

First Class eXpress ~ 2018 Schedule

Monday

9:00am – 10:00am	Safety Requirements Scout 1a, 1b, 1c ~ Scout Oath, Law, Motto, Outdoor Code, and Slogan Tenderfoot 5a, 5b ~ Buddy System Second Class 9a ~ Three R's of Personal Safety Second Class 9b ~ Bullying	FCX Area
10:15am – 11:45am	Totin' Chip ~ Tenderfoot 3d Scout 5 ~ Pocket Knife Safety	
2:00pm – 3:30pm	Flag Etiquette ~ Tenderfoot 7a Second Class 8b ~ Respect to Flag	Gilwell Field
3:45pm – 4:00pm	Nature Area Visit Tenderfoot 4b ~ Local Poisonous Plants	Amerock
4:00pm – 4:45pm	Instructional Rifle	Rifle Range
9:00pm – 10:30pm	Star Hike Second Class 3d ~ Find North	Parking Lot

Tuesday

9:00am – 11:45am	Knots and Lashings Scout 4a ~ Square Knot, Taut Line, and Two Half Hitches Tenderfoot 3a, 3b, 3c ~ Demonstrate Practical Use Tenderfoot 8 ~ Square Knot EDGE Method Second Class 2g ~ Bowline	FCX Area
2:00pm – 3:45pm	First Aid Activity Tenderfoot 4a ~ Choking, Cuts, Blisters, 1 st Degree Burn, Bites and Stings, Venomous Snake Bites, Nosebleed, Frostbite, and Sunburn Second Class 6a ~ Object in Eye, Rabid Animal Bite, Puncture Wounds, Serious Burns (2 nd Degree), Heat Exhaustion, Shock, Heatstroke, Dehydration, Hypothermia, and Hyperventilation Second Class 6b ~ Hurry Cases ... Stopped Breathing, Serious Bleeding, Ingested Poison	Gilwell Field
4:00pm – 4:45pm	First Class 7c ~ Most Common Signs of a Heart Attack, CPR Instructional Archery	Archery Range
9:00pm	First Class Express Overnight	Schmig Memorial

Wednesday

9:00am - 9:45am	First Aid Activity~ Part 2 First Class 7a ~ Treat Ankle, Head, Upper Arm, Lower Arm, and Collarbone Injuries First Class 7b ~ Transport Smoke Filled Room, Transport Victim with Sprained Ankle for 25 yards	Gilwell Field
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10:00am - 10:45 am	Firem'n Chit Second Class 2a ~ When to use Fire Second Class 2b ~ Chop and Prepare Firewood Second Class 2c ~ Light Fire Second Class 2d ~ Lightweight Stove	FCX Area
10:45am – 11:45am	Fire Safety Merit Badge	
2:00pm – 3:45pm	Knots and Lashings ~ Part 2 First Class 3a ~When to Use Lashings First Class 3b ~ Clove Hitch, Timber Hitch First Class 3c ~ Square, Diagonal, Shear Lashings	FCX Area
3:45pm – 4:00pm	Scoutcraft Area Visit	Scoutcraft Area
4:00pm – 4:45pm	Fingerprinting Merit Badge	Handicraft Lodge

Thursday

9:00am - 1:30pm	Five Mile Hike Tenderfoot 4d ~ Personal First Aid Kit Tenderfoot 5c ~ Safe Hiking Rules Second Class 1b ~ Leave No Trace Second Class 3a ~ Compass Orientation Second Class 3b ~ Five Mile Hike Second Class 3c ~ Injuries Second Class 4 ~ Ten Native Animals Second Class 6d ~ Backcountry Accident Response Second Class 6e ~ Vehicular Accidents First Class 5a ~ Ten Native Plants	Schmig Memorial
2:00pm – 2:45pm	Swimming Talking Requirements Second Class 5a ~ Safe Swim Defense* Second Class 5d ~ Explain When to use Rescues First Class 6b ~ Safety Afloat* First Class 6c ~ Identify Parts of Watercraft First Class 6d ~ Body Positioning in Watercraft	FCX Area
3:00pm -3:45pm	Swimming Requirements Second Class 5c ~ Arm, Leg, Pole, and Ring Rescues First Class 6e ~ Line and Tender	Pool
4:00pm -4:45pm	Open Swim	Pool

Friday

9:00am -11:45am	Orienteering First Class 4a ~ Orienteering Course	FCX Area
2:00pm – 4:45pm	Second Class 8e ~ Service Project	Quarter Master

** Not Actual Safe Swim Defense and Safety Afloat Courses. These Programs are offered separately at different times and locations for adult leaders.*