



Tenderfoot 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 the workbook developer: craig@craiglincoln.com. Requirements revised: 01/1/10, Workbook updated: 02/10.

Scout's Name: _____ Troop: _____

1. 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. _____

2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch. _____

3. 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, _____

and explain the importance of eating together. _____

4. a. Demonstrate how to whip and fuse the ends of a rope. _____

b. Demonstrate you know how to tie the following knots and tell what their uses are:

two half hitches _____

and the taut-line hitch. _____

c. Using the EDGE method, teach another person how to tie the square knot. _____

E _____

D _____

G _____

E _____

5. Explain the rules of safe hiking, both on the highway _____

and cross-country, _____

during the day _____

and at night. _____

Explain what to do if you are lost. _____

6. Demonstrate how to display, raise, lower, and fold the American flag. _____

7. Repeat from memory and explain in your own words the [Scout Oath](#), _____

[Law](#), _____

motto, _____

and slogan. _____

8. Know your patrol name, _____
 give the patrol yell, _____
 and describe your patrol flag. _____

9. Explain the importance of the buddy system as it relates to your personal safety on outings _____

and in your neighborhood. _____

Describe what a bully is and how you should respond to one. _____

10. a. Record your best in the following tests:

- Push-ups
- Pull-ups
- Sit-ups
- Standing long jump
- 1/4 mile walk/run

b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.

	First Test	Second Test	Improvement
Activity : Date:			
Push-up (number)			
Pull-ups (number)			

Sit-ups (number)			
Standing Long Jump (Feet, inches)			
1/4 mile walk/run (minutes:seconds))			

11. Identify local poisonous plants; _____

tell how to treat for exposure to them. _____

12. a. Demonstrate how to care for someone who is choking. _____

b. 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 and stings of insects and ticks _____

● Venomous snakebite _____

● Nosebleed _____

● Frostbite and sunburn _____

13. 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. _____

14. Participate in a Scoutmaster conference. _____

15. Complete your board of review _____

Notes

Alternate Requirements for the Tenderfoot rank are available for Scouts with physical or mental disabilities if they meet the criteria listed in the Boy Scout Requirements book. [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 ► [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 *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/Tenderfoot_Rank

BSA Skill Lesson Videos

1-3: Camping:

- [Camping Lesson Videos: BSA Skill Lesson Videos](#) - [Packing](#) - [Layering](#) - [Wet Weather](#) - [Campsite](#) - [Sleeping Bags](#) - [Pads](#) - [Tents](#) - [Water Purification](#) - [Leave No Trace](#)
- Other Camping links: [Leave No Trace](#) - [Outdoor Code](#) - [Camping Checklists](#) - [Cooking](#) - [USScouts: Camping](#) - [Camps Database](#) - [Types of Tents](#) - [Water Treatment](#) - [Campsite Selection](#) - [Types of Sleeping Bags](#) - [More Checklists](#)

4: 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](#)

4c: EDGE method

5: Hiking:

- [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](#)

6. Flag Ceremonies

7: [Scout Oath](#) - [Scout Law](#) - [Scout Motto](#) - [Scout Slogan](#)

8. [Patrol](#)

9: [Buddy System](#)

10: Fitness:

- [Lesson Videos: Warm Up](#) - [Stretching](#) - [Running](#) - [Pull-Ups](#) - [Push-Ups](#)

12: First Aid:

- [First Aid Lesson Videos: Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Venomous 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](#)

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

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

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