

Troop 225



Troop Guide's Notebook

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Contact Information for the Scouts you Guide

Name	Phone / Text	E-mail

Contact Information for the Scouts you Guide

Scoutmaster		
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Your main responsibility as a Troop Guide is leading younger Scouts to First Class Rank. By **listing their names and dating each requirement** the Scout completes **will help you monitor their progress** and plan their advancement. Boy Scouts allows each Scout to advance at their own pace. However, as a guide you help these young Scouts learn basic scout skills, feel welcome in the troop, and make suggestions to your Patrol Leader and Senior Patrol Leader about when certain skills should happen.

- Highlighted requirements must be completed outside meetings
- If a scout you are guiding is going beyond the requirements or wants to do more encourage it! Remember the EDGE method (Explain Demonstrate Guide Enable). As they learn to advance on their own, step back and guide them, empower your scouts to succeed!

Scout Requirements

	Requirements	Scouts I Guide ->					
1.	Meet age requirements. Be a boy who has completed the fifth grade or is 11 years old, or has earned the Arrow of Light Award but is under 18 years old.						
2.	Complete a Boy Scout application and health history signed by your parent or guardian.						
3.	Find a Scout troop near your home.						
4.	Repeat the Pledge of Allegiance.						
5.	Demonstrate the Scout sign, salute, and handshake.						
6.	Demonstrate tying the square knot (a joining knot).						
7.	Understand and agree to live by the Scout Oath, Law, motto, and slogan, and the Outdoor Code.						
8.	Describe the Scout badge.						
9.	Complete the pamphlet exercises. With your parent or guardian, complete the exercises in the pamphlet How to Protect Your Children from Child Abuse: A Parent's Guide .						
10.	Participate in a Scoutmaster conference. Turn in your Boy Scout application and health history form signed by your parent or guardian, then participate in a Scoutmaster conference.						

Tenderfoot Requirements

	Requirements	Scouts I Guide ->					
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.						
2.	Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.						
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.						
4.							
a.	Demonstrate how to whip and fuse the ends of a rope.						
b.	Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.						
c.	Using the EDGE method, teach another person how to tie the square knot.						
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.						
6.	Demonstrate how to display, raise, lower, and fold the American flag.						
7.	Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan.						
8.	Know your patrol name, give the patrol yell, and describe your patrol flag.						
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.						
10.							
a.	Record your best in the following tests:						
	Skill Current / After 30 days	Current	Date Tested ->				
	Push Ups	/	/	/	/	/	
	Pull Ups	/	/	/	/	/	
	Sit Ups	/	/	/	/	/	
	Standing Long Jump	/	/	/	/	/	
	1/4mile walk/run	/	/	/	/	/	
b.	Show improvement in the activities listed in requirement 10a after practicing for 30 days.						
	After 30 days Date Tested ->						
11.	Identify local poisonous plants; tell how to treat for exposure to them.						
12.							
a.	Demonstrate how to care for someone who is choking.						
b.	Show first aid for the following:						
-	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					
13.	Demonstrate Scout Spirit by living the Scout Oath 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.					
14.	Participate in a Scoutmaster conference.					
15.	Complete your board of review					

Second Class Requirements

	Requirements	Scouts I Guide ->					
1.							
a.	Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.						
b.	Using a compass and map together, take a five-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian. (If you use a wheelchair or crutches, or if it is difficult for you to get around, you may substitute 'trip' for 'hike' in this requirement)						
2.	Discuss the principles of Leave No Trace.						
3.							
a.	Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.						
b.	On one of these campouts, select your patrol site and sleep in a tent that you have pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.						
c.	Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.						
d.	Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire.						
e.	Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.						
f.	In an approved place and at an approved time, demonstrate how to build a fire and set up a lightweight stove. Note: Lighting the fire is not required.						
g.	On one campout, plan and cook one hot breakfast or lunch, selecting foods from the food guide pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.						
4.	Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States.						
5.	Participate in an approved (minimum of one hour) service project.						
6.	Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.						
7.							
a.	Show what to do for 'hurry' cases of stopped breathing, serious bleeding, and ingested poisoning.						
b.	Prepare a personal first-aid kit to take with you on a hike.						
c.	Demonstrate first aid for the following:						
-	Object in the eye						
-	Bite of a suspected rabid animal						
-	Puncture wounds from a splinter, nail, and fishhook						
-	Serious burns (partial thickness, or second degree)						
-	Heat exhaustion						
-	Shock						
-	Heatstroke, dehydration, hypothermia, and hyperventilation						

