

Tenderfoot Requirement Material

By

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1. Present yourself to your leader, properly dressed, before going on an overnight camping trip. Show the camping gear you will use. Show the right way to pack and carry it.

Saluting to your leader when you see them. Your uniform (either class A or B) has to be neat and tucked in. Your camping gear must have: Flash light, eatery kit (bow, cup, spoon, fork, etc.), sleeping bag, extra clothes, pen, and paper. All of your camping gears have to be packed neatly. Some tips you need to know that clothes rolled them tightly and can be put into zip-lock plastic bag to avoid wet weather. The total weight you should carry is never heavier than 1/3 of your weight. Ex: If you weighted 100 pounds, you camping gear (including backpack) is not more than 33 pounds.

2. Spend at least 1 night on a patrol or troop camp out. Sleep in a tent you have helped pitch on a ground bed you have prepared.

You must know some basic how to pitch a tent. Go camping with your troop at least once each year.

3a. Demonstrate how to whip and fuse the ends of a rope.

You can have a single knot at the rope end or to get another string to whip (tightly wrap) around the rope.

More info. can be found in the Pioneering merit badge pamphlet.

Nylon rope is the most common rope for whipping and fusing. Using a lighter (if least number of rope ends are needed) or light a candle (if lots of rope ends needed to be whip) to whip and fuse the rope ends. By visual, the rope ends begin to melt. Take it out and quickly tab it by your pointing finger and thumb (make sure do not burn your finger).

3b. Demonstrate tying two half hitches and a taut-line hitch by using these knots to pitch a tent.

The pictures below are for demonstration results. Refer to boy scout handbook for how to do it.

Two half hitch:



Taut-line hitch:



4. 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.

- Anytime you must hike along a highway or road without a sidewalk, stay in single file on the left side, facing the traffic. Light-colored clothing can make it easier for drivers to see you. If you must hike alongside a road at night, tie strips of white cloth or reflective ribbon around your right arm and leg. Even better are the fluorescent vests often worn by highway workers. Use a flashlight to

brighten your way and to alert drivers that you are there. Never hitchhike. It can be dangerous, it might be illegal, and it spoils the spirit of a hike.

- When you are hiking on trails and cross country is the best way to reach the places you want to go. Staying on trails helps you avoid trampling plants or adding to erosion with your footsteps. It is hard to get lost if your feet are on the pathway. Whether or not your backcountry hikes are on trails or across open ground, watch where you place your feet to avoid slipping or twisting an ankle. Use bridges to cross streams. Wade through water only if there is no other way to go, and only if the water is shallow and the current is not too swift. Unfasten the hip belt of your backpack before crossing a stream. If you slip, you'll be able to free yourself from the backpack before it can weigh you down in the water. Detour around areas that appear to be dangerous, or go back the way you came.

Note: Your safety is always much more important than reaching the destination of a hike.

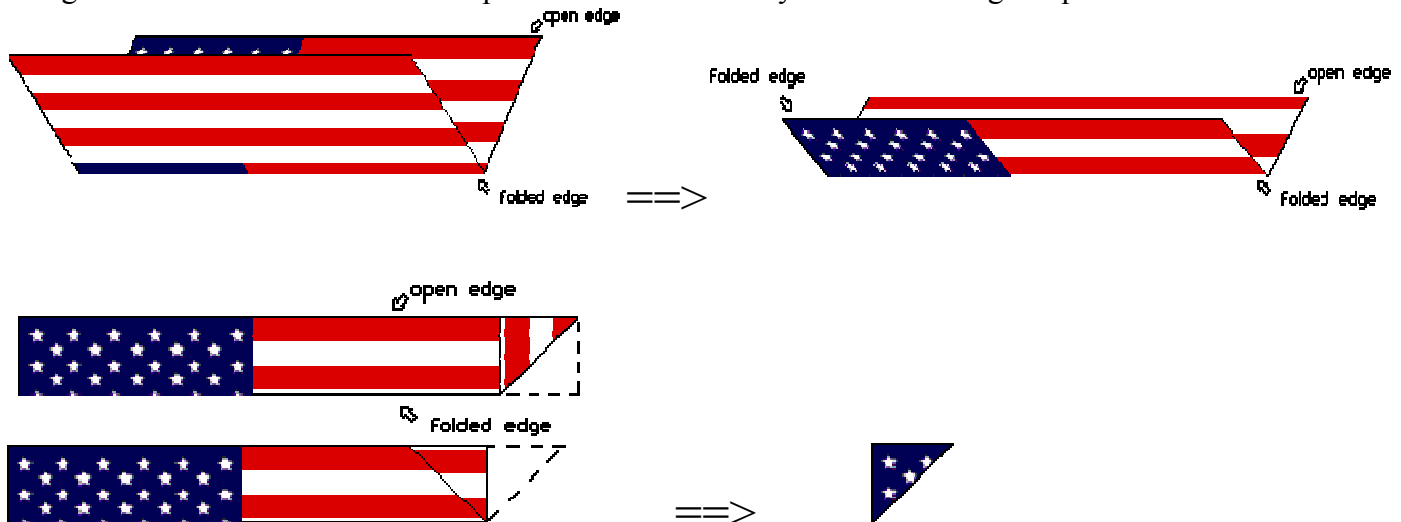
If you are Lost – you should **STOP** (Stay calm, Think, Observe, Plan)

