

TROOP 179

ONBOARDING PROGRAM



GUIDE

MISSION OF THE ON BOARDING PROGRAM

The Onboarding Program introduces the Scout to Troop 179 and emphasizes Scouting Ideals, Physical Fitness and Good Citizenship. Scouts should have the opportunity to earn the First-Class Rank within a year from joining. Every Scout should understand the role of the Patrol Leader, Quartermaster, and the Patrol Leaders Council.

TABLE OF CONTENTS

Meeting PLAN FOR February 25, 2025.....	2
Meeting PLAN FOR MARCH 4, 2025	3
Meeting PLAN FOR MARCH 11, 2025	4
CAMP PLAN FOR MARCH 14, 15 & 16, 2025	4
Meeting PLAN FOR MARCH 25, 2025	5
Meeting PLAN FOR APRIL 1, 2025	5
BOOTCAMP APRIL 5, 2025	6
Meeting PLAN FOR APRIL 8, 2025	6
Meeting PLAN FOR APRIL 15, 2025	7
Meeting PLAN FOR APRIL 22, 2025	7
CAMP PLAN FOR April 25, 26 & 27, 2025.....	8
Meeting PLAN FOR May 6, 2025.....	8
Meeting PLAN FOR May 13, 2025.....	8
CAMP PLAN FOR May 16, 17 & 18, 2025.....	9
Meeting PLAN FOR May 20, 2025.....	10
Meeting PLAN FOR JUNE 3, 2025.....	10
CAMP PLAN FOR June 6, 7 & 8, 2025.....	11
Meeting PLAN FOR JUNE 10, 2025	11
Meeting PLAN FOR JUNE 17, 2025	11
Meeting PLAN FOR JUNE 24, 2025	12
CAMP PLAN - SUMMER CAMP June 29-JULY 5, 2025	12
Scout Rank Scoutmaster Conference.....	14
Tenderfoot Scoutmaster Conference	15
Second Class Scoutmaster Conference	16
First Class Scoutmaster Conference	17
Requirement Schedule	18
Camping Skills Schedule	19

MEETING PLAN FOR FEBRUARY 25, 2025

7:15 Troop Opening

7:30 PATROL MEETINGS

Regular Patrols

Continue to Prepare Patrol for Clash

Royale Camp

- Menus
- Buy Lists

Patrols with New Scouts Meet in Narthex

Introduction: (SPL)

- Introducing Assistant Scoutmasters: Ms. Manninen (lead), Mr. C. Ely, Mr. Matthews, Mr. Reese & Mr. Shaffer.
- Have each Paul Bunyan tell everyone their First & Last Name, their phone number, what Pack they were in.
- Have each New Scout tell everyone their First & Last Name, their phone number, what Pack they were in. (Be Sure an Adult is writing down the New Scout Profile Information)

Discuss what a Patrol is (we will assign Patrols in 2 weeks if there are more than 10 (Troop Guides)

Discuss what a Troop is (Senior Patrol Leader)

Discuss what a full Troop 179 Uniform looks like (Senior Patrol Leader)

Homework Handout (Troop Guide)

7:45 DEMONSTRATIONS

Regular Patrols

First Aid Skills with Mr. Schultz

Patrols with New Scouts

Teach Scout Requirements 4a & 4b (Instructors)

4a. Show how to tie a square knot, two half-hitches, and a tautline hitch. Explain how each knot is used.

4b. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

MEETING PLAN FOR MARCH 4, 2025

7:15 Troop Opening

7:30 Patrol Meetings

Regular Patrols

Continue to Prepare Patrol for Clash

Royale Camp

- Menus
- Buy Lists

Patrols with New Scouts Meet in Narthex

Introduction: (Troop Guides)

- Discuss Homework Handout – Who Worked on it?
- Discuss First Camp – March 14 – 16 at D-bar-A, let's make sure you're all going!

7:45 DEMONSTRATIONS

Regular Patrols

Maps. Compass, GPS with Mr. J. Ely

Teach Scout Requirements 1 & 2 (Troop Guide)

1a. Repeat from memory the Scout Oath, Scout Law, Scout motto, and Scout slogan.

1b. Explain what Scout spirit is.

1c. Demonstrate the Scout sign, salute, and handshake. Explain when they should be used.

1d. Describe the First-Class Scout badge and tell what each part stands for.

1e. Repeat from memory the Outdoor Code. List the Leave No Trace Seven Principles.

1f. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning.

2. After attending at least one Scout troop meeting, do the following:

2a. Describe how the Scouts in the troop provide their leadership.

2b. Describe the four steps of Scout advancement.

2c. Describe what the Scouts BSA ranks are and how they are earned.

2d. Describe what merit badges are and how they are earned.

Remind them about completing Homework Assignments

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

MEETING PLAN FOR MARCH 11, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Continue to Prepare Patrol for Clash

Royale Camp

- Menus
- Buy Lists
- Obtain Check from Mr. Hooker

7:45 Demonstrations

Regular Patrols

Ropes, Knots & Lashing with Alex Eagle

Patrols with New Scouts Meet in Narthex

Introduction: (Troop Guides)

- Organize Patrols
- Pick a Patrol Name & Flag
- Choose Patrol Officers

Teach Scout Requirement 5 (Mr. Mathews & Inst.

5. Tell what you need to know about pocketknife safety and responsibility.

- This Weekend we will be doing Totin-Chit which you must have to carry a Knife.
- Keep in mind a Knife is a tool that becomes handy when your camping – Not a Toy!
- Your Totin-Chit and Knife can be taken from you by any Youth or Adult Leader.
- If you're buying a knife, it must be a folding knife and buy something cheap.

Remind them about completing Homework Assignments

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

CAMP PLAN FOR MARCH 14, 15 & 16, 2025

1a. Present yourself to your leader, prepared for an overnight camping trip. Show the personnel and camping gear you will use. Show the right way to pack and carry it.

