



June 24th, 2021

Dear Valued Scouter,

Thank you for volunteering to staff a Southwest Florida Council resident camp. Whether you are a brand new camp staffer or returning as an experienced veteran, your participation will make our program stronger!

Please take a moment to complete the attached Staff Application, Code of Conduct and BSA Health & Medical Record. These documents are required by the National Camp Accreditation Program Standards to serve as a member of the camp staff. Once completed, please return all documents to the Winter Camp Business Manager (swflactivityreg088@gmail.com).

As a member of the camp staff, you will be providing Scouts with an experience that they will remember the rest of their lives. We appreciate you choosing to spend this time with us.

Yours in Scouting,

A handwritten signature in cursive script that reads "Bruce".

Bruce Hassy
Director of Camping & Activities





Camp Staff Application

Personal Information

Name: _____ Date: _____

Home Address: _____ Home Phone: () _____
 Number & Street City State Zip

College Address: _____ Other Phone: () _____
(If Applicable) Number & Street City State Zip

E-mail Address: _____ Cell Phone: () _____

Date of Birth: _____ T-Shirt Size: _____

Scouting Experience

Currently Registered in Troop/Crew: _____ District: _____ Council: _____

Current Rank (or highest earned): _____ Current Unit Position: _____

Years in Scouting as a youth _____ as an adult _____

Education

High School/College Attending/Attended: _____ Grade: _____ Major: _____

Year Graduating/Graduated: _____

Extra Curricular Activities: _____

Camping Experience

Summer Camps, High Adventure Bases, National Jamborees Attended (please include years attended): _____

Staff Experience: _____

Order of the Arrow (check one): Ordeal Brotherhood Vigil



Hobbies & Interests

Please list all hobbies and sports you enjoy: _____

Why do you want to serve on camp staff? _____

Those individuals with at least one year of resident camp staff experience in the Southwest Florida Council during the last five years may skip the next two sections.

Work Experience

Employer: _____ Title: _____ Dates Employed: _____

Supervisor: _____ Business Telephone: _____

Duties: _____

Employer: _____ Title: _____ Dates Employed: _____

Supervisor: _____ Business Telephone: _____

Duties: _____

Employer: _____ Title: _____ Dates Employed: _____

Supervisor: _____ Business Telephone: _____

Duties: _____

References

Name: _____ Relation: _____ Phone: _____

Name: _____ Relation: _____ Phone: _____

Name: _____ Relation: _____ Phone: _____



Experience *(Please check if you have earned the badge or have experience in that field of study)*

Aquatics

- Swimming MB
- Lifesaving MB
- Rowing MB
- Canoeing MB
- Small Boat Sailing MB
- Motorboating MB
- Lifeguard BSA
- Red Cross Lifeguard
- Red Cross WSI
- Red Cross Lifeguard Instructor
- NCS Aquatics Supervisor
- NCS Aquatics Director

COPE/Climbing

- COPE Participant
- Rappelling Participant
- Level 1 COPE Instructor
- Level 2 COPE Instructor
- Climbing Instructor
- NCS COPE Director
- NCS Climbing Director
- Climbing MB
- Search & Rescue MB

Ecology

- Fish & Wildlife Management MB
- Environment Science MB
- Insect Study MB
- Reptile & Amphibian Study MB
- Sustainability MB
- Weather MB
- Leave No Trace Badge
- Leave No Trace Trainer
- NCS Ecology Director

Shooting Sports

- Rifle Shooting (.22 Option) MB
- Rifle Shooting (ML Option) MB
- Shotgun Shooting MB
- Archery MB
- Fishing MB
- NCS Shooting Sports Director
- NRA Instructor

Handicraft

- Basketry MB
- Leatherwork MB
- Indian Lore MB
- Fingerprinting MB
- Bugling MB

Scoutcraft

- Camping MB
- Cooking MB
- Geocaching MB
- Pioneering MB
- Hiking MB
- Wilderness Survival MB
- Orienteering MB

Health/Medical

- First Aid MB
- Emergency Preparedness MB
- First Aid Certification
- First Aid Instructor
- CPR Certification
- CPR Instructor
- LPN
- RN
- EMT B/ I/ P/ W
- MD

Vocational

- Welding MB
- Plumbing MB
- Electricity MB
- Farm Mechanics MB
- Movie Making MB
- Salesmanship MB
- Plumbing Experience
- Tractor Operation

Program

- Bugling
- Music/Voice
- Public Speaking
- Song Leading
- Campfires
- OA Ceremonies
- OA Dance Team

Trail To Eagle

- Citizenship in the Community MB
- Citizenship in the Nation MB
- Citizenship in the World MB
- Communications MB
- Personal Fitness MB
- Personal Management MB

Food Service

- Dishwasher
- Asst. Cook
- Cook
- Food Service Management
- Dining Hall Steward

Special Training

- NYLT
- NAYLE
- Wood Badge
- USA
- Specifics Training
- OLSI
- Pow Wow
- YPT
- YPT Venturing

Camp Management

- NCS Faculty
- NCS Camp Director
- NCS Program Director
- NCS Chaplaincy

List Other Certifications:



Jobs in Camp *(please rank your top four choices for positions in order of preference)*

