



## 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.

These merit badge worksheets are suggested to be used to document the pre-requisites:

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

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

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

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

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

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

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

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

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

Landscape Architecture: <http://usscouts.org/mb/worksheets/Landscape-Architecture.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=tvqFyqFZK54>



### 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>



### Motorboating Merit Badge

- 1a. Hazards: see above.
- 1b. First Aid: see above.
- 1c. CPR: write the conditions for performing CPR
- 2a. BSA Swimmer Test: see above.

- 2b. Lifejackets: see above.
- 3a and 3c. Write out the answers to each point.
- 4. Laws regarding motorboating. Write out the answers to each point.  
[https://www.boat-ed.com/abc/abc\\_specific\\_images/pdfs/pa\\_law.pdf](https://www.boat-ed.com/abc/abc_specific_images/pdfs/pa_law.pdf)



### 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. Note: on the worksheet there is an error and it is listed as requirement 11, but is really requirement 9.



### 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 Paddle Boarding 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)
- 1. Safety Afloat: see above.
- 2. BSA Swimmer Test: see above.
- 3. Safety considerations: write out the answers.
- 4. Lifejackets: see above.



### BSA Boardsailing Award

- Read the BSA Boardsailing requirements ahead of camp.  
<https://filestore.scouting.org/filestore/pdf/512-017.pdf>
- Review the US Windsurfing course ahead of camp.  
<http://uswindsurfing.org/introduction-course/>
- 1. BSA Swimmer Test: see above.
- 2. Safety Afloat: see above.
- 3. Hazards: see above
- 4. First Aid: see above.



### Cycling Merit Badge (Mountain Bike option)

- 1a. Hazards. List the hazards associated with mountain biking and how to prevent, mitigate, and respond.
- 1b. First Aid. List the symptoms and first aid for each of the listed items.
- 1c. BSA Bike Safety Guidelines. Write down the 13 points and what each means.  
<http://www.scouting.org/scoutsource/HealthandSafety/Resources/bikesafety.aspx>
- 6. Local laws. Read Bicycle Safety and Pennsylvania Laws. Write 10 important things you learned from reading this. <http://www.penndot.gov/TravelInPA/RideaBike/Pages/Bicycle-Safety-and-Pennsylvania-Laws.aspx> Also see this video [https://www.youtube.com/watch?v=vEUYjzIqD\\_Y](https://www.youtube.com/watch?v=vEUYjzIqD_Y)
- 7Bb. Rules of the Trail. Write down the IMBA rules of the trail <https://www.imba.com/about/rules-trail> and what each means. Write down how to yield in each of the situations a) other mountain bikers b) hikers c) horseback riders.  
[https://www.youtube.com/watch?v=HGganiZg\\_jc](https://www.youtube.com/watch?v=HGganiZg_jc)

Also please watch this video on Leave No Trace and Mountain Biking:

<https://www.youtube.com/watch?v=BG2gfZknHlo&index=11>

Participants will need a mountain bike (26" wheels, gears). A fixed gear BMX bike will not be suitable.

### Cycling Post-requisites

We will complete several of the rides for requirements 7Bc at camp. The remaining ones need to be finished after camp. These mountain bike rides are intended to be on single-track trails. Suggested areas for the 22 mile rides include French Creek S.P., Wissahickon Valley Park, and Fair Hill NRMA.

Ride routes should be checked in advance with your Camp Xtreme Cycling MB Counselor.



### Exploration Merit Badge

- 1. General Knowledge. Write out the answers.
- 3. Importance of Exploration. Write out the answer.



### **Fly Fishing Merit Badge**

- 1a. Hazards. List the hazards for fly fishing incremental to boating (from above). Write how to prevent, mitigate, and respond. Write the five safety practices for fly fishing
- 1b/c. First Aid. Write the first aid procedure for puncture wounds (fish hook) and how to remove.
- 3. Knots. Practice your knots using fishing line ahead of camp. Be prepared to each one: arbor knot, nail knot, surgeon's knot, and improved clinch knot.
- 7a. LNT. Write the 7 points of Leave No Trace and how each one applies to Fly Fishing.
- 8. Local fishing regulations. Download the 2020 fishing regulations book and read it. <https://pfbc.pa.gov/fishpub/summaryad/2020summaryComplete.pdf> Highlight specific rules for East Branch Brandywine Creek and Marsh Creek Lake.
- 9. Outdoor code: Write a paragraph addressing the topics listed.
- 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. The Scout should be able describe the fish species and how it was cooked.



### **Forestry Merit Badge**

- 1. Bring a three-ring binder with 18 page protectors and 15 field notes pages (last page of the packet).
- 3. Write out the answer and come prepared to discuss.
- 4. Write out the answer and come prepared to discuss.
- 7. Write out the answer and come prepared to discuss.

Scouts should bring a tree/leaf identification guide with them to camp, if at all possible.



### **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.