1c. Explain how you demonstrated the Outdoor Code and Leave No Trace on campouts.

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.

2b. While on a campout, demonstrate the appropriate method of safely cleaning items used to prepare, serve, and eat a meal.

2c. Explain the importance of eating together as a patrol.

4b. Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location. Tell how to treat for exposure to them.

5a. Explain the importance of the buddy system as it relates to your personal safety on outings and where you live. Use the buddy system while on a troop or patrol outing.

5b. Describe what to do if you become lost on a hike or campout.

5c. Explain the rules of safe and responsible hiking, both on the highway and cross-country, during the day and at night.

5d. Explain why it is important to hike on trails or other durable surfaces and give examples of durable surfaces you saw on your outing.

7a. Demonstrate how to display, raise, lower, and fold the U.S. flag.

Other Activities: 3 Mile Hike / Wide Area Game with other Patrols / Scoutmaster Conference for Scout Rank

MEETING PLAN FOR MARCH 25, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Start Discussing Wright Patterson AFB Camp – Talk it up

Patrols with New Scouts Meet in Narthex

Start Discussing Wright Patterson AFB Camp – Talk it up

7:45 Demonstrations

Regular Patrols (Mr. J. Ely)

- What to do if your LOST
- See Pages 253-256 in Scout Handbook
- Seven priorities for survival in backcountry from Wilderness Survival MB
- What if you're just turned around
- Lost in an area of your city you're not familiar with.

Teach Tenderfoot 6a & b (Instructors)

Handout and go over the Fitness Log

6a. Record your best in the following tests:

- Pushups 60 seconds.)
- Sit-ups or curl-ups (Record the number done correctly in n 60 seconds.)
- Back-saver sit-and-reach
- 1-mile walk/run (Record the distance stretched.) (Record the time.)

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.

Remind them about completing Homework Assignments

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

MEETING PLAN FOR APRIL 1, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Start Discussing Wright Patterson AFB Camp – Talk it up

Patrols with New Scouts Meet in Narthex

Start Discussing Wright Patterson AFB Camp – Talk it up

7:45 Demonstrations

Regular Patrols (Mr. Cocagne)

- The Six Outdoors Essentials
 - Water bottle
 - First aid kit
 - Whistle
 - Flashlight
 - Sun protection
 - Trail mix
- Other Items to Pack
 - Map and compass
 - Matches and fire starters
 - Extra clothing
 - Rain gear
 - Trail food

How about Survival Kits?

Teach Tenderfoot 4a & c (Instructors)

4a. 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 sunburn
- Choking

4b. Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location. Tell how to treat for exposure to them.

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

BOOTCAMP APRIL 5, 2025

Notes: We will be renting the Campfire Area at Heritage Park

Setting up should include laying out needed equipment and setting up the single Flagpole

Equipment: One whole Patrol Kitchen and box, Dining Fly w/poles, Voyager Tent, Single Flagpole w/Flag, Propane Tank, Distribution Tree, Stove, Table Axe Yard w/Axes, Saws & Sharpening Tools,

8:00 Staff Arrives for Setup

9:00 Opening Flag Ceremony (introduce what we are doing today)

9:15 Rope Work:

TF-3a. Demonstrate the practical use of the square knot.

TF-3b. Demonstrate the practical use of two half-hitches.

TF-3c. Demonstrate a practical use of the taut-line hitch.

SC-2f. Demonstrate a practical use of the sheet bend knot.

SC-2g. Demonstrate a practical use of the bowline knot

10:00 Demonstrate & Setup Dining Fly and Voyager Tent (re-tie knots on both)

Demonstrate & Setup Patrol Kitchen

SC-2d Explain when it is appropriate to use a lightweight stove and when it is appropriate to use a propane stove. Set up a lightweight stove or propane stove. Light the stove, unless it is prohibited by local fire restrictions. Describe the safety procedures for using these types of stoves.

10:30 Totin Chip & Firem'n Chit:

Discuss Axe Yard and why we use them.

TF-3d Demonstrate proper care, sharpening, and use of the knife, saw, and ax. Describe when each should be used.

11:30 LUNCH (Hot Dogs, Hot Chocolate, Water, Carrots, Chips, Cookie, Condiments)

SC-2e On one campout, plan and cook one hot breakfast or lunch, selecting foods from MyPlate or the current USDA nutritional model. Explain the importance of good nutrition. Demonstrate how to transport, store, and prepare the foods you selected.

Break down Patrol Equipment after Lunch

12:30 The Hike (Start by introducing a Compass and what it does)

SC-3b Using a compass and map together, take a 5-mile hike approved by your adult leader

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

3:30 Clean up

4:00 Closing Flag Ceremony

Do you need to do any Make-up Requirements of Scoutmaster Conferences



MEETING PLAN FOR APRIL 8, 2025

- 7:15 Troop Opening
- 7:30 Patrol Meeting
- Regular Patrols**
Start Discussing Wright Patterson AFB Camp – Talk it up
- Patrols with New Scouts Meet in Narthex**
Start Discussing Wright Patterson AFB Camp – Talk it up
- 7:45 Demonstrations
- Regular Patrols** (Mr. Ulmer & Hooker)
- Lighting fires without Matches or Lighters
- Teach Tenderfoot 4d & 8** (Instructors).
- 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.
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.
- 8:20 Join other Patrols for Fun Game in Fellowship Hall
- 8:45 Troop Closing

MEETING PLAN FOR APRIL 15, 2025

- 7:15 Troop Opening
- 7:30 Patrol Meeting
- Regular Patrols**
Start Discussing Range & Target Camp – Talk it up
- Patrols with New Scouts Meet in Narthex**
Start Discussing Wright Patterson AFB Camp – Talk it up
- 7:45 Demonstrations
- Regular Patrols** (Mr. Phillabaum)
- Introduction to Shooting Merit Badges
 - Rifle
 - Shotgun
 - Archery
- Make Up & Conferences** (Instructors & ASMs).
- 8:20 Join other Patrols for Fun Game in Fellowship Hall
- 8:45 Troop Closing