Camp Management	Minimum Age	Eagle Trail	Minimum Age
<input type="checkbox"/> Camp Director*	21	<input type="checkbox"/> Eagle Trail Director	18
<input type="checkbox"/> Asst. Camp Director*	21	<input type="checkbox"/> Eagle Trail Instructor	15
<input type="checkbox"/> Program Director*	21		
<input type="checkbox"/> Camp Commissioner*	18	Scoutcraft	
<input type="checkbox"/> Campsite Commissioner	18	<input type="checkbox"/> Scoutcraft Director	18
<input type="checkbox"/> Camp Business Manager	18	<input type="checkbox"/> Scoutcraft Instructor	15
		Ecology/STEM	
Medical		<input type="checkbox"/> Ecology/STEM Director	18
<input type="checkbox"/> Camp Health Officer	21	<input type="checkbox"/> Ecology/STEM Instructor	15
<input type="checkbox"/> EMT	21		
		Trading Post	
Aquatics		<input type="checkbox"/> Trading Post Manager	18
<input type="checkbox"/> Aquatics Director*	21	<input type="checkbox"/> Trading Post Clerk	15
<input type="checkbox"/> Aquatics Instructor	18		
<input type="checkbox"/> Lifeguard	15	Shooting Sports	
		<input type="checkbox"/> Shooting Sports Director*	21
Climbing		<input type="checkbox"/> Rifle Instructor	21
<input type="checkbox"/> Climbing Director*	21	<input type="checkbox"/> Shotgun Instructor	21
<input type="checkbox"/> Climbing Instructor	16	<input type="checkbox"/> Archery Instructor	18
<input type="checkbox"/> Climbing Aid	16	<input type="checkbox"/> Range Safety Officer	21
		<input type="checkbox"/> Shooting Sports Aide	15
Handicraft		Support Staff	
<input type="checkbox"/> Handicraft Director	18	<input type="checkbox"/> Asst. Ranger	21
<input type="checkbox"/> Handicraft Instructor	15	<input type="checkbox"/> Ranger Aide	15
		<input type="checkbox"/> Counselor in Training	14
Specialty Program		Vocational	
<input type="checkbox"/> Renegade Director	21	<input type="checkbox"/> Vocational Director	21
<input type="checkbox"/> First Year Director	18	<input type="checkbox"/> Vocational Instructor	15
<input type="checkbox"/> First/Second Year Instructor	15		
Dining Hall/Kitchen			
<input type="checkbox"/> Dining Hall Steward	18		
<input type="checkbox"/> Food Service Director	21		
<input type="checkbox"/> Cook	18		
<input type="checkbox"/> Dining Hall Aide	15		

** Position requires certification by a National Camp School. If hired without this certification, individuals will be required to obtain this week long training before the start of the camp session. The Council will cover the registration fee but not travel expenses.*

Have you ever been convicted of a felony, child abuse or a sexual offense? Yes No

If selected to be a member of the camp staff, the Boy Scouts of America can expect my loyalty to the management, its policies and programs, and my cooperation with other staff. I will serve to the best of my ability. I am in good health and if selected will provide a current physical examination on the BSA Annual Health and Medical Record at my own expense.

Applicant Signature: _____ Date: _____

Guardian Signature: _____ Date: _____

(if applicant is under the age of 18)

BOY SCOUTS OF AMERICA

REGISTERED CAMP STAFF CODE OF CONDUCT

As a condition of my camp staff registration with the Boy Scouts of America, I agree to comply with the following requirements of the Boy Scouts of America:

1. I have or will complete my camp staff registration with the Boy Scouts of America, answering all questions truthfully and honestly.
2. I will be a model of the Scout Oath and Scout Law and obey all laws.
3. I will respect and abide by the Rules and Regulations of the Boy Scouts of America and BSA-provided training, including but not limited to:
 - a. Youth protection
 - b. Unauthorized fundraising activities
 - c. Advocacy on social and political issues
 - d. Discrimination, bullying, hazing, and harassment of any kind
 - e. Prohibition on all sexual related activity
4. I confirm that I have disclosed fully to the Scout executive or camp management any of the following in which I was the subject:
 - a. Any criminal charges or convictions of a crime or offense involving abuse, violence, sexual misconduct, or any misconduct involving minors or juveniles
 - b. Any investigation or court order involving domestic violence, child abuse, or similar matter
 - c. Any criminal charges or convictions for offenses involving firearms or dangerous weapons
5. I will not possess, distribute, transport, consume, or use any of the following prohibited items at camp:
 - a. Alcohol or drugs, including marijuana, other than prescribed medication. I will disclose any prescribed medication with the potential to impair functioning and discuss it with the camp management prior to beginning work.
 - b. Concealed or unconcealed firearms, fireworks, or explosives unless required because of my position as a camp staff member
 - c. Pornography or materials that contain words or images inconsistent with Scouting values
6. If legally permitted, I will not consume alcohol to excess when off camp property nor furnish alcohol to any underage person.
7. I will not house or harm any domestic animals or wildlife, except for that acquired through lawful, authorized hunting or fishing.
8. I will treat BSA property and equipment with respect, keep myself and my personal space neat in appearance, and set the example with respect to caring for BSA property.
9. I will be familiar with and, as may be appropriate under the circumstances, follow and require others to follow:
 - a. The Guide to Safe Scouting: <http://www.scouting.org/scoutsource/HealthandSafety/GSS.aspx>
 - b. The Sweet Sixteen of BSA Safety: <http://www.scouting.org/scoutsource/HealthandSafety/Resources/sweet16.aspx>
 - c. BSA Youth Protection Policies and Guidelines, including mandatory reporting: <http://www.scouting.org/YouthProtection.aspx>
10. I will not transport any Scout or operate any motorized vehicle owned or used by the camp without authorization and, when required, will adhere to safe driving practices consistent with my training.
11. I will take steps to prevent or report any violation of this Code of Conduct by other camp staff or persons on camp property.

