

## **White Pine Program 2012**

### **Tenderfoot**

**Monday 9:00am - 12:00pm**

- Requirement 4a: Demonstrate how to whip and fuse the ends of a rope.
- Requirement 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.
- Requirement 4c: Using the EDGE method, teach another person how to tie a square knot.
- Requirement 5: Explain the rules of safe hiking, both on the highway and cross country, during the day and night. Explain what to do if you are lost.
- Requirement 6: Demonstrate how to display, raise, lower, and fold the American flag.
- Requirement 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.
- Requirement 11: Identify local poisonous plants and tell how to treat for exposure to them.

### **2<sup>nd</sup> Class**

**Tuesday 9:00am - 12:00pm**

- Requirement 1a: Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.
- Requirement 2: Discuss the principles of Leave No Trace.
- Requirement 3c: Demonstrate proper care, sharpening, and use the knife, saw, and ax, and describe when they should be used.
- Requirement 3d: Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire.
- Requirement 3e: Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.
- Requirement 3f: In an approved place and in an approved time demonstrate how to build a fire and set up a lightweight stove. Note: lighting the fire is not required.
- Requirement 4: Participate in a flag ceremony for your school, religious institution, chartered organization, or troop activity. Explain to your leader what respect is due the flag of the United States.

**1<sup>st</sup> Class**

**Wednesday 9:00am - 12:00pm**

- Requirement 1: Demonstrate how to find directions during the day and at night without using a compass.
- Requirement 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 a designated item. (tree, tower, canyon, ditch, etc.)
- Requirement 7a: 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.
- Requirement 7b: Use lashing to make a useful camp gadget.
- Requirement 8a: Demonstrate tying the bowline knot and describe several ways it can be used.
- Requirement 11: Describe the three things you should avoid doing related to use of the Internet. Describe a cyber bully and how you should respond to one.
- Requirement 6: Identify or show evidence of at least ten kinds of native plants found in your community.
- Requirement 9c: With a helper and a practice victim, show a line rescue both as tender and as rescuer.

**Thursday "5 Mile Hike" 9:00am - 12:00 Noon (2<sup>nd</sup> Class)**

- Requirement 1b: Using a compass and a map together, take a 5-mile hike.
- Requirement 6: Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, and mollusks) found in your community.