8.						
a.	Tell what precautions must be taken for a safe swim.					
b.	Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.					
c.	Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.					
9.						
a.	Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to your health. Discuss your participation in the program with your family, and explain the dangers of substance addictions.					
b.	Explain the three R's of personal safety and protection.					
10.	Earn an amount of money agreed upon by you and your parent, then save at least 50 percent of that money.					
11.	Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from those used for Tenderfoot requirement 13) of how you have lived the points of the Scout Law in your daily life.					
12.	Participate in a Scoutmaster conference.					
13.	Complete your board of review.					

First Class Requirements

	Requirements	Scouts I Guide ->					
1.	Demonstrate how to find directions during the day and at night without using a compass.						
2.	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.).						
3.	Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of Leave No Trace on these outings.						
4.							
a.	Help plan a patrol 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. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.						
b.	Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.						
c.	Tell which pans, utensils, and other gear will be needed to cook and serve these meals.						
d.	Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.						
e.	On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup.						
5.	Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) your constitutional rights and obligations as a U.S. citizen.						
6.	Identify or show evidence of at least 10 kinds of native plants found in your community.						
7.							
a.	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 lashings by joining two or more poles or staves together.						
b.	Use lashing to make a useful camp gadget.						
8.							
a.	Demonstrate tying the bowline knot and describe several ways it can be used.						
b.	Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.						
c.	Show how to transport by yourself, and with one other person, a person:						
-	From a smoke-filled room						
-	With a sprained ankle, for at least 25 yards						
d.	Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).						

9.						
a.	Tell what precautions must be taken for a safe trip afloat.					
b.	Successfully complete the BSA swimmer test.					
c.	With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)					
10.	Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active. (Use This Worksheet to fulfill this requirement added in 2006)					
11.	Describe the three things you should avoid doing related to use of the Internet. Describe a cyberbully and how you should respond to one.					
12.	Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from those used for Tenderfoot requirement 13 and Second Class requirement 11) of how you have lived the points of the Scout Law in your daily life.					
13.	Participate in a Scoutmaster conference.					
14.	Complete your board of review.					

Troop Calendar

TROOP 226 MASTER PROGRAM CALENDAR -- 2010 - 2011 [print version](#)

