

Troop 111 Second Class Practical Examination (2004 Version)

NAME: _____ DATE: _____

(I) Practical

- A) Correctly tie the following Scout Knots and explain the purpose of each: Taut-Line Hitch, Timber Hitch, Bowline, and Double Figure Eight.
- B) Determine West using: (i) a compass; and (ii) the North Star, and properly orient a map using either method. Explain how you can use the sun to determine direction if you know the general time of day.
- C) Start a fire using only natural materials, and have it burn for at least 3 minutes.
- D) Properly sharpen a knife and an axe or hatchet, and demonstrate how to change the blade on a bow-saw. Explain why a bow-saw is better than an axe or hatchet to make firewood. What are axes and hatchets better for doing?

II) Explain:

- A) Describe a proper Patrol KP setup, explaining each step.
- B) How do you protect yourself from ticks? Explain the proper procedure for removing ticks that have bitten you.
- C) What are the two most important things to do in the event of an emergency? What is the most important piece of emergency equipment, and why?
- D) Give two of the principal signaling techniques if you are lost or need help while in the woods?
- E) Explain proper foot care to prevent blisters while hiking?
- F) What is “hypothermia”, and what is the most important factor in preventing it?
- G) What are “heat exhaustion” and “heat stroke”, and what is the most important factor in preventing them?
- H) How do you dress for cold weather campouts or skiing trips (and why?)
- I) Why do you completely change into fresh clothes when you go to bed on a cold campout? If you’re cold in your sleeping bag, what two areas should you put clothing on?
- J) Why do you never cut switchbacks on hiking trails?
- K) Why do you never bring gas or propane fired lanterns, stoves, or heaters into your tent?
- L) How do you stop arterial bleeding?
- M) Explain what “Reach/Throw/Row/Go” mean when trying to rescue a swimmer.

This Exam May Be Tested and Passed by Any Star or Higher Rank Scout, or by an SM/ASM.

Troop 111 Second Class Practical Examination - Answers to Questions

I) Practical:

A) Knots

Taut-Line Hitch - Slip knot that holds under tension; used primarily for setting up tarps (attach to stakes)

Timber Hitch - Slip knot used to start diagonal lashings.

Bowline - Fast tying rescue knot (can be tied one handed if necessary); also a good "loop" knot to create a permanent loop.

Double Figure Eight - Mountaineering knot for rock climbing; also an absolutely secure rescue knot that cannot untie itself through slippage (like a bowline can).

B) Explain how you can use the sun to determine direction if you know the general time of day.

- Because we live in the northern hemisphere above the Tropic of Cancer (23.5 degrees North latitude), the sun rises in the east, at midmorning is southeast, at noon is south, at mid-afternoon is southwest, and sets in the west. So, if you know the approximate time of day, you know where (what direction) the sun is. This is usually good enough to orient a map, or help you find your way around a city with a systematic street naming system, like Washington, DC.

D) Explain why a bow-saw is better than an axe or hatchet to make firewood.

- A sharp bow-saw will cut through wood much faster and much easier than an axe or hatchet. Axes and hatchets are better for splitting wood.

II) Explain:

A) Describe a proper Patrol KP setup, explaining each step.

Four Parts: (1) A roll of paper towels and a trash bag, to physically wipe the dishes and utensils as clean as possible (otherwise the water gets filthy very quickly); (2) A tub full of slightly soapy, warm-to-hot water, with a scrub brush, for scrubbing; (3) A second tub full of warm-to-hot water containing a small amount of Clorox bleach, for a sterilizing rinse; and (4) A small, clean tarp, for laying all items out on (upside down where applicable) to dry.

B) How do you protect yourself from ticks? Explain the proper procedure for removing ticks that have bitten you.

- Wear long pants tucked into socks
- Use insect repellent (DEET) around ankles, wrists, and especially on the back of your neck
- If a tick has bitten you and is still attached, do not rip it off yourself! That will probably leave its head inside your skin, which will eventually cause an infection. First, place Vaseline or First Aid cream on and around the tick, wait 1 - 2 minutes to see if the tick will back out on his own (because he's being smothered); if not, grasp with a pair of tweezers at the neck of the tick (NOT ON THE BODY!), pull and twist gently for 10 seconds to gently pull out (Do Not Yank!); disinfect the bite hole with additional First Aid cream or ointment.

C) What are the two most important things to do in the event of an emergency? What is the most important piece of emergency equipment, and why?

- (i) Stay Calm; (ii) Send for help, if at all possible
- Any communication device (cell phone, CB radio, etc., that enables you to call for help). It is always a VERY good idea to have 50 cents somewhere in your wallet, so you can always make a phone call from a pay phone (not all pay phones give a dial tone without money!)

D) Give two of the principal signaling techniques if you are lost or need help while in the woods?

- 3 smoky fires in a straight line row, each separated by enough distance that it's obviously three separate fires (not just one huge one).
- spell out "Help" VERY LARGELY in nearby open fields in the snow or with rocks or dark branches
- signal low-flying planes or helicopters with a mirror (tough to do! - use the "Bob-trick" with a long stick to aim your reflected beam!)

E) Explain proper foot care to prevent blisters while hiking?

- Keep your feet dry (use foot-powder, change socks often)
- Wear proper socks (thin polypropylene followed by cotton followed by wool)
- Wear good boots which are broken in on YOUR feet.

F) What is “hypothermia”, and what is the most important factor in preventing it?

- Hypothermia (too cold) is where the body cannot generate enough heat to keep you warm, and so your “core” temperature drops below normal. The most important factor to prevent it is to stay dry.

G) What are “heat exhaustion” and “heat stroke”, and what is the most important factor in preventing them?

- These are “hyperthermia” (too hot) injuries, and is where the body cannot generate enough sweat to keep you cool. The most important factor to prevent them is to drink lots of water, so your body can make more sweat.

H) How do you dress for cold weather campouts or skiing trips (and why?)

- Dress in layers, which you can add or remove as the conditions and your activity level change.

I) Why do you completely change into fresh clothes when you go to bed on a cold campout? If you’re cold in your sleeping bag, what two areas should you put clothing on?

- Even when your clothes "feel" dry, they're still sweat-saturated simply from you wearing them. Sweat-saturated clothing is WET, and acts as a negative insulator (makes you much colder) when your activity level drops, for example when you sleep. Remember, the most important factor to prevent hypothermia is staying dry, and "sweat is wet."
- If you're in your sleeping bag and still are cold, or if you wake up cold in the middle of the night, put a pullover hat on your head, and put another pair of socks on your feet.

J) Why do you never cut switchbacks on hiking trails?

- Causes trail erosion
- much greater chance of injury
- much greater chance of getting poison ivy

K) Why do you never bring gas or propane fired lanterns, stoves, or heaters into your tent?

- can easily cause a fire (ALL tents and most pieces of camping gear are flammable!!!)
- In closed tents, can easily suck up all the oxygen, cause you to asphyxiate - MANY PEOPLE HAVE DIED DOING THIS!!!

L) How do you stop arterial bleeding?

- Direct Pressure right on the wound if possible; Pressure Point between the wound and the body if it is not possible to apply direct pressure on the wound

M) Explain what “Reach/Throw/Row/Go” mean when trying to rescue a swimmer.

- Reach - with a pole or long stick; something the swimmer can grab while you drag them in.
- Throw - a life buoy or anything that floats - preferably on a rope so you can drag the swimmer in.
- Row - Row out on a rowboat, or a canoe, or even a surfboard or air mattress - something that floats that can support both of you. If a canoe, be careful not to allow the swimmer to capsize you - best in all cases to have a rope for the swimmer to grab while you tow them in.
- Go - Swim out to get the swimmer. Try to avoid at all costs having to grab the swimmer. Instead, bring a rope, a towel, a stick, or something else for the swimmer to grab while you tow them in. If they start coming up the tow rope to grab you, let it go and swim away until they get too tired or too drowned to grab you. If they grab you while they are still panicked and fighting, you will probably both drown! This is why “Go!” is always the last resort!