

Tenderfoot
To
St. George



SO, YOU'RE A NEW EXPLORER!

There are several things you have to do in order to become an Explorer. First you have to be 11 years of age, and secondly, you have to be willing to learn the rules of Scouting and become a Tenderfoot. Just so you know, we use the name Explorer in Canada to indicate a member of a traditional Scout Association.

One of your first tasks will be to learn and understand the Scout Law and Promise. You must also know the significance of the Scout Motto. Once you have completed this task you can move on to complete the other investiture requirements, and become a Tenderfoot Explorer.

Scouting is done in small groups called Patrols. The members of your Patrol should become some of your best friends as you continue through the ranks of Scouting. As a Patrol member you will help plan hikes and camping trips, you will learn all the necessary outdoor skills to have a safe wilderness experience.

After you have been invested you will be able to wear the full Explorer uniform. Our uniform has great significance; it shows that you belong to the biggest youth organisation in the world. All members wear this uniform regardless of their wealth, ethnic background, or nationality. It is also a constant reminder that you have committed yourself, on your honour, to the Explorer ideals.

Good Exploring!

Name: _____

Patrol: _____

PL's Name & Phone #: _____

PL's Email: _____

Leaders Name & Phone #: _____

Leaders Email: _____

Meeting Night & Time: _____

Police Phone Number: _____

Fire Hall Phone Number: _____

Ambulance Phone Number: _____

CONTENTS

Chapter I	The Story of B-P.	Page 8
Chapter II	The Tenderfoot Requirements	Page 13
Chapter III	The Second Class Requirements	Page 26
Chapter IV	The First Class Requirements	Page 73
Chapter V	The Explorer Cord	Page 124
Chapter VI	The Bushman's Thong	Page 125
Chapter VII	The St. George Award	Page 126

Issued by order of the Training Committee of
The Canadian Federation of Independent Scouts
for use by the members of traditional Scouting Associations.

© CFIS 2002

This handbook may be photocopied for Scouting purposes.

1st Edition 1998
2nd Edition 2001
3rd Edition 2002

UNIFORM

Headwear: Khaki Scout Stetson, flat brim, leather band with boot lace or green wool beret with cloth cap badge. Maroon beret for Senior Explorers.

Scarf & Woggle: Neckerchief of approved Group colour. Woggle of any pattern except Woodbead type.

Shirt: Khaki, of approved pattern.

Belt: Black/Brown leather or khaki web with plain buckle.

Shorts or Longs: Khaki or Tan.

Kilt: Family, Association, Provincial, Regimental, or National Tartan.

Socks: Khaki with green garter tabs for Explorers. Maroon garter tabs for Senior Explorers.

Footwear: Black/Brown shoes, or Hiking Boots.

Optional Items: White Lanyard, Belt Knife, Belt multi-tool, Skean Dhu if wearing a kilt.

BADGES:

Hat Badge: Worn on beret and placed over left eye.

Shoulder Knot: An Explorer wears a shoulder knot on the left shoulder. Different Patrols wear different colours. Consult the back of this handbook for Patrol colours.

Stripes: Patrol Seconds wear a single white stripe to the right of the Tenderfoot badge on the left breast pocket. PL's wear two white stripes, one on either side of the Tenderfoot badge. TL's wear three white stripes, which are worn as a PL but with the third stripe sewn under the Tenderfoot badge. Senior Explorer PL's and APL's wear the same rank badges, but in Maroon.

Leader Ranks:	Explorer Leaders wear a Green Shoulder Knot on the left shoulder. Assistant Explorer Leaders wear a Red Shoulder Knot, also on the left shoulder.
Tenderfoot Badge:	Worn centred on the left breast pocket.
WFIS Badge:	Worn centred on the right breast pocket.
2 nd Class Badge:	Worn on the left sleeve 3.5 cm above the elbow.
1 st Class Badge:	Worn in the same position as, and replaces, the 2 nd Class Badge.
Explorers Cord:	Worn on the right shoulder.
Bushman's Thong:	Worn on the right shoulder (replaces the Explorer Cord when gained).
St George's Award:	Worn on the left sleeve, mid-point between shoulder and elbow, immediately above 1 st Class Badge.
Group Flash:	Worn top of right sleeve.
National Flag Badge:	Incorporated into the Association name strip along with the provincial flag. Worn above the right pocket flap.
Shoulder Knots:	Worn on the left shoulder.
Proficiency Badges:	Worn on the right arm in parallel rows between shoulder and elbow. Public Service Proficiency badges are worn on the left arm, with the Ambulance or First Aid badge centred at the top.

