in which you would use this knot.



- Second Class 2a

- Demonstrate tying the bowline knot. Describe a situation in which you would use this knot.



Lesson 08: Fire Building

Gear needed: Tinder

Instructor:

Adult:

Topics to cover:

- Second Class Req. 2b
 - Use the tools (knife, saw, ax) listed in Tenderfoot requirement 3d to prepare tinder, kindling, and fuel wood for a cooking fire.
- Second Class Req. 2c
 - At an approved outdoor location and time, use the tinder, kindling, and fuel to demonstrate how to build a fire. Unless prohibited by local fire restrictions, light the fire. After allowing the flames to burn safely for at least two minutes, safely extinguish the flames with minimal impact to the fire site.
 - When to build the fire
 - Burn laws (*currently no outdoor fires before 4:00 pm*)
 - Where to build a fire
 - Existing fire ring
 - Otherwise
 - Protect ground underneath
 - Tinder, Kindling, Fuel
 - Campfire types
 - Tepee
 - Log cabin
 - Lean-to
 - Safety
 - Have fire buckets nearby
 - Extinguishing a fire

Lesson 09: Plant and Animal ID

Gear:

Instructor:

Adult:

Topics to cover:

- Tenderfoot Req. 4b:
 - Describe common poisonous or hazardous plants; identify any that grow in your local area. Tell how to treat for exposure to them.
 - Treatment
 - Wash area immediately with warm water and soap
 - Try not to scratch
 - Rubbing alcohol or calamine lotion might help

- Second Class Req. 4
 - Identify at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your local area or camping location. You may show evidence by tracks, signs, or photographs you have taken.

- First Class Req. 5a
 - Identify at least 10 kinds of native plants found in your local area. You may show evidence by identifying fallen leaves or fallen fruit that you find in the field, or as part of a collection that you have made, or by photographs that you have taken.

Lesson 10: Safe Hiking

Gear:

Instructor:

Adult:

Topics to cover:

- Tenderfoot Req. 5a
 - Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Use the buddy system while on a troop or patrol outing.
- Tenderfoot Req. 5b
 - Describe what to do if you become lost on a hike or campout
 - What to do when lost
 - Staying found
 - Whistle
 - STOP
 - Stay calm
 - Think
 - Observe
 - Plan
- Tenderfoot Req. 5c
 - Explain the rules of safe hiking, both on the highway and cross-county, during the day and night.
 - Trail
 - Road or highway
 - Hike single file, on the left, facing traffic
 - Night
 - Wear light colored clothing and reflective materials
 - Bring a light
 - Safety
 - Tell someone

- Where you are going
- How you plan to get there
- When you will be back