



E.S.D.A.R.

Essential
Skills
Development
And
Refinement

Note to Instructors:

Please fill in all blank spaces on each page prior to the meeting.

It is advisable to have any adults available to be in the room during the review activity to observe and take note of any scouts that have completed the requirement tested.

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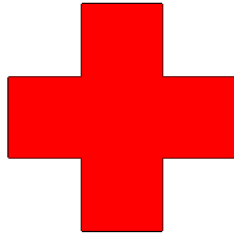
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First-Aid



In this section you will cover...

- Simple cuts and Scrapes
- Blisters on the hand and foot
- Minor and Major Burns and scalds
- Nosebleeds
- Objects in the eye
- Puncture wounds from a splinter, nail, or fishhook
- Bites or stings of insects and ticks
- Snake bites
- Bite of a suspected rabid animal
- Preparing a first aid kit
- Sprains & Strains
- Head injuries
- Broken Bones
- Splints & Slings
- Frostbite
- Sunburn
- Hurry cases of stopped breathing, serious bleeding, indigestion poisoning
- CPR
- Heart attacks
- Heat exhaustion and heat stroke
- Shock
- Dehydration
- Hypothermia
- Hyperventilation

Meeting #1 – Superficial/Minor Internal Injuries

Supplies/Setup

- First-Aid kit(s)
 -
-

Coinciding Requirement Numbers

T: 12b #1-3, 6, 7

SC: 7c #1,3-4

Review Question from Previous Meeting

- N.A.

Lesson

- Teach and demonstrate first-aid for
 - Simple cuts and scrapes (pg. 136)
 - Blisters on the hand and foot (pg. 137)
 - Minor burns and scalds (include Sunburns) (pg. 148)
 - Major burns and scalds (pg. 148-149)
 - Nosebleeds (pg. 138)
 - Objects in the eye (pg. 145)
 - Puncture wounds from a splinter, nail, or fishhook (pg. 145-146)

Review Activity

Have the scouts line up in front of you and have the first-aid kit available to them to use as you ask them to demonstrate and explain each first-aid technique that you prompt them to do on you. This can be done in more than one line in order to speed up the process.

Notes

Meeting #2 – Wilderness Involved Injuries/First-Aid Kit Preparation

Supplies/Setup

- First-Aid kit(s)
- _____

Coinciding Requirement Numbers

T: 12b #4-5
SC: 7b 7c #2

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Teach and demonstrate first-aid for
 - Bites or stings of insects and ticks (pg. 142-143)
 - Snake bites (pg. 141-142)
 - Bite of a suspected rabid animal (pg. 140)
- Demonstrate how to prepare a first-aid kit
 - Tell the scouts that to get the requirement signed off, they must bring in there own first-aid kit that they assembled at home
- Explain what each item in a first-aid kit is and it's purpose.

Review Activity

Have the scouts line up in front of you and have the first-aid kit available to them to use as you ask them to demonstrate and explain each first-aid technique that you prompt them to do on you. This can be done in more than one line in order to speed up the process.

Notes

Meeting #3 – Fractured, Broken, & Sprained Bones

Supplies/Setup

- First-Aid kit(s)
- Splints
- Ice packs
- Extra neckerchiefs
- _____

Coinciding Requirement Numbers

FC: 8b

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Teach and demonstrate first-aid for
 - Sprains and Strains (pg. 154-155)
 - Head injuries (pg. 155)
 - Broken Bones (pg. 156-157)
 - Splinting and Slings (pg. 158-161)
- Demonstrate how to prepare a first-aid kit (pg. 127)
- Explain what each item in a first-aid kit is and it's purpose (pg. 128)

Review Activity

Have the scouts practice these techniques on each other and call you over when they believe they have success fully completed the task.

