



## Camp Xtreme Pre-requisites

In order to maximize “doing” time at Camp Xtreme, the following pre-requisites need to be completed prior to camp. Purchasing a BSA Merit Badge Pamphlet (MBP) for each merit badge is **strongly encouraged**.

The aquatics merit badges have overlapping requirements. Common requirements are listed below. They only need to be completed once.

If you find them useful, these merit badge worksheets can be used to document the pre-requisites:

Canoeing: <http://usscouts.org/mb/worksheets/Canoeing.pdf>

Kayaking: <http://usscouts.org/mb/worksheets/Kayaking.pdf>

Rowing: <http://usscouts.org/mb/worksheets/Rowing.pdf>

Small-Boat Sailing: <http://usscouts.org/mb/worksheets/Small-Boat-Sailing.pdf>

Fishing: <http://usscouts.org/mb/worksheets/Fishing.pdf>

Geology: <http://usscouts.org/mb/worksheets/Geology.pdf>

Landscape Architecture: <http://usscouts.org/mb/worksheets/Landscape-Architecture.pdf>

Textile: <http://usscouts.org/mb/worksheets/Textile.pdf>

### Common Aquatics Requirements

Safety Afloat: write the 9 points of Safety Afloat and what each one means. Reference: <http://www.scouting.org/scoutsource/OutdoorProgram/Aquatics/safety-afloat.aspx>. Scouts should be able to say the 9 points from memory.

BSA Swimmer Test: You may satisfy this by being First Class or higher rank, having your Scoutmaster certify you are a swimmer, or completing a swim test that Camp Xtreme will conduct in partnership with a local Troop.

Hazards: For each hazard (storms, wind and waves) write how to prevent, mitigate, and respond to each. Canoeing MBP pages 20-21. Kayaking MBP pages 14-16

First Aid: Write the symptoms and first aid procedure for each of the following: cold-water shock, hypothermia, heat exhaustion, heatstroke, blister on hands, dehydration, arm/shoulder sprain and strain. Canoeing MBP pages 14-17, Kayaking MBP pages 16-21,

Life Jackets: Write a description for each of the five types of life jackets (I-V). List which one would be the best choice for recreational boating. Canoeing MBP page 18, Kayaking MBP page 36.

[https://www.youtube.com/watch?v=D\\_c4ub86boA](https://www.youtube.com/watch?v=D_c4ub86boA)

Transportation Knots: Learn/practice the bowline and be prepared to demonstrate. See your Boy Scout handbook. Learn and practice the trucker's hitch. There are several variations. The one starting with the slipknot is the easiest. Canoeing MBP pages 38-39. Kayaking MBP pages 45-48.

<https://www.youtube.com/watch?v=tvGFyqFZK54>



### Canoeing Merit Badge

- 1a. Hazards: see above.
- 1b. First Aid: see above.
- 1c. Safety Afloat: see above.
- 2. BSA Swimmer Test: see above
- 3a. Parts of a canoe. Draw a canoe (side view, top view, and cross section) and label the parts. See Canoeing MBP page 25. <https://www.youtube.com/watch?v=qSGd6m-BOLM>
- 3b. How length and shape affect performance. Write this out. See Canoeing MBP pages 26-27 and page 29. <https://www.youtube.com/watch?v=vpls53gw120>
- 3c. Canoe materials. Write the advantages/disadvantages for each for the 6 major types. See Canoeing MBP pages 23-24. <https://www.youtube.com/watch?v=aw3LLK7loQ8&t=4s>
- 4a. Parts of a paddle. Straight vs. Bent-shaft. Draw and label a picture. Write the difference. See Canoeing MBP page 31. [https://www.youtube.com/watch?v=mzB\\_F9yWWwg](https://www.youtube.com/watch?v=mzB_F9yWWwg) and [https://www.youtube.com/watch?v=vXFYhezA\\_10](https://www.youtube.com/watch?v=vXFYhezA_10)
- 5a. Life jacket types: see above
- 6. Maintenance of canoes and paddles. Write how to care and maintain for a canoe and for paddles. See Canoeing MBP page 28 and page 31. <https://www.youtube.com/watch?v=FPVAU5cpj88>
- 7a. Canoe Camping Gear. Write out a gear list for a canoe camping trip. See Canoeing MBP pages 40-41. <https://www.youtube.com/watch?v=C3tfQuXgdsE>
- 7c. Transportation Knots: see above.
- 13. Types of canoeing: Write a description of each of the eight types of canoeing. See the Canoeing MBP pages 87-91.
  - Canoe Poling: <https://www.youtube.com/watch?v=3hOyRu89M6U&t=17s>
  - Freestyle Canoeing: <https://www.youtube.com/watch?v=mnlyWkWJ9rA>
  - Whitewater: <https://www.youtube.com/watch?v=OHxJdhXNRKw>
  - Outrigger Canoeing: <https://www.youtube.com/watch?v=o48bUNhsEEc>
  - Olympic Canoe Sprint: <https://www.youtube.com/watch?v=p4SElqc3-ro>
  - Canoe Marathon: <https://www.youtube.com/watch?v=PNVn31wZ4dc>



