

Self-Directed Outdoor Leaders Skills

Congratulations on choosing to participate in the Self-Directed “Outdoor Leader Skills” training program.

You will be asked to demonstrate knowledge and applied skill in each of the areas specified in the “Outdoor Leader Skills” course guide. This may include cooking a meal (or a portion of a meal), setting up a tent, knot tying, first aid, lashings, plant and animal identification.

You will need to bring a copy of your registration form and receipt of payment (\$5.00) with you to the testing area.

If you have all or some the needed skills, then you can spend your time practicing the ones that you need. For most Scouters, a review is often helpful.

A list of the scoutcraft skills that you will need to know and practice in order to complete the requirements are listed in the learning objectives (attached). The list includes the approximate time required for testing in each of the three sections.

Self-Directed Outdoor Leader Skills Course

This course is required to be counted as a “Trained” Scoutmaster, Assistant Scoutmaster, Varsity Coach or Assistant Coach. The course is also ideal for Venturing leaders as it focuses on skills that build confidence and competence in leaders conducting outdoor camping experiences.

Your \$5.00 fee includes all materials.

Register using this form or via the www.neic.org Training Calendar (if listed).

Name: _____

Troop/Team/Crew: _____ District/Town: _____

Scouting Position: _____ Email: _____

Address: _____

(H) Phone: _____ (W) Phone: _____

Return this registration form AND \$5.00 Fee

Northeast Illinois Council
2745 Skokie Valley Road
Highland Park, IL 60035-1091

ACCT# 1-6801-946-20

Self-Directed Introduction to Outdoor Leader Skills

Study Guide

All page listings are from:

The Boy Scout Handbook
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The Boy Scout Handbook
BSA # 34554, 12th ed.
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Tents, Ropes, Knots, Lashing, & Hiking (50 Min)

1. Describe how to select a camp site, and the tent that you used on a troop campout, and how you set it up. **(page 232) (page 302)**
2. Demonstrate how to whip and fuse the ends of a rope. **(page 34) (page 380-381)**
3. Demonstrate that you know how to tie the following knots/hitches and tell what their uses are: two half hitches, square knot and the taut-line hitch. **(page 36-37) (page 384-385)**
4. Discuss when you should and should not use lashings. **(page 137) (page 392-393)**
5. 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. **(page 138-143) (page 386-398)**
6. Describe how you used lashings to make a useful camp gadget. What did you build? **(page 144-45) (page 392-401)**
7. Demonstrate tying the bowline knot and describe several ways it can be used. **(page 148-49) (page 388-389)**
8. Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used. **(page 77-85) (page 402-209)**
9. Demonstrate/Discuss how the knife saw, and ax are used to prepare tinder, kindling, and fuel for a cooking fire. **(page 249-51) (page 410-411)**
10. Explain the seven principles of Leave No Trace and what it takes to be a responsible user of the outdoors. Tell how Leave No Trace is everyone's responsibility. (Although this is not a rank requirement, all Scouts and Scouters should know and practice the principles of Leave No Trace.) **(page 244-45) (page 206, 247-256)**
11. What is the importance of a patrol saying grace at meals? **(page 9) (page 325-342)**
12. Identify/List local poisonous plants; tell how to treat for exposure to them. **(page 59) (page 138-139)**
13. Identify/List at least 10 kinds of native plants found in your community. **(page 131-36) (page 212-215)**
14. Identify/List at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community. **(page 89-95) (page 221-231)**
15. As a leader, describe what you expect to see in a properly dressed Scout before going on an overnight camping trip. Discuss the camping gear he will use. **(page 224-31) (page 292-298)**

16. 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. **(page 38-41) (page 279-283)**
17. Explain why we use the buddy system in Scouting. **(page 57) (page 39, 62)**
18. Using the **EDGE** method, teach another person how to tie the squar knot. **(page 53)**
19. Demonstrate how to display, raise, lower, and fold the American flag. **(page 74-75) (page 42, 44)**

Fire, Woods Tools, Map, & Compass (50 Min)

20. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both. **(page 248-49, 252-55) (page 248-249, 252-255)**
21. Demonstrate how to light a fire and a lightweight stove. **(page 249-55) (page 410-415)**
22. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean. **(page 67-72) (page 354-364)**
23. Using a compass:
 - a. Determine the bearing of a location (given by the instructor) **(page 74) (page 346-351)**
 - b. Measure the height of an object (given by the instructor) **(page 122-123) (page 372-374)**
 - c. Measure a distance, point A to point B, (given by the instructor) **(page 121-122) (page 372-374)**
24. Demonstrate how to find directions during the day and at night without using a compass. **(page 114-117) (page 368-371)**

Health, Sanitation, & First Aid (50 Min)

