

Goin' Great First Year Program

Camp Daniel Boone's Goin' Great Program ensures that your new scouts will get off on the right foot. With this premier program each scout will be an active part of a patrol and participate in learning projects that will enable him to earn a significant number of requirements needed for the Tenderfoot, Second Class, and First Class ranks as well as the chance to earn the Pioneering and First Aid Merit Badges.

The Goin' Great program is a daylong comprehensive and takes time. The morning portion of the program covers mainly rank advancement up through Star Rank, while the afternoon is devoted to the Orienteering, Pioneering and First Aid Merit Badges. We strive to provide individual attention to each scout and ample time to learn the requirements that are taught. The program area is divided into 6 learning stations. The goal of the program is to help each scout begin their journey towards the rank of Eagle Scout through patrol based hands on skill development.

Scoutmaster assistance is strongly encouraged to help give individual attention to the Scouts in this program. Please check with the Goin' Great staff if you want to offer assistance.

REQUIRED MATERIALS

- Participants in the Goin' Great Program should bring a "personal" first aid kit. This kit should include at least:
 - 5 band-aids
 - 1 tube antiseptic cream
 - Latex gloves
 - 2 roller bandgages
 - Alcohol swabs
 - Moleskin
 - Tweezers
 - Calamine lotion

Goin' Great Area Daily Schedule

Monday – Friday 9:00 – 12:00 Morning Classes
 1:30 – Pioneering (must sign up separately)
 2:45 - First Aid (must sign up separately)

Scouts who complete the full program will experience the following:
(*=Only with Swim Trip)

Tenderfoot

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.
- 4a Demonstrate how to whip and fuse the ends of a rope.
- 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.
- 4c 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 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 your patrol yell and describe your patrol flag.
9. Explain why we use the buddy system in scouting. Describe what a bully is and how to respond to one.
- 10a Record your best in the following tests: push-ups, pull-ups, sit-ups, standing long jump and $\frac{1}{4}$ mile walk/run.
11. Identify local poisonous plants, tell how to treat for exposure to them.
- 12a Demonstrate how to care for someone who is choking.
- 12b Show first aid for the following:

Simple cuts and scratches	
Blisters on the hand and foot	Bites or stings of insects and ticks
Minor burns and scalds (first degree)	Nosebleed
Poisonous snakebite	Frostbite and sunburn

Second Class

- 1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.
- 1b. Using a map and compass together, take a five mile hike approved by your adult leader and your parent or guardian.
11. Discuss the principles of Leave-No-Trace.
- 3b On one of these campouts, select your patrol site and sleep in a tent that you pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.
- 3c. On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax and describe when they should be used.
- 3d. Using the tools listed in requirement 3c to prepare tinder, kindling and fuel for a cooking fire.
- 3e. Discuss when it is appropriate to use a cooking fire and lightweight stove. Discuss the safety procedures for using both.
- 3f. 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)
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.
6. Identify or show evidence of at least 10 kinds of wild animals found in your community.
- 7a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and ingested

poisoning.

- 7b. Prepare a personal first aid kit to take along with you on a hike.
- 7c. 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
 - Shock
 - Heatstroke, dehydration, hypothermia, hyperventilation and shock
 - Heat exhaustion
- 8a. Tell what precautions must be taken for a safe swim.*
- 8b. 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.
- 8c. 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.
- 9b. Explain the three R's of personal safety and protection.

First Class

- 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)
- 4a. 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.
- 4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.
- 4d. 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.
- 6. Identify or show evidence of at least 10 kinds of native plants found in your community.
- 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.
- 7b. Use lashing to make a useful camp gadget.
- 8a. Demonstrate tying the bowline knot and describe several ways it can be used.
- 8b. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.

- 8c. 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
- 8d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
- 9a. Tell what precautions must be taken for a safe trip afloat.
11. Describe the three things you should avoid doing related to the use of the internet. Describe a cyberbully and how you should respond to one.

Rafting Day Trips on the Nantahala

Nantahala River: Available on Tuesday, Wednesday and Thursday

Fees: Units providing their own transportation: **\$35.00** per person, payable at the camp trading post.

Pigeon River Available on Tuesday, Wednesday and Thursday

Fees: Units must provide their own transportation: **\$40.00** per person, payable at the camp trading post. This covers equipment, lunch, guides, and Forest Service river use fees. All tickets purchased through the Trading Post at camp. All participants must have a completed release form, which can be found at www.campdanielboone.org under forms.

The Nantahala provides a thrilling trip on class II and III rapids through the Nantahala National Forest. You will get wet, so be sure to bring an extra set of clothes and shoes. The following items are recommended for the trip: shoes (sneakers or shoes that tie are required), shorts or swim trunks. On cooler days additional clothing may be needed. Cameras may be taken at your own risk.

The Pigeon River features spirited Class III-IV rapids along the eastern border of the Great Smoky Mountains National Park. This is our most condensed whitewater experience—a full dose of whitewater excitement and scenery in just three short hours. Dam-controlled water releases ensure whitewater action.

Nantahala trips are Guide-Assisted. This means there is a guide along, but not in every raft. Units that want a guide in every raft will pay an additional \$5 per participant when booking this trip. The Pigeon River is a fully guided trip. This means there is a guide in every raft.

Schedule:

Tuesday, Wednesday & Thursday groups providing their own transportation can go.

Rafters will leave camp after breakfast

All fees are payable at the camp trading post and are due by **noon on Monday**. Trips are booked at that time and rafting times will be assigned that afternoon (Announced at flags Monday evening)

REQUIREMENT: All participants must pass the swim test at Camp Daniel Boone