Notes

Meeting #4 – Serious Cases

Supplies/Setup

- First-Aid kit(s)
- _____

Coinciding Requirement Numbers

T: 12b #7
SC: 7a, 7c #5-7
FC: 8d

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Teach and demonstrate first-aid for
 - Hurry cases of stopped breathing, serious bleeding, indigestion poisoning (pg. 162-165, 167-170)
 - CPR (pg. 164)
 - Heart attacks (pg. 166)
 - Shock (pg. 170-171)
 - Dehydration (pg. 147)
 - Hypothermia & Frostbite (pg. 152)
 - Hyperventilation (pg. 148)
 - Heat exhaustion and heat stroke (pg. 150-151)

Review Activity

Have the scouts line up in front of you and have the first-aid kit available to them to use as you ask them to demonstrate or explain what he would do in each situation that you present to them. This can be done in more than one line in order to speed up the process.

Notes

Meeting #5 - Review

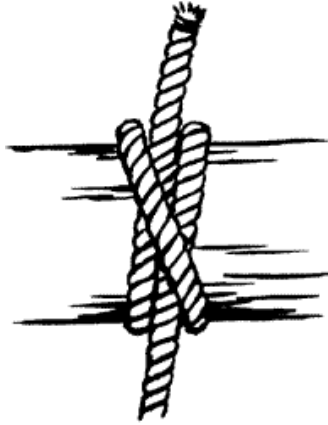
Take this time to allow scouts who didn't get a chance to have certain requirements tested and signed off, get tested and signed off.

This is also a good time for scouts who missed previous meetings to be caught up and to reinforce any ideas that scouts forgot.

Extra Review Activity:

- Split the scouts into small teams
- Supply each team with first-aid kits, splints, ice packs, extra neckerchiefs
- Put them on separate parts of the room
- Stand in the middle and call out an injury or ailment
- The first team who comes to the center, either having demonstrated the first-aid technique or explained the solution wins that round

Knots/Lashings



In this section you will cover...

- Knot terminology
- Square Knot
- Whipping and fusing rope
- Two Half Hitch
- Taught-line Hitch
- Square Knot (EDGE)
- Timber Hitch
- Clove Hitch
- Bowline
- Square, Shear, and Diagonal Lashings
- Making a Camp Gadget using lashings

Meeting #1 – Basic Knots/Terminology

Timber Hitch, Clove Hitch, Bowline

Supplies/Setup

- Rope
- Poles
- _____

Coinciding Requirement Numbers

FC: 7a.8a

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Teach the basic knot terminology (pg. 383)
- Teach and demonstrate tying
 - The square knot (pg. 21)
 - The timber hitch (pg. 386)
 - The clove hitch (pg. 387)
 - The bowline (pg. 388)
 - The different ways that it is used

Review Activity

- Call out a knot that you just taught and see who is the first one able to tie it.
- Line the scouts up into a line. Have them pass one rope down the line, each tying the knot and untying it. Try to get a lower and lower time each time.

Notes

Meeting #2 – Two Half Hitches, Taught-line Hitch, Square Knot (EDGE), Whipping

Supplies/Setup

- Rope
- Poles
- Matches or a lighter
- Rope for fusing and whipping
- _____

Coinciding Requirement Numbers

T: 4a 4b 4c

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Teach and demonstrate tying
 - The two half hitches (pg. 384)
 - Uses
 - Taught-line hitch (pg. 385)
 - Uses
- Demonstrate how to whip or fuse the end of a rope (pg. 380-381)

Review Activity

- Have the scouts teach each other a square knot using EDGE (pg. 53)
- Have each scout whip and fuse the end of a rope while the others practice the other knots that they learned
- Line the scouts up into a line. Have them pass one rope down the line, each tying the knot and untying it. Try to get a lower and lower time each time. You can do this with all of the knots that you have learned.

Notes

Meeting #3 - Lashings

Supplies/Setup

- Rope
- Poles
- _____

Coinciding Requirement Numbers

FC: 7a.