However, if you have no idea where you are or which way to go, **Stay Put**. You will survive for several days without water and for several weeks without food. Stay put and stay calm. You will be found.

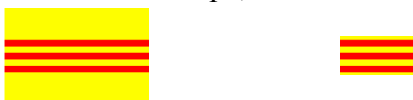
5. Demonstrate how to display, raise, lower, and fold the American and Vietnamese flags.

Both flags can be displayed horizontally and vertically depending on the event of the flag displacement. NEVER let the flags touch the ground.

American flag: Group of stars (union) should be displayed on the top flag own right corner either horizontally or vertically. To fold the flag, should have 2 double folds along the longer side. Then begin at the right end to have triangular fold until it meets left end (where the stars are). At this left end, to have it triangular fold before tucked into the pocket that is created by other end triangular pre-fold.



Vietnamese flag: There is no display requirement since the flag is symmetrical. To fold the flag, first triple fold along the outer red stripe, then a 1/4 fold at each end and a final double fold at the middle.



6. Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan.

Oath (Scout Promises) – 3 Lời Hứa

Tôi xin lấy danh dự mà hứa, cố gắng hết sức:

1. Làm tròn bổn phận đối với tín ngưỡng, tâm linh, tổ quốc và quốc gia
2. Giúp đỡ mọi người bất cứ lúc nào
3. Tuân theo luật Hướng Đạo

Laws – 10 Điều Luật

1. HDS trọng danh dự, ai cũng có thể tin lời nói HDS
2. HDS trung thành với tổ quốc, hiếu thảo với cha mẹ, và là phần tử xứng đáng của quốc gia định cư
3. HDS sẵn sàng giúp ích
4. HDS là bạn của tất cả mọi người và coi các HDS khác như anh em ruột thịt
5. HDS lễ độ và hào hiệp
6. HDS thương yêu cây cỏ và sinh vật
7. HDS vâng lời cha mẹ và các huynh trưởng mà không biện bác
8. HDS gặp nỗi khó khăn vẫn vui tươi
9. HDS cần kiệm của mình và của người
10. HDS trong sạch từ tư tưởng, lời nói đến việc làm

Motto – Phương Châm:

HDS mỗi ngày làm một việc thiện (Do a good turn daily).

Slogan - Khẩu Hiệu:

Sấp Sẵn (Be Prepared)

7. Know your patrol name, give the patrol yell, and describe your patrol flag.

Đội **Hổ** (Tiger Patrol) – **Hùng** (Brave and strong)

Đội **Son Ca** (Nightingale Patrol) – **Vui vẻ** (Happy)

8. Explain why we use the buddy system in Scouting.

The buddy system is a way for Scouts to look after one another. When you have an outdoor activity, you should keep track of what your buddy is up to, and he/she knows at all times where you are and how you are doing. Now and then a Scout leader might call for a buddy check. That means you must immediately hold up the hand of your buddy. If anyone is missing, everyone will know it right away. It's a way of sharing the good times and preventing the bad.

9a. Record your best result in the following test:

Pushups, pull-ups, sit-ups, long jump, run 500 yards

9b. Show improvement in the activities listed above after practicing for 30 days.

Note: Keep your body in a good physical condition and healthy is the goal of this requirement.

10. Identify local poisonous plants; tell how to treat for exposure to them.

Poison ivy, poison oak, and poison sumac are the most common poisonous plants in the United States. Oily sap in their leaves, stems, and roots can irritate your skin and cause it to itch. Your Scout leaders or others who know about plants can show you how to recognize and avoid the poisonous plants in your area. The sap of poison ivy, oak, and sumac must be on your skin for 10 or 20 minutes before it binds to the cells and begins causing problems. If you think you have touched a poisonous plant, immediately wash with soap and water. The sap can also stay on clothing, so change clothes and wash the outfit you were wearing. Calamine lotion helps to relieve the itching. See Boy Scout handbook for more poisonous plant recognition.

11a. Demonstrate the Heimlich maneuver and tell when it is used.