SIGNATURE: _____

DATE: _____

PRINTED NAME: _____

CAMP: _____

Part A: Informed Consent, Release Agreement, and Authorization

Full name: _____
 Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____
 or staff position: _____

Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915[a]) My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

Checking this box indicates you DO NOT want your child to use a BB device.



NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any:

None

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, **I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met.** The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: _____ Date: _____

Parent/guardian signature for youth: _____ Date: _____

(If participant is under the age of 18)

Complete this section for youth participants only:

Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

Name: _____

Name: _____

Phone: _____

Phone: _____

Adults NOT Authorized to Take Youth to and From Events:

Name: _____

Name: _____

Phone: _____

Phone: _____



Part B1: General Information/Health History

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

Age: _____ Gender: _____ Height (inches): _____ Weight (lbs.): _____

Address: _____

City: _____ State: _____ ZIP code: _____ Phone: _____

Unit leader: _____ Unit leader's mobile #: _____

Council Name/No.: _____ Unit No.: _____

Health/Accident Insurance Company: _____ Policy No.: _____



Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.

In case of emergency, notify the person below:

Name: _____ Relationship: _____

Address: _____ Home phone: _____ Other phone: _____

Alternate contact name: _____ Alternate's phone: _____

Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes <input type="checkbox"/> No <input type="checkbox"/>
		Hypertension (high blood pressure)	
		Adult or congenital heart disease/heart attack/chest pain (anginal)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma/reactive airway disease	Last attack date: _____
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion/TBI	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Neurological/behavioral disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures or epilepsy	Last seizure date: _____
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Skin issues	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		List all surgeries and hospitalizations	Last surgery date: _____
		List any other medical conditions not covered above	



Part B2: General Information/Health History

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____
or staff position: _____

Allergies/Medications

DO YOU USE AN EPINEPHRINE AUTOINJECTOR? Exp. date (if yes) _____ YES NO

DO YOU USE AN ASTHMA RESCUE INHALER? Exp. date (if yes) _____ YES NO

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

Check here if no medications are routinely taken. If additional space is needed, please list on a separate sheet and attach.

Medication	Dose	Frequency	Reason

YES NO Non-prescription medication administration is authorized with these exceptions: _____

Administration of the above medications is approved for youth by:

_____/_____
Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
			Tetanus	
			Pertussis	
			Diphtheria	
			Measles/mumps/rubella	
			Polio	
			Chicken Pox	
			Hepatitis A	
			Hepatitis B	
			Meningitis	
			Influenza	
			Other (i.e., HIB)	
			Exemption to immunizations (form required)	

Please list any additional information about your medical history:

DO NOT WRITE IN THIS BOX.
Review for camp or special activity.

Reviewed by: _____

Date: _____

Further approval required: Yes No

Reason: _____

Approved by: _____

Date: _____



Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____



You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit www.scouting.org/health-and-safety/ahmr to view this information online.

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate			

Yes	No	Allergies or Reactions	Explain
		Medication	
		Food	

Yes	No	Allergies or Reactions	Explain
		Plants	
		Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
			/	

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Skin issues			
Other			

Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Has no uncontrolled heart disease, lung disease, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: _____ Date: _____

Examiner's printed name: _____

Address: _____

City: _____ State: _____ ZIP code: _____

Office phone: _____

Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295



Prepared. For Life.®

Part D: High-Adventure Notes to Physicians and Parents

Participation at any of the BSA's high-adventure bases or in any unit high-adventure backcountry activities can be physically, mentally, and emotionally demanding. To be better prepared, each participant must complete the following before attending any high-adventure base or participating in any high-adventure backcountry activity:

- Fill in parts A and B of the Annual Health and Medical Record.
- Share Part D with the examining health-care provider.
- Have a physical exam by a certified and licensed health-care provider/physician (MD, DO), nurse practitioner, or physician assistant, and have part C completed.
- Read the following information, which focuses on specific risks at the high-adventure base you will be attending.

The Trek Experience. Each high-adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of yourself and others.

Philmont. Each participant must be able to carry a 35- to 50-pound pack while hiking 5 to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,500 feet in elevation. Summer/autumn climatic conditions include temperatures from 30 to 90 degrees, low humidity (10 to 30 percent), and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, black powder shooting, 12-gauge trap shooting, .30-06 shooting, trail building, mountain biking, and other activities that have potential for injury.

Winter climatic conditions can range from -20 to 60 degrees. For the Winter Adventure, each person will walk, ski, or snowshoe along snow-covered trails pulling loaded toboggans or sleds for up to 3 miles, or more on a cross-country ski trek. Refer to the Philmont Scout Ranch website for specific information.

Northern Tier. Each person must be able to carry a 50- to 85-pound pack or canoe from a quarter-mile to 2 miles several times a day on rough, swampy, and rocky portages and paddle 10 to 15 miles per day, often against a headwind.

Climatic conditions can range from 30 to 100 degrees in summer/autumn and from -40 to 40 degrees in the winter. For the Okpik Experience, each person will walk, ski, or snowshoe along snow-covered trails or across frozen lakes, pulling loaded toboggans or sleds for up to 3 miles, or more if on a cross-country ski trek. Refer to the Northern Tier website for specific information.

Florida Sea Base. Climatic conditions at Florida Sea Base include temperatures ranging from 50 to 95 degrees, high humidity, heat index reaching to 110 degrees, and frequent, sometimes severe, afternoon thunderstorms. Activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and other activities that have potential for injury. Refer to the Sea Base website for specific information.

