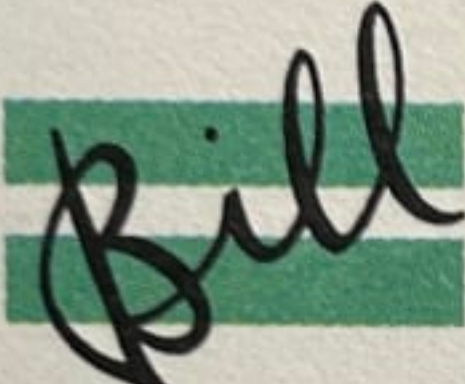


# THE OFFICIAL BOY SCOUT HANDBOOK



Norman  
Rockwell

# OFFICIAL BOY SCOUT HANDBOOK

By William  Hillcourt

in association with the  
BOY SCOUTS OF AMERICA



Photo by Carson Buck

Ninth Edition • First Printing  
600,000 February 1979  
Total Printing Since 1910—29,060,000

William "Green Bar Bill" Hillcourt  
Author, Naturalist, World Scouter

# My Trail to EAGLE



## BOY SCOUT

|                                                                           | Handbook<br>Pages | Date/Leader's<br>Initials |
|---------------------------------------------------------------------------|-------------------|---------------------------|
| 1. Complete fifth grade and be at least 10½ years old.                    | 10                | _____                     |
| OR                                                                        |                   |                           |
| Be 11 years old or older, but not 18 years old.                           | 10                | _____                     |
| 2. Understand and intend to live by the Scout Oath or Promise.            | 27-29             | _____                     |
| Scout Law                                                                 | 30-41             | _____                     |
| Scout motto                                                               | 42-43             | _____                     |
| Scout slogan                                                              | 44-45             | _____                     |
| 3. Know the Scout sign, Scout salute, and handclasp and when to use them. | 46-47             | _____                     |
| 4. Understand the significance of the Scout badge.                        | 48-49             | _____                     |
| 5. Take part in a personal growth agreement conference.                   | 459-60            | _____                     |

Became a Boy Scout on \_\_\_\_\_ 19 \_\_\_\_\_



## TENDERFOOT

|                                                                                                                                                                                                                 | Handbook<br>Pages      | Date/Leader's<br>Initials                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|----------------------------------------------------------------------------------|
| 1. Be active in your troop and patrol for at least 2 months.                                                                                                                                                    | 12-23<br>455           | <u>9/18/79</u> <i>de</i>                                                         |
| 2. Scout spirit: Repeat from memory the Scout Oath or Promise and Law.<br>Explain the meaning of each point of the Law in your own words.<br>Demonstrate that you have practiced these ideals in everyday life. | 27, 31<br>30-41<br>456 | <u>9/18/79</u> <i>PC</i><br><u>8/16/79</u> <i>de</i><br><u>9/18/79</u> <i>de</i> |
| 3. Earn Citizenship and one other skill award.                                                                                                                                                                  | 538-48                 |                                                                                  |



Citizenship skill award 539

11/22/79 *de*

Swimming

skill award

9/5/79 *de*

4. Take part in a personal growth agreement conference. 459-60

12-8-79 *DH7*

Became a Tenderfoot Scout on Dec 18 19 79



## SECOND CLASS

|                                                                                      | Handbook<br>Pages | Date/Leader's<br>Initials |
|--------------------------------------------------------------------------------------|-------------------|---------------------------|
| 1. Be active in your troop and patrol for at least 2 months as a Tenderfoot Scout.   | 12-23<br>455      | <u>3/9/80</u> <u>PC</u>   |
| 2. Show Scout spirit.                                                                | 456               | <u>3/9/80</u> <u>PC</u>   |
| 3. Earn Hiking, First Aid, and one other skill award (so that you have five in all). | 538-48            |                           |



Hiking skill award 546

3/16/80 PC



First Aid skill award 545

3/9/80 PC

Cooking skill award

12/4/79 PC

4. Take part in a personal growth agreement conference.

459-60

3-16-80  
DHJ

Became a Second Class Scout on

March 25

1980



## FIRST CLASS

1. Be active in your troop and patrol for at least 2 months as a Second Class Scout.
2. Show Scout spirit.
3. Earn Camping, Cooking, and one other skill award (so that you have eight in all).