Your badges should be sewn on your uniform properly. They should not be glued on, nor should they be sewn with huge stitches. Take pride in your uniform!

CHAPTER ONE

The Story of Lord Baden-Powell of Gilwell 1857 – 1941

Founder of the Boy Scout Movement

Chief Scout of the World

(As found in the Brotherhood Edition of Scouting for Boys)

If you want to understand Scouting completely, you must know something about the man who founded the Boy Scout Movement – Lord Baden-Powell of Gilwell, Chief Scout of the World, affectionately known to all Scouts as “B-P”.

Robert Stephenson Smyth Baden-Powell was born in London, England on February 22nd, 1857. His father was the Reverend H.G. Baden-Powell, Professor at Oxford University. His mother was the daughter of the British Admiral W.T. Smyth, his great-grandfather had gone to America as a colonist in New Jersey, but had returned to England and was shipwrecked on his way home. Baden-Powell was thus the descendant of a minister on one side, and an adventurous colonist of the New World on the other.

B-P as a Boy –

His father died when Robert was about three years old, leaving his mother with seven children under fourteen years of age. There were often hard times for the large family, but the mutual love of the mother for her children and of the children for their mother, always carried them through. Robert lived a glorious outdoor life with his four brothers, hiking and camping with them in many parts of England.

In 1870, B-P entered Charterhouse School in London on a scholarship. He was not an especially outstanding scholar – but he was one of the liveliest. He was always in the thick of it when something was going on in the schoolyard, and soon became known for his ability as a goalkeeper on the Charterhouse soccer team. His dramatic abilities were highly appreciated by his fellow students. Whenever called upon, he would put on a performance that would have the whole school in stitches.

He was also musically inclined, and his gift for sketching later made it possible for him to illustrate his own writing.

B-P in India –

At 19, B-P graduated from Charterhouse and immediately accepted a chance to go to India as a Sub-Lieutenant, to join the regiment, which formed the right of the cavalry line in the famous “Charge of the Light Brigade” in the Crimean War, the 13th Hussars.

Besides performing excellent military service – he was a Captain at the age of 26 – he won the most desired sports trophy in all of India – that for “pig-sticking”, wild boar hunting on horse back with a short lance as the only weapon. You will realize how dangerous this sport is when you know that the wild boar is often spoken as “the only animal that dares to drink at the same water hole as the tiger.”

Fighting in Africa –

In 1887 we find B-P in Africa, taking part in the campaigns against the Zulus, and later against the fierce warrior tribes of Ashanti and the Matabele. The natives feared him so much that they gave him the name of “Impeesa”, the “wolf that never sleeps”, because of his amazing tracking abilities.

B-P’s advancement in rank was almost automatic, so regularly did it occur – until suddenly he stepped into fame.

It was the year 1899, and B-P had risen to Colonel. Trouble was brewing in South Africa. The relations between the British and the government of the Transvaal Republic had reached a breaking point. B-P was directed to raise two battalions of mounted rifles and proceed to Mafeking, a town in the heart of South Africa. He “who holds Mafeking, holds the reins of South Africa” was the saying among the natives, which proved to be true.

The Siege of Mafeking-

War came, and for 217 days – from October 13th 1899 to May 1900. B-P held Mafeking in a siege against overwhelming numbers of about 5,000 Boers (an army of South African farmers of Dutch origin), until relief forces finally fought their way to his help.

Great Britain had been holding its breath through these seven long months. When finally the news came: “Mafeking has been relieved”, it went mad with joy. B-P now raised to the rank of Lieutenant General, found himself a hero in the eyes of his countrymen.

Scouting is Born -

It was as a hero of men and boys that he returned to England from South Africa in 1901, to be showered with honours and to discover, to his amazement, that his personal popularity had given popularity to his book for training the military – Aids to Scouting. It was being used as a textbook in boy’s schools.