MEETING PLAN FOR APRIL 22, 2025

- 7:15 Troop Opening
- 7:30 Patrol Meeting
- Regular Patrols**
Discussing Range & Target Camp – Start creating Menus & Buy Lists
- Patrols with New Scouts Meet in Narthex**
Discussing Range & Target Camp – Talk it up
- 7:45 Demonstrations
- Regular Patrols** (Mr. Phillabaum)
- What you Need for Rifle Merit Badge
 - How to use a .22 cal Long Rifle
 - Who are the Counselors
- Planning for Camp Meals & Tents** (Instructors).
- Go over the Patrol Grubmaster Form
 - Talk about foods they like
 - Talk about the Voyager Tent
 - How to clean it
 - How to set it up
 - How to care for it at home
- 8:20 Join other Patrols for Fun Game in Fellowship Hall
- 8:45 Troop Closing

CAMP PLAN FOR APRIL 25, 26 & 27, 2025

1b. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.

Re-test Tenderfoot 6a & b (Instructors)

6a. Record your best in the following tests:

- Pushups 60 seconds.)
- Sit-ups or curl-ups (Record the number done correctly in n 60 seconds.)
- Back-saver sit-and-reach
- 1-mile walk/run (Record the distance stretched.) (Record the time.)

6b. Meet with Assistant Scoutmaster and review plan for improvement in each of the activities listed in Tenderfoot requirement.

Do you need to do any Make-up Requirements of Scoutmaster Conferences

MEETING PLAN FOR MAY 6, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Discussing Range & Target Camp – Start creating Menus & Buy Lists

Patrols with New Scouts Meet in Narthex

Discussing Range & Target Camp – Start creating Menus & Buy Lists

7:45 Demonstrations

Regular Patrols (Mr. Phillabaum)

- What you Need for Shotgun Merit Badge
- How to use a Shotgun
- Who are the Counselors

Teach Second Class 2F & 2G (Instructors).

- 2f. Demonstrate tying the sheet bend knot. Describe a situation in which you would use this knot.
- 2g. Demonstrate tying the bowline knot. Describe a situation in which you would use this knot.

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

MEETING PLAN FOR MAY 13, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Discussing Range & Target Camp – Start creating Menus & Buy Lists

Patrols with New Scouts Meet in Narthex

Discussing Range & Target Camp – Start creating Menus & Buy Lists

7:45 Demonstrations

Regular Patrols (Mr. Phillabaum)

- What you Need for Archery Merit Badge
- How to shoot a Bow & Arrow
- Who are the Counselors

Teach Second Class 3A, C D (Instructors).

- 3a. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.
- 3c. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.
- 3d. Demonstrate how to find directions during the day and at night without using a compass or an electronic device.

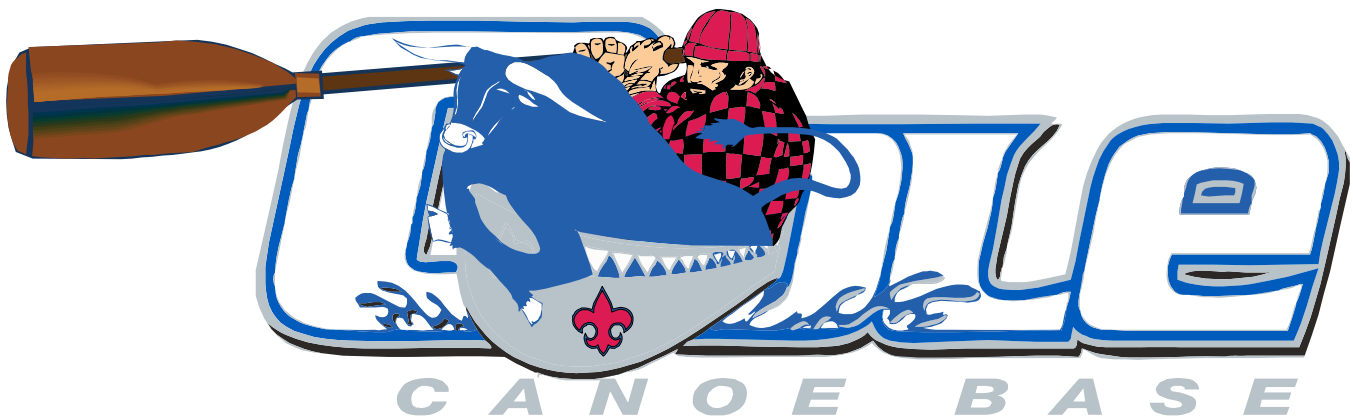
8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

CAMP PLAN FOR MAY 16, 17 & 18, 2025

- SC-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.
- SC-2a Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so.
- SC-2b Use the tools listed in Tenderfoot requirement 3d to prepare tinder, kindling, and fuel wood for a cooking fire.
- SC-2c At an approved outdoor location and time, use the tinder, kindling, and fuel wood from Second Class requirement 2b to demonstrate how to build a fire. Unless it is 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.
- SC-2d Explain when it is appropriate to use a lightweight stove and when it is appropriate to use a propane stove. Set up a lightweight stove or propane stove. Light the stove, unless it is prohibited by local fire restrictions. Describe the safety procedures for using these types of stoves.
- SC-2e On one campout, plan and cook one hot breakfast or lunch, selecting foods from MyPlate or the current USDA nutritional model. Explain the importance of good nutrition. Demonstrate how to transport, store, and prepare the foods you selected.
- FC-9c On a Scouting or family outing, take note of the trash and garbage you produce. Before your next similar outing, decide how you can reduce, recycle, or repurpose what you take on that outing, and then put those plans into action. Compare your results.