Handbook  
Pages

Date/Leader's  
Initials

12-24

455

456

538-48



Camping skill award 538

Cooking skill award 542

skill award

12/19/79 TC

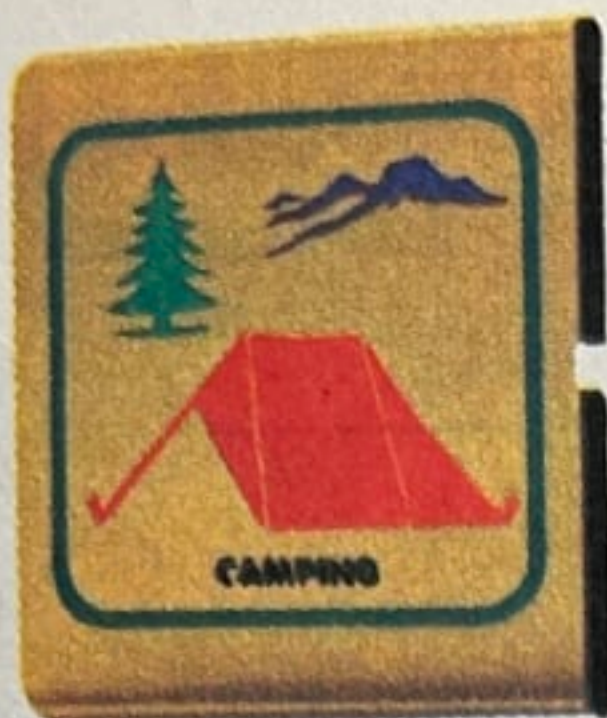
4. Earn the First Aid merit badge.



First Aid merit badge 556

5. Take part in a personal growth agreement conference. 459-60

Became First Class Scout on \_\_\_\_\_ 19 \_\_\_\_\_



# SKILL AWARD REQUIREMENTS

## Camping Skill Award

|                                                                                                                                       | Handbook<br>Pages | Date/Leader's<br>Initials |
|---------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------|
| 1. Present yourself to your leader, properly dressed, before going on an overnight camping trip.                                      | 63                | 10/15/79 <i>sc</i>        |
| Show the camping gear you will use, including shelter and food. Explain how you will use the gear.                                    | 64-65             | 10/15/79 <i>sc</i>        |
| Show the right way to pack and carry it.                                                                                              | 66-67             | 10/15/79 <i>sc</i>        |
| 2. Go on two overnight camping trips with your troop, patrol, or other Scouts, using the gear.                                        | 12, 23            |                           |
| Overnight camp No. 1                                                                                                                  |                   | 10/15/79 <i>sc</i>        |
| Overnight camp No. 2                                                                                                                  |                   | 3/15/80 <i>sc</i>         |
| a. Carry the gear on your back for at least 2 km (1¼ mi.) to your camp. After camping, carry it 2 km (1¼ mi.) back.                   | 189               | 1/20/80 <i>sc</i>         |
| b. Pick a good place for a tent.                                                                                                      | 74                | 10/15/79 <i>sc</i>        |
| Pitch a tent correctly in the place you picked and sleep in it overnight.                                                             | 72                | 10/15/79 <i>sc</i>        |
| Store the tent correctly after use.                                                                                                   | 72                | 10/15/79 <i>sc</i>        |
| c. Make a bed on the ground. Sleep on it overnight.                                                                                   | 73                | 10/15/79 <i>sc</i>        |
| d. Follow good health, sanitation, and safety practices. Leave a clean camp.                                                          | 76-77             |                           |
|                                                                                                                                       | 133               | 3/15/80 <i>sc</i>         |
| e. After each trip, tell your leader what you achieved and learned. Tell how good camping practices proved useful.                    | 60                |                           |
| Overnight camp No. 1                                                                                                                  |                   | 10/15/79 <i>sc</i>        |
| Overnight camp No. 2                                                                                                                  |                   | 3/15/80 <i>sc</i>         |
| 3. a. Whip the ends of a rope.                                                                                                        | 89                |                           |
| b. Tie the following knots: square knot, sheet bend, two half hitches, clove hitch, taut-line hitch, bowline. Show their correct use. | 92-95             |                           |
| 4. a. Lash poles together with the following lashings: square, shear, and diagonal lashings. Show their correct use.                  | 96-99             |                           |
| b. Use lashing for making a simple useful camp gadget.                                                                                | 97                |                           |

NOTE: If you use a wheelchair, crutches, or if it is difficult for you to get around, you may substitute "transport the gear" for "carry the gear on your back" in requirement 2a. You must travel under your own power.