Parte D: Notas para médicos y padres de familia sobre aventura extrema

La participación en cualquiera de las bases de aventura extrema de BSA, o en cualquier actividad de aventura extrema en terrenos campestres aislados puede ser física, mental y emocionalmente agotadora. Para estar mejor preparado, cada participante debe completar lo siguiente antes de acudir a cualquier base de aventura extrema o de participar en cualquier actividad de aventura extrema en terrenos campestres aislados:

- Completar las partes A y B del Registro Médico y de Salud Anual.
- Compartir la parte D con el proveedor de atención médica que realizará el reconocimiento.
- Someterse a un examen físico por un proveedor de atención médica/médico (MD, DO), enfermera profesional o asistente médico certificado y licenciado y que éste complete la parte C.
- Leer la siguiente información que se enfoca en riesgos específicos en la base de aventura extrema a la que acudirá.

Experiencia en las caminatas. Cada base de aventura extrema ofrece una experiencia única que implica riesgos. El personal experto dará instrucciones a todos los participantes con respecto a las medidas de seguridad que se deben seguir. Prepárese para escuchar y seguir con atención dichas medidas y a aceptar la responsabilidad por la salud y seguridad de usted y los demás.

Philmont. Cada participante debe poder cargar una mochila con un peso de entre 35 y 50 libras en un trayecto de 5 a 12 millas por día en un ambiente montañoso, silvestre y aislado con una elevación entre 6,500 y 12,500 pies. Las condiciones climatológicas del verano/otoño incluyen temperaturas de los 30 a los 90 grados, poca humedad (10 a 30 por ciento) y frecuentes, e incluso severas tormentas eléctricas por la tarde. Las actividades incluyen montar a caballo, escalar en roca, rapel, eventos desafiantes, treparse a un mástil, disparo con pólvora, tiro al vuelo de calibre 12, tiro con cartucho .30-06, senderismo, bicicleta de montaña y otras actividades que tienen posibilidades de causar lesiones.

Las condiciones climáticas invernales pueden abarcar de -20 a 60 grados. Para la Aventura Invernal, cada persona caminará, esquiará o caminará con raquetas para nieve a lo largo de senderos cubiertos de nieve jalando trineos de carga durante tres millas de distancia o más en un sendero para esquí a campo traviesa. Consulte el sitio web del Rancho Scout Philmont para obtener información específica.

Northern Tier. Cada persona debe poder cargar una mochila de 50 a 85 libras o una canoa entre media milla y dos millas varias veces al día en lugares escabrosos, pantanosos y rocosos y remar de 10 a 15 millas por día, con frecuencia con viento de frente.

Las condiciones climáticas pueden variar entre los 30 y 100 grados en el verano/otoño y de -40 a 40 grados en el invierno. Para la Experiencia Okpik, cada persona caminará, esquiará o caminará con raquetas para nieve a lo largo de senderos cubiertos de nieve o a través de lagos congelados jalando trineos de carga durante tres millas de distancia o más en un sendero para esquí a campo traviesa. Consulte el sitio web de Northern Tier para obtener información específica.

Base Marina de la Florida. Las condiciones climáticas en la Base Marina de la Florida incluyen temperaturas que van desde los 50 hasta los 95 grados, humedad elevada, e índice de calor que alcanza los 110 grados y hay frecuentes e incluso severas, tormentas eléctricas por la tarde. Las actividades incluyen snorkel, buceo, kayak, canotaje, vela, excursión, y otras actividades que pueden causar lesiones. Consulte el sitio web de la Base Marina para obtener información específica.

Risk Advisory. All of the high-adventure bases have excellent health and safety records and strive to minimize risks to participants and advisors by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries. If you decide to attend Philmont, Northern Tier, Florida Sea Base, or the Summit Bechtel Reserve, you should be physically fit, have proper clothing and equipment, and be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety.

Parents, guardians, and participants in any high-adventure program are advised that journeying to and from these bases can involve exposure to accidents, illness, and/or injury.

High-adventure staff members have been trained in first aid, CPR, and accident prevention and are prepared to assist the adult advisor in recognizing, reacting to, and responding to accidents, injuries, and illnesses as needed. Each crew is required to have at least one member trained in wilderness first aid and CPR. Medical and search-and-rescue services are provided in response to an accident or emergency.

However, response times can be affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in a wilderness setting.

Philmont. Participants and guests for Philmont activities that are conducted with limited access to the backcountry, including most Philmont Training Center conferences and family programs, should review Part D to understand potential health risks inherent at 6,700 feet in elevation in a dry Southwest environment.

High elevation; physically demanding high-adventure program in remote mountainous areas; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping and falling, falls from horses, heat exhaustion, and motor vehicle accidents, can worsen underlying medical conditions. Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes, and mountain lions are native and usually present little danger if proper precautions are taken. Please call Philmont (575-376-2281) if you have any questions.

Northern Tier. While participating in Northern Tier's canoeing and camping wilderness areas, life jackets must be worn at all times when on the water. Crew members travel together at all times. Emergency communications via radio, and in more remote locations by satellite phone, are provided by Northern Tier. Radio communication and/or emergency evacuation can be hampered by weather, terrain, distance, equipment malfunction, and other factors, and are not a substitute for taking appropriate precautions and having adequate first-aid knowledge and equipment. Please call Northern Tier (218-365-4811) if you have any questions.

