

## Eagle Quest Schedule 2010

### Tenderfoot Requirements

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
9:00-9:30	12a, b (I)	12a, b (E)	10a, or 10b (I, E)	4a, b, c (I)	4a, b, c (E)
9:30-10:00					
10:00-10:30	4a, b, c (I)	4a, b, c (E)	6 (I, E)	11 (I)	11 (E)
10:30-11:00			10a, or 10b (I, E)		
11:00-11:30	11 (I)	11 (E)	3 (I, E) Cooking	7 (I)	7 (E)
11:30-12:00					
12:00-12:30	Area Closed	Area Closed		Area Closed	Area Closed
12:30-1:00					
1:00-1:30					
1:30-2:00					
2:00-2:30	5, 9 (I)	5, 9 (E)	10a, or 10b (I, E)	12a, b (I)	12a, b (E)
2:30-3:00	7 (I)	7 (E)			
3:00-3:30			6 (I, E)	5, 9 (I)	5, 9 (E)
3:30-4:00	Open Instruction and Evaluation	Open Instruction and Evaluation	Open Instruction and Evaluation	Open Instruction and Evaluation	Open Instruction and Evaluation
4:00-4:30			Area Closed		
4:30-5:00					
5:00-5:30					

KEY: I= Instruction E=Evaluation

### Requirements Covered:

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.
- 4a. \_\_\_\_\_ Demonstrate how to whip and fuse the ends of a rope.
- 4b. \_\_\_\_\_ Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.
- 4c. \_\_\_\_\_ Using the EDGE method teach another person how to tie the square knot.
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.
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.
- 10a. \_\_\_\_\_ Record your best in the following tests:
 

<u>Current results</u>	<u>30 days later</u>
Push ups _____ Pull ups _____	Push ups _____ Pull ups _____
Sit ups _____	Sit ups _____
Standing long jump _____ft _____in	Standing long jump _____ft _____in
¼mile walk/run _____	¼mile walk/run _____
- 10b. \_\_\_\_\_ Show improvement in the activities listed in requirement 10a after practicing for 30 days.
11. \_\_\_\_\_ Identify local poisonous plants; tell how to treat for exposure to them.
- 12a. \_\_\_\_\_ Demonstrate the Heimlich maneuver and tell when it is used.
- 12b. \_\_\_\_\_ Show first aid for the following:
 

• Simple cuts and scratches	• Poisonous snakebite
• Blisters on the hand and foot	• Nosebleed
• Minor burns or scalds (first degree)	• Frostbite and sunburn
• Bites or stings of insects and ticks	

## Eagle Quest Schedule 2010

### Second Class Requirements

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
9:00-9:30	1a (I)	1a (E)	1b, 2 (I,E) 5 Mile Hike	7a,b,c (I)	7a,b,c (E) <b>Bring First Aid Kit</b>
9:30-10:00	7a,b,c (I)	7a,b,c (E) <b>Bring First Aid Kit</b>		<b>Meet at Hobby Tables</b>	8a,b,c (I)
10:00-10:30	9a,b (I)	3d,e,f,g (I,E) Cooking	<b>*Meet at Water- Front Prepared</b>		<b>*Meet at Water- Front Prepared</b>
10:30-11:00	Area Closed		Area Closed		Area Closed
11:00-11:30	8a,b,c (I)	8a,b,c (E)	6 (I)	6 (E)	1b, 2 (I,E) 5 Mile Hike
11:30-12:00	<b>*Meet at Water- Front Prepared</b>	<b>*Meet at Water- Front Prepared</b>	Open Instruction and Evaluation	5 (E) Service Project	
12:00-2:00	3c (I,E) Totin' Chip	Open Instruction and Evaluation	Area Closed	Open Instruction and Evaluation	<b>Meet at Hobby Tables</b>
2:00-2:30	Open I, E				Open Instruction and Evaluation
2:30-3:00					Open Instruction and Evaluation
3:00-3:30					
3:30-4:00					
4:00-4:30					
4:30-5:00					
5:00-5:30					

KEY: I= Instruction E=Evaluation \* = Meet at the Waterfront prepared with swimsuit, towel, and shoes  
**Bold** = Special item to bring, or place to meet

