Second Class 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 the workbook developer: craig@craiglincoln.com. Requirements revised: 01/1/10, Workbook updated: 02/10.

Scout's Name: _____ Troop: _____

1a. Demonstrate how a compass works and how to orient a map. _____

Explain what map symbols mean.

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_____ _____

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1b. Using a compass and a map together, take a five-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian. (Note: If you use a wheelchair or crutches, or if it is difficult for you to get around, you may substitute "trip" for "hike.") _____

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2. Discuss the principles of Leave No Trace.

3a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.

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3b. 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. _____

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3c. Demonstrate proper care, sharpening, and use of the knife, _____

saw, _____

and ax, _____

and describe when they should be used. _____

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3d. Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire. _____

3e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. _____

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Discuss the safety procedures for using both. _____

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3f. 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. _____

3g. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid.

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Explain the importance of good nutrition. _____

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Tell how to transport, store, and prepare the foods you selected. _____

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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 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.

7a. Show what to do for "hurry" cases of stopped breathing, _____

serious bleeding, _____

and internal poisoning. _____

7b. Prepare a personal first-aid kit to take with you on a hike. _____

7c. 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 (second-degree) _____

- Heat exhaustion _____

- Shock _____

- Heatstroke, _____

dehydration, _____

hypothermia, _____

and hyperventilation _____

8a. Tell what precautions must be taken for a safe swim.

8b. Demonstrate your ability to 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. _____

8c. 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, _____

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and explain why and how a rescue swimmer should avoid contact with the victim. _____

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9a. 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. _____

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9b. Explain the three R's of personal safety and protection.

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10. Earn an amount of money agreed upon by you and your parent, then save at least 50 percent of that money. _____

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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.

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12. Participate in a Scoutmaster conference. _____

13. Complete your board of review._____

Notes

Alternate Requirements for the Tenderfoot rank are available for Scouts with physical or mental disabilities if they meet the criteria listed in the Boy Scout Requirements book. 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/Second_Class_Rank

BSA Skill Lesson Videos

1a. Map & Compass:

- **REI Videos**: Parts of a Compass - Topographic Maps - Map to Compass - Compass to Map - Triangulation - Declination
- REI:Navigation Basics - How a Compass Works
- **Topographical Maps** Free US Geological Survey - Topozone.com - Google Satellite, Street, and Terrain Maps

1b. Hiking

- **Hiking Lesson Videos**: Planning - Footwear - Blisters - Gear - Cold Weather - Warm Weather Layering - Clothing - Food - Hydration - Socks
- Hiking Links: Leave No Trace - Essentials - **Amer. Hiking Soc.**: Safety - Food - Cold - Myths - Footwear - **REI**: Compass - Day Hike - Food - Hydration - Insects - Layering - Lightweight - Navigation - Rain - Socks - Sun - Hot/Cold

2. Leave No Trace: Leave No Trace.

3c, 3d. Prepare a fire: Can be completed by earning the Totin' Chip and the Firem'n Chit.

- **Fire Starting Videos**: Build a Fire - Site - Kindling - Wood - Flint & Steel - BlastMatch - Steel Wool - Fire Piston - Magnifying Glass - Log Cabin - Tee Pee - Dangers - Safety
- '*Other links*: Firem'n Chit - Fire Safety merit badge Campfire building

3e, 3f., & 3g. Cooking:

- **Outdoor Cooking Lesson Videos**: Food Selection - Food Quality - Stoves - Utensils - Water Purification - Leave No Trace
- **Outdoor cooking links**: Scoutstuff.org - Scoutorama - USScouts.Org - MacScouter - RecipeSource.com - CampRecipes.com - Scouter.net - Foil-Cooking - Cub Scout Cookbook - NetWoods.com - Scout Camp Cooking - The Trailside Cookbook - Buckskinner Cookbook - Ol' Buffalo Outdoor Cooking Page
- **Dutch Oven Cooking**: From IDOS - USScouts.Org - MacScouter - dutchovencookware.com
- **Other cooking links**: Cooking Merit badge - Leave No Trace - Stove Safety

4. Flag Ceremonies

5. Service Projects

6. Ecology Resources:

- **General Resources:** American Museum of Natural History - Discover Magazine - Environmental Protection Agency - Int. Assn. of Fish and Wildlife Agencies - Nat. Climatic Data Center - Nat. Geographic Society - Nat. Park Service - U.S. Fish and Wildlife Service - American Meteorological Society - American Zoo and Aquarium Association - The Discovery Channel - Nat. Fish and Wildlife Foundation - Nat. Oceanic and Atmospheric Admin - Nat. Wildlife Federation
- **Conservation Resources:** Soil and Water Conservation Merit Badge resources - Conservation and Resource Center - Leave No Trace Center - Wildlife Conservation Society
- **Bird Resources:** Bird Study Merit Badge resources
- **Fish Resources:** Fishing Merit Badge Requirement resources - American Fisheries Society
- **Insect Resources:** Insect Study Merit Badge resources
- **Mammal Resources:** Mammal Study Merit Badge resources
- **Reptile & Amphibian Resources:** Reptile and Amphibian Study Merit Badge resources - Frog Songs

7. First Aid:

7a. Choking - Bleeding - Poisoning

7b. First Aid Kit
7c. Object in Eye - Bites and Stings - Puncture Wounds - Burns - Heat Exhaustion - Shock - Heat Stroke - Dehydration - Hypothermia - Hyperventilation

- Your handbook is your primary reference. See First Aid Skills for step-by-step instructions and lesson video links.
- **See also**: First Aid Merit Badge Pamphlet - First Aid Kit - Emergency Kit - Guide to Safe Scouting - Physcial

8. Swimming:
8a Diving (has feet-first entries as well) - Safe Swim Defense
8b Swimming Strokes - Swimming Turns
8c Reach, Throw, Row, Go

- Your handbook is your primary reference. See Swimming Skills for step-by-step instructions and lesson video links.
- **See also**: Swimming & Lifesaving Merit Badge Pamphlets - Guide to Safe Scouting - Safe Swim Defense - Safety Afloat

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