

**2015**  
**Trail to First Class Skills Weekend**

**Preparing our Scouts for Advancement &**  
**Adventure**

Dear Unit Leaders,

This manual is designed to inform you of our plans to help your Scouts attain the skills they may not have in working towards the rank of First Class. This should help you prepare your scouts and units for a weekend of learning, fun and friendship. Please read this manual in its entirety. After reading if you have any questions or want to register feel free to contact Paul Grosvold at [prosvcs@yahoo.com](mailto:prosvcs@yahoo.com).

Also please mark your calendars for April 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup>.

Yours truly,  
Order of the Arrow

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## **Event Overview**

This weekend is designed to give opportunities for younger Scouts to earn skills and work on advancements that they may not have the chance to work on throughout the year. There will be five areas open. The Scout participating will need to rotate through those five areas. There will be fun, friendship, and learning to do. This guide will help you prepare your troop and youth for the annual trail to First Class Skills Weekend.

## **Registration**

Registration can be done by emailing a troop roster of youth and adults to Paul Grosvold at [prosvcs@yahoo.com](mailto:prosvcs@yahoo.com). Also please note any adult leaders with medical training on your roster. The cost for the event will be \$5.00 per person, which includes a patch, and is payable at check in on Friday. Each of the skills areas will be run by a Boy Scout troop. We expect the troop that runs a particular training skill to be efficient and thorough in the materials they present to our young Scouts. The organizing troop will provide enough staff, primarily of older Scouts, to instruct the youth at this event. All material will be presented in accordance with the current Boy Scout Handbook. We will not be signing in Scout's Handbooks at each station. We will be providing a booklet that will describe all the planned activities, and once they have completed a particular skill at their session can be marked off in this booklet. And at the end of the day it is the Scout's responsibility to turn it into their Scoutmaster.

## **General Rules**

The Scout Law, Scout Oath, and the Outdoor Code are the guiding rules of enforcement. Please respect nature here at Holter Lake; it belongs to everyone.

**Current OA members are encourage to wear their OA Sashes all day.**

## **Event Organization and Rules**

This weekend is geared to helping the younger Scouts work on requirements they may not otherwise have the opportunity to work on in troop meetings. Although this may seem like an individual based weekend, it will require the teamwork and support of all in attendance. You will be bringing your own food and cooking in your own campsite areas. Please come prepared with proper food storage containers. You will also need to bring your own clean up supplies for your area

## **Scout's Booklets**

Booklets we will hand out are guides that will help the individual Scout keep track of what they worked on this weekend. Please have the scouts write their name and troop # on them as soon as they get them.

## **Skills Areas**

Our five skill areas are set up to offer diversity in providing needs for the Scouts. The Scouts will only be able to attend four sessions on Saturday. These sessions will be planned for one hour and fifteen minutes, allowing fifteen minutes for sign-off and walking to the next session. The five stations will include Compass/Orienteering, Knots/Pioneering, First Aid, Nature, and Totin' Chip/Firem'n Chit. Flags will be done at the beginning and end of the day.

## **Tour Permit & Medical Forms**

Each unit is responsible for acquiring and possessing their own tour permit, permission slips and medical forms required for the event.

## **Check In**

Units may check in at Camp Headquarters up until 9:00 pm on Friday evening. All training classes and campfire will be held on Saturday

## **Schedule**

**Friday April 17<sup>th</sup>, 2014 –**

4:00 PM - Registration and Check-In Opens

9:00 PM - Registration Closes

9:00 PM - SPL and adult leader meeting and cracker barrel

11:00 PM - Taps (all quiet in camp)

**Saturday April 18<sup>th</sup>, 2014 –**

6:00 AM - Reveille  
8:00 AM - Finish Breakfast  
8:30 AM - Morning Colors and Opening Ceremony  
9:00 AM – First Session Begins  
10:30 AM - Second Session Begins  
12:00 PM - Lunch Break  
1:30PM – Third Session Begins  
3:00 PM - Fourth Session Begins  
4:15 PM - Fourth Session Closes  
4:45 PM - Evening Colors  
5:00 PM- OA Meeting at Flag Pole  
5:30 PM - Dinner Preparations and Eating  
7:00 PM - Dutch Oven Competition  
8:30 PM – Gathering for OA Call out  
Ceremony and campfire  
11:00 PM - Taps (all quiet in camp)

**Sunday April 19<sup>th</sup>, 2014 –**

6:00 AM - Reveille  
8:00 AM - Finish Breakfast  
8:30 AM - Scouts Own  
9:30 AM - Clean Campsite and Check-Out  
11:00 AM - Leave Camp

**Boy Scout Training Areas & Descriptions**

**Compass:**

S1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.