Do you need to do any Make-up Requirements of Scoutmaster Conferences



LET'S GET READY FOR SUMMER CAMP

MEETING PLAN FOR MAY 20, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Summer Camp Plans

Plan a Skit for Canoe Trip

Patrols with New Scouts Meet in Narthex

Summer Camp Plans

Plan a Skit for Canoe Trip

7:45 Demonstrations

Regular Patrols (Mr. Malisow)

- Preparing for Summer Camp
- Meet with 9:00 Counselors
- Meet with 10:00 Counselors

Teach Second Class 1b. First Class 2 a-b-c-d (Ms. Dowds & Mr. Ulmer).

- 2a. Help plan a menu for one of the above campouts that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals. Tell how the menu includes the foods from MyPlate or the current USDA nutritional model and how it meets nutritional needs for the planned activity or campout.
- 2b. Using the menu planned in First Class requirement 2a, make a list showing a budget and the food amounts needed to feed three or more boys. Secure the ingredients.
- 2c. Show which pans, utensils, and other gear will be needed to cook and serve these meals.
- 2d. Demonstrate the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Show how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

MEETING PLAN FOR JUNE 3, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Summer Camp Plans

Plan a Skit for Canoe Trip

Patrols with New Scouts Meet in Narthex

Summer Camp Plans

Plan a Skit for Canoe Trip

7:45 Demonstrations

Regular Patrols (Mr. Malisow)

- Preparing for Summer Camp
- Meet with 11:00 Counselors
- Meet with 2:00 Counselors

Teach Second Class 9A & B (Ms. Manninen).

- 9a. Explain the three R's of personal safety and protection.
- 9b. Describe bullying; tell what the appropriate response is to someone who is bullying you or another person.

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

CAMP PLAN FOR JUNE 6, 7 & 8, 2025

FC-6b Tell what precautions must be taken for a safe trip afloat

FC-6c Identify the basic parts of a canoe, kayak, or other boat. Identify the parts of a paddle or an oar

FC-6d Describe proper body positioning in a watercraft, depending on the type and size of the vessel. Explain the importance of proper body position in the boat.

Do you need to do any Make-up Requirements of Scoutmaster Conferences

MEETING PLAN FOR JUNE 10, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Summer Camp Plans

Plan a Skit for Canoe Trip

Patrols with New Scouts Meet in Narthex

Summer Camp Plans

Plan a Skit for Summer Camp

7:45 Demonstrations

Regular Patrols (Mr. Malisow)

- Preparing for Summer Camp
- Meet with 3:00 Counselors
- Meet with 4:00 Counselors

Teach Second Class 6A (Ms. Manninen).

6a. Demonstrate first aid for the following:

- Object in the eye
- Bite of a warm-blooded animal
- Puncture wounds from a splinter, nail, and fishhook
- Serious burns (partial thickness, or second-degree)
- Heat exhaustion
- Shock
- Heatstroke, dehydration, hypothermia, and hyperventilation

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

MEETING PLAN FOR JUNE 17, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Summer Camp Plans

Plan a Skit for Canoe Trip

Patrols with New Scouts Meet in Narthex

Summer Camp Plans

Plan a Skit for Summer Camp

7:45 Demonstrations

Regular Patrols (Mr. Malisow)

- Preparing for Summer Camp
- Open Meet with Counselors

Teach Second Class 6B & C (Ms. Manninen).

6b. Show what to do for “hurry” cases of stopped breathing, stroke, severe bleeding, and ingested poisoning

6c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b.

8:20 Join other Patrols for Fun Game in Fellowship Hall

8:45 Troop Closing

MEETING PLAN FOR JUNE 24, 2025

7:15 Troop Opening

7:30 Patrol Meeting

Regular Patrols

Summer Camp Plans

Plan a Skit for Canoe Trip

Patrols with New Scouts Meet in Narthex

Summer Camp Plans

Plan a Skit for Summer Camp

7:45 Demonstrations

Regular Patrols (Mr. Malisow)

- Preparing for Summer Camp
- Open Meet with Counselors

Teach Second Class 6B & C (Ms. Manninen).

- 6b. Show what to do for “hurry” cases of stopped breathing, stroke, severe bleeding, and ingested poisoning
- 6c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b.

8:20 Full Troop/Crew Meeting with Mr. Hooker, Cecilia and Vyom

8:45 Troop Closing

CAMP PLAN - SUMMER CAMP JUNE 29-JULY 5, 2025

SC-5a Tell what precautions must be taken for a safe swim

SC-5b Demonstrate your ability to pass the BSA beginner test: Jump feetfirst 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

SC-5c Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects

SC-5d Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible. Explain why and how a rescue swimmer should avoid contact with the victim.

SC-10 Demonstrate Scout spirit by living the Scout Oath and Scout Law. Tell how you have done your duty to God and how you have lived four different points of the Scout Law (not to include those used for Tenderfoot requirement 9) in your everyday life.

FC-1b Explain each of the principles of Tread Lightly! and tell how you practiced them on a campout or outing. This outing must be different from the ones used for Tenderfoot requirement 1c and Second-Class requirement 1b.

FC-3a Discuss when you should and should not use lashings.

FC-3b Demonstrate tying the timber hitch and clove hitch.

FC-3c Demonstrate tying the square, shear, and diagonal lashings by joining two or more poles or staves together.

FC-3d Use lashings to make a useful camp gadget or structure.

FC-4a 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.).

FC-4b Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system while on a campout or hike. Use GPS to find your current location, a destination of your choice, and the route you will take to get there. Follow that route to arrive at your destination.

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

FC-5b Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event

FC-5c Describe at least three natural indicators of impending hazardous weather, the potential dangerous events that might result from such weather conditions, and the appropriate actions to take.

