

Self-Evaluation for Outdoor Leader Skills

Name: _____

Unit Type: Troop Varsity Crew Other _____

Position: Scoutmaster Asst SM Coach Asst Coach Advisor Asst. Advisor
 Committee Other _____

Council: _____ District: _____

Rate yourself on a scale of 1 to 5 with 1 being “uncomfortable/uncertain” and 5 being “comfortable/confident.”

	Uncomfortable Uncertain			Comfortable Confident	
	1	2	3	4	5
1. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch. T2	1	2	3	4	5
2. On one of these campouts, select your patrol site and sleep in a tent that you pitched. S2b	1	2	3	4	5
3. Demonstrate how to whip and fuse the ends of a rope. T4a	1	2	3	4	5
4. Demonstrate you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch. T4b	1	2	3	4	5
5. Discuss when you should and should not use lashings F7a	1	2	3	4	5
6. 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	1	2	3	4	5
7. Use lashing to make a useful camp gadget. F7c	1	2	3	4	5
8. Demonstrate tying the bowline knot and describe several ways it can be used. F8a	1	2	3	4	5
9. On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used. S2c	1	2	3	4	5
10. Use the tools listed in requirement S2c to prepare tinder, kindling, and fuel for a cooking fire. S2d	1	2	3	4	5
11. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.. S2e	1	2	3	4	5
12. Demonstrate how to light a fire and a lightweight stove. S2f	1	2	3	4	5
13. 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. T3	1	2	3	4	5
14. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected. S2g	1	2	3	4	5

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15. 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 meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs. F4a	1	2	3	4	5
16. 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. F4b	1	2	3	4	5
17. Tell which pans, utensils, and other gear will be needed to cook and serve these meals. F4c	1	2	3	4	5
18. 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. F4d	1	2	3	4	5
19. 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. F4e	1	2	3	4	5
20. Demonstrate how to care for someone who is choking. S12a	1	2	3	4	5
21. Show first aid for the following:					
a. Simple cuts and scrapes	1	2	3	4	5
b. Blisters on the hand and foot	1	2	3	4	5
c. Minor (thermal/heat) burns or scalds (superficial, or first degree)	1	2	3	4	5
d. Bites and stings of insects and ticks	1	2	3	4	5
e. Venomous snakebite	1	2	3	4	5
f. Nosebleed	1	2	3	4	5
g. Frostbite and sunburn	1	2	3	4	5
22. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and ingested poisoning. S6a	1	2	3	4	5
23. Prepare a personal first aid kit to take with you on a hike. S6b	1	2	3	4	5
24. Demonstrate first aid for the following:					
a. Object in the eye	1	2	3	4	5
b. Bite of a suspected rabid animal	1	2	3	4	5
c. Puncture wounds from a splinter, nail, and fishhook	1	2	3	4	5
d. Serious burns (partial thickness, or second degree)	1	2	3	4	5
e. Heat exhaustion	1	2	3	4	5
f. Shock	1	2	3	4	5
g. Heatstroke, dehydration, hypothermia, and hyperventilation	1	2	3	4	5

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	1	2	3	4	5
25. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone. F8b					
26. Show how to transport by yourself, and with one other person, a person:					
a. from a smoke-filled room	1	2	3	4	5
b. with a sprained ankle, for at least 25 yards.	1	2	3	4	5
27. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR). F8d	1	2	3	4	5
28. Identify local poisonous plants; tell how to treat for exposure to them. T11	1	2	3	4	5
29. Identify or show evidence of at least ten kinds of native plants found in your community. F6	1	2	3	4	5
30. Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community. S5	1	2	3	4	5
31. 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. T1	1	2	3	4	5
32. 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. T5	1	2	3	4	5
33. 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. T9	1	2	3	4	5
34. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean. S1a	1	2	3	4	5
35. Using a compass and a map together, take a 5-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 requirement 1b.] S1b	1	2	3	4	5
36. Demonstrate how to find directions during the day and at night without using a compass. F1	1	2	3	4	5
37. Explain the seven principles of Leave No Trace and what it takes to be a responsible user of the outdoors. Tell how Leave No Trace is everyone's responsibility. (Although this is not a rank requirement, all Scouts and Scouters should know and practice the principles of Leave No Trace.	1	2	3	4	5