B-P saw a great challenge in this. He realized that here was his opportunity to help the boys of his country to grow into strong manhood. If a book for men on scouting practices could appeal to boys and inspire them, how much more would a book written for the boys themselves! He set to work adapting his experiences in India, and in Africa among the Zulus and other warlike tribes. He gathered a special library of books and read of the training of boys through the ages – from the Spartan boys, the ancient British, the first nations of North America, to our own day.

Slowly and carefully B-P developed the Scouting idea. He wanted to be sure it would work, so in the summer of 1907 he took a group of twenty-one boys with him to Brownsea Island in Poole Harbour for the first Boy Scout camp the world had ever seen. The camp was a great success.

“Scouting for Boys” –

And then, in the early months of 1908, he brought out in six fortnightly parts (every 2 weeks) illustrated by himself, his handbook for training , Scouting for Boys – without dreaming these newspaper articles would set in motion a Movement which was to affect the boyhood of the entire world.

Scouting for Boys had hardly started to appear on London Newsstands before Scout Patrols began to spring up, until within one year it was estimated there were over 100,000 boys practicing Scouting throughout England and before long, in numerous other countries as well.

B-P's Second Life –

The Movement grew and grew and had in 1910 reached such proportions that B-P realized that Scouting was to be his life job. He had the vision and the faith to recognize that he could do more for his country by training the rising generation to be good citizens than by training a few men for possible future fighting.

And so at the request of King Edward VII, he resigned from the army where he had become a Major General and embarked upon his “second life” as he called it – his life of service to the world through Scouting. He reaped his reward in the growth of the Scout Movement and in the love and respect of boys around the globe.

World Brotherhood –

In 1912 he set out on a trip around the world to meet Scouts in many countries. This was the earliest beginning of Scouting as a World Brotherhood. World War 1 came and interrupted this work for a while, but with the end of hostilities it was resumed, and in 1920, Scouts from all parts of the world met in London for the first international Scout gathering – the First World Jamboree.

On the last night of the Jamboree, on August 6th, the cheering boys proclaimed B-P “Chief Scout of the World”. The Scout Movement continued to grow. The day it reached its twenty-first birthday and thus became “of age”, it had mounted to more than two million members in practically all civilized countries of the earth. On that occasion, B-P was honoured by his King, George V, by being made a Baron under the name of Lord Baden-Powell of Gilwell.....yet, to every Scout he will always remain: “B-P”, Chief Scout of the World.

The original World Jamboree was followed by others – in 1924 in Denmark, 1929 in England, 1933 in Hungary, 1937 in Holland. At each of these Jamborees, B-P was the main figure, greeted tumultuously by “his” boys wherever he went. But the Jamborees were only part of the effort for a World Brotherhood of Scouting. B-P travelled extensively in the interest of Scouting, he kept up a correspondence with Scout Leaders in numerous countries and continued to write on Scouting subjects, illustrating his articles and books with his own sketches.

B-P's Last Years –

When finally, after reaching the age of eighty, his strength began to wane, he returned to his beloved Africa with his wife, Lady Olav Baden-Powell, who had been his enthusiastic helper in all his efforts and who herself was the Chief of the World's Girl Guides - a movement also started by B-P.

They settled in Kenya, in a peaceful spot, with a glorious view across miles of forest toward the snow-covered mountain peaks. There B-P died on January 8th 1941 – a little more than a month before his eighty-fourth birthday.

NOTES

CHAPTER TWO

THE TENDERFOOT REQUIREMENTS

To be an Explorer you should join an Explorer Patrol in your neighbourhood, with the permission of your parents.

Before you become an Explorer you must pass the Tenderfoot Test. This is a simple test just to show you are worth your salt and mean to stick it out. The requirements for this are not very difficult and you will find all you need to know about them in this handbook.

When you have satisfied your Explorer Leader, the person in charge of your Troop, that you can do all the things and do them properly, you will be invested as an Explorer and entitled to wear the Tenderfoot Badge.

To qualify as a Tenderfoot Explorer a candidate must complete the following requirements.

No. 1: Know the Scout Law and Promise and their meaning.

The Scout Law -

The Scout Law contains the rules which apply to Explorers and Scouts the entire world over, and which you promise to obey when you are invested as an Explorer. Study it carefully so that you understand the meaning of every point.

