

# Eagle Challenge 2010

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## Overview

Eagle Challenge instructs scouts in basic scouting skills in order to complete requirements for tenderfoot, Second Class and First Class ranks. Eagle Challenge is four days long and occupies one hour and a half session if taken in block format. Eagle Challenge is offered B, C or D block or during free time as scheduled by a troop's scoutmaster. Skills taught include orienteering, first aid, knot tying, nature and several other outdoor skills. In the past we have had difficulties with session sizes with 20 or 30 scouts being signed up for a session intended for 15. With too many scouts in a session many adult leaders felt that their scouts were not getting the individual attention they needed to learn well. In order to improve the scouts experience with Eagle Challenge we are making some major changes this year.

## Changes

There are two primary changes that we are establishing this year. First, we will be offering Eagle Challenge during B block in addition to C and D block. Second, the Eagle Challenge block sessions will now be taught by rank. This means that all of the tenderfoot requirements will be taught on the first day of Eagle Challenge; Second Class requirements will be instructed on the second day and First Class requirements will be instructed on the third and fourth day. This allows for 'tiers' of Eagle Challenge instruction. Tenderfoot scouts will not be required to attend until the second day when the Second Class requirements are being taught. Second Class scouts will not be required to attend until the third day when First Class requirements are being taught. Tenderfoot scouts would be in Eagle Challenge for all four days because they need to complete tenderfoot, Second Class, and First Class requirements. This will allow for more personalized sessions with the younger scouts to help them grasp the basics of scouting.

## Block Scheduling Layout\*

\*All requirements listed are taken from the 2010 Boy Scouts of America rank requirements

### Day 1

**Only scout rank scouts will be required to attend today**

**Hustle and Bustle will build the lashing with knots of stuff and parts**

**Knots and Lashings:** Tenderfoot- 4a, 4b, 4c

**First Aid:** Tenderfoot- 12a, 12b

**Orienteering:** Tenderfoot- 5

## Day 2

**Tenderfoot and scout rank scouts will be required to attend today**

**Nature:** Second Class- 6, 2, tenderfoot- 11

**First Aid:** Second Class- 7a, 7c

## Day 3

**All Eagle Challenge participants will be required to attend today**

**First Aid:** First Class- 8b, 8c, 8d

**Knots and Lashings:** First Class- 7a, 8a

## Day 4

**All Eagle Challenge participants will be required to attend today**

**Nature:** First Class- 6

**Orienteering:** First Class- 1, 2, Second Class- 1a

## Requirement Changes

In addition to the scheduling changes, we will also be teaching some new requirements that we did not offer last year. The added requirements are as follows:

Tenderfoot Requirement 4c - Using the EDGE method teach another person how to tie the square knot.

Second Class Requirement 6c - Discuss the principles of "Leave No Trace".

## Free Time Based Sessions

Many scouts only need a few requirements to advance to their next rank. So these scouts do not have to participate in an entire eagle challenge session, we offer free time based sessions. Free time based sessions can be scheduled by the scoutmaster during the cracker barrel, and are offered in the afternoon (4:30 – 5:15 pm Monday, Tuesday, Thursday, and Friday) and evening (7:00 – 8:00 pm Monday, Tuesday, and Thursday). Leaders and older scouts in the troop are encouraged to help out with these free time sessions, scouts learn best from those they know well! All of the requirements listed are taken from the 2010 Boy Scouts of America rank requirements.

## Requirements Offered

### **Tenderfoot**

4a, 4b, 4c, 5, 6, 7, 8, 9, 10a / 10b, 11, 12a, 12b

### **Second Class**

1a, 1b, 2, 3c, 3d, 5, 7a, 7b, 7c, 8a, 8b, 8c

### **First Class**

1, 2, 6, 7a, 7b, 8a, 8b, 8c, 8d, 9a, 9b, 9c, 11

# Free Time Session Application Form

Troop Number: \_\_\_\_\_

Number of Scouts: \_\_\_\_\_

Day Requested: \_\_\_\_\_

Time Requested: \_\_\_\_\_

Requirements Requested: \_\_\_\_\_

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Are you going to be sending adult leaders or scout helpers? \_\_\_\_\_

If so, how many:

Adults: \_\_\_\_\_

Scouts: \_\_\_\_\_





## Tenderfoot Rank Requirements

*NOTE: This is a complete list of requirements a tenderfoot needs to advance to Tenderfoot for reference. Not all of the requirements listed here are offered in Eagle Challenge.*

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.
  1. Demonstrate how to whip and fuse the ends of a rope.
  2. Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.
  3. 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.
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.
  1. Record your best in the following tests:
    - Push-ups
    - Pull-ups

- Sit-ups
  - Standing long jump
  - 1/4 mile walk/run
2. 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.
  12.
    1. Demonstrate how to care for someone who is choking.
    2. 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



## Second Class Rank Requirements

*NOTE: This is a complete list of requirements a tenderfoot needs to advance to Second Class for reference. Not all of the requirements listed here are offered in Eagle Challenge.*

1.
  1. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.
  2. 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"
3.
  1. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.
  2. On one of these campouts, select your patrol site and sleep in a tent that you pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.
  3. Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.
  4. Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire.
  5. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both..
  6. In an approved place and at an approved time, demonstrate how to build a fire and set up a lightweight stove. Note: Lighting the fire is not required.
  7. 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.
4. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States.
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.
7.
  1. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and ingested poisoning.
  2. Prepare a personal first aid kit to take with you on a hike.
  3. 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 (partial thickness, or second degree)
    - Heat exhaustion
    - Shock
    - Heatstroke, dehydration, hypothermia, and hyperventilation
8.
  1. Tell what precautions must be taken for a safe swim.
  2. 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.
  3. 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.
9.
  1. 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, and explain the dangers of substance addictions.
  2. Explain the three R's of personal safety and protection.
10. Earn an amount of money agreed upon by you and your parent, then save at least 50 percent of that money.
11. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from those used for Tenderfoot requirement 13) of how you have lived the points of the Scout Law in your daily life.
12. Participate in a Scoutmaster conference.
13. Complete your board of review.

\* If you use a wheelchair or crutches, or if it is difficult for you to get around, you may substitute "trip" for "hike" in requirement 1b.



## First Class Rank Requirements

*NOTE: This is a complete list of requirements a tenderfoot needs to advance to First Class for reference. Not all of the requirements listed here are offered in Eagle Challenge.*

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.)
3. Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of Leave No Trace on these outings.
4.
  1. Help plan a patrol menu for one campout 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 the food pyramid and meets nutritional needs.
  2. 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.
  3. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.
  4. 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.
  5. 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.
7.
  1. 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.
  2. Use lashing to make a useful camp gadget.
8.
  1. Demonstrate tying the bowline knot and describe several ways it can be used.
  2. Demonstrate bandages for a sprained ankle. and for injuries on the head, the upper arm, and the collarbone.
  3. Show how to transport by yourself, and with one other person, a person:
    - from a smoke-filled room
    - with a sprained ankle, for at least 25 yards.
  4. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
9.
  1. Tell what precautions must be taken for a safe trip afloat.
  2. Successfully complete the BSA swimmer test.
  3. With a helper and a practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)
10. Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active.
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.
12. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from those used for Tenderfoot requirement 13 and Second Class requirement 11) of how you have lived the points of the Scout Law in your daily life.
13. Participate in a Scoutmaster conference.
14. Complete your board of review.