## Citizenship Skill Award

|                                                                                                                                                                                                  | Handbook<br>Pages            | Date/Leader's<br>Initials                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|------------------------------------------------------------------------------------------|
| 1. a. Describe the flag of the United States.<br>Give a short history of it.                                                                                                                     | 416                          | <u>9/18/79</u> <i>oe</i>                                                                 |
| b. Explain why you should respect your<br>country's flag.<br>Tell which special days you should fly it in<br>your state.                                                                         | 416-17<br><br>418<br><br>418 | <u>9/18/79</u> <i>oe</i><br><br><u>9/18/79</u> <i>oe</i><br><br><u>9/18/79</u> <i>oe</i> |
| c. Using a flag and with another Scout helping<br>you, show how to hoist and lower the flag,<br>how to hang it horizontally and vertically on a<br>wall, and how to fold it.                     | 418-19<br>422-23<br>419      | <u>10/23/79</u> <i>oe</i>                                                                |
| d. Tell when to salute the flag and show how to<br>do it.                                                                                                                                        | 420-21                       | <u>9/18/79</u> <i>oe</i>                                                                 |
| 2. a. Repeat from memory the Pledge of<br>Allegiance. Explain its meaning in your own<br>words.<br>Lead your patrol and troop in the proper<br>ceremony of reciting the pledge.                  | 414<br><br>415               | <u>9/18/79</u> <i>oe</i><br><br><u>9/18/79</u> <i>oe</i>                                 |
| b. Tell about the meaning of our National<br>Anthem and how it was written.                                                                                                                      | 424-25                       | <u>10/23/79</u> <i>oe</i>                                                                |
| 3. a. Explain the rights and duties of a citizen of the<br>United States.                                                                                                                        | 404-06                       | <u>10/23/79</u> <i>oe</i>                                                                |
| b. Tell about two things you have done that will<br>help law-enforcement agencies.                                                                                                               | 449                          | <u>10/23/79</u> <i>oe</i>                                                                |
| c. Explain what a citizen should do to save our<br>resources.                                                                                                                                    | 324                          | <u>10/23/79</u> <i>oe</i>                                                                |
| 4. Do one of the following:                                                                                                                                                                      |                              |                                                                                          |
| a. Visit a community leader. Learn about the<br>duties of the job or office. Tell your patrol or<br>troop what you have learned.                                                                 | 439                          | <u>X</u>                                                                                 |
| b. Learn something about a famous U.S. person<br>of your own choosing. Tell your reasons for<br>picking that person and give a short report of<br>what that person did to gain this recognition. | 407-09                       | <u>11/22/79</u> <i>oe</i>                                                                |
| c. Make a list of 10 things, places, or sayings<br>that have some relationship to the history of<br>the United States. Explain their meaning.                                                    | 410-13                       | <u>X</u>                                                                                 |
| d. Know the history and tradition of your state,<br>commonwealth, or territorial flag.                                                                                                           | 426-27                       | <u>X</u>                                                                                 |



## Communications Skill Award

Handbook  
Pages

Date/Leader's  
Initials

1. Do the following:

a. Make a phone call correctly and answer properly.

344

b. Show how to make an emergency phone call.  
Put these emergency phone numbers near your home phone.

362

362

c. Do two of these:

(1) Introduce a guest.

344

(2) Make an announcement.

344

(3) Tell of some special past event.