- 1) A Scout's honour is to be trusted.
- 2) A Scout is loyal to the Queen, their Country, their Scouters, their Parents, their Employers, and those under them.
- 3) A Scout's duty is to be useful and to help others.
- 4) A Scout is a friend to all and a brother to every other Scout.
- 5) A Scout is courteous.
- 6) A Scout is a friend to animals.
- 7) A Scout obeys the orders of their Parents, Patrols Leaders, or Scoutmaster without question.
- 8) A Scout smiles and whistles under all difficulties.
- 9) A Scout is thrifty.
- 10) A Scout is clean in thought, word, and deed.

The Scout Promise –

At your investiture as an Explorer you will have to make the Scout Promise in front of the rest of the Troop.

This Promise is very difficult to keep, but it is a most serious one and no one is an Explorer unless they do their best to live up to this Promise. So you can see that Scouting is not only fun, but it also requires a lot from you, and we know we can trust you to do everything you possibly can to keep your Scout Promise.

**On my honour I promise that I will do my best:
To do my duty to God and the Queen;
To help other people at all times;
To obey the Scout Law.**

No. 2: Know the story of B-P and the history of Scouting.

This is contained in Chapter One.

No. 3: Know the Scout Motto and its meaning

The Scout Motto is **BE PREPARED**, which means you are always in a state of readiness in mind and body to do your DUTY.

Be Prepared in Mind by having disciplined yourself to be obedient to every order, and also by having thought out before hand any accident or situation that might occur, so that you know the right thing to do at the right moment, and are willing to do it.

Be Prepared in Body by making yourself strong and active and able to do the right thing at the right moment, and to do it.

The Explorer Badge –

The Explorer badge is the arrowhead, more commonly known by its official name, the “fleur de lis” or lily flower, which shows North on a map or on a compass. It is the badge of Explorers and Scout’s because it points in the right direction, and upwards. It shows the way in doing your duty and helping others. The three points of it remind you of the three points of the Scout Promise, and the three fingers that make the Scout Sign.



The arrowhead has come to be the badge of Explorer’s and Scout’s in almost every country in the world. In order to distinguish one nationality from the other, the countries own emblem is often placed on the front of it.

Under the arrowhead is a scroll with the motto, “Be Prepared”. The scroll is turned up at the ends like an Explorer’s mouth, because you should do your duty with a smile and willingly.

No. 4: Demonstrate the Scout Salute, Sign, and Handshake.

The Scout Sign and Salute -

The Scout Sign is made by raising your right hand, palm to the front, thumb resting on the nail of the little finger, and the other fingers upright, pointing upwards. The three fingers remind the Explorer of the three parts of the Scout Promise. The Scout Sign is given when making the promise, or as a greeting. When the hand held this way is raised to the forehead, it is the Scout Salute.



The Scout Sign

When to Salute -

All wearers of the Scout Badge salute each other once a day. The first to see the other Explorer is the first to salute, irrespective of rank.

Explorers will always salute as a token of respect, at the hoisting of our national flag, to Explorer and Scout flags when carried ceremonially, at the playing of our national anthem, to uncased Colours, and to all funerals.

The Salute is given by the right hand, the arm is bent at the elbow 45 degrees, and the hand, palm outwards (palm down for Seafarers), just touching the head or brim of the hat.

You only salute when you are wearing a hat; otherwise you make the Scout Sign.



The hand salute is only used when an Explorer is not carrying a staff, and is always made with the right hand. Saluting when carrying a staff is done by bringing the left arm smartly across the body in a horizontal position, the fingers making the Scout Sign just touching the staff.



The Scout Handshake –

An Explorer hands with another Explorer with the left hand. The grandson of an Ashanti Chief who fought against B-P told this story of the origin of the Scout left handshake. When the Chief surrendered to B-P, the latter extended his right hand as a token of friendship. The Ashanti Chief however, insisted on shaking with the left hand, explaining, “the bravest of the brave shake hands with the left hand, as, in order to do so, they must throw away their greatest protection, their shield.” Thus Scouts and Explorers shake hands with the left hand as proof of their good faith and true friendliness.

No. 5: Make a Scout Staff.

The staff is an important item of an Explorers equipment, especially when hiking or camping. It is 1.74 metres in length. Sometimes it carries at its top or on one side a carved head or figure of the Patrol animal or bird of its owner. Such staves become prized souvenirs of your Scouting days.