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Explain when lashings should be used and when not (pg. 393)
- Explain Lashing Terminology (pg. 392)
- Explain the use of timber and clove hitches in lashings
- Teach and demonstrate tying
 - Square lashing (pg. 396)
 - Shear lashing (pg. 397)
 - Diagonal lashing (pg. 398)

Review Activity

Have the scouts practice their lashings. Revolve around the room, checking and helping the scouts.

Notes

Meeting #4 – Camp Gadget

Supplies/Setup

- Rope
- Poles
- _____

Coinciding Requirement Numbers

FC: 7b

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Supply the scouts with the tools needed to make a camp gadget of their own choice
- Split them into groups so each scout is working and no one is doing nothing
- Have them construct a camp gadget that has a purpose (pg. 3932-401)

Review Activity

If the building of the gadget doesn't take the entire meeting, you can play a game using the gadgets that you made. Ex: soccer if you made soccer goals

Notes

Meeting #5 - Review

Take this time to allow scouts who didn't get a chance to have certain requirements tested and signed off, get tested and signed off. This is also a good time for scouts who missed previous meetings to be caught up and to reinforce any ideas that scouts forgot.

Extra Review Activity:

- Split the scouts into 2 teams
- Lay a tug-of-war rope out
- The referee will call out one of the knots that we have learned
- Each person on the team must tie the knot in order to play in tug of war
- The normal rules of tug-of-war then apply

Campsite Skills



In this section you will cover...

- What to bring on a trip
- How to pack a bag
- Troop Gear
- Setting up a Tent
- Leave No Trace
- Cooking Fires
- Lightweight Stove
- Fire types
- Axe Yard Skills
- Safe Hiking
- Safe Boating
- Safe Swimming
- Safe Living

Meeting #1 – Camping Gear: Personal & Troop

Supplies/Setup

- Packed sample backpack
 - Troop gear
 -
-

Coinciding Requirement Numbers

T: 1

Review Question from Previous Meeting

N.A.

Lesson

- Explain and demonstrate how to pack a bag for a camping trip (pg. 292-293)
- Explain and demonstrate how to pick up and carry a backpack (pg. 297-298)
- Explain and show what gets brought by the troop collectively on a camping trip (pg. 294-295)
- Tell the scouts that they must pack their own bag before a camping trip to get the requirement signed off.

Review Activity

- Have the scouts pack and unpack a bag
- If there is any other time you can have the scouts try to find various things in the backpack, blindfolded

Notes

Meeting #2 – Setting up a Tent

Supplies/Setup

- Tents
- Blindfolds
- _____

Coinciding Requirement Numbers

N.A.

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Teach and demonstrate how to set up a tent and why tent location is important (pg. 302-303)

Review Activity

- Have the scouts construct and deconstruct a tent.
- If they can do this, split them into groups of two and one group of three if needed, and have them race each other to be the first one to set up a tent, have you check it, and pack it up.
- If there is any other time you can have the scouts try to set up a tent either with a buddy or by himself

Notes

Meeting #3 - Leave No Trace/ Fires

Supplies/Setup

- Leave no trace trainer must be present and ready
- Lightweight stove
- Wood to demonstrate building fires
- _____

Coinciding Requirement Numbers

SC: 2 3e 3f

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Have the leave no trace trainer discuss the principals of leave no trace (pg. 247-256)
- Discuss
 - When you should use a light weight stove and when to use a cooking fire and safety procedures for both (pg. 325)
- Demonstrate how to assemble a lightweight stove (pg. 414-415)
- Demonstrate how to
 - Build the different types of fires for different situations (pg. 410-413)
 - Manage and put out fires (pg. 414)

Review Activity

Have the scouts try to assemble various types of fires for different situations that you present to them.