345

2. Teach a Scout skill to two (2) or more Scouts.

347

3. Get a message to others without speaking or writing using two of these:

a. Silent Scout signals

348-49

b. Manual alphabet

352

c. Sign language for the deaf

352-53

d. Indian sign language

350-51

e. Sports signals

354

f. Morse code

356-58

g. Semaphore code

356-58

h. Scout trail signs

248-49

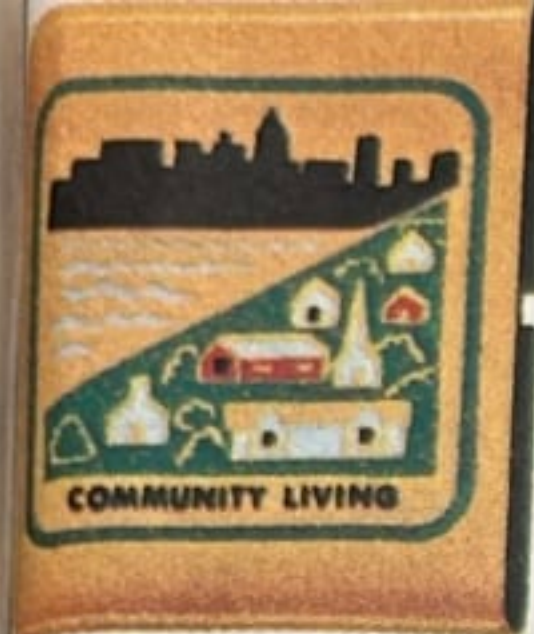
4. Tell how to get to a place selected by your leader.  
(It must be 1 km [0.6 mi.] away and not in a straight line.) Use speaking, writing, and sketches.

5. Take part in or plan an emergency mobilization for your patrol or troop.

205

6. Know five emergency distress signals.

359



## Community Living Skill Award

|                                                                                                                                                                                                                                                    | Handbook<br>Pages | Date/Leader's<br>Initials |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------|
| 1. Explain what is meant by the terms:<br>public utility; public service; government;<br>community problems; community<br>organization; volunteer or private agency;<br>government agency; ethnic group; tradition;<br>resources; crime resistance | 441               | _____                     |
| 2. Do three:                                                                                                                                                                                                                                       |                   |                           |
| a. Make a list of five organizations working in<br>your community. Visit one. Tell what it does.                                                                                                                                                   | 442-43            | _____                     |
| b. List five activities that take place in your<br>community during a month. Explain the<br>reason for each. Take part in one. Tell what<br>you did.                                                                                               | 447               | _____                     |
| c. Make a list of five community problems.<br>Explain how each affects you, your family,<br>and the community.                                                                                                                                     | 448-49            | _____                     |
| d. Tell some of the history, traditions,<br>contributions, and ways of living of two<br>ethnic groups in your community.                                                                                                                           | 446-47            | _____                     |
| e. Visit your police department. Find out what<br>you can do to help reduce the likelihood of<br>crime in your home and neighborhood. Tell<br>about your visit.                                                                                    | 440, 449          | <u>DC 12/1</u>            |
| f. Take part in a service project that will help a<br>volunteer or private agency in your<br>community. Tell what you did.                                                                                                                         | 442-43            | <u>DC 12/15</u>           |
| 3. Describe two public services. Visit a place that<br>provides one of these services. Tell about<br>your visit.                                                                                                                                   | 440-42            | _____                     |
| 4. Show that you know how to get around using a<br>map or transportation schedule.                                                                                                                                                                 | 203               | _____                     |

TE: "Community" is the place where you live.



## Conservation Skill Award

|                                                                                                                                                                             | Handbook<br>Pages | Date/Leader's<br>Initials |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------|
| 1. Show by what you do that you follow the Outdoor Code when you are in the outdoors.                                                                                       | 54-57             |                           |
| 2. a. Explain the main causes and effects of water pollution. Tell how we can have clean water.                                                                             | 325-27            |                           |
| b. Explain the main causes and effects of air pollution. Tell how we can have clean air.                                                                                    | 330-32            |                           |
| 3. a. Make a list of present major sources of energy and the major alternate sources.                                                                                       | 338-39            |                           |
| b. Make a list of 10 ways in which you and your family can save energy.                                                                                                     | 339               |                           |
| 4. a. Take a walk around where you live for 2 hours and make two lists related to conservation:<br>List things that please you.<br>List things you feel should be improved. | 328-29            |                           |
| b. Plan and carry out your own conservation project. Get it approved by your patrol leader before you start.                                                                | 324-39            |                           |
| 5. Take part in one of these projects with your patrol or another Scout:                                                                                                    |                   |                           |
| a. Clean up a roadside, picnic ground, vacant lot, stream, lake shore, or ocean beach.                                                                                      | 328-29            |                           |
| b. Work on erosion control of stream bank, gully, or trail.                                                                                                                 | 333-34            |                           |
| c. Plant trees, do forest improvement, or insect control.                                                                                                                   | 292-301<br>296    |                           |
| d. Improve backyard or other wildlife habitat.                                                                                                                              | 328-29            |                           |
| e. Help with energy conservation.                                                                                                                                           | 339               |                           |