During a meal, a man lurches from his chair and clutches his throat. His face turns red and he seems unable to breathe. **ASK: “Are you choking?”** If the victim nod yes and he cannot speak, cough, or breathe, perform the Heimlich maneuver.

Note: Do not interfere with a person who is conscious and can speak, cough, or breathe. He is still getting air into his lungs. Encourage him to cough up the object, and be ready to administer first aid if it is needed. Have someone call for help.

Performing *Heimlich maneuver*:

- Stand behind the victim. Put your arms around his waist and clasp your hands together. The knuckle of one thumb should be just above his navel but below his rib cage.
- Thrust your clasped hands inward and upward with enough force to pop loose the obstruction.
- Repeat the Heimlich maneuver until the obstruction clears or medical help arrives.

If a choking person is very large or has lost consciousness, do this:

- Lay him on the floor and sit straddling his thighs
- Place the heel of one hand on the victim’s upper abdomen, slightly above his navel but below the rib cage.
- Place your other hand on top of the first and press upward with quick thrust.
- With your index finger, probe the mouth of an unconscious victim to remove any obstructions. Be ready to rescue breathing.
- Repeat this Heimlich maneuver until the obstruction pops loose or medical help arrives.

If you ever choke on food, and cannot breathe, clutch your throat with your hand. That’s the universal sign for choking, and it might bring someone to your aid. If there is no one nearby, perform the Heimlich maneuver on yourself by pulling your fist into your upper abdomen, or you can bend over the back of a chair and force it against your belly.

11b. Show the first aid for the following:

Simple cuts and scratches

- Cuts and scratches are wounds – openings in the skin and tissues that can allow germs to enter the body and cause infection. Wash it with soap and water. Applying antiseptic can help prevent infection. Keep the wound clean with an adhesive bandage. On camping trips, clean and rebandage small wounds daily.
- For larger cut, treat it by using direct pressure to stop bleeding, then keep the wound as clean as you can to limit infection. Cover an open wound with a sterile gauze pad or clean cloth folded into a pad. Hold the pad in position with tape, a cravat bandage, or other binder.

Blister on the hand and foot

- Blisters are pockets of fluid that form as the skin’s way of protecting itself from friction. A hot spot is a warning that a blister might be forming. As soon as you notice it, treat a hot spot or blister with a “doughnut bandage” to relieve the pressure on your skin. Cut moleskin in the shape of a doughnut and fit it around the injury. Add several more on top of each others. The doughnut bandage will keep pressure off the injury.
- A gel pad made of the same material used to treat burns can be applied directly over a blister to reduce friction and speed healing. Follow the instructions on the package. Used together, a gel pad and a moleskin doughnut provide maximum relief for blisters and hot spots. You can also drain the fluid, then treat it as a wound.

Minor burns or scalds (first degree)

- Get the victim away from the source of heat that caused the burn and treat any hurry cases – stopped breathing, no heartbeat, or severe bleeding.
- A mild burn will cause the skin to be tender and it might also become red. Treat immediately by holding the burn under cold water or applying cool, wet compresses until there is little or no pain.

Bites or stings of insect and ticks

- **Bee and Wasp Stings** - Scrape away a bee or wasp stinger with the edge of a knife blade. Don't try to squeeze it out. That will force more venom into the skin from the sac attached to the stinger. An ice pack might reduce pain and swelling.
- **Tick Bites** – Tick are small, hard-shelled arachnids that bury their heads in the skin of warm-blooded vertebrates. Protect yourself whenever you are in tick-infested woodlands and fields by wearing long pants and long-sleeved shirt. Button your collar and tuck the cuffs of your pants into your boots or socks. Inspect yourself daily, especially the hairy parts of your body, and immediately remove any ticks you find. If a tick has attached itself, grasp it with tweezers close to the skin and gently pull until it comes loose. Don't squeeze, twist, or jerk the tick, as that could leave its mouth parts in the skin. Wash the wound with soap and water and apply antiseptic. After dealing with a tick, thoroughly wash your hands. Lyme disease is a bacterial infection that is transmitted from one animal (host) to another through the bite of an infective tick. You could be exposed to an infective tick just about anywhere in the outdoors. The deer tick is a major carrier of Lyme disease; it is hard to detect because of its size – an immature tick can fit through the eye of a needle.
- **Chigger Bites** - Chiggers are almost invisible. They burrow into skin pores, causing itching and small welts. Try not to scratch chigger bites. You might find some relief by covering chigger bites with calamine lotion or by dabbing them with clear fingernail polish.
- **Spider Bites** – The bite of a female black widow spider can cause redness and sharp pain at the wound site. The victim might suffer sweating, nausea and vomiting, stomach pain and cramps, severe muscle pain and spasms, and shock. Breathing might become difficult.