Preferably, an Explorer hikes out into the woods to select and secure their staff, having first obtained the necessary permission; it should be a stout straight wood, 3.5 or 4 cm’s in diameter.

Suitable woods are hickory, ash, oak, and good grades of elm, sugar maple, wild cherry, yellow birch, mountain ash, and Saskatoon.

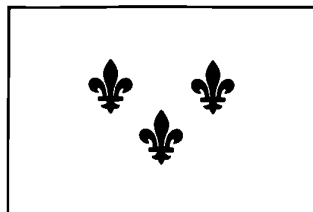
The staff was adopted by the Founder, Lord Baden-Powell, because of its usefulness during one of his early military campaigns in the jungle country of West Africa, - for testing the depths of swamp holes and dark streams; for guarding his face when pushing through heavy bush; for feeling his way in the dark; for carrying bundles over his shoulder when wading a stream.

Explorers have found many other uses for the staff – for jumping ditches; as a pole for making an emergency shelter; for signalling; for improvising a flagpole; for building a light bridge; as handles for an improvised stretcher; or for the forming a barrier to control crowds.

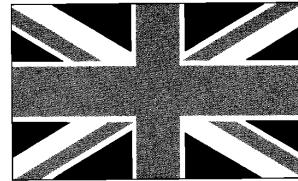
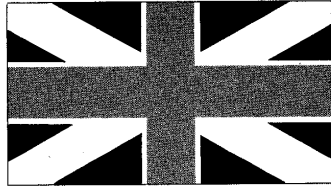
The staff should be carried slung over and behind the right shoulder. The thong is passed through two small holes about 26 cm's apart in the upper third of the staff, so placed that the staff clears the ground by several centimetres. The thong is secured by small stop-knots.

No. 6: Describe the composition of, and the history of the Canadian Flag. Demonstrate how to hoist, break, and fold it.

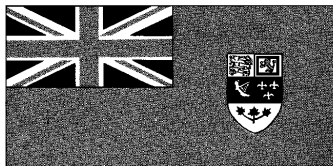
Canada has had five flags during her relative short history. Jacques Cartier brought the first flag we had in Canada. It was a field of white with three gold fleurs-de-lis on it; this was the Royal Standard of France. This flag was used until after the fall of Quebec in 1759.



Next Canada used the English Union Flag, which contains two crosses, those of St. George and St. Andrew. In 1801 the cross of St. Patrick was added making the Union Flag we know today.



The Canadian Red Ensign was approved in 1945 for use by Canadians, and was used until February 15, 1965, when our current flag replaced it.



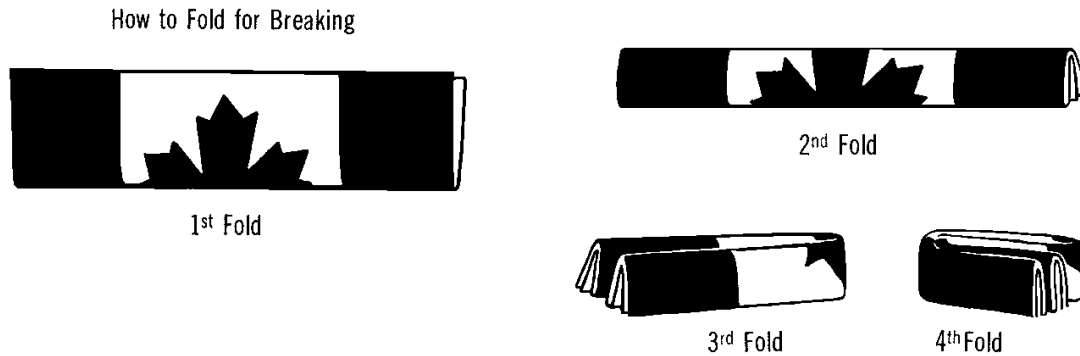
The current Canadian flag is a red flag of the proportions two by length and one by width, containing in its centre a white square of the width of the flag, with a single red maple leaf in the centre.



The colours of our flag, white and red, are the colours assigned to Canada by King George V, by his proclamation of 21 November, 1921 which formally granted the Canadian Coat of Arms to the people of Canada.

Breaking the Flag –

It is always more effective and impressive to raise a flag furlled and suddenly break it out in the breeze with a tug of the halyard, than to raise it free; so every Explorer should learn how to do this.