### Requirements Covered:

- 1a. \_\_\_\_\_ Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.
- 1b. \_\_\_\_\_ Using a compass and a map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.
2. \_\_\_\_\_ Discuss the principles of "Leave No Trace"
- 3c. \_\_\_\_\_ Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.
- 3d. \_\_\_\_\_ Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire.
- 3e. \_\_\_\_\_ Discuss when it is appropriate to use a cooking fire and a lightweight stove, Discuss the safety procedures for using both.
- 3f. \_\_\_\_\_ In an approved place and at an approved time, demonstrate how to build a fire and setup a lightweight stove.
- 3g. \_\_\_\_\_ On one campout plan and cook one hot breakfast or lunch, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.
5. \_\_\_\_\_ Participate in an approved (minimum of one hour) service project.
6. \_\_\_\_\_ Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.
- 7a. \_\_\_\_\_ Show what to do for 'hurry' cases of stopped breathing, serious bleeding, and internal poisoning.
- 7b. \_\_\_\_\_ Prepare a personal first aid kit to take with you on a hike.
- 7c. \_\_\_\_\_ Demonstrate first aid for the following:
  - Object in the eye
  - Bite of a suspected rabid animal
  - Puncture wounds from a splinter, nail, and fishhook
  - Serious burns (second degree)
  - Heat exhaustion
  - Shock
  - Heatstroke, dehydration, hypothermia, and hyperventilation
- 8a. \_\_\_\_\_ Tell what precautions must be taken for a safe swim.
- 8b. \_\_\_\_\_ Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.
- 8c. \_\_\_\_\_ Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.
- 9a. \_\_\_\_\_ Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco and other practices that could be harmful to your health. Discuss your participation in the program with your family. (Only instructed and discussed, to complete the scout must discuss their participation with their family.)
- 9b. \_\_\_\_\_ Explain the three R's of personal safety and protection.

## Eagle Quest Schedule 2010

### First Class Requirements

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
7:00-9:00	Area Closed	Area Closed	Area Closed	4e (I,E) - Cooking	Area Closed
9:00-9:30	7a (I)	7a (E)	7b (E)	8a,b,c,d (I)	8a,b,c,d (E)
9:30-10:00					
10:00-10:30	1 (I)	1 (E) Day part +	12 (I,E)		
10:30-11:00	8a,b,c,d (I)	8a,b,c,d (E)	4a,b,c,d (I,E)	2 (I)	2 (E) <b>Bring Compass</b>
11:00-11:30				<b>Bring Compass</b>	
11:30-12:00				4e (I,E)	
12:00-2:00	Area Closed	Area Closed	Area Closed	Cooking	Area Closed
2:00-2:30	2 (I)	2 (E)	9a,c (I)	9a,c (E)	5 (I,E)
2:30-3:00	<b>Bring Compass</b>	<b>Bring Compass</b>	<b>*Water-Front Prepared</b>	<b>*Water-Front Prepared</b>	
3:00-3:30					
3:30-4:00	6 (I)	6 (E)	Open I, E	Open Instruction and Evaluation	Open Instruction and Evaluation
4:00-4:30	Open Instruction and Evaluation	Open Instruction and Evaluation			
4:30-5:00				Area Closed	
5:00-5:30					
10:00-10:30	Area Closed	1 (E) Night part <b>Activity Field</b>	Area Closed	Area Closed	Area Closed

KEY: I= Instruction E=Evaluation \* = Meet at the Waterfront prepared with swimsuit, towel, and shoes  
 + = night part completed on Tuesday evening **Bold** = Special item to bring, or place to meet

### Requirements Covered:

1. \_\_\_\_\_ Demonstrate how to find directions during the day and at night without using a compass.
2. \_\_\_\_\_ Using a map and 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.)
- 4a. \_\_\_\_\_ Help plan a patrol menu for one campout — including one breakfast, lunch, and dinner — that requires cooking. 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.
- 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. 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 and obligations as a U.S. citizen.
6. \_\_\_\_\_ Identify or show evidence of at least ten kinds of native plants found in your community
- 7a. \_\_\_\_\_ Discuss when you should and should not use lashings. Then 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.
- 7b. \_\_\_\_\_ Use lashing to make a useful camp gadget.
- 8a. \_\_\_\_\_ Demonstrate tying the bowline knot and describe several ways it can be used.
- 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 and a person 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.
- 9a. \_\_\_\_\_ Tell what precautions must be taken for a safe trip afloat.
- 9c. \_\_\_\_\_ With a helper and a practice victim, show a line rescue both as tender and as rescuer.
11. \_\_\_\_\_ Describe the three things you should avoid doing related to use of the Internet. Describe a cyberbully and how you should respond to one.