



Tenderfoot Rank

Workbook

This Workbook can help you organize your thoughts as you read your Boy Scout Handbook. You still must satisfy your Scoutmaster that you can *demonstrate* each skill and have *learned* the information. No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: craig@craiglincoln.com. Requirements revised: 1/12008, Workbook updated: February 2009.

Scout's Name: _____ Troop: _____

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. a. Demonstrate how to whip and fuse the ends of a rope. _____

b. Demonstrate you know how to tie the following knots and tell what their uses are:

two half hitches _____

and the taut-line hitch. _____

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. a. Record your best in the following tests:

- Push-ups
- Pull-ups
- Sit-ups
- Standing long jump
- 1/4 mile walk/run

b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.

	First Test	Second Test	Improvement
Activity : Date:			
Push-up (number)			
Pull-ups (number)			
Sit-ups (number)			
Standing Long Jump (Feet, inches)			
1/4 mile walk/run (minutes:seconds))			

11. Identify local poisonous plants; _____

tell how to treat for exposure to them. _____

12. a. Demonstrate how to care for someone who is choking. _____

b. 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. _____

14. Participate in a Scoutmaster conference. _____

15. Complete your board of review _____

Notes

Alternate requirements for the Tenderfoot rank are available for Scouts with physical or mental disabilities - [click here to learn more](#).

The requirements for Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Merit Badge Books: www.scoutstuff.org *Please don't post workbooks on your site. Please instead post links to these:*

MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/Tenderfoot_Rank

[BSA Skill Lesson Videos](#)

1-3: Camping:

- [Camping Lesson Videos: BSA Skill Lesson Videos - Packing - Layering - Wet Weather - Campsite - Sleeping Bags - Pads - Tents - Water Purification - Leave No Trace](#)
- Other Camping links: [Leave No Trace](#) - [Outdoor Code](#) - [Camping Checklists](#) - [Cooking](#) - [USScouts: Camping](#) - [Camps Database](#) - [Types of Tents](#) - [Water Treatment](#) - [Campsite Selection](#) - [Types of Sleeping Bags](#) - [More Checklists](#)

4: Knots:

- [Knot Videos: Basics](#) - [Basics2](#) - [USScouts Knots](#) - [Animated knots](#) - [More Animated Knots](#) - [Still more](#)
- Other Knot Links: [Knots](#) - [Sea Scout Knots](#) - [Ropers Knots Page](#) - [Climbing Knots](#) - [Fishing knots](#) - [Knots Index](#)

5: Hiking:

- [Knot Videos: Basics](#) - [Basics2](#) - [USScouts Knots](#) - [Animated knots](#) - [More Animated Knots](#) - [Still more](#)
- Other Knot Links: [Knots](#) - [Sea Scout Knots](#) - [Ropers Knots Page](#) - [Climbing Knots](#) - [Fishing knots](#) - [Knots Index](#)

6: [Flag Ceremonies](#)**7: [Scout Oath](#) - [Scout Law](#) - [Scout Motto](#) - [Scout Slogan](#)****8: [Patrol](#)****9: [Buddy System](#)****10: Fitness:**

- [Lesson Videos: Warm Up](#) - [Stretching](#) - [Running](#) - [Pull-Ups](#) - [Push-Ups](#)

12: First Aid:

- [First Aid Lesson Videos: Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Venomous Snake Bite](#) - [First Aid Kits](#)
- Other First Aid Links: [Mayo Clinic First Aid Guide](#) - [Bleeding First Aid Video](#) - [Class 1 Exam](#) - [Class 3](#) - [Warning Signs of Cancer](#) - [Heart Disease](#)

13: What does [Scout Spirit](#) really mean? (It's not what you do in your troop!)**14: [Scoutmaster Conference](#) - Explains that you don't "pass" a Scoutmaster Conference and how to [appeal](#).****15: [Board of Review](#) - What can they ask? How long can it be? Is the [uniform](#) really required? How do you [appeal](#)?**