Notes

Meeting #4 - Axe Yard Skills

Supplies/Setup

- Axe yard supplies
- Lumber for demonstration
- _____

Coinciding Requirement Numbers

SC: 3c

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Note: This lesson is better done outside
- Discuss and demonstrate proper use, care, and sharpening of axe yard tools (pg. 247-256)
- Discuss and demonstrate proper axe yard safety

Review Activity

Have each scout try each technique.

Notes

Meeting #5 – Safe Hiking, Boating, Swimming, and Living

Supplies/Setup

N.A.

Coinciding Requirement Numbers

T: 5

SC: 8a, 9b

FC: 9a

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Explain the rules of safe hiking, both on the highway and cross-country, during the day and the night (pg. 279)
- Explain what to do if you are lost (pg. 282-283)
- Discuss what precautions must be taken in order to have a safe swim (pg. 182)
- Explain the three R's in Personal safety and protection (pg. 65)
- Discuss what precautions must be taken in order to have a safe trip afloat (pg. 194-195)

Review Activity

Have each scout tested and quizzed by an adult leader while the others are playing a review game of your choice.

Notes

Meeting #6 - Review

Take this time to allow scouts who didn't get a chance to have certain requirements tested and signed off, get tested and signed off. This is also a good time for scouts who missed previous meetings to be caught up and to reinforce any ideas that scouts forgot.

Cooking



In this section you will cover...

- Safe Handling of Food
- Disposing of camp garbage
- Planning One Hot breakfast or Lunch
- Planning a menu for a whole day
- Food nutrition and costs
- Cooking Gear

Meeting #1 – Safe Handling of Food and One Hot breakfast or Lunch

Supplies/Setup

- MyPlate food guide or the current USDA nutrition model
- Food catalogs
- Paper and a writing implement for the scouts to use to write down their plan
- _____

Coinciding Requirement Numbers

SC: 3g
FC: 4d

Review Question from Previous Meeting

N.A.

Lesson

- Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. (pg. 328-329)
- Discuss how to properly dispose of camp garbage, cans, plastic containers, and other rubbish. (pg. 279)
- Have each scout plan one hot breakfast or lunch, selecting foods from the MyPlate food guide or the current USDA nutrition model, and explain the importance of good nutrition. Also, have them tell how to transport, store, and prepare the foods he has selected. Have each scout present his plan to an adult leader for credit. Also have the leader test the knowledge of each scout about safe handling of food. They have to go on a campout and cook one of these meals to get credit. (pg. 102, 316, 320-323,, 326, 329, 339)

Review Activity

N.A.

Notes

Meeting #2 - Making a Menu

Supplies/Setup

- MyPlate food guide or the current USDA nutrition model
- Food catalogs
- Paper and a writing implement for the scouts to use to write down their plan
- _____

Coinciding Requirement Numbers

FC: 4a

Review Question from Previous Meeting

- _____
- _____
- _____

Lesson

- Split the scouts into patrols and have each patrol plan a menu for one campout that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals. (pg. 102-105, 316-317, 320)
- Have them explain how the menu includes the foods from the MyPlate food guide or the current USDA nutrition model and meets nutritional needs. (pg. 102-105, 316-317, 320)
- Have each patrol present the menu to an adult leader for credit. Collect each menu for next meeting.

Review Activity

N.A.

Notes

Meeting #3 – Cost and Cooking Gear

Supplies/Setup

- Last meeting's patrol menus
 - Food Catalog
 -
-

Coinciding Requirement Numbers

FC: 4b 4c

Review Question from Previous Meeting

N.A.

Lesson

- Have the scouts organize back into the patrols from last meeting
- Have them find the cost of their menu's meals for three scouts and make a list of all of the utensils and cooking gear needed to cook these meals. (pg. 321-324)

Review Activity

N.A.

Notes

Meeting #4 - Review

Take this time to allow scouts who didn't get a chance to have certain requirements tested and signed off, get tested and signed off. This is also a good time for scouts who missed previous meetings to be caught up and to reinforce any ideas that scouts forgot.

