

SCOUT NAME				1
RANK ADVANCEMENTS			9/14/2016	
NEW TENDERFOOT RANK REQUIREMENTS				
#	DESCRIPTION	DATE	INITIALS	pages
CAMPING and OUTDOOR ETHICS				
1a	Present yourself to your leader, prepared for an overnight camping trip. Show the <i>Present yourself to your leader, properly dressed, before going on an overnight camping trip. Show the camping gear you will use. Show the right way to pack and carry it.</i>			267-273
1b	Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.			267-273
1c	Tell how you practiced the Outdoor Code on a campout or outing.			223-224
COOKING				
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 cleanup. <i>On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup. . .</i>			301, 304-305, 307-309
2b	While on a campout, demonstrate an appropriate method of safely cleaning items used to prepare, serve, and eat a meal.			307-309
2c	Explain the importance of eating together as a patrol. . . <i>. . . and explain the importance of eating together.</i>			304-305
TOOLS				
3a	Demonstrate a practical use of the square knot.			362, 145
3b	Demonstrate a practical use of two half-hitches. <i>Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch</i>			366, 369
3c	Demonstrate a practical use of the taut-line hitch. <i>(See 3b above.)</i>			367-369
3d	Demonstrate proper care, sharpening, and use of the knife, saw, and ax. Describe when each should be used. <i>Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used. [PREVIOUSLY SECOND CLASS 3c]</i>			380-381, 386
FIRST AID and NATURE				
4a	Show first aid for the following: <i>Demonstrate how to care for someone who is choking. Show first aid for the following: · Simple cuts and scrapes, · Blisters on the hand and foot, · Minor (thermal/heat) burns or scalds (superficial, or first-degree) · Bites or stings of insects and ticks, · Venomous snakebite · Nosebleed · Frostbite and sunbur</i>			125-126, 136-137, 131-133, 126-127
4b	Describe common poisonous or hazardous plants; identify any that grow in your <i>Identify local poisonous plants; tell how to treat for exposure to them.</i>			127, 191- 192
4c	Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.			LOG, 125
4d	Assemble a personal first-aid kit to carry with you on future campouts and hikes. Tell how each item in the kit would be used. <i>Prepare a personal first-aid kit to take with you on a hike. [PREVIOUSLY SECOND CLASS 7b]</i>			108

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HIKING					
5a	Explain the importance of the buddy system as it relates to your personal safety on				29,160-
	Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood.				161, 172,
5b	Describe what to do if you become lost on a hike or campout.				253-255
	Explain what to do if you are lost.				
5c	Explain the rules of safe hiking, both on the highway and cross-country, during the				252-253
	Explain the rules of safe hiking, both on the highway and cross- country, during the day and at night.				
FITNESS					
6a	Record your best in the following tests: <ul style="list-style-type: none"> • Push-ups (Record the number done correctly in 60 seconds.) • Sit-ups or curl-ups (Record the number done correctly in 60 seconds.) • Back-saver sit-and-reach (Record the distance stretched.) • 1-mile walk/run (record the time.) 				77-81
	Record your best in the following tests: <ul style="list-style-type: none"> • Push-ups ___ Pull-ups ___ Sit-ups ___ Standing long jump (ft. in.) • 14-mile walk/run Record your best in the following tests: • Push-ups ___ Pull-ups ___ Sit-ups ___ Standing long jump (ft. in.) • 14-mile walk/run _ 				
6b	Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a. Keep track of your activity for at least 30 days.				77-81
6c	Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days. <ul style="list-style-type: none"> • Push-ups (Record the number done correctly in 60 seconds.) • Sit-ups or curl-ups (Record the number done correctly in 60 seconds.) • Back-saver sit-and-reach (Record the distance stretched.) • 1-mile walk/run (Record the time.) 				77-81
	Show improvement in the activities listed in requirement 10a after practicing for 30 days. <ul style="list-style-type: none"> • Push-ups ___ Pull-ups ___ Sit-ups ___ Standing long jump (ft. in.) • 14-mile walk/run Show improvement in the activities listed in requirement 10a after practicing for 30 days. • Push-ups ___ Pull-ups ___ Sit-ups ___ Standing long jump (ft. in.) • 14-mile walk/run _ 				
CITIZENSHIP					
7a	Demonstrate how to display, raise, lower, and fold the U.S. flag.				56-60
	Demonstrate how to display, raise, lower, and fold the American flag.				
7b	Participate in a total of one hour of service in one or more service projects approved by your Scoutmaster. Explain how your service to others relates to the Scout slogan and Scout motto.				68-69
LEADERSHIP					
8	Describe the steps in Scouting's Teaching EDGE method. Use the Teaching EDGE method to teach another person how to tie the square knot.				38, 365
	Using the EDGE method, teach another person how to tie the square knot.				
SCOUT SPIRIT					
9	Demonstrate Scout spirit by living the Scout Oath and Scout Law. Tell how you				11-16
	Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples of how you have lived the points of the Scout Law in your daily life.				
10	While working toward the Tenderfoot rank, and after completing Scout rank requirement 7, participate in a Scoutmaster conference.				
	Participate in a Scoutmaster conference.				
11	Successfully complete your board of review for the Tenderfoot rank.				
	Successfully complete your board of review for the Tenderfoot rank.				

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NOTES			
<ul style="list-style-type: none"> The requirements for the Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence. Alternative requirements for the Tenderfoot rank are available for Scouts with physical or mental disabilities, if they meet the criteria listed in the <i>Boy Scout Requirements</i> book. 			