



# Tenderfoot Rank

## Workbook



This Workbook can help you organize your thoughts as you prepare to advance.

**Leaders may not require the use of this or any similar workbooks.**

You still must satisfy your leader that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your leader, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found on [Scouting.org](http://Scouting.org).

The requirements were last issued or revised in 2018 • This workbook was updated in September 2021.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Phone No.: \_\_\_\_\_ Email: \_\_\_\_\_

Please submit errors, omissions, comments or suggestions about this **workbook** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)  
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: [Merit.Badge@Scouting.Org](mailto:Merit.Badge@Scouting.Org)

### CAMPING and OUTDOOR ETHICS

- 1. a. Present yourself to your leader, prepared for an overnight camping trip.
- Show the personal and camping gear you will use.


- Show the right way to pack and carry it.
- b. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.

Date:  Location:

- c. Tell how you practiced the Outdoor Code on a campout or outing.


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The requirements for Cooking merit badge include the following note immediately before requirements 4, 5, & 6.  
**Note:** The meals prepared for Cooking merit badge requirements 4, 5, and 6 will count only toward fulfilling those requirements and will not count toward rank advancement or other merit badges. Meals prepared for rank advancement or other merit badges may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 4, 5, and 6.  
 Therefore, The meals prepared for Tenderfoot rank requirement 2 may not count toward Cooking merit badge, requirements 4, 5, or 6. Meals prepared for Cooking merit badge requirements 4, 5, and 6 may not count toward Tenderfoot rank requirement 2.

**COOKING**

- 2. a. On the campout, assist in preparing one of your patrol's meals.

Tell why it is important for each patrol member to share in meal preparation and cleanup.


- b. While on a campout, demonstrate the appropriate method of safely cleaning items used to prepare, serve, and eat a meal.

- c. Explain the importance of eating together as a patrol..


**TOOLS**

- 3. a. Demonstrate a practical use of the square knot.
- b. Demonstrate a practical use of two half-hitches.
- c. Demonstrate a practical use of the taut-line hitch.
- d. Demonstrate proper care, sharpening, and use of the knife, saw, and ax.

- knife
- saw
- ax

- Describe when each should be used.

- knife




- Frostbite and sunburn


- Choking

b. Describe common poisonous or hazardous plants;


identify any that grow in your local area or campsite location.

Tell how to treat for exposure to them.


c. Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.

- Simple cuts and scrapes


- Blisters on the hand and foot


- Minor (thermal/heat) burns or scalds (superficial, or first degree)


- Bites or stings of insects and ticks
- Venomous snakebite
- Nosebleed
- Frostbite and sunburn
- Choking
- Poisonous or hazardous plants

- d Assemble a personal first-aid kit to carry with you on future campouts and hikes.
- Tell how each item in the kit would be used.



**HIKING**

- 5. a. Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood.

On outings:


In your neighborhood:


- Use the buddy system while on a troop or patrol outing.  
Date:  Activity:

- b. Describe what to do if you become lost on a hike or campout.
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- c. Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night  
Safe hiking on the highway:
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|  |

Safe hiking cross-country:	
Safe hiking during the day:	
Safe hiking at night:	

**FITNESS**

- 6. a. Record your best in the following tests:
  - Pushups (Record the number done correctly in 60 seconds.)
  - Situps or curl ups (Record the number done correctly in 60 seconds.)
  - Back-saver sit-and-reach (Record the distance stretched.)
  - 1 mile walk/run (Record the time.)

*(Record your results in the table below item 6c.)*
- b. Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a. Keep track of your activity for at least 30 days.


- c. Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days.

		First Test	Second Test	Improvement
Activity :	Date:			
Pushups	(number)			
Situps or curl ups	(number)			
Back-saver sit-and-reach	(distance)			
1 mile walk/run	(time)			





Use the Teaching EDGE method to teach another person how to tie the square knot.

Date:  Who was taught:

**SCOUT SPIRIT**

9. Demonstrate Scout spirit by living the Scout Oath and Scout Law.

Tell how you have done your duty to God and how you have lived four different points of the Scout Law in your everyday life.

Point of the Scout Law

1.		
2.		
3.		
4.		
	Duty to God	

10. While working toward the Tenderfoot rank, and after completing Scout rank requirement 7, participate in a Scoutmaster conference.

Date of Scoutmaster Conference: \_\_\_\_\_

11. Successfully complete your board of review for the Tenderfoot rank.

**NOTES:** The requirements for Scout, Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.

Alternative requirements for the Tenderfoot rank are available for Scouts with physical or mental disabilities if they meet the criteria listed in the Scouts BSA Requirements book. .

**When working on the Scout, Tenderfoot, Second Class, or First Class ranks, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-Scout-Tenderfoot-2nd-1st.pdf>. You can download a complete copy of the *Guide to Advancement* .from <http://www.scouting.org/filestore/pdf/33088.pdf>.**