### Kayaking Merit Badge

- 1a. Hazards: see above.
- 1b. First Aid: see above.
- 1c. Safety Afloat: see above.
- 2. BSA Swimmer Test: see above
- 3a. Lifejackets: see above.
- 3b. Safety Equipment: Write a list of safety equipment and why each is needed. See Kayaking MBP pages 42-43.
- 4a. Parts of a kayak. Draw a canoe (side view and top view) and label the parts. See Kayaking MBP page 24. <https://www.youtube.com/watch?v=QY0oiBmp0y8>
- 4b1. List the differences between recreational, whitewater, and sea/touring kayaks. See Kayaking MBP pages 25-26 <https://www.youtube.com/watch?v=2xICx8ckfR8>
- 4b2. How design characteristics affect performance. Write this out. See Kayaking MBP pages 28-29. <https://www.youtube.com/watch?v=gzDVID6pG2I> (long)
- 4c1. Kayak materials. Write the advantages/disadvantages for each for the major types. See Kayaking MBP pages 30-31. See Video under canoe materials above.
- 4c2. Kayak care and maintenance. Write out the key points. See Kayaking MBP page 32. [https://www.youtube.com/watch?v=lwVW\\_WnMLgs](https://www.youtube.com/watch?v=lwVW_WnMLgs)
- 4d. Transportation knots. See above
- 5b. Kayak Paddle. Draw a picture of a paddle and label the parts. List the materials from which kayak paddles are made. Write how to care for. See Kayaking MBP pages 33-35. <https://www.youtube.com/watch?v=hUkWUr0jd0c>



### Rowing Merit Badge

- 1a. Hazards: see above.
- 1b. First Aid: see above.
- 1c. Safety Afloat: see above.
- 2. BSA Swimmer Test: see above
- 3. Lifejackets: see above

- 4a5. Practice the knots and be prepared to demonstrate each.
- 8. Write out the answers to each point.
- 9. Write out the answers to each point.



### Small-Boat Sailing Merit Badge

- 1a. Hazards: see above.
- 1b. First Aid: see above.
- 1c. Safety Afloat: see above.
- 2. BSA Swimmer Test: see above.
- 3. Parts of a sailboat. Google sunfish sailboat diagram. Draw a picture and label all the parts. <https://www.youtube.com/watch?v=vZ6O8lB0cII> and <https://www.youtube.com/watch?v=-24efHbeL7U>
- 4a. Safety Afloat. Duplicate of 1c.
- 4b. Rules of the Road. Write a list of the rules of the road. Draw a diagram for each. Reference PA Boating Handbook Chapter 3. The same rules for power-driven boats generally apply to sailboats. <http://www.fishandboat.com/Boat/BoatingRegulations/Pages/BoatingHandbook.aspx>
- 4c. Duplicate with 1a.
- 4d. List the warning signs for inclement weather (storm).
- 4e. Write an example float plan for a day sail at Marsh Creek Lake for your Troop. [https://www.boat-ed.com/images/pdfs/float\\_plan.pdf](https://www.boat-ed.com/images/pdfs/float_plan.pdf)
- 4f. List proper clothing, footwear, and personal gear for sailing.
- 7a. Practice the knots and be prepared to demonstrate each.
- 7c. Write a list of the types of lines/fibers used in sailing and the advantages/disadvantages of each.
- 8. Write how you would care for a sailboat and gear.
- 9. Write the definition for each of the points of sailing. See this site <https://sites.google.com/site/princetonsailing/sailing-tips/sailingtipspoints-of-sail> and this video <https://www.youtube.com/watch?v=q6FgAeJeOUA>