- FC-5d Describe extreme weather conditions you might encounter in the outdoors in your local geographic area. Discuss how you would determine ahead of time the potential risk of these types of weather dangers, alternative planning considerations to avoid such risks, and how you would prepare for and respond to those weather conditions.
- FC-6a Successfully complete the BSA swimmer test.
- FC-6b Tell what precautions must be taken for a safe trip afloat.
- FC-6c Identify the basic parts of a canoe, kayak, or other boat. Identify the parts of a paddle or an oar.
- FC-6d Describe proper body positioning in a watercraft, depending on the type and size of the vessel. Explain the importance of proper body position in the boat.
- FC-6e 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.)
- FC-7a Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
- FC-7b By yourself and with a partner, show how to:
- Transport a person from a smoke-filled room.
 - Transport for at least 25 yards a person with a sprained ankle.
- FC-7c Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
- FC-7d Tell what utility services exist in your home or meeting place. Describe potential hazards associated with these utilities and tell how to respond in emergency situations.
- FC-7e Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.
- FC-7f Explain how to obtain potable water in an emergency.
- FC-9a Visit and discuss with a selected individual approved by your leader (for example, an elected official, judge, attorney, civil servant, principal, or teacher) the constitutional rights and obligations of a U.S. citizen.
- FC-9c On a Scouting or family outing, take note of the trash and garbage you produce. Before your next similar outing, decide how you can reduce, recycle, or repurpose what you take on that outing, and then put those plans into action. Compare your results.

Do you need to do any Make-up Requirements or Scoutmaster Conferences

***On Boarding Summer Camp Plan is coming!
It will include day-by-day schedules for Summer Camp***



SCOUT RANK SCOUTMASTER CONFERENCE

Prerequisites:

- Have a Scout Handbook
- Have a complete uniform (proper patch placement)

What to cover in the SM Conference

- Take a minute to make the Scout feels relaxed by asking some questions on what Pack they came from, what they did in cub Scouts, do they have things they want to do in Troop 179.
- Ask if they are in a patrol with their buddies or if they are new to the group.
- Review of the Ideals of Scouting:
 - Understand the Oath, Law, Motto, and the Slogan.
 - Understand the Scout Sign, Salute, Handshake
 - Describe the First-Class Scout badge
 - Understand the Outdoor Code.
 - Understand the Pledge of Allegiance
- Ask if they know their patrol name, do they have a Flag or a Yell
- Ask if they know the name of their Troop Guide.
- Ask if they know who the Assistant Senior Patrol Leader is. Also explain that they're the person they should go to if their guide isn't around, and they need help.
- Explain that they can get help from any Scoutmaster. Give examples of help they can get from youth leaders and help they should always go to a Scoutmaster for.
- Ask them if they are ready to go on the upcoming Scouting events. Encourage them to do so, so that they will advance in rank faster.
- Tell them to read their Scout Handbook and how it is a resource of everything they will learn in Scouting.
- Ask them to set a goal to complete the Tenderfoot.
- Ask them if they have any questions about the troop, or their patrol.
- Sign and date their book on the page that lists the Scout requirements.
- Give them a Scout handshake. Tell them that you are looking forward to being one of the Scoutmasters for their program.
- Ask them if they know Ms. Dawn. Tell them to take their Scout Handbook over to her and not to leave until Ms. Dawn sees their book.

TENDERFOOT SCOUTMASTER CONFERENCE

Prerequisites:

- Should have a Scout handbook with all Tenderfoot requirements signed off.
- Have a complete uniform.

Note: It is OK to give a Scoutmaster Conference if the Scout is working on one last requirement.

What to cover in the SM Conference:

The focus on the Tenderfoot Scoutmaster conference is to assess the concept of the patrol as the working unit of the troop, participation in troop activities, the need to read the Scout Handbook, and to keep records of their progress towards rank.

- Take a minute to make the Scout feel relaxed by asking some questions on how things are going in their patrol, and what things they enjoyed on the campouts they attended.
- Ask them about their patrol flag, and if they know or use their patrol yell.
- Ask them specifically if their patrol uses a duty roster, and what duties they have performed on the recent campouts
- Ask if they have participated in planning or buying food for any meals as a patrol.
- Ask the Scouts if they have had a chance to be a patrol leader, Assistant Patrol Leader or Quartermaster.
- Ask them how specific events like putting up their dining fly went, and what things could make that event go better.
- Ask them specifically if they have functioned as a cook for the patrol, and if so, what meal did they prepare.
- Ask them if they know why the buddy system is important, and if they and a buddy are going somewhere, who should they tell.
- Ask them what Scout skill(s) they have learned that will help them in the future.
- Ask them to repeat the Scout oath and law. Help them through if they have problems.
- Ask what they think the Scout Oath and Law means to them.
- Explain a little about what a Board of Review is, who conducts the review, and that they need to see Ms. Dawn with their Scout Handbook to sign up for the review.
- Ask them if they will be attending summer camp; tell them we will be focusing on the Second-class rank requirements, and some First-class rank requirements.
- Tell them again that they are using the book to record their progress.
- Discuss the second-class requirement to participate in 5 activities.
- Ask them if they have any questions about the troop, or the patrol.
- Ask them to set a goal to complete Second-class.
- Sign and date their book on the page that lists the Tenderfoot requirements.
- Give them a Scout handshake.
- Ask them if they know Ms. Dawn. Tell them to take their Scout Handbook over to her and not to leave until Ms. Dawn sees their book.

SECOND CLASS SCOUTMASTER CONFERENCE

Prerequisites:

- Should have a Scout handbook with Second Class requirements signed off.
- Have a complete uniform.

Note: It is OK to give a SM conference if the Scout is working on one last requirement.

What to cover in the SM Conference:

The focus of the Second-Class Scoutmaster conference is to help the Scout understand that by working toward First Class rank, they will need to hone their basic Scouting skills (knots, cooking, map & compass, etc). Re-emphasize the concept of the patrol as the working unit of the troop, participation in troop activities, the need to read the Scout book, and to keep records of their progress towards rank.

