

Introduction to Outdoor Leader Skills

Self Study Training Record

Name: _____ **District:** _____ **Unit:** _____ **Date Completed** _____

Introduction to Outdoor Leader Skills (ITOLS) is an outdoor training course required for all Scoutmasters (SM), Assistant Scoutmasters (ASM), Varsity Coaches (VC) and Assistant Varsity Coaches (AVC). In addition to ITOLS each SM, ASM, VC and AVC must complete *Youth Protection Training* and *Scoutmaster Specific Training* courses to be considered a trained leader. For more information about required training courses visit our website at www.nlcbsa.org. Whenever possible adult leaders should complete ITOLS in person, refer to the Northern Lights Council calendar online for information about an upcoming course near you. Under the direction of a trained Scoutmaster adult leaders have the option of completing ITOLS at their own pace using this "self study" option.

Instructions for self study and completion:

Skills may be learned working with knowledgeable adult Scout leaders. To complete a skill you must demonstrate that you are reasonably competent in that particular skill. Once the skill has been passed off by a trained Scoutmaster or Varsity Coach, please document the date completed in the space provided next to each skill. Once all skills have been demonstrated your Scoutmaster should approve and sign this form. To be given credit for completing this training you must submit this form to your district training chairman or local council service center for approval. Once approved, you will be given credit for completing *Introduction to Outdoor Leader Skills*.

For guidance on completing each skill please refer to the appropriate pages in the Boy Scout Handbook, particularly the requirements for Tenderfoot, Second Class and First Class.

Outdoor Leader Skills Checklist		
Date Completed	Skills	
	Raise, Fold, and Display American Flag	
	Select camp site, pitch and sleep in tent	
	Tie and tell when to use the following Knots and Lashings	
	Whip and fuse rope ends	Two-half hitches
	Taut-line hitch	Timber hitch
	Clove hitch	Square lashing
	Shear Lashing	Diagonal lashing
	Bowline	
	Demonstrate Care and Use of Woods Tools (Earn Tot'n Chit)	
	Knife	Camp saw
	Ax	Sharpening tools
	Safety rules & guidelines	
	Camp Fire (Earn Fireman Chit)	
	Tinder	Kindling
	Fuel	Extinguishing
	Safety rules & guidelines	
	Cooking	
	Menu planning	Backpack stove
	Clean-up	
	Additional Skills	
	Show how to read and orient map	Use compass and map for hike
	Demo. Measuring height and width	Explain hiking rules
	Demo. Camp and pack basics	Identify 10 wild animals
continued on back side...		

Outdoor Leader Skills Checklist (Continued)			
Date Completed	Skills		
	Demo. Tenderfoot First Aid for the following		
	Cuts and scratches		Hand and foot blisters
	Minor burns and scalds		Insect Bites and stings
	Nose Bleed		Poisonous Snakebite
	Frostbite and sunburn		Choking (Heimlich)
	Demo. Second Class First Aid for the following		
	Serious bleeding		Internal poisoning
	Object in the eye		Rabid animal bite
	Puncture wounds		Serious burns
	Heat exhaustion		Shock
	Heatstroke		Dehydration
	Hypothermia		Hyperventilation
	Demo. First Class First Aid for the following		
	Head Bandage		Upper arm splint
	Collarbone bandage/splint		Sprained ankle support
	Transport from smoke-filled room		Sprained ankle – 25 yds
	Five heart attack signs		Explain basic CPR

When completed, please sign below and review with your local district training chair.

For completion of ITOLS to be recorded on your personal training record you must have:

- **Approval & signature of a trained Scoutmaster or Varsity Coach.**
- **District training chair approval & signature.**
- **Submitted this completed form to your local Scout Service Center. Retain a copy of this form for you records.**

Please contact your local district training chair or the Northern Lights Council Training Chair, Carl Ness at 701-258-7349 if you have any questions. Carl can be reached by email at caness@nd.gov.

I certify that I have learned and practiced these basic skills and that I can now teach them correctly to Scouts. I have reviewed the techniques as presented in the Boy Scout handbook.

Your Signature _____ **Date:** _____

Signature of Trained SM/VC _____ **Date:** _____

District Trainer Signature _____ **Date:** _____

<p><i>Local Scout Office Use Only:</i></p> <p>Date Entered into ScoutNet: _____</p> <p>Entered by: _____</p>
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