### BSA Stand-Up Paddleboarding Award

- Read the BSA SUP packet ahead of camp. [http://www.scouting.org/filestore/Outdoor%20Program/pdf/BSA\\_SUP\\_Award.pdf](http://www.scouting.org/filestore/Outdoor%20Program/pdf/BSA_SUP_Award.pdf)



### Fishing Merit Badge

- 1a. Hazards. List the hazards for fishing incremental to boating (from above). Write how to prevent, mitigate, and respond.
- 1b/c. First Aid. Write the first aid procedure for puncture wounds (fish hook) and how to remove.
- 1d. Safety. Write five safety practices for fishing.
- 4. Knots. Practice your knots using fishing line ahead of camp. Be prepared to demonstrate each one and explain their use: improved clinch knot, Palomar knot, uni knot, uni to uni knot, and arbor knot.
- 6a. LNT. Write the 7 points of Leave No Trace and how each one applies to Fishing.
- 7. Local fishing regulations. Download the 2017 fishing regulations book and read it. <http://pfbc.pa.gov/fishpub/summaryad/2017summaryComplete.pdf>. Highlight specific rules for East Branch Brandywine Creek and Marsh Creek Lake.
- 9. Catch and identify a fish. While this will hopefully occur during camp, if it does not the Scouts can bring a picture of him with a fish he's caught. This must have occurred since he crossed over to Boy Scouts.
- 10. Cook and clean fish. Buy a whole fish at your local grocery store. The Scout should be involved in the purchase, cleaning, recipe selection, and cooking. Take several pictures and bring to camp or send to Deb Fialkowski at [basketmet@verizon.net](mailto:basketmet@verizon.net). The Scout should be able describe the fish species and how it was cooked.



### Geology Merit Badge

- 2. Pick three resources that can be extracted or mined from Earth for commercial use. Discuss with your counselor how each product is discovered and processed.



### Landscape Architecture Merit Badge

- 1. Go to a completed landscape project that a landscape architect has designed. Before you visit the site, obtain a plan of the design from the landscape architect if one is available. Take pictures and bring to camp to complete requirement 2.
- 2. Bring pictures of each aspect to discuss at camp.
- 4. Bring a measuring tape and two pencils.
- 5. Find out about three career opportunities in landscape architecture. Pick one and find out the education, training, and experience required for this profession. Be prepared to discuss at camp.



### Textile Merit Badge

- 2b. Be prepared to discuss the origin, major characteristics, and general content for 100% cotton, wool, nylon, polyester and rayon. Be able to explain the difference between a cellulosic manufactured fiber and a synthetic manufactured fiber.
- 2c. Be able to describe the main steps in making raw fiber into yarn, and yard into fabric.
- 2d. Be able to discuss .. assume you will soon buy a new garment or other textile item. Tell your counselor what fiber or blend of fibers you want the item to be, and give reasons for your choice.
- 4. Be prepared to discuss the meaning of warp, harness, heddle, shed, aramid, spandex, sliver, yarn, spindle, distaff, loom, cellulose, sericulture, extrusion, carbon fibers, spinneret, staple, worsted, nonwoven, greige goods.
- 5. Be prepared to discuss the advantages and disadvantages of natural plant fibers, natural animal fibers, cellulosic manufactured fibers, and synthetic manufactured fibers. Identify and discuss at least four ecological concerns regarding the production and care of textiles.
- 6. Explain to your merit badge counselor, either verbally or in a written report, five career possibilities in the textile industry. Tell about two positions that interest you the most and the education, cost of training, and specific duties those positions require.