Florida Sea Base. Several activities are offered, including snorkeling, sailing, camping, kayaking, canoeing, swimming, fishing, and scuba diving. Diving is an exciting and demanding activity. When performed correctly, it is very safe. When established safety procedures are not followed, however, there are extreme dangers. All participants will need to learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury, so participants must be instructed to use the equipment safely under direct supervision of a qualified instructor.

Advertencia de riesgo. Todas las bases de aventura extrema tienen excelentes antecedentes de salud y seguridad y se esfuerzan por minimizar los riesgos para los participantes y asesores haciendo hincapié en las precauciones de seguridad adecuadas. Ya que la mayoría de los participantes están preparados, tienen conciencia de los riesgos y toman precauciones de seguridad, no experimentan lesiones. Si usted decide acudir a Philmont, Northern Tier, Base Marina de la Florida o Summit Bechtel Reserve, usted deberá estar en forma física, tener indumentaria y equipo adecuado, y estar dispuesto a seguir instrucciones, trabajar en equipo con su grupo y hacerse responsable de su propia salud y seguridad.

Los padres, tutores y participantes de cualquier programa de aventura extrema son notificados de que el recorrido hacia y desde dichas bases puede implicar exposición a accidentes, enfermedades o lesiones.

Los miembros del personal de aventura extrema han sido capacitados en primeros auxilios, RCP y prevención de accidentes, y están preparados para ayudar al asesor adulto a reconocer, reaccionar y responder ante accidentes, lesiones y enfermedades según sea necesario. Se requiere que cada grupo tenga por lo menos un miembro capacitado en primeros auxilios en la naturaleza y RCP. Los servicios médicos y de búsqueda y rescate son proporcionados como respuesta ante un accidente o emergencia. **Sin embargo, los tiempos de respuesta pueden verse afectados por la ubicación, el terreno, el tiempo, u otras emergencias y puede retrasarse por horas o incluso días en un entorno silvestre.**

Philmont. Los participantes e invitados de las actividades Philmont que se realicen con acceso limitado a las zonas campestres, incluyendo la mayoría de las conferencias y programas familiares en el Centro de Capacitación Philmont, deberán repasar la Parte D para entender los riesgos potenciales inherentes a los 6,700 pies de elevación en un ambiente seco del Suroeste.

La gran altitud; un programa de aventura extrema físicamente exigente en áreas montañosas remotas; acampar mientras se está expuesto a condiciones climatológicas ocasionalmente severas tales como relámpagos, granizo, inundaciones repentinas, y calor; y otros problemas potenciales, incluyendo lesiones a causa de tropezones y caídas, caídas de un caballo, golpe de calor, y accidentes de vehículos a motor, pueden empeorar condiciones médicas subyacentes. Los senderos de Philmont son empinados y pedregosos. Los animales salvajes tales como osos, víboras de cascabel y pumas son nativos de la zona y por lo general presentan poco peligro si se toman las precauciones adecuadas. Por favor, llame a Philmont (575-376-2281) si tiene preguntas.

Northern Tier. Mientras participe en las áreas silvestres de acampada y canotaje de Northern Tier, debe llevar puesto el chaleco salvavidas en todo momento que se encuentre en el agua. Los miembros del grupo viajan juntos siempre. Las comunicaciones de emergencia vía radio y en lugares más remotos por teléfono satelital, son proporcionadas por Northern Tier. La comunicación por radio y la evacuación de emergencia puede ser obstaculizada por el tiempo, el terreno, la distancia, mal funcionamiento del equipo y otros factores, y no substituyen el tomar las precauciones apropiadas y tener conocimiento y equipo adecuado de primeros auxilios. Por favor, llame a Northern Tier (218-365-4811) si tiene cualquier pregunta.

Base Marina de la Florida. Se ofrecen varias actividades incluyendo snorkel, vela, acampada, kayak, canotaje, natación, pesca y buceo. El buceo es una actividad emocionante y exigente. Cuando se realiza de forma correcta, es muy segura. Sin embargo, cuando los procedimientos de seguridad establecidos no se siguen, existen peligros extremos. Todos los participantes necesitan aprender del instructor las reglas de seguridad importantes referentes a la respiración y equalización mientras se practica el buceo. El uso inadecuado del equipo de buceo puede resultar en lesiones graves, por lo tanto, se les debe instruir a los participantes a utilizar el equipo de manera segura bajo la supervisión directa de un instructor calificado.

To scuba dive safely, participants must not be extremely overweight or in poor physical condition. Diving can be strenuous under certain conditions. Participants' respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, a current cold or congestion, epilepsy, asthma, or a severe medical problem, or who is under the influence of alcohol or drugs, should not dive. If taking medication, participants should consult a doctor and the instructor before participation in this program. If there is a question about the advisability of participation, contact the family physician first, then call the Sea Base at 305-664-5612. The Sea Base health supervisor reserves the right to make medical decisions regarding the participation of individual at Sea Base.

Food. Each base offers food appropriate for the experience. If a participant has a problem with the diet described in the participant guide, please contact the high-adventure base you are considering attending.

Medications. Each participant who has a condition requiring medication should bring an appropriate supply for the duration of the trip. Consider bringing duplicate or even triplicate supplies of vital medications. People with allergies that have resulted in severe reactions or anaphylaxis must bring with them an EpiPen that has not expired.

Immunizations. Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Scouts and Scouters who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, the *Immunization Exemption Request* form is required.

Recommendations Regarding Chronic Illnesses. Each base requires that this information be shared with the parents or guardians and examining physician of every participant. There are no facilities for extended care or treatment; therefore participants who cannot meet these requirements will be sent home at their expense.

Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history.

Adults or youth who have had any of the following conditions should undergo a thorough evaluation by a physician before considering participation at a BSA high-adventure base.

Cardiac or Cardiovascular Disease, including:

1. Angina (chest pain caused by blocked blood vessels or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization, including angioplasty (balloon dilation) or stents to treat blocked blood vessels
4. Stroke or transient ischemic attacks (TIAs)
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking
9. Excessive weight

Para bucear de manera segura, los participantes no deben estar extremadamente pasados de peso o tener condición física deficiente. Bucear puede ser extenuante bajo ciertas condiciones. Los sistemas respiratorio y circulatorio de los participantes deben estar en buena condición. Todos los espacios de aire del cuerpo deben ser normales y estar saludables. Una persona con problemas del corazón, un resfriado o congestión, epilepsia, asma o un problema médico severo, o que esté bajo la influencia del alcohol o drogas, no debe bucear. Si se está tomando medicamentos, los participantes deberán consultar a un doctor y al instructor antes de participar en este programa. Si hay alguna pregunta sobre la conveniencia de la participación, contacte al médico familiar primero, luego llame a la Base Marina al 305-664-5612. El supervisor de salud de la Base marina se reserva el derecho de tomar decisiones médicas con respecto a la participación de un individuo en la Base Marina.

Comida. Cada base ofrece comida apropiada para la experiencia. Si un participante tiene un problema con la dieta descrita en la guía, favor de comunicarse con la base de aventura extrema que está considerando visitar.

Medicamentos. Cada participante que tenga una condición que requiera medicamentos deberá traer consigo la cantidad apropiada para la duración del viaje. Considere traer suministros por duplicado o incluso triplicado de medicamentos vitales. Las personas con alergias que hayan resultado en reacciones severas o anafilaxia deben traer consigo una EpiPen que no haya caducado.

Vacunas. Cada participante debe haber recibido una vacuna contra el tétanos en los últimos 10 años. Se les dará reconocimiento a los derechos de aquellos Scouts o Scouters que no tienen vacunas a causa de creencias filosóficas, políticas o religiosas. En dicha situación, se requiere el formulario *Solicitud de exención de inmunización*.

Recomendaciones con respecto a enfermedades crónicas. Cada base requiere que se le comunique esta información a los padres o tutores y médico que realice el examen de cada participante. No hay instalaciones para atención o tratamiento prolongado, por lo tanto, los participantes que no puedan cumplir con dichos requisitos serán enviados a casa y deben asumir los gastos.

El personal y los médicos del personal se reservan el derecho de negarle la participación a cualquier individuo con base en el examen físico o historial médico.

Los adultos o niños que hayan tenido cualquiera de las siguientes condiciones, deberán someterse a una evaluación por parte de un médico antes de considerar participar en una base de aventura extrema BSA.

Enfermedad cardíaca o cardiovascular, incluyendo:

1. Angina (dolor de pecho causado por vasos sanguíneos bloqueados o que vienen del corazón).
2. Infarto al miocardio (ataque al corazón).
3. Cirugía de corazón o cateterismo cardíaco, incluyendo angioplastia (dilatación con balón) o stents para tratar vasos sanguíneos bloqueados.
4. Derrame cerebral o ataques isquémicos transitorios (AIT).
5. Claudicación (dolor de pierna con el ejercicio, causado por el endurecimiento de las arterias).
6. Historial familiar de enfermedad cardíaca o que un miembro de la familia haya muerto inesperadamente antes de los 50 años de edad.
7. Diabetes.
8. Tabaquismo.
9. Exceso de peso.

Participants who have a congenital heart disease or an acquired heart disease such as rheumatic fever, Kawasaki's disease, or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating at a high-adventure base. The physical exertion at any of the high-adventure bases may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven conditions listed above should have a physician-supervised stress test. More extensive testing (e.g., nuclear stress test) is recommended for participants who have coronary heart disease. **Even if the stress test results are normal, the results of testing done at lower elevations, without backpacks, do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

Hypertension (High Blood Pressure). The combination of physical, mental, and emotional stress, increased exertion and/or heat, and altitude appears to cause a significant increase in blood pressure in some individuals. Occasionally, hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, heart attack, or angina. **Participants should have a blood pressure less than 140/90.** Persons with significant hypertension (greater than 140/90) should be treated and controlled before attending any high-adventure base, and should continue on medications while participating. **The goal of treatment should be to lower the blood pressure to normal levels.** Participants already on antihypertensive therapy with normal blood pressure should continue on medications. Individuals taking diuretics to treat hypertension are at increased risk for dehydration related to strenuous physical activity and should be careful to maintain good hydration during the trek.

Philmont. Each participant who is 18 years of age or older will have his or her blood pressure checked at Philmont. **Those individuals with a blood pressure consistently greater than 160/100 at Philmont may be kept off the trail until their blood pressure decreases.**

Florida Sea Base. Those taking beta-blocker medication should consider a change of medication before participating in any scuba program.

Insulin-Dependent Diabetes Mellitus. Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The person with diabetes also should know how to give a self-injection. Both the person with diabetes and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and excessively low blood sugar (hypoglycemia). The person with diabetes and one other individual should know the appropriate initial responses for these conditions. An insulin-dependent person who has been newly diagnosed (within the last six months) or who has undergone a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate until better control of the diabetes has been achieved.

