

## Troop 111 Tenderfoot Practical Examination (2004 Version)

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### (I) Practical

- A) Correctly tie the following Scout Knots and explain the purpose of each: Square Knot, Clove Hitch, Lark's Head, Two Half-Hitches.
- B) Determine North using a compass, and properly orient a map using a compass.
- C) Properly sharpen a knife, and explain why a dull knife is more dangerous than a sharp knife. Also explain why a “lock-blade” knife is safer than a regular folding blade knife.
- E) Completely set up one of the Troop tents, solo, then disassemble it and properly pack it up (Note: The teacher may help you with any part of the tent setup that needs 2 people, but the TF Scout must explain what to do).

### (II) Explain:

- A) Describe a proper Patrol KP setup, explaining each step.
- B) How do you protect yourself from ticks? What do you do if you find a tick has bitten you (and is still attached).
- C) What are the two most important things to do in the event of an emergency?
- D) What is “hypothermia”, and what is the most important factor in preventing it?
- E) What are “heat exhaustion” and “heat stroke”, and what is the most important factor in preventing them?
- F) How do you dress for cold weather campouts or skiing trips (and why?)
- G) 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?
- H) Why do you never store food or medications (except Inhalers) inside your tent when camping?
- I) Why do we never feed wild animals?
- J) Why do we never approach wild animals in the woods that are acting friendly?
- K) Explain what the “buddy system” is.

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

## Troop 111 Tenderfoot Practical Examination - Answers to Questions

### I) Practical:

#### A) Knots

Square Knot - Join two ropes of equal diameter

Clove Hitch - "Post" hitching knot - for tying ropes to tarp poles, or for starting square or shear lashings

Lark's Head - Constriction knot, for attaching ropes to tarp or tent grommets, and (very important) for bear bags

Two Half-Hitches - Slip knot, very good for tying clothes-lines and similar post-to-post lines. Note that two half-hitches is just a clove hitch tied around its own tail!

#### C) Knife Safety

- A dull knife is much more dangerous than a sharp knife because: (i) you have to work much harder (more force, many more cuts) to do the same amount of work - so two or three times as many chances to cut yourself; and (ii) your hand gets sweaty, so it's easier to slip; and (iii) you get tired, and stop paying attention to what you're doing.

- A lock blade knife is safer because it can't fold back on your fingers when you're using it. This is a very common injury with folding blade knives.

### II) Explain:

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

Four Parts: (1) A roll of paper towels and a trashbag, 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 Chlorox 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? What do you do if you find a tick has bitten you (and is still attached).

- 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, find an adult or Senior Scout to help you get it off; do not rip it off yourself!

#### C) What are the most important things to do in the event of an emergency?

(i) Stay Calm; (ii) Send for help, if at all possible

#### D) 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.

#### E) 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.

#### F) 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.

G) 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.

H) Why do you never store food or medications (except Inhalers) inside your tent when camping?

- any food or medication odor can attract wild animals, especially mice, raccoons, skunks, and bears. [Note that Inhalers are always kept with the Scout in case of emergency need.]

I) Why do we never feed wild animals?

- they become dependent on humans for food, lose their fear of humans, lose their ability to find their normal food, become desperate and very dangerous

J) Why do we never approach wild animals in the woods that are acting friendly?

- possibility of rabies. No wild animal is naturally friendly to humans - they avoid us! If they are acting friendly, there is definitely something wrong!

K) Explain what the "buddy system" is.

Always, always, always, do everything with a friend. It is much safer.