The bite of a brown recluse spider doesn't always hurt right away, but within two to eight hours there can be pain, redness, and swelling at the wound. An open sore is likely to develop. The victim might suffer fever, chills, nausea, vomiting, joint pain, and a faint rash.

- **Jellyfish stings** – Call for medical help immediately. People who are allergic to jellyfish stings might go into deep shock. Do not wash the affected area with fresh water, as that will cause the release of more toxins. Instead, soak the injury for thirty minutes (unless medical help arrives sooner) in alcohol or vinegar, and then use tweezers to remove the remaining tentacles.

Poisonous snakebite

- Get the victim under medical care ASAP so that physicians can neutralize the venom.
- Remove rings and other jewelry that might cause problems if the area around a bite swells.
- If the victim must wait for medical attention to arrive, have him lie down and position the bitten part lower than the rest of his body. Encourage him to stay calm. He might be very frightened, so keep assuring him that he is being cared for.
- Treat for shock.
- If available within 3 minutes of the bite, apply a venom extractor directly over the fang marks and leave in place for no more than 10 minutes. Properly used, the extractor can remove up to 30 percent

of the venom. **Do not make any cuts on the bite** – that’s an old-fashioned remedy that can harm the victim much more than help him.

- **Do not apply ice to a snakebite.** Ice will not help the injury, but can damage the skin and tissue

Nosebleed

- Have the victim sit up and lean forward to prevent blood from draining into his or her throat. Pinch the nostrils together to maintain pressure on the flow. Apply a cool, wet cloth to the victim’s nose and face. It will usually stop in just a few minutes.

Frostbite

- A victim of frostbite might complain that his ears, nose, fingers, or feet feel painful and then numb. You might see grayish-white patches on his skin – a sure sign of frostbite.
- Get into a tent or building, then warm the injury and keep it warm. If an ear or cheek is frozen, remove a glove and warm the injury with the palm of your hand. Slip a frostbitten hand under your clothing and tuck it beneath an armpit. Treat frozen toes by putting the victim’s bare feet against the warm skin of your belly. Avoid rubbing frostbitten flesh, as that can damage tissue and skin. You can also warm a frozen part by holding it in warm – not hot – running water. Or wrap it in a dry blanket. Have the patient exercise injured fingers or toes, and don’t let the injured area freeze again.

Sunburn

- Sunburn is a common injury among people who enjoy being outdoors. Repeated burns can cause long-term skin damage and the potential for skin cancer. People with lighter skin are most at risk, though others are not immune. Prevent sunburn by using plenty of sunscreen with a sun protection factor (SPF) rating of at least 15. Reapply sunscreen after swimming or if you are perspiring. A broad-brimmed hat, long sleeved shirt, and long pants provide even more protection.

12. Be able to sing Vietnamese anthem and Vietnamese Scout anthem.

Quốc ca Việt Nam – Vietnamese anthem

Này công dân ơi, quốc gia đến ngày giải phóng. Đồng lòng cùng đi hy sinh tiếc gì thân sống. Vì tương lai quốc dân, cùng xông pha khói tên, làm sao cho núi sông, từ nay luôn vững bền. Dù cho thầy phoi trên gươm giáo, thù nước lấy máu đào đem báo. Nòi giống lúc biên phải cần giải nguy, người công dân luôn vững bên tâm trí. Hùng tráng quyết chiến đấu làm cho khắp nơi, vang tiếng người nước Nam, cho đến muôn đời.

Công dân ơi! Mau hiến thân dưới cờ

Công dân ơi! Mau làm cho cõi bờ - Thoát con, tàn phá vẻ vang, nòi giống xứng danh, ngàn năm dòng giống Lạc Hồng.

Hướng Đạo Ca – Vietnamese Scout song

Nâng cao lá cờ Hướng Đạo, nhuộm oai hùng sáng ngời. Ta cùng đi cùng xây đời mới.

Vui tươi hát ca đi trên con đường lạ, chúng ta nguyện thẳng tiến xông pha.

Anh em ơi! Rèn cánh tay sẵn sàng

Anh em ơi! Rèn trái tim vững vàng

Tiếng kêu gọi xin ai chớ quên.

Anh em ơi! Kia nước non đang chờ

Anh em ơi! Đại nghĩa luôn tôn thờ

Chúng ta nguyện kiên tâm tiến lên

Hướng Đạo Việt Nam được thiêng soi đường. Hướng Đạo Việt Nam khó khăn coi thường. Luôn luôn ta bền gan, rèn tâm hồn trong sáng. Dâng cho nước non nhà, muôn đời diễm tô, cho xã hội rạng ngời chúng ta một lời.