Los jóvenes que tengan alguna enfermedad cardíaca congénita o enfermedad cardíaca adquirida como fiebre reumática, enfermedad de Kawasaki o prolapso de la válvula mitral deberán someterse a una prueba de esfuerzo exhaustivo antes de considerar participar en una base de aventura extrema. El esfuerzo físico en cualquiera de las bases de aventura extrema puede precipitar ya sea un ataque al corazón o derrame cerebral en las personas susceptibles. Los participantes con antecedentes de cualquiera de las primeras siete condiciones enumeradas anteriormente deberán someterse a una prueba de esfuerzo supervisada por un médico. Se recomiendan pruebas más exhaustivas (por ejemplo, prueba de esfuerzo con radioisótopos) para los participantes que tengan una enfermedad coronaria. **Incluso si los resultados de la prueba de esfuerzo son normales, los resultados de la prueba realizada en elevaciones bajas, sin mochilas, no garantiza la seguridad.** Si los resultados de la prueba son anormales, se le aconseja al individuo no participar.

Hipertensión (Presión arterial alta). La combinación de estrés físico, mental y emocional, el aumento de esfuerzo y de calor, y la altura, aparentemente causan un incremento significativo en la presión arterial en algunos individuos. En ocasiones, la hipertensión alcanza tal nivel que no es seguro participar en una actividad vigorosa. La hipertensión puede incrementar el riesgo de tener un derrame cerebral, ataque al corazón o angina. **Los participantes deben tener una presión arterial normal menor de 140/90.** Las personas con una hipertensión importante (mayor a 140/90) deberán estar bajo tratamiento y su condición debe estar controlada antes de que acudan a cualquier base de aventura extrema, y deberán continuar con sus medicamentos mientras participen. **El objetivo del tratamiento debe ser disminuir la presión arterial a niveles normales.** Aquellos que ya se encuentren bajo tratamiento antihipertensivo y que tengan una presión arterial normal deberán continuar con su tratamiento. Los individuos que tomen diuréticos para tratar la hipertensión corren un mayor riesgo de deshidratación relacionada con actividad física desgastante y deberán tener cuidado de mantener una muy buena hidratación durante la excursión.

Philmont. A cada participante que tenga 18 años de edad o más se le tomará la presión en Philmont. **Aquellos individuos con presión arterial consistentemente mayor a 160/100 en Philmont serán apartados del sendero hasta que la presión arterial disminuya.**

Base Marina de la Florida. Quienes toman medicamentos beta bloqueadores deberían considerar cambiar de medicamento antes de participar en cualquier programa de buceo.

Diabetes Mellitus dependiente de insulina. El ejercicio y el tipo de alimentos que se consumen afectan la necesidad de insulina. Cualquier persona que padezca diabetes mellitus dependiente de insulina deberá ser capaz de autocontrolar su nivel de glucosa en la sangre y saber cómo ajustar las dosis de insulina con base en estos factores. Las personas con diabetes también deben saber cómo inyectarse. Tanto la persona con diabetes y otra más en el grupo debe saber reconocer los síntomas de niveles excesivamente altos de azúcar (hiperglucemia o cetoacidosis diabética) y los de niveles excesivamente bajos de azúcar en la sangre (hipoglucemia). La persona con diabetes y otra persona más deberán saber las respuestas iniciales apropiadas para dichas condiciones. Una persona dependiente de insulina que haya sido diagnosticada recientemente (en los últimos 6 meses) o que se haya sometido a un cambio en el sistema de dosificación (por ejemplo, una bomba para insulina) en el mismo periodo no deberá intentar participar. Una persona que haya sido hospitalizada frecuentemente debido a cetoacidosis diabética o que haya tenido problemas frecuentes de hipoglucemia, no deberá participar hasta que se obtenga un mejor control de la diabetes.

Philmont. It is recommended that the person with diabetes and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Bring insulin in a small insulated container. Bring enough testing equipment and supplies for the entire trip and trek. Extras are usually needed. If an individual has been hospitalized for diabetes-related illnesses within the past year, the individual must obtain permission to participate by contacting the Philmont Health Lodge at 575-376-2281.

Florida Sea Base. Persons with diabetes who are 18 years of age or older who wish to scuba dive should be assessed by a physician familiar with both hyperbaric issues related to diabetes and medications used for the control and treatment of diabetes. Persons 18 years old or older who are determined to be candidates for scuba diving must submit four hemoglobin A1c (HbA1c) tests, each with HbA1c values less than 7, taken within the previous 12 months. Any test within the past 12 months with an HbA1c value greater than 7 disqualifies a person from scuba diving as part of a BSA activity.

Persons less than 18 years of age with Type 1 diabetes will not be allowed to scuba dive. Persons under the age of 18 who control their diabetes with exercise and diet (no medications) and can provide three sequential hemoglobin tests with HbA1c values less than 6 may be approved to scuba dive.

Seizures (Epilepsy). A seizure disorder or epilepsy does not exclude an individual from participating at a high-adventure base. However, the seizure disorder should be well-controlled by medications. A minimum one year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew.

Florida Sea Base. Any seizure activity within the past five years, regardless of control and/or medication, disqualifies an individual from participation in any scuba program. A person with a history of seizure activity who has been asymptomatic AND medication-free for five years, as evidenced by a physician, will be allowed to dive.