- Take a minute to make the Scout feel relaxed by asking some questions on how things are going in their patrol, and what things they enjoyed doing on the campouts they attended.
- Ask them specifically if their patrol uses a duty roster, and what duties they have performed on the recent campouts
- Ask the Scout if they have had a chance to be in a patrol leadership position (PL, APL, Q/M). If they have not yet had a patrol leadership role, explain that they will have future opportunities for these positions. Ask them what role they might be interested in.
- Review the requirements for First Class in their books and reinforce that by attending the campouts and troop meetings, they will complete these requirements and improve their Scout skills.
- Reinforce that they are to use the Scout book to record their progress.
- Ask them to set a goal to complete First-Class.
- Discuss the first-class requirement to participate in 10 activities. Make sure they understand what counts as a troop activity (including Eagle projects or Eagle court of honor)
- Ask them if they have any questions about the troop, patrol, or the program.
- Sign their book and give them a Scout handshake.
- Send them directly to Ms. Dawn to sign up for their Board of Review.

FIRST CLASS SCOUTMASTER CONFERENCE

Prerequisites:

- Should have a Scout handbook with all First-Class requirements signed off.
- Have a complete uniform.

Note: It is OK to give an SM conference if the Scout is working on one last requirement or GAS

What to cover in the SM Conference:

The focus of the First-Class Scoutmaster conference is to help the Scout understand the transition from a guide program to the traditional program format. The guide program was more structured and focused on basic Scout skills. The Traditional program will include work on merit badges and showing they can perform as Scouts without the help of a guide or instructors.

- Take a minute to make the Scout feel relaxed by asking some questions on how things are going in their patrol, and what things they enjoyed doing on the campouts they attended.
- Ask the boys if they have had a chance to be in a patrol leadership position (PL, APL, Q/M). If they have not yet had a patrol leadership role, explain that they will have future opportunities for these positions. Ask them what role they might be interested in.
- Review the requirements for Star Rank in their books, and discuss how merit badges, leadership, and service time are now required to advance in the troop.
- Outline the process of starting a merit badge (get a form from Ms. Dawn and find out who can teach the merit badge, etc)
- Discuss the importance of earning the Eagle required merit badges.
- Suggest to them to concentrate on the following Eagle merit badges first. Family Life, First Aid, Swimming, and cooking. These merit badges are good first merit badges.
- Tell them the importance of attending summer camp to earn merit badges.
- Recommend that First Aid, Swimming, Environmental Science, or Camping are all good choices at their second Summer Camp.
- Tell them they can take other merit badges that are interesting to them but try to earn at least two Eagle required ones if they can at summer camp.
- Ask them if they have any questions about the troop, the patrol, or the program.
- Sign their book.
- Give them a Scout handshake.
- Send them directly to Ms. Dawn to sign up for their Board of Review.

REQUIREMENT SCHEDULE

Date	Type	Requirements	Notes
2/25/2025	Meeting	Scout 4a,b	Knots
3/4/2025	Meeting	Scout 1 & 2	Oath, Law, leadership, advancement, etc.
3/11/258	Meeting	Scout 3&5	Elections and patrol formation, camping demo
3/14/2025	Campout	Tenderfoot 1a & 1c, 2, 5, 7a, 4b, SM conf.	This is mostly quick stuff, or things we do on every campout
3/25/2025	Meeting	Tenderfoot 6a & b	Fitness test and plan
4/1/2025	Meeting	Tenderfoot 4a & c	First Aid, and instruct on First Aid kit
4/5/2025	Boot Camp	TF 3a-d, SC 2e, 3b & 4	5 Mile Hike and evidence of animals, tie knots for tents, meals, campsite selection, Trash from campout, Totin Chit
4/8/2025	Meeting	Tenderfoot 4d & 8 Sq. Knot Edge	Review First Aid Kits and
4/15/2025	Meeting	Tenderfoot and Scout Makeup/Conferences	
4/22/2025	Meeting	Campout Meal Planning/SM. Conf./ Tent Demo?	
4/25/2025	Campout	TF 1B	Stay in a tent
5/6/2025	Meeting	SC 2F and 2G	Bowline and Sheet bend
5/13/2025	Meeting	SC 3a,c,d	Navigation and maps, Campout Prep
5/16/2025	Campout	SC 1c, SC 2a-e, FC 9C	Makeups/wrap-ups, Fireman chit
5/20/2025	Meeting	FC2a, b, c, d.	Leave no Trace, Program on drugs/alcohol
5/27/2025	CoH		Court of Honor and prep for campout
6/3/2025	Meeting	SC 9a&b	Personal Safety
6/6/2025	Campout	FC 6b,c,& d / Makeups and Conferences	
6/10/2025	Meeting	SC 6a	First Aid
6/17/2025	Meeting	SC 6b&c	First Aid
6/24/2025	Meeting	SC 6d&e	First Aid
Summer Camp		SC 5, 10, FC 1b,3,4,5,6,7,9a & c	