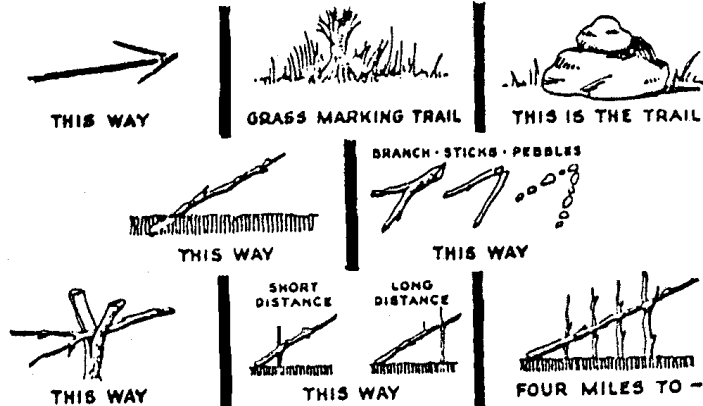
After the 4th fold, roll it up and make two turns of rope around the bundle, and make it secure by trapping a loop under the two turns. The flag can then be hoisted to the top of the flagpole. To break the flag, pull on the end of the halyard and pull the loop free – allowing the flag to fly.

Take particular care to snug the tucked-in loop so that it holds, but comes free when pulled. Nothing is more embarrassing than failure to break out a flag when the command is given. Seafarers “make colours” by hoisting the open flag when “Colours” is piped on a boatswain’s call.

No 7: Make, and know the meaning of the woodcraft signs given in Camp Fire Yarn 4 in "Scouting for Boys".

Explorer and Scout trail signs are made on the ground, close to the left-hand side of the road. They should never be made where they will damage or disfigure property.

