



# First Class Rank

## Workbook

This Workbook can help you organize your thoughts as you read your Boy Scout Handbook. You still must satisfy your Scoutmaster that you can *demonstrate* each skill and have *learned* the information. No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 1/1/2008, Workbook updated: March 2009.

Scout's Name: \_\_\_\_\_ Troop: \_\_\_\_\_

1. Demonstrate how to find directions during the day \_\_\_\_\_  
and at night without using a compass. \_\_\_\_\_
2. Using a compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.). \_\_\_\_\_
3. Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4a. Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals.

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b>						
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b>						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
<b>DINNER</b>						

Tell how the menu includes the foods from the food pyramid and meets nutritional needs. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4b. Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.

Food	Amount	Cost	Food	Amount	Cost

4c. Tell which pans, \_\_\_\_\_  
 \_\_\_\_\_  
 utensils, \_\_\_\_\_  
 \_\_\_\_\_  
 and other gear will be needed to cook and serve these meals. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

4d. Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

4e. On one campout, serve as your patrol's cook. \_\_\_\_\_  
 Supervise your assistant(s) in using a stove or building a cooking fire. \_\_\_\_\_  
 Prepare the breakfast, lunch, and dinner planned in requirement 4a. \_\_\_\_\_  
 Lead your patrol in saying grace at the meals and supervise cleanup. \_\_\_\_\_

5. Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) your constitutional rights \_\_\_\_\_  
 \_\_\_\_\_

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and obligations as a U.S. citizen. \_\_\_\_\_

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6. Identify or show evidence of at least 10 kinds of native plants found in your community.

_____	_____
_____	_____
_____	_____
_____	_____

7a. Discuss when you should \_\_\_\_\_

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and should not use lashings. \_\_\_\_\_

7b. Demonstrate tying the timber hitch \_\_\_\_\_

and clove hitch \_\_\_\_\_

and their use in square, \_\_\_\_\_

shear, \_\_\_\_\_

and diagonal lashings by joining two or more poles or staves together. \_\_\_\_\_

7c. Use lashing to make a useful camp gadget. \_\_\_\_\_

8a. Demonstrate tying the bowline knot and describe several ways it can be used. \_\_\_\_\_

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8b. Demonstrate bandages for a sprained ankle \_\_\_\_\_

and for injuries on the head, \_\_\_\_\_

the upper arm, \_\_\_\_\_

and the collarbone. \_\_\_\_\_

8c. Show how to transport by yourself, and with one other person, a person from a smoke-filled room \_\_\_\_\_

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With a sprained ankle, for at least 25 yards \_\_\_\_\_  
\_\_\_\_\_

8d. Tell the five most common signs of a heart attack.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9a. Tell what precautions must be taken for a safe trip afloat.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9b. Successfully complete the BSA swimmer test. \_\_\_\_\_

9c. With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.) \_\_\_\_\_

10. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. \_\_\_\_\_

11. Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project, or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

12. Describe the three things you should avoid doing related to use of the Internet.

\_\_\_\_\_  
\_\_\_\_\_

Describe a cyberbully \_\_\_\_\_

and how you should respond to one. \_\_\_\_\_

13. Participate in a Scoutmaster conference. \_\_\_\_\_

14. Complete your board of review. \_\_\_\_\_

### **Notes**

Alternate requirements for the First Class rank are available for Scouts with physical or mental disabilities - [click here to learn more](#).

The requirements for Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

**Boy Scouts of America:** ► [scouting.org](http://scouting.org) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)  
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

**Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org) *Please don't post workbooks on your site. Please instead post links to these:*

MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

### **Requirement Resources**

These resources and much more are at: [http://meritbadge.org/wiki/index.php/First\\_Class\\_Rank](http://meritbadge.org/wiki/index.php/First_Class_Rank)

### **BSA Skill Lesson Videos**

#### **2. Map & Compass:**

- **Topographical Maps** [Free US Geological Survey](#) - [Topozone.com](#) - [Google Satellite, Street, and Terrain Maps](#)
- [How a Compass Works](#)

#### **4. Outdoor Cooking Lesson Videos:** [Food Selection](#) - [Food Quality](#) - [Stoves](#) - [Utensils](#) - [Water Purification](#) - [Leave No Trace](#)

**Outdoor cooking links:** [Scoutstuff.org](#) - [Scoutorama](#) - [USScouts.Org](#) - [MacScouter](#) - [RecipeSource.com](#) - [CampRecipes.com](#) - [Scouter.net](#) - [Foil-Cooking](#) - [Cub Scout Cookbook](#) - [NetWoods.com](#) - [Scout Camp Cooking](#) - [The Trailside Cookbook](#) - [Buckskinner Cookbook](#) - [Ol' Buffalo Outdoor Cooking Page](#)

**Dutch Oven Cooking:** [USScouts.Org](#) - [MacScouter](#) - [dutchovencookware.com](#)

**Other cooking links:** [Cooking Merit badge](#) - [Leave No Trace](#) - [Stove Safety](#)

#### **6:** [Discover Magazine](#) - [Environmental Protection Agency](#) - [Nat. Geographic Society](#) - [Nat. Park Service](#) - [The Discovery Channel](#) [Soil and Water Conservation Merit Badge resources](#) - [Conservation and Resource Center](#) - [Leave No Trace Center](#) - [Wildlife Conservation Society](#)

#### **7:** Knots: **Knot Videos:** [Basics](#) - [Basics2](#) - [USScouts Knots](#) - [Animated knots](#) - [More Animated Knots](#) - [Still more](#)

- **Other Knot Links:** [Knots](#) - [Sea Scout Knots](#) - [Ropers Knots Page](#) - [Climbing Knots](#) - [Fishing knots](#) - [Knots Index](#)

#### **8:** First Aid: **First Aid Lesson Videos:** [Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Snake Bite](#) - [First Aid Kits](#)

- **Other First Aid Links:** [Mayo Clinic First Aid Guide](#) - [Bleeding First Aid Video](#) - [Class 1 Exam](#) - [Class 3](#) - [Warning Signs of Cancer](#) - [Heart Disease](#)

#### **9.** Swimming: **Swimming Lesson Videos:** [Stretching](#) - [Tread Water](#) - [Float](#) - [How to Swim](#) - [Survival Floating](#) - [Freestyle](#) -

[Breaststroke](#) - [Backstroke](#) - [Trudgeon](#) - [Butterfly](#) - [Diving Safety](#) - [Racing Dive](#) - [Snorkeling](#) - [SCUBA Diving](#)

- **Other Swimming Links:** [Swimming Merit Badge](#) - [Safe Swim Defense](#) - [Safety Afloat](#) - [BSA Swim Test](#) - [Buddy System](#) - [Sidestroke](#) - [Trudgeon](#)

**10:** What does [Scout Spirit](#) really mean? (It's not what you do in your troop!)

**12:** [Scoutmaster Conference](#) - Explains that you don't "pass" a Scoutmaster Conference and how to [appeal](#).

**13:** [Board of Review](#) - What do they ask? How long can it be? Is the [uniform](#) really required? How do you [appeal](#)?