

# TENDERFOOT

## Rank Requirements



This way TO BE Effective January 1, 2010

Leader initial and date



<input type="checkbox"/>	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. (Pages 292–293, 297–298)	
<input type="checkbox"/>	2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch. (Page 302)	
<input type="checkbox"/>	3. On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup, and explain the importance of eating together. (Pages 327, 329–339)	
<input type="checkbox"/>	4a. Demonstrate how to whip and fuse the ends of a rope. (Pages 380–381)	
<input type="checkbox"/>	4b. Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch. (Pages 384–385)	
<input type="checkbox"/>	4c. Using the EDGE method, teach another person how to tie the square knot. (Page 53)	
<input type="checkbox"/>	5. 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. (Pages 279, 282–283)	
<input type="checkbox"/>	6. Demonstrate how to display, raise, lower, and fold the American flag. (Pages 72–76)	
<input type="checkbox"/>	7. Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan. (Pages 22–27)	
<input type="checkbox"/>	8. Know your patrol name, give the patrol yell, and describe your patrol flag. (Page 38)	
<input type="checkbox"/>	9. 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. (Pages 39, 62)	

# Tenderfoot



Downloadable requirements checklists for all ranks and videos to guide you through the Tenderfoot rank requirements may be found on the Handbook Web site, [www.bsahandbook.org](http://www.bsahandbook.org).

10a. Record your best in the following tests (Pages 96–99):

Current results

Push-ups \_\_\_\_\_

Pull-ups \_\_\_\_\_

Sit-ups \_\_\_\_\_

Standing long jump (\_\_\_\_\_ ft. \_\_\_\_\_ in.)

1/4-mile walk/run \_\_\_\_\_

30 days later

Push-ups \_\_\_\_\_

Pull-ups \_\_\_\_\_

Sit-ups \_\_\_\_\_

Standing long jump (\_\_\_\_\_ ft. \_\_\_\_\_ in.)

1/4-mile walk/run \_\_\_\_\_

10b. Show improvement in the activities listed in requirement 10a after practicing for 30 days. (Pages 96–99)

11. Identify local poisonous plants; tell how to treat for exposure to them. (Pages 138–139)

12a. Demonstrate how to care for someone who is choking. (Pages 134–135)

12b. Show first aid for the following:

- Simple cuts and scrapes (Page 136)
- Blisters on the hand and foot (Page 137)
- Minor (thermal/heat) burns or scalds (superficial, or first-degree) (Page 148)
- Bites or stings of insects and ticks (Pages 142–143)
- Venomous snakebite (Pages 141–142)
- Nosebleed (Page 138)
- Frostbite and sunburn (Pages 150, 152)

13. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples of how you have lived the points of the Scout Law in your daily life. (Page 30)

14. Participate in a Scoutmaster conference. (Page 34)

15. Complete your board of review. (Page 55)

NOTE: Alternate requirements for the Tenderfoot rank are available for Scouts with physical or mental disabilities if they meet the criteria listed in the Boy Scout Requirements book.