THIS IS THE TRAIL



THIS TRAIL NOT TO BE FOLLOWED



GONE HOME



HIDDEN MESSAGE

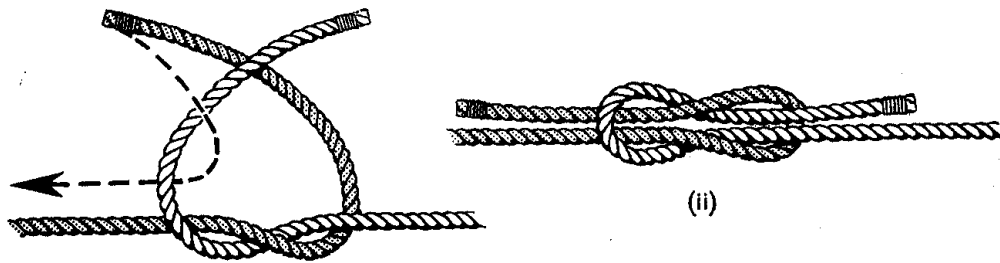


CHANGE DIRECTION

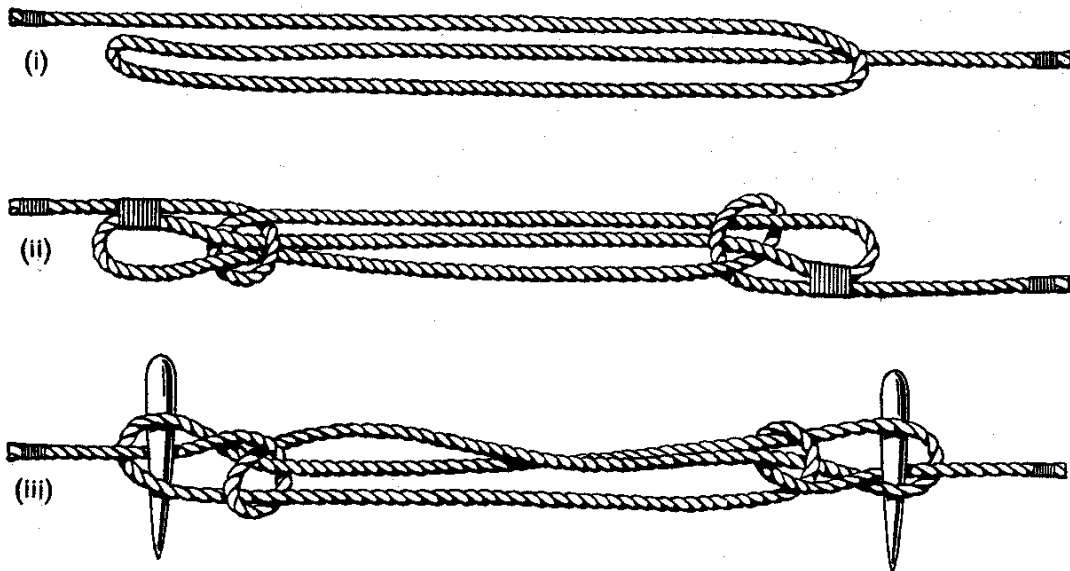


No. 8: Demonstrate with rope how to tie a (1) Reef Knot, (2) Sheepshank, (3) Clove Hitch, (4) Round Turn and Two Half Hitches, (5) Bowline, and explain their uses.

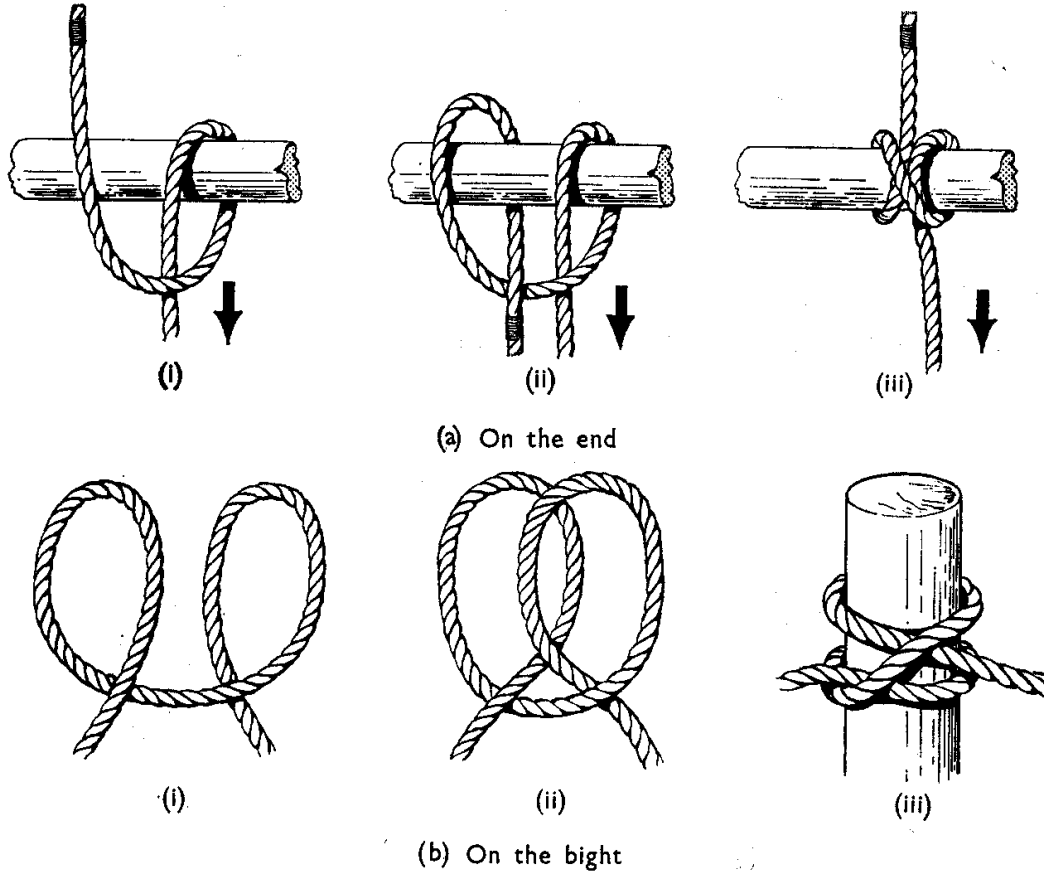
1) Reef Knot. Used for joining ropes of equal thickness. It is also the knot used for tying bandages, as it lies flat. This knot is also known as a "Square Knot".



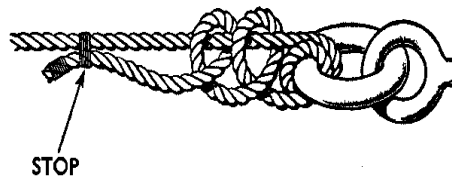
2) The Sheepshank is used for shortening a rope without cutting it.