Asthma. Asthma should be well-controlled before participating at any high-adventure base. Well-controlled asthma means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for nighttime treatment with a rescue inhaler (e.g., albuterol). Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You must meet these guidelines in order to participate. You may not be allowed to participate if: 1) you have exercise asthma not controlled by medications; or 2) you have been hospitalized or have gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment with intravenous, intramuscular, or oral steroids (prednisone) in the past six months. *You must bring an ample supply of your medications and a spare rescue inhaler that are not expired.* At least one other member of the crew should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the rescue inhaler. **Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.**

Philmont. Se recomienda que la persona con diabetes y otra persona más lleve consigo insulina en el recorrido (en caso de un accidente) y que una tercera ampolleta sea guardada en el pabellón médico como reserva. Lleve la insulina en un pequeño recipiente aislante. Lleve suficientes suministros de prueba para el viaje y el recorrido. Normalmente se requieren adicionales. Si un individuo ha sido hospitalizado por enfermedades relacionadas con la diabetes en el último año, el individuo debe obtener permiso para participar llamando al Pabellón médico de Philmont al 575-376-2281.

Base Marina de la Florida. Las personas con diabetes que tengan 18 años de edad o más que deseen bucear, deberán ser evaluados por un médico familiar en temas hiperbáricos relacionados con la diabetes, como medicamentos utilizados para el control y tratamiento de la diabetes. Las personas de 18 años de edad o más que sean determinadas como candidatos para bucear, deben remitir cuatro pruebas de hemoglobina A1c (HbA1c), cada una con valores HbA1c menores a 7, tomadas dentro de los 12 meses anteriores. Cualquier prueba dentro de los últimos 12 meses con un valor HbA1c mayor a 7 descalifica a dicha persona de bucear como parte de una actividad BSA.

Las personas menores de 18 años de edad con diabetes Tipo 1 no podrán bucear. Las personas menores de 18 años que controlan su diabetes con ejercicio y dieta (no medicamentos) y que puedan proporcionar tres pruebas secuenciales de hemoglobina con valores HbA1c menores a 6, pueden ser aprobadas para bucear.

Convulsiones (Epilepsia). Las convulsiones o epilepsia no excluyen a un individuo de participar en una base de aventura extrema. Sin embargo, la enfermedad debe estar bien controlada con medicamentos. Se considera como bajo control cuando existe un periodo mínimo de un año sin convulsiones. Se pueden considerar excepciones a estos lineamientos según cada caso individual y se basará en el tipo específico de convulsión y la posibilidad de riesgo para el individuo y a los otros miembros del grupo.

Base Marina de la Florida. Cualquier convulsión dentro de los últimos cinco años, sin importar el control o el medicamento, descalifica a un individuo de participar en cualquier programa de buceo. Una persona con antecedentes de convulsiones que ha estado sin síntomas Y sin medicamentos por cinco años, según lo acredite un médico, podrá bucear.

Asma. El asma deberá estar bien controlada antes de participar en cualquier base de aventura extrema. Un asma bien controlada significa: 1) el uso de un inhalador de rescate (por ejemplo, albuterol) menos de una vez al día; 2) no tener la necesidad de tratamiento durante la noche con un inhalador de rescate (por ejemplo, albuterol). El asma bien controlada puede incluir el uso de broncodilatadores de larga duración, esteroides inhalados o medicamentos orales como Singulair. Usted debe cumplir con los siguientes lineamientos a fin de participar. No se le permitirá participar si: 1) tiene asma por ejercicio que no se previene con medicamento; ó 2) ha sido hospitalizado o ha acudido a urgencias para tratamiento contra el asma en los últimos seis meses; ó 3) ha necesitado tratamiento con esteroides intravenosos, intramusculares u orales (prednisona) en los últimos seis meses. **Debe llevar consigo suficientes suministros del medicamento e inhaladores de rescate de repuesto que no hayan caducado.** Por lo menos otro miembro del grupo debe saber cómo reconocer las señales de empeoramiento de asma o un ataque de asma y deberá saber cómo utilizar el inhalador de rescate. **Cualquier persona que haya necesitado tratamiento para el asma en los últimos tres años, debe llevar consigo un inhalador de rescate durante el recorrido. Si no trae uno, debe comprarlo antes de que se le permita participar.**

Florida Sea Base. Persons being treated for asthma (including reactive airway disease) are disqualified from BSA scuba programs. Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive as part of a BSA activity upon submission of evidence from their treating physician. Persons with a history of asthma who have been asymptomatic and have not used medication to control asthma for less than five years may be allowed to scuba dive as part of a BSA activity upon submission of a methacholine challenge test showing the asthma to be resolved.

Allergy or Anaphylaxis. *Persons who have had an anaphylactic reaction from any cause must contact the high-adventure base before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you.* You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Every participant will put a great deal of strain on feet, ankles, and knees due to negotiating steep, rocky trails with a backpack; paddling and portaging heavy gear over irregular terrain; or climbing into and out of a boat. Therefore, individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last 6 months must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval to participate. Permission is not guaranteed. A person with a cast on any extremity may participate only if approved by the high-adventure base. **Ingrown toenails are a common problem and must be treated 30 days prior to arrival.**

Psychological and Emotional Difficulties. A psychological disorder does not necessarily exclude an individual from participation. *Parents and advisers should be aware that no high-adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a remote wilderness setting.* Any condition should be well-controlled without the services of a mental health practitioner.

Under no circumstance should medication be stopped immediately prior to participation, and medication should be continued throughout the entire high-adventure experience. Participants requiring medication must bring an appropriate supply for the duration of the trip.

Weight Limits. Weight limit guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. These guidelines are to be in use for all Scouting high-adventure bases and high-adventure backcountry activities.

Philmont. Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight chart shown below. The right-hand column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek.

Base Marina de la Florida. Las personas que reciben tratamiento para el asma (incluyendo enfermedad reactiva de las vías respiