

Tenderfoot Rank — Sign-Off Checklist

Sign-off tracking sheet for Tenderfoot rank requirements. Verify all requirements at [scouting.org](https://www.scouting.org).

Scout name: _____

Troop #: _____

Scoutmaster: _____

Date started: _____

Date conference: _____

Date BOR: _____

CAMPING & OUTDOOR SKILLS

- ☐ Sleep in a tent at least one night on a campout
- ☐ Help set up and take down a tent properly
- ☐ Describe two dangers of building a campfire; explain fire safety rules
- ☐ Cook a simple meal using an approved heat source
- ☐ Explain Leave No Trace principles for your local area

SM: _____

SM: _____

FIRST AID

- ☐ Demonstrate first aid for cuts, abrasions, and blisters
- ☐ Demonstrate first aid for a bloody nose
- ☐ Demonstrate first aid for a minor burn or scald
- ☐ Demonstrate how to treat a bite or sting
- ☐ Explain when and how to call for emergency help

CITIZENSHIP

- ☐ Explain why we honor the US flag and how to respect it
- ☐ Participate in a proper US flag folding
- ☐ Recite the Pledge of Allegiance

PHYSICAL FITNESS

- ☐ Record a baseline fitness measurement (pushups, situps, ¼ mile)
Record date & results: _____
- ☐ Set personal fitness goals based on your baseline

SCOUT SPIRIT

☐ Demonstrate Scout Spirit for at least 2 months since joining

SM: _____

☐ Participate in a Scoutmaster Conference

SM: _____

☐ Board of Review

Date: _____

Scoutmaster signature

Date

Independent resource — not affiliated with or endorsed by Scouting America. Always verify current BSA advancement requirements at [scouting.org](https://www.scouting.org) or with your local council. Requirements are updated periodically.