## Cooking Skill Award

|                                                                       | Handbook<br>Pages | Date/Leader's<br>Initials |
|-----------------------------------------------------------------------|-------------------|---------------------------|
| 1. Show you know how to buy food by doing the following:              |                   |                           |
| a. Plan a balanced menu for three meals—breakfast, lunch, and supper. | 506-07<br>118-25  | 12/9 JC                   |

|                                                                                                                                                                                                                                                                                                                                               |        |                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------|
| b. Make a food list based on your plan for a patrol of eight Scouts.                                                                                                                                                                                                                                                                          | 104-05 | <u>12/9 Jde</u>                      |
| c. Visit a grocery store and price your food list.                                                                                                                                                                                                                                                                                            | 104    | <u>12/9 Jde</u>                      |
| d. Figure out what the cost for each Scout would be.                                                                                                                                                                                                                                                                                          | 104    | <u>12/9 Jde</u>                      |
| 2. Sharpen a knife and an ax properly and give rules for their safe use.                                                                                                                                                                                                                                                                      | 79-85  | <u>9/22 Jde</u>                      |
| 3. Use a knife, ax, and saw correctly to prepare tinder, kindling, and firewood.                                                                                                                                                                                                                                                              | 79-87  | <u>9/22 Jde</u>                      |
| 4. a. Locate and prepare a suitable fire site.                                                                                                                                                                                                                                                                                                | 108-09 | <u>10/15 Jde</u>                     |
| b. Build and light a cooking fire using not more than two matches.                                                                                                                                                                                                                                                                            | 107    | <u>10/15 Jde</u>                     |
| 5. a. In the outdoors, cook, without utensils, a simple meal. Use raw meat (or fish or poultry) and at least one raw vegetable, and bread (twist or ashbread).                                                                                                                                                                                | 111-12 | <u>10/15 Jde</u>                     |
| b. In the outdoors, prepare, from raw, dried, or dehydrated food, for yourself and two others:<br>(1) A complete breakfast or fruit, hot cooked cereal, hot beverage, and bacon and eggs (or pancakes), and<br>(2) A complete dinner or supper of meat (or fish or poultry), at least one vegetable, dessert, and bread (biscuit or bannock). | 128-29 | <u>10/2 Jde</u>                      |
| 6. After each cooking, properly dispose of garbage, clean utensils, and leave a clean cooking area                                                                                                                                                                                                                                            | 118-20 | <u>9/22 Jde</u>                      |
|                                                                                                                                                                                                                                                                                                                                               | 122-25 | <u>10/15 Jde</u><br><u>10/15 Jde</u> |

NOTE: When laws do not let you do some of these tests, they may be changed by your Scoutmaster to meet the laws.



## Environment Skill Award

|                                                                                            | Handbook Pages | Date/Leader's Initials |
|--------------------------------------------------------------------------------------------|----------------|------------------------|
| a. Tell what is meant by environment.                                                      | 214-15         | _____                  |
| b. Describe how plant life, animal life, and environment relate to each other.             | 215            | _____                  |
| c. Explain the oxygen cycle.                                                               | 216-17         | _____                  |
| d. Explain the water cycle.                                                                | 218-19         | _____                  |
| 2. Tell how sun, air, water, soil, minerals, plants, and animals produce food used by man. | 216-17         | _____                  |

3. a. Make a 3-hour exploration of a forest, field, park, wetland, lake shore, ocean shore, or desert. Make a list of plants and animal life you recognize. 222-38
- b. In the outdoors, spot and name 10 wild animals by sight or sign (mammals, birds, fish, reptiles, mollusks). 258-85  
232-33
- c. In the outdoors, spot and name 10 wild plants. 296-308
- d. Know how to identify poison ivy, poison oak, and poison sumac. 379
4. Do one:
  - a. Study a plot of ground, 1 m<sup>2</sup> (10 sq. ft.). Report on the plants and animals you find. 240
  - b. Make a closed terrarium that includes animals. OR make an aquarium that includes both plants and animals. 240-41  
241
  - c. Keep a daily weather record for at least 2 weeks. Tell how weather affects the environment. 314-15
5. Display at least six newspaper or magazine clippings on environment problems.



### Family Living Skill Award

- |                                                                                                            | Handbook<br>Pages | Date Leader's<br>Initials |
|------------------------------------------------------------------------------------------------------------|-------------------|---------------------------|
| 1. Tell what is meant by: family, duty to family, family council.                                          | 428-29            |                           |
| 2. a. Make a chart listing the jobs you and other family members have at home.                             | 430               |                           |
| b. Talk with your family about other jobs you may take on for the next 2 months.                           | 430               |                           |
| 3. Show that you can look after yourself, your family, and home. Do four of these:                         |                   |                           |
| a. Inspect your home and grounds. List any dangers or lack of security seen. Tell how you corrected one    | 434-35            |                           |
| d. Explain why garbage and trash must be disposed of properly.                                             | 434               |                           |
| c. Look after younger children for 3 hours. Use good health and safety practices                           | 431               |                           |
| d. List some things for which your family spends money. Tell how you can help your family in money matters | 432               |                           |

- e. Tell about what your family does for fun. Make a list of fun things your family might do at little cost. Do one of these with a member of your family.
- f. Carry out a family energy-saving plan. 436-37
4. Explain how you can get help quickly for these problems: 340-41
  - medical 438
  - police; fire; utility
  - housing; serious family problem
- Post a list of these directions in your home. 362



## First Aid Skill Award

|                                                                                                                                                                | Handbook Pages | Date/Leader's Initials |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------------|
| 1. a. Explain what first aid is. Tell how to act in case of an accident.                                                                                       | 360-61         | 3/2/00 JC              |
| b. Tell the dangers of moving a badly injured person.                                                                                                          | 382            | 3/2 JC                 |
| c. Tell the best way to get medical help quickly. Show that you keep the names, addresses, and phone numbers for medical help where you can find them quickly. | 362            | 3/2 JC                 |
| 2. a. Show how to treat shock.                                                                                                                                 | 363            | 3/2 JC                 |
| b. Show what to do for "hurry" cases of:                                                                                                                       |                |                        |
| serious bleeding                                                                                                                                               | 364-65         | 3/2 JC                 |
| stopped breathing                                                                                                                                              | 366-67         | 3/2 JC                 |
| internal poisoning                                                                                                                                             | 368            | 3/2 JC                 |
| heart attack                                                                                                                                                   | 368            | 3/2 JC                 |
| 3. Show first aid for the following cases:                                                                                                                     |                |                        |
| cuts and scratches                                                                                                                                             | 369            | 3/2 JC                 |
| burns and scalds                                                                                                                                               | 372-73         | 3/2 JC                 |
| blisters on feet                                                                                                                                               | 374            | 3/2 JC                 |
| bites or stings of insects, chiggers, ticks                                                                                                                    | 375            | 3/2 JC                 |
| bites of snakes and mammals                                                                                                                                    | 376-77         | 3/2 JC                 |
| skin poisoning                                                                                                                                                 | 379            | 3/2 JC                 |
| sprained ankle                                                                                                                                                 | 374            | 3/9/00 JC              |
| object in eye                                                                                                                                                  | 378            | 3/2 JC                 |
| nosebleed                                                                                                                                                      | 372            | 3/2 JC                 |
| 4. Explain first aid for puncture wound from splinter, nail, or fishhook.                                                                                      | 378            | 3/2 JC                 |

5. Use a bandage to hold a dressing in place on the head, hand, knee, and foot. 371
6. Make an arm sling. 370
7. Tell the five most common signs of heart attack. 368
- Tell what action you should take. 368

3/9/80 dx  
2/9/80 dx  
3/8/80 clg  
3/8/80 clg



## Hiking Skill Award

|                                                                                                                                                                            | Handbook Pages | Date/Leader's Initials |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------------|
| 1. Tell how to take a safe hike:                                                                                                                                           |                |                        |
| a. Cross-country, day and night.                                                                                                                                           | 180            | 2/23 dx                |
| b. Along a highway, day and night.                                                                                                                                         | 180-81         | 2/23 dx                |
| 2. a. Tell how to keep from getting lost.                                                                                                                                  | 210            | 2/23 dx                |
| b. Tell what to do if you are lost.                                                                                                                                        | 210-11         | 2/23 dx                |
| 3. a. On a map, point out 10 different symbols, including contour lines. Tell what they represent.                                                                         | 186-87         | 2/23 dx                |
| b. Orient a map.                                                                                                                                                           | 188            | 3/8/80 clg             |
| c. Point out on a map where you are.                                                                                                                                       | 188            | 3/9/80 dx              |
| 4. a. Show how a compass works.                                                                                                                                            | 189            | 3/9/80 dx              |
| b. Give its eight principal points.                                                                                                                                        | 189            | 2/23 dx                |
| 5. a. Show how to use a compass and map together.                                                                                                                          | 193            | 3/16 DKJ               |
| b. Using a compass and map together, follow a route you marked on the map far enough to show you know how.                                                                 | 192            | 3/16/80 DK             |
| 6. Take a hike in the field*                                                                                                                                               |                |                        |
| a. Before leaving, have your plan approved by your leader, including purpose, route, and clothing.                                                                         | 176            | 2/21 dx                |
| b. Take an 8 km (5-mi.) hike in the field with your troop, patrol, or two or more other Scouts. Wear the right clothing. Take the right equipment. Follow good hike rules. | 177-83         | 2/21 dx                |
| 7. Take a hike in your town.*                                                                                                                                              |                |                        |
| a. Before leaving, have your plan approved by your leader including purpose, route, and clothing.                                                                          | 202            | 3/8 clg                |