CAMPING SKILLS SCHEDULE

Camp	Requirements	Description
Clash Royale Camp D-bar-A Scout Ranch Cabins / March 14 - 16	Tenderfoot 1a & 1c, 2, 5, 7a, 4b, SM conf.	SM Conference (Scout) Go over what gear they packed What will we do to Leave no Trace Cook / Eat / Clean a Meal Camp Safety / Poisonous Plants Buddy System / getting lost / Safe Hiking
Boot Camp Maybury State Park Day Event / April 5	TF 3a-d, SC 2e, 3b & 4	Learn to Pitch, change guy lines, clean & store a tent. Complete Totin' Chip. Cook your own Trail Lunch. Map & Compass Orienteering. 5 Mile Hike and evidence of animals.
Wright Paatterson Camp Dayton In Tents / April 25 - 27	Tenderfoot 1b	Camp overnight in a tent you pitched.
Range & Target Camp D-bar-A Scout Ranch In Tents / May 16 - 18	SC 1c, SC 2a-e, FC 9C	Patrols choose where to put their Camp Site with explanation of why they choose their spot, 1/2 Cook Breakfast & 1/2 Cook Lunch. Complete Firem'n Chit. Demonstrate Lighting a Camp Stove. Take note of Trash, make plan to reduce.
Family Canoe Camp Cloe Canoe Base In Tents / June 6 - 8	FC 6b, c, & d / Makeups and Conferences	Safety Afloat / How to fit your Life Jacket. Parts of a Canoe & Paddle. Show proper body position in canoe.
Summer Camp Cole Canoe Base In Tents / June 29 - July 5	SC 5, 10, FC 1b,3,4,5,6,7,9a & c	Safe Swim Defense Plan. Swim Testing & Instruction. Water Rescuing Techniques. Explain Impacts of Camping (OC/LNT). Understand Lashing / Make a Gadget. Orienteering / Measuring & GPS Use. Identify Plants. Understand Weather Hazards & Impacts. First Class First Aid & Emergency Prep. Constitutional Rights & Obligations. Show how to reduce Trash.

BSA Tenderfoot Rank Fitness Log

Req. 6a

Record your best in the following tests. Retest after practicing for 30 days.

	Date	Push-Ups (number)	Sit-Ups (number)	Back-saver sit- and-reach	1 Mile Run/Walk (time)
Initial Test					
Final Test (30 Days Later)					

Req. 6b: Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a.

Example Fitness Plan:

Monday, Wednesday & Friday, I will do 5 sets of pushups & situps. Each set will be 15 pushups/situps. If I can't do 15 pushups, I will do them on my knees until I'm strong enough to do 15 in a set.

Thursday & Saturday will be my run day. Thursday I will run 1 mile (and time myself). Saturday I will run 1.5 miles.

I will stretch for a minimum of 5 minutes at least 5 days a week.

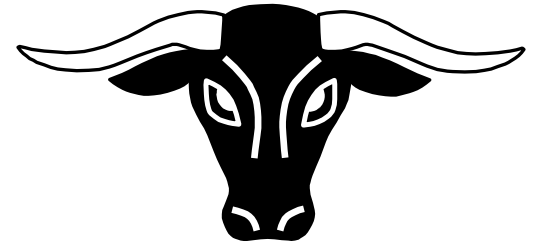
Tuesday & Sunday will be my rest days.

I will allow myself to substitute a sport or other physical activity for up to 2 days per week, but no more.

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TROOP 179

PATROL GRUBMASTER WORKSHEET



Menu Maker

Snack	
<input type="checkbox"/> Junk Food	
Breakfast	
<input type="checkbox"/> Fruit or Juice	
<input type="checkbox"/> Bread	
<input type="checkbox"/> Meat	
<input type="checkbox"/> Milk	
<input type="checkbox"/> Cereal	
Lunch	
<input type="checkbox"/> Bread	
<input type="checkbox"/> Meat	
<input type="checkbox"/> Fruit	
<input type="checkbox"/> Junk	
<input type="checkbox"/> Beverage	

Dinner	
<input type="checkbox"/> Bread	
<input type="checkbox"/> Vegetable	
<input type="checkbox"/> Fruit	
<input type="checkbox"/> Meat	
<input type="checkbox"/> Dairy	
<input type="checkbox"/> Desert	
<input type="checkbox"/> Beverage	
Snack	
<input type="checkbox"/> Junk Food	
Breakfast	
<input type="checkbox"/> B'fast Bars	
<input type="checkbox"/> Cereal	
<input type="checkbox"/> Orange Juice	

Single Serving Size

Fruits & Veggies		
Carrots, fresh	1 or 2 each	
Corn, fresh	1 or 2 ears each	
Fruit, can	6 ounces each	
Juice	8 ounces each	
Lettuce for salad	$\frac{1}{4}$ head each	
Onions, fresh	$\frac{1}{2}$ small each	
Oranges & Apples	1 each	
Potatoes, fresh	1 or 2 medium each	
Soup, can	$\frac{1}{2}$ can each	
String Beans, fresh	$\frac{1}{2}$ cup each	
Tomato for salad	$\frac{1}{4}$ each	
Vegetables, canned	1/3 can each	

Dairy		
Cheese	2 ounces	
Cocoa Mix	1 packet each	
Eggs	2 to 3 each	
Milk	12 ounces each	

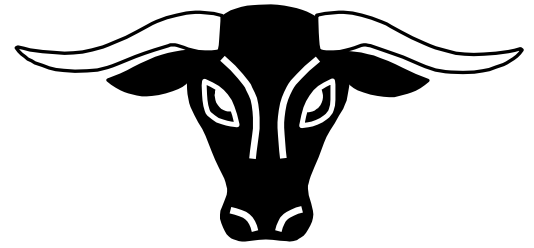
Breads, Rice & Pastas		
Biscuit Mix, dry	$\frac{1}{2}$ cup each	
Bread	2 to 4 slices each	
Cakes	2 ounces each	

Breads, Rice & Pastas		
Cereal	2 ounces each	
Cookies	2 to 4 ounces each	
Instant Rice, dry	1 $\frac{1}{2}$ ounces each	
Noodles, dry	4 ounces each	
Pancake Mix, dry	4 ounces each	
Pudding Mix	1 $\frac{1}{2}$ ounces each	
Rice, dry	$\frac{1}{2}$ cup each	
Spaghetti, dry	4 ounces each	
Tortilla	2 each	

Meats		
Bacon	3 ounces each	
Breakfast Sausage	3 ounces each	
Chicken, fresh	12 ounces each	
Chops	8 ounces each	
Ham, cooked	4 ounces each	
Hamburger	4 ounces each	
Hot Dogs	2 each	
Lunch Meat	3 ounces each	
Steak	8 to 10 ounces each	
Stew Meat	6 ounces each	
Tuna Fish, canned	4 ounces each	