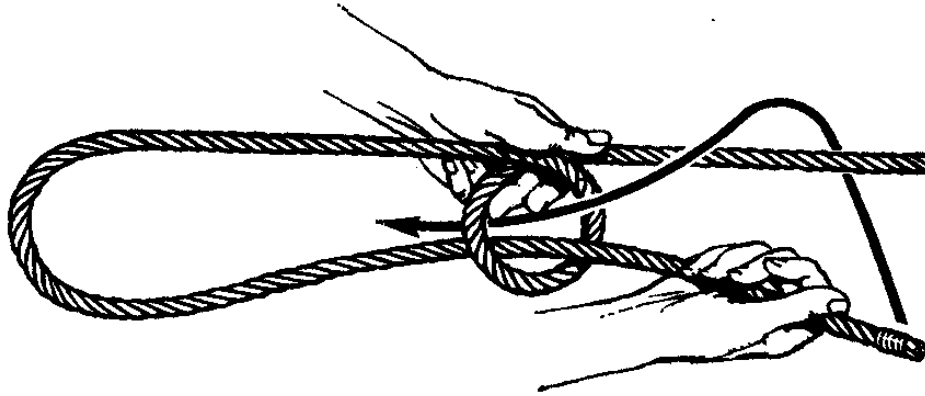
3) Clove Hitch. Used for securing a rope to a spar as a starter knot for lashings, and for securing a line to a fixed object.



4) Round Turn and Two Half Hitches. Used for tying a rope to a tree, securing a boat or making a rope fast to a spar.



4) Bowline. One of the most useful knots that you can know how to tie. It has many uses such as a rescue knot for hauling people up a cliff. You should practice tying this knot in the dark, and with only one hand.



No. 9: Whip the end of a natural fibre rope and properly fuse the end of a plastic or nylon rope.

All ropes should have their ends treated in some way to stop them from fraying or becoming un-stranded. A whipping will fail if it is not tight and tidy.

SIMPLE WHIPPING

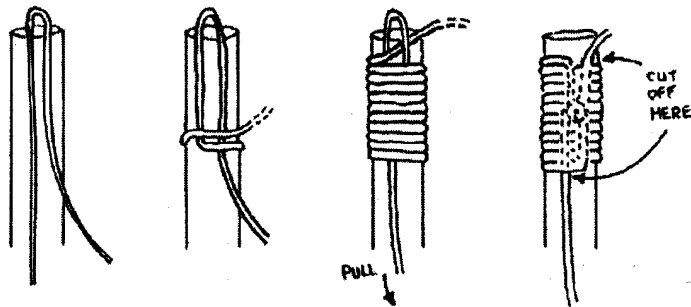


fig 1

fig 2

fig 3

fig 4

No. 10: Take part in a Patrol or Troop outdoor activity, such as a day hike, service project, good turn, or a weekend camp.

Now that you have finished the Tenderfoot requirements you will stand facing your Explorer Leader and the Explorers of the Troop. You will lift your right hand in the Scout Sign and solemnly make your Scout Promise.

When you are invested you can move on to the next rank, that of Second Class Explorer. For this you will learn the beginnings of many useful subjects.

No 11: Be Invested in your Troop.

NOTES

Tenderfoot Requirement Progress Sheet

	Requirement	Date	Initial
1	Know the Scout Law and Promise and their meaning.		
2	Know the story of B-P and the history of Scouting.		
3	Know the Scout Motto and its meaning.		
4	Demonstrate the Scout Salute, Sign, and Handshake.		
5	Make a Scout Staff		
6	Describe the composition of, and the history of the Canadian Flag. Demonstrate how to hoist, break, and fold it.		
7	Make, and know the meaning of the woodcraft signs given in Camp Fire Yarn 4 in "Scouting for Boys".		
8	Demonstrate with rope how to tie a (1) Reef Knot, (2) Sheepshank, (3) Clove Hitch, (4) Round Turn and Two Half Hitches, (5) Bowline, and explain their uses.		
9	Whip the end of a natural fibre rope and properly fuse the end of a plastic or nylon rope.		
10	Take part in a Patrol or Troop outdoor activity, such as a day hike, service project, good turn, or a weekend camp.		
11	Be Invested in your Troop.		