\*The hikes for requirements 6 and 7 must be taken on separate days.

- 03
- 202-03
- 3/2 Cdy  
3/8 Cdy
- b. Take an 8 km (5-mi.) hike in a place of interest outside your neighborhood with your troop, patrol, an adult, or two or more other Scouts. Wear the right clothing. Take the right equipment. Follow good hike rules.
  - c. After you get back, tell what you did and learned.

NOTE: If you use a wheelchair, crutches, or if it is difficult for you to get around, you may substitute "trip" for "hike" in requirements 1 and 7, and "trip to a specific objective" for "hike in the field" in requirement 6. You must travel under your own power.



## Physical Fitness Skill Award

|                                                                                                                                                             | Handbook Pages | Date/Leader's Initials |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------------|
| 1. a. Show that within the past year you have had a health examination by a doctor licensed to practice medicine.                                           | 497-98         | 4/5 DC                 |
| If the doctor told you some things to do, tell what you are doing about one of them.                                                                        | 498            | 4/5 DC                 |
| b. Show that you have had a dental examination within the past year.                                                                                        | 510            | 4/5 DC                 |
| 2. a. Record your best in the following tests:<br>___ push-ups; ___ pull-ups; ___ sit-ups;<br>standing long jump ___m ___cm;<br>run walk ___mins. ___secs.; | 502-03<br>501  |                        |
| b. Set goals to do better.                                                                                                                                  |                |                        |
| c. Keep a record of how you are doing for 30 days.                                                                                                          | 503            |                        |
| 3. a. List the four groups of basic foods needed in the daily diet of a boy your age.                                                                       | 506-07         | 4/5 DC                 |
| b. Tell how this diet helps your body.                                                                                                                      | 506            | 4/5 DC                 |
| 4. a. Satisfy your adult leader that you have good daily health habits.                                                                                     | 500-13         |                        |
| b. Tell how the use of tobacco, alcohol, and drugs can hurt your health.                                                                                    | 514-16         | 4/5 DC                 |



## Swimming Skill Award

|                                                                                                                                                                                                                                                                                                                             | Handbook<br>Pages | Date/Leader's<br>Initials |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------|
| 1. a. Tell what must be done for a safe swim with your patrol, troop, family, or other group.                                                                                                                                                                                                                               | 150-51            | DC 9/5                    |
| b. Tell the reasons for the buddy system.                                                                                                                                                                                                                                                                                   | 144-51            | DC 9/5                    |
| 2. Jump feetfirst into water over your head. Swim 100 m (or 100 yd.), with at least one change of direction. For the first 75 m (or 75 yd.) use any stroke. For the last 25 m (or 25 yd.), use the elementary backstroke. Right after the swim, stay in the water and float for a minute with as little motion as possible. | 154-55            |                           |
|                                                                                                                                                                                                                                                                                                                             | 158               | DC 9/5                    |
| 3. Water rescues:                                                                                                                                                                                                                                                                                                           |                   |                           |
| a. Show reaching.                                                                                                                                                                                                                                                                                                           | 156-57            | DC 9/5                    |
| b. Show throwing.                                                                                                                                                                                                                                                                                                           | 156-57            | DC 9/5                    |
| c. Describe going with support.                                                                                                                                                                                                                                                                                             | 157               | DC 9/5                    |
| 4. Show rescue breathing.                                                                                                                                                                                                                                                                                                   | 366-67            | DC 9/5                    |