MONTH	Meeting Dates	Theme	Troop Camping	District Council, OA Dates	Chartered Organization	Special Holidays	Boards of Review E-Eagle Troop	Pastor/Lessons Council	Troop Coners Meetings	Good Turns	Special Troop Events
SEPTEMBER	7, 8, 15 (Wed, Fri, Sat)	Adventure Heritage MO	Keokuk State Park, NE Belle Reunion 24-26 McLaughlin	Archdiocese CCS Meeting OA Executive Meeting 21 OA Executive Meeting 21	St. Charles Open House 31	Labor Day 6	T, 2, 8, 26		21		9:15 Prayers by Court of Honor 11 AUG 1, 17, 29, 30
OCTOBER	7, 14, 21, 28		AGCS Festival 15-17 Camp Hart	OA FR 1, 2, 3 at NPSR OA Executive Meeting 21 District Training 8, 29, 30, 31			T, 7	8	29	Adopt A Highway 25	Eagle Court of Honor for Alexander J. Scott 10 AUG 3, 10, 17, 24, 3
NOVEMBER	4, 11, 18	Avatar MA	Milton's Pond 05-20-14 Whitake	Archdiocese CCS Meeting OA Executive Meeting 21 New Training 6	AS Saints 1	Veterans Day 11 Thanksgiving 25	T, 4, 8, 17	1	26		AUG 7, 14, 21, 28
DECEMBER	2, 9 (Wed), 16 (Th, Sat)		Far Acres	Brookwood Bldg. at Camp Dennison 4 OA Executive Meeting 21	Innocent's Education 6	Christmas Eve 31	T, 2		21		Court of Honor 10 AUG 8, 12, 19
JANUARY	6, 13, 20, 27		Roaming Lodge at Camp Hershey 14-16 J. McLaughlin	OA District 6 Archdiocese CCS Meeting OA Executive Meeting 21	Scout Sunday 25 Peter and Paul 30	MLK 17	T, 6	4	28		
FEBRUARY	3, 10, 17, 24		Reston Lodge at Reston Falls SR	OA Executive Meeting 22 Council Dinner TBD	Peter's Good Sunday 3		T, 3, 14	2	15		
MARCH	6 (Wed), 13 (Wed), 20 (Wed), 27		Crossover at Spacken Pond 11-13	Archdiocese CCS Meeting OA Executive Meeting 21 Lodge Community Service Day 38	Maria Childs Patrol 17 Joseph 18		T, 1	2	16	Adopt A Highway 25	Court of Honor 17
APRIL	7, 14, 21		Iron Mountain 13 Male Pezzone, Mike's Corner total troop's camp	Spring Noon Weekend / Camp Meet 22-24 OA Executive Meeting 26 District Dinner TBD		Patrol Sun 17 Georgetown 22 Easter 24	T, 7	5	19		
MAY	5, 12, 19, 26		Beet Posing at Celebration State Park 6-4 Male Pezzone	Spring Meet 15-15 Archdiocese CCS Meeting OA Executive Meeting 21		Memorial Day Parade 31	T, 2		17		
JUNE	1 (Wed), 8, 16 (Sat), 20		Carole Wilford SF, NJ 24-26	OA Executive Meeting 24		Independence Day 4	T, 1	1	21	Adopt A Highway 11	Court of Honor 16
JULY	7, 14, 21, 28		Summer Camp 17-23				T, 1	6	12		
AUGUST	TBD							3	26		

Sc = Scout Requirement, **T** = Tenderfoot Requirement, **S** = Second Class Requirement, **F** = First Class Requirement

Note: "Week" and "Campout" are labeled. The Campouts are not always going to occur in this order. As Troop Guide you are responsible for preparing the younger scouts and then helping guide them during the Campouts. So feel free to re-arrange the skill weeks as necessary. You have the support and help of the rest of the troop to prepare the younger scouts and remember to Have Fun!

Week 1: Scouting Skills

Sc4. Repeat the Pledge of Allegiance.

Sc5. Demonstrate the Scout sign, salute, and handshake.

Sc6. Demonstrate tying the square knot (a joining knot).

Sc7. Understand and agree to live by the Scout Oath, Law, motto, and slogan, and the Outdoor Code.

Sc8. Describe the Scout badge.

Week: Camping Equipment

T1. 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. **Go over equipment**

S3b. On one of these campouts, select your patrol site and sleep in a tent that you have pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent. **Go over equipment**

Camp: Camping and Cooking

T2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.

T3. 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.

Week 2: Knots

T4a. Demonstrate how to whip and fuse the ends of a rope.

T4b. Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.

Week 3: Knots/Lashing

T4c. Using the EDGE method, teach another person how to tie the square knot.

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 lashings by joining two or more poles or staves together.

F7b. Use lashing to make a useful camp gadget.

Week: Knives

S3c. Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.

Week 4: Fitness Test

T10a. Fitness Test: Record your best in the following tests

Skill	Current	After 30 days
Push Ups	_____	_____
Pull Ups	_____	_____
Sit Ups	_____	_____
Standing Long Jump	_____	_____
1/4mile walk/run	_____	_____

Week 7: First Aid

T11. Identify local poisonous plants; tell how to treat for exposure to them.

T12a. Demonstrate how to care for someone who is choking.

T12b. Show first aid for the following:

- 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

Week 8: First Aid

S7a. Show what to do for 'hurry' cases of stopped breathing, serious bleeding, and ingested poisoning.

S7b. Prepare a personal first-aid kit to take with you on a hike.