25. Describe how, on a campout, you assist in preparing and cooking one of the troop'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. **(page 265-281) (page 327-339)**
26. Describe how, on a campout, to plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from each group in the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected. **(page 257-263, 265-268) (page 102, 316, 320-329)**
27. Describe how to plan a patrol menu for one campout — including one breakfast, lunch, and dinner — that requires cooking. Tell how the menu includes foods from each group in the food pyramid and meets nutritional needs. **(page 257-62, 265-80) (page 102, 316-320)**
28. Using the menu planned above, make a list showing the cost and food amounts needed to feed three or more boys and where to secure the ingredients. **(page 260) (page 321-323)**
29. Tell which pans, utensils, and other gear will be needed to cook and serve these meals. **(page 264) (page 324)**
30. 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. **(page 258, 263, 281) (page 328-329)**
31. Demonstrate the Heimlich maneuver and tell when it is used. **(page 296-27) (page 134-135)**

32. Show first aid for the following:
 - a. Simple cuts and scratches **(page 304) (page 136)**
 - b. Blisters on the hand and foot **(page 308) (page 137)**
 - c. Minor burns or scalds (first-degree) **(page 306) (page 148)**
 - d. Bites or stings of insects and ticks **(page 310) (page 142-143)**
 - e. Poisonous snakebite **(page 312-313) (page 141-142)**
 - f. Nosebleed **(page 306) (page 138)**
 - g. Frostbite and sunburn **(page 307, 324) (page 150-152)**
33. Show what to do for "hurry cases" of stopped breathing serious bleeding, and internal poisoning. **(page 293-95, 299-302) (page 162-170)**
34. Describe a personal first-aid kit to take with you on a hike. **(page 289) (page 127)**
35. Describe/Demonstrate first aid for the following:
 - a. Object in the eye **(page 314) (page 145)**
 - b. Bite of a suspected rabid animal **(page 312) (page 140)**
 - c. Puncture wounds from a splinter, nail, and fishhook **(page 305) (page 145-146)**
 - d. Serious burns (second-degree) **(page 306) (page 148-149)**
 - e. Heat exhaustion **(page 319) (page 150)**
 - f. Shock **(page 303) (page 170-171)**
 - g. Heatstroke, dehydration, hypothermia and hyperventilation **(page 314, 320-23) (page 147-152)**
36. Using a triangular bandages, demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm and the collarbone. **(page 309, 316-17) (page 155-161)**
37. Show how to transport by yourself, and with one other person, a person:
 - a. From a smoke-filled room **(page 326) (page 172)**
 - b. With a sprained ankle, for at least 25 yards **(page 326-327) (page 154-175)**
38. Tell the five most common signs of a heart attack.
Explain the steps (procedures) in cardiopulmonary resuscitation (CPR). **(page 298) (page 164-166)**
39. Describe the right way to pack and carry a back pack. **(page 224-231) (page 297-299)**
40. 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. **(page 258, 263, 281) (page 328-329)**

Introduction to Outdoor Leader Skills

Personal Record

Name _____ District _____

Troop/Team/Crew: No. _____ ~~Scouting Position: _____~~

Course date _____ Location _____

THE AMERICAN FLAG

_____ Raise, fold, display

TENTS AND SHELTER

_____ Pitching a tent

_____ Location

ROPES AND LASHING

_____ Whip and fuse ends

_____ Taut-line hitch

_____ Clove hitch

_____ Bowline

_____ Two half hitches

_____ Timber hitch

_____ Square lashing

_____ Diagonal lashing

_____ Shear lashing

WOODS TOOLS

_____ Knife

_____ Ax — carry/use

_____ Camp saw

_____ Sharpening tools

CAMP FIRES

_____ Tinder

_____ Fire fuel

_____ Kindling

_____ Extinguishing

COOKING

_____ Menu planning

_____ Clean-up

_____ Backpack stove

ADDITIONAL SKILLS

_____ Map reading

_____ Measuring

_____ Compass reading

_____ Orienteering

_____ Camp and pack basics

_____ Plant identification

_____ Hiking basics

_____ Animal identification

_____ Leave No Trace camping

TENDERFOOT FIRST AID

- _____ Cuts and scratches
- _____ Minor burns and scalds
- _____ Identify poisonous plants
- _____ Nosebleed
- _____ Frostbite and sunburn

- _____ Hand and foot blisters
- _____ Bites and stings of insects
- _____ Venomous snakebites
- _____ Heimlich maneuver

SECOND CLASS FIRST AID

- _____ Serious bleeding
- _____ Object in the eye
- _____ Puncture wounds
- _____ Heat exhaustion
- _____ Heatstroke
- _____ Hypothermia

- _____ Internal poisoning
- _____ Rabid animal bite
- _____ Serious burns
- _____ Shock
- _____ Dehydration
- _____ Hyperventilation

FIRST CLASS FIRST AID

Bandages

- _____ Head injury
- _____ Collarbone
- _____ Upper arm
- _____ Sprained ankle
- _____ Explain basic CPR
- _____ Five signs of heart attack

Transport

- _____ Smoke-filled room
- _____ Sprained ankle—25 yards

TRAINING COURSE CHAIR

COUNCIL TRAINING CHAIR

COURSE DATE

COURSE LOCATION