TROOP 179

PATROL GRUBMASTER WORKSHEET



Buying List

Fruits & Veggies	Meat Counter	Dairy	Condiments	Baking
<i>Apples</i>	<i>Breakfast Sausage</i>	<i>Butter</i>	<i>Peanut Butter</i>	<i>Oil</i>
		<i>Milk</i>	<i>Jelly</i>	<i>Brown Sugar</i>
		<i>Eggs</i>		
		<i>Apple Juice</i>		
		<i>Orange Juice</i>		
		<i>Biscuits</i>		
		<i>Cheese Slices</i>		

Drinks & Snacks	Breads	Cereal	Paper & Clean	Can Foods
<i>Cookies</i>	<i>White Bread</i>	<i>Breakfast Bars</i>		
<i>Candy Bars</i>	<i>Doughnuts</i>	<i>Cold Cereal</i>		
<i>Chips</i>				
<i>Bottled Water</i>				
<i>Pop</i>				

These items are generally purchased every campout

Home Based Advancement

As part of the new Scout program our goal is to get your Scout to 1st Class within one year. There are certain requirements that parents are often unaware of that must happen or be coordinated by the Scout on their own time.

Scout Rank

Protect Yourself Requirement 6: With your parent or guardian, complete the exercises in the pamphlet How to Protect Your Children from Child Abuse: A Parent's Guide and view the Personal Safety Awareness videos (with your parent or guardian's permission). This is like the AOL Bobcat Requirement but with the addition of Videos to watch together at <https://www.scouting.org/training/youth/scouts-bsa/>. Please try to have this completed quickly.

Tenderfoot

First Aid Kit: Scouts should build themselves a personal First Aid kit that is easy to carry and pack. The Scout Handbook has a number of suggested items that you may need to purchase on page 108. This level of kit is a little more extensive than the first aid kits made in Cub Scouts.

Fitness Tracking: Scouts need to track exercise over 30 days following a plan they develop after we do fitness testing. We will retest them after 30 days and they need to show improvement on their test. I will be sending out log sheets when we start this. The log sheet is not required, but very helpful as a method to help the Scouts keep track of what they have done and to help us to have a meaningful conversation with the Scouts about it. They will probably need help/reminders with keeping the log updated and completing their fitness plan, as it is hard to start new habits and routines.

Service Hours: Scouts need 1 hour of LEADER APPROVED service hours for Tenderfoot. Please keep an eye on emails from the troop with service opportunities.

They will be on a very good track if they can complete 3 hours of service before Summer Camp to cover Tenderfoot and Second-Class Requirements.

Second Class

Activities: Scouts must participate in 5 Troop activities to earn 2nd Class. Two of these must be campouts. Meetings do not count. These are essentially campouts, but may also include parades, Eagle Scout Courts of Honor, and other non-meeting events.

We suggest completing at least 5 by summer camp.

Swimming: Scouts must pass the Beginner or Swimmer swim test administered by Scout trained personnel. This can happen at summer camp, but we encourage Scouts to attend our Swim test days prior to summer camp (keep an eye out in the weekly newsletter for times and dates. We find it is usually easier for the Scouts to pass in a pool than in the lake at Summer Camp.

Fitness: Scouts must complete an additional four weeks of exercise. For this requirement they must complete 30 minutes of physical activity a day, 5 days a week. Sports practices and games certainly count! So does gym class, recess, playing outdoors, etc. Again, it is helpful to have a log to help facilitate the Scout's discussion with a leader, but the log is likely something parents would need to help with or remind the Scouts to actually fill out.

Money Management: There is a requirement where the Scout has to earn money and save to buy an item, then do some price comparison shopping. Most Scouts complete this by doing chores at home. A decent target for this might be around a \$30 item and needing to do work over 3 or 4 weeks to earn that, but that is just a guideline you can feel free to modify to fit for your family.

This would ideally be completed before summer camp.

Service: Scouts need 2 hours of LEADER APPROVED service hours for Second Class. Please keep an eye on emails from the troop with service opportunities.

They will be on a very good track if they can complete 3 hours of service before Summer Camp to cover Tenderfoot and Second-Class Requirements.

First Class:

Activities: Scouts must participate in an additional 5 Troop activities, beyond the 5 for 2nd Class, to earn 1st Class. Three of these must be campouts, and 6 must be outdoors. Meetings do not count. These are essentially campouts, but may also include parades, Eagle Scout Courts of Honor, and other non-meeting events.

We suggest completing at least 5 by summer camp.

Swimming: Scouts must pass the Swimmer swim test administered by Scout trained personnel. This can happen at summer camp, but we encourage Scouts to attend our Swim test days prior to summer camp (keep an eye out in the weekly newsletter for times and dates. We find it is usually easier for the Scouts to pass in a pool than in the lake at Summer Camp.

Fitness: Scouts must complete an additional four weeks of exercise. For this requirement they must complete 30 minutes of physical activity a day, 5 days a week. Sports practices and games certainly count! So does gym class, recess, etc. Again, it is helpful to have a log to help facilitate the Scout's discussion with a leader, but the log is likely something parents would need to help with or remind the Scouts to actually fill out.

Invite a Friend: Scouts must invite a friend who is eligible to join Scouts to an outing, activity, service project, or meeting.

Scouting is more fun with friends so I suggest inviting someone early to find out if they are interested, but this requirement can be fulfilled at any time.

Service: Scouts need 3 hours of LEADER APPROVED service hours for First Class. This project must be separate from the one(s) done for Tenderfoot and Second Class. Please keep an eye on emails from the troop with service opportunities.

They will be on a very good track if they can complete 3 hours of service before Summer Camp to cover Tenderfoot and Second-Class Requirements. We will complete a service project at summer camp that will cover the 1st Class requirement OR the combined Tenderfoot and Second-Class requirements.