S7c. Demonstrate first aid for the following:

- Object in the eye

- Bite of a suspected rabid animal
- Puncture wounds from a splinter, nail, and fishhook
- Serious burns (partial thickness, or second degree)
- Heat exhaustion
- Shock
- Heatstroke, dehydration, hypothermia, and hyperventilation

Week 12: Safety

S9a. Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to your health. Discuss your participation in the program with your family, and explain the dangers of substance addictions.

S9b. Explain the three R's of personal safety and protection.

Week 19: Safety

F11. Describe the three things you should avoid doing related to use of the Internet. Describe a cyberbully and how you should respond to one.

Week 17: First Aid/Safety

F8a. Demonstrate tying the bowline knot and describe several ways it can be used.

F8b. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.

F8c. Show how to transport by yourself, and with one other person, a person:

- From a smoke-filled room
- With a sprained ankle, for at least 25 yards

F8d. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

Service Project

S5. Participate in an approved (minimum of one hour) service project.

Week 16: Physical Fitness

T10b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.

Week 5: Scouting Skills

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.

T6. Demonstrate how to display, raise, lower, and fold the American flag.

T7. Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan.

Week 6: Patrol Skills

T8. Know your patrol name, give the patrol yell, and describe your patrol flag.

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.

Week 9: Leave no Trace/Cooking

S2. Discuss the principles of Leave No Trace

S3a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.

S3e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.

Week 10: Flag Ceremony/Service Project

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

S5. Participate in an approved (minimum of one hour) service project.

(Catch Up)

Week: Citizenship

F5. Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) your constitutional rights and obligations as a U.S. citizen.

Week: Nature

T11 Identify local poisonous plants; tell how to treat for exposure to them.

F6. Identify or show evidence of at least 10 kinds of native plants found in your community.

Week: Nature

S6. Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.

Week 11: Swimming*

S8a. Tell what precautions must be taken for a safe swim.

S8b. Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.

S8c. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.

F9c. With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)

Week 18: Swimming

F9a. Tell what precautions must be taken for a safe trip afloat.

Camp: Swimming

F9b. Successfully complete the BSA swimmer test.

F9c. With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)

Week 13: Personal Finance

S10. Earn an amount of money agreed upon by you and your parent, then save at least 50 percent of that money.

Week 14: Patrol Cooking

F4a. Help plan a patrol 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. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.

F4b. Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.

F4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.

F4d. Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.

Camp: Cooking

S3d. Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire.

S3f. In an approved place and at an approved time, demonstrate how to build a fire and set up a lightweight stove. Note: Lighting the fire is not required.

S3g. On one campout, plan and cook one hot breakfast or lunch, selecting foods from the food guide pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.

F4b. Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and **secure the ingredients**.

F4e. On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup.

Week 15: Compass

S1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.

F1. Demonstrate how to find directions during the day and at night without using a compass.

Week: Orienteering ** Requires a lot of setup at a local park or campout**

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.).

Camp: Camping and Orienteering

S3a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.

S3b. On one of these campouts, select your patrol site and sleep in a tent that you have pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.

S1b. Using a compass and map together, take a five-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian. (If you use a wheelchair or crutches, or if it is difficult for you to get around, you may substitute 'trip' for 'hike' in this requirement)

Camp: Camping

F3. Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of Leave No Trace on these outings.

Encourage Scouts to Complete

Sc1. Meet age requirements. Be a boy who has completed the fifth grade or is 11 years old, or has earned the Arrow of Light Award but is under 18 years old.

Sc2. Complete a Boy Scout application and health history signed by your parent or guardian.

Sc3. Find a Scout troop near your home.

Sc9. Complete the pamphlet exercises. With your parent or guardian, complete the exercises in the pamphlet *How to Protect Your Children from Child Abuse: A Parent's Guide*.

F10. Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active. (Use This Worksheet to fulfill this requirement added in 2006)

Program Sheet

Date to Present: _____

Time to Present: _____

Activity Name: _____

Presenter's Name: _____

Presenter's Patrol: _____

Assistant Presenter's Name: _____

ASM Coach: _____

EDGE – Explain, Demonstrate, Guide, Enable

	What Are You Teaching?	Method of presenting
Catch Attention		
Subject		
Check Understanding		

Ref. (where can people find more info.): _____