F1. Demonstrate how to find directions during the day and at night without using a compass.

F2. Using a 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.).

**Knots:**

T4a. Demonstrate how to whip and fuse the ends of a rope.

T4b. Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut line hitch. F7a. Discuss when you should and should not use lashings.

F7b. 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.

F7c. Use lashings to make a useful camp gadget.

F8a. Demonstrate tying the bowline knot and describe several ways it can be used.

**First Aid:**

T12a. Demonstrate the Heimlich maneuver and tell when it is used.

T12b. Show first aid for the following: Simple cuts and scratches, Blisters on the hand and foot, Minor burns or scalds (first degree), Bites or stings of insects and ticks, Poisonous snake bites, Nosebleed, Frostbite and sunburn.

S6a. Show what to do for “hurry” cases of stopped breathing, serious bleeding, and internal poisoning.

F8b. Demonstrate bandages for a sprained ankle and for injuries to the head, upper arm, and the collarbone.

F8c. Show how to transport by yourself, and with one other a person from a smoke-filled room, and a person with a sprained ankle (for at least 25 yards).

F8d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

**Outdoor Identification:**

T11. Identify local poisonous plants; tell how to treat for exposure to them.

S5. Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.

F6. Identify or show evidence of at least ten kinds of native plants in your community.

**Camping:** Your campground area.

T2. Spend at least one night on a patrol or troop campout. Sleep in a tent that you have helped pitch. This is probably the easiest requirement to do this weekend... almost a freebie for attendees.

**Cooking:** In your campground area.

T3. On one campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each member to share in meal preparation and cleanup, and explain the importance of eating together.

F4a. Help plan a patrol menu for one campout—including one breakfast, one lunch, and one dinner—that requires cooking. Tell how the menu includes the four basic food groups and meets nutritional needs.

F4b. 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.

F4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.

F4d. 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.

F4e. 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.

**Tot'n Chip:**

S2c. On one campout, demonstrate proper care, sharpening, and use of the knife, saw and ax, and describe when they should be used.

**Fireman Chit:**

S2d. Use the tools listed in 2c to prepare tinder, kindling, and fuel for a cooking fire.

S2e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.

S2f. Demonstrate how to light a fire, and a lightweight stove.

**Flags & Ceremony:** Meet in the Flagpole area

S3. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity.

F4e. Saying Grace with your troop or patrol

Scouts Own, participate on Sunday. Honor in wearing your uniform.

## **Scoutmaster Dutch Oven Competition**

We are planning on having a Scoutmaster/Adult Leader Dutch Oven Competition. We will have a committee vote and judge for the **best Dutch Oven Entrée using a citrus fruit( ie: oranges, grapefruit, lemons or limes, etc.)**. Judging will take place at 7:00pm at Camp Headquarters and winners announced before evening campfire.

## **SPL/Adult Leader Meeting**

Friday night will be mandatory TtoFC Leadership meeting at 9:00 PM in the camp headquarters area. All SPL's and adult leaders should be at the meeting. The unit leaders will get their booklets to distribute to the scouts and list of locations for Saturday's events. This meeting will also be used to answer any questions, resolve issues, and make any changes or last minute additions to the program. Saturday evening, after the campfire, adult leaders are welcomed to share helpful comments and suggestions with the staff at the camp headquarters.

## **Open Fires**

Fires will only be permitted in the campfire rings provided. Firewood will not be provided, so troops are encouraged to bring their own wood, kindling and tinder. The fires will need to be under supervision at all times. Each unit must follow fire safety rules and are responsible for providing their own safety equipment (water bucket, shovels, etc.).

## **First Aid**

A list of qualified adults with First Aid training will be made available at the campground headquarters. All injuries and illnesses should be reported to headquarters, no matter how minor they appear, as they must be entered into the first aid log.

## **Knives, Axes & Saws**

No sheath knives are allowed! Boy Scouts may use axes and saws only if an ax yard is set up and marked off by the troop.



