



First Class Adventure Aquatics Troop Roster

Troop: _____

Note: The table below indicates which Scouts attended First Class Adventure Aquatics on each of the days. The Scouts below have all passed the BSA swimmer test. This fulfills S8b and F9b. In addition to rank advancement, First Class Adventure Aquatics covers requirement #3 for Swimming merit badge.

Name	M	Tu	W	Th	F	Name	M	Tu	W	Th	F

Note: Sometimes we may not be able to cover all of the following requirements; requirements not covered will be crossed out.

Monday

- F 9a Safe Swim Defense
- S 8a Safety Afloat
- S 8c Water rescues
 - Arm and leg
 - Ring buoy
 - Reach pole

Tuesday

- S 8c Water rescues (finish)
 - Arm and leg
 - Ring buoy
 - Reach pole

Wednesday, Thursday and Friday

Finish up Monday's and Tuesday's requirements
Start work on Swimming merit badge

Wednesday

- S1a Demonstrate how a compass works and how to orientate a map. Explain what map symbols mean.
- F1 Demonstrate how to find directions during the day and night without a compass.
- T1 *Present yourself to your leader, properly dressed, for an overnight camping trip.* Show the camping gear you will use. Show the right way to pack and carry it.
- S2 Discuss the principles of Leave No Trace.

Thursday

- T12b Show first aid for the following:
 - Simple cuts and scrapes
 - Blisters on the hand and foot
 - Minor (thermal/heat) burns or scalds (superficial/first degree)
 - Bites or stings of insects and ticks
 - Venomous snakebite
 - Nosebleed
 - Frostbite and sunburn
- S7c Demonstrate first aid for the following:
 - Object in the eye
 - Bite of a suspected rabid animal
 - Puncture wounds from a splinter, nail or fishhook
 - Serious burns (second-degree)
 - Heat exhaustion
 - Shock
 - Heat stroke, dehydration, hypothermia, and hyperventilation

Friday

- F7a Discuss when you should and should not use lashings. Then demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashing by joining two or more poles or staves together.
- S3d Prepare tinder, kindling, and fuel for a cooking fire.
- S3e Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.
- S3f In an approved place and at an approved time, demonstrate how to build a fire and set up a lightweight stove.

Flag Ceremony

- S4 Participate in a flag ceremony for your school, religious institution, charter organization, community, or troop activity. Explain to your leader what respect is due to the flag of the United States.

Nature Hike

- S6 Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.
- F6 Identify or show evidence of at least 10 kinds of native plants found in your community.
- T11 Identify local poisonous plants; tell how to treat for exposure to them.

Five Mile Hike

- T9 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.
- S1b Using a compass and map together, take a 5 mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.
- T5 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.
- F2 Using a map and 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.).
- F8b Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.