## **Lanterns & Stoves**

Scouts may use liquid fueled lanterns and stoves, but both must be under the supervision of an adult. No lamps, candles or other heat or flame sources are allowed in tents.

## **Cooking**

Boy Scouts do their own cooking by the patrol method. Scouts who are working on requirements for cooking should submit their meal plan for approval before this weekend. Since we are not signing in books, the meal approval should be done before they buy their food and come to camp. The Scouts should be looking for meals that they can prepare themselves on an open flame or cooking stove to satisfy the requirements. The Scouts should be planning their meals just as they would on a normal campout. It is up to the individual units to bring their own cooking stoves, pots and pans, utensils or other cooking equipment. All units will cook at their own campsites. It is strongly suggested that the time constraints of the TtoFC weekend be kept in mind when planning your meals. Time for cooking and cleaning will be at a minimum for the sake of the number of activities that will take place.

## **Water**

Water may not be available so each unit is required to bring water containers and facilities for washing.

## **Sanitary Facilities**

A SCOUT IS CLEAN. Restrooms are available in several places throughout the campground. Please use them for their intended purposes. Do not use trees, and do not dig latrines in your campsite. Please keep these facilities clean, as several people in the course of the weekend will use them.

## **Trash & Garbage**

Pack it in- pack it out! Please bring garbage bags for disposal of your trash and garbage. Everyone must haul out their own trash and garbage on Sunday. Please remember that animals live in the camp too, keep food put away when not cooking..

## **Tents**

Remember low impact camping techniques. Tent ditching or trenching is not allowed. Look for a well-drained area to pitch your tent.

## **Taps**

A SCOUT IS COURTEOUS. After taps every Scout is expected to be in his tent and quiet at that time. If you must move about in your own area after taps, do it quietly so that others are not disturbed. Roaming about the campgrounds or other campsites will not be tolerated.

## **Campfire**

All units are expected to participate in Saturday night's OA Call Out ceremony and campfire.

## **Scout's Own**

A SCOUT IS REVERENT. We will have a non-denominational Scout's Own for all Scouts and leaders on Sunday morning (see schedule). We request everyone to attend this function as no other activities will be planned or allowed during this time. NO VEHICLES WILL BE LOADED OR MOVED DURING THE SCOUT'S OWN.

## **Uniforms**

We ask all Scouts and leaders wear Class A uniforms while traveling to Holter Lake, and for check-in and checkout. Class B uniforms will be permitted while participating in the program classes. Full uniform will be required for Saturday morning's and evening's flag ceremonies and Sunday morning's Scout's Own.

## **Flags**

All Scouts and leaders are expected to attend opening flags on Saturday morning at 8:30am at the flag pole. Closing flags will be Saturday afternoon at 4:45pm. We encourage units to display their troop or patrol flags in their campground areas

## **Lost & Found**

A SCOUT IS TRUSTWORTHY. Please see someone in the headquarters area if you have lost or found something.

## **Equipment List**

The equipment needed for a good Trail to First Class Skills Weekend is the same as that which is needed for a normal campout. The Boy Scout Handbook has a simplified list of minimum equipment. Do not forget the 10 essentials. Please be prepared for wind, rain, snow and freezing temperatures. Weather at Holter Lake can change within minutes.

## **Forbidden Items**

As with any Scout outing, and for reasons of courtesy and safety, these items are forbidden from the Trail to First Class Skills Weekend:

- Radios
- Guns and Ammunition
- Fireworks
- Sheath Knives
- Tape/CD Players
- Sling Shots
- Bows and Arrows
- Electronic Games

## **10 Essentials**

1. Pocketknife
2. First-aid kit
3. Extra clothing
4. Flashlight or headlamp with extra batteries
5. Rain gear
6. Water bottle
7. Map and compass
8. Matches and fire starter
9. Sun protection
10. Trail food

## **Clean Up and Check Out**

Check out will be on Sunday morning following Scouts Own. The BLM has let us use their land generously. Because they do not charge us to use the campground at this time of year, we ask that you leave it better than you found it. We ask that each Troop do their part by policing their campsite before leaving and please pick up any trash noticed anywhere in the campground, to help out the BLM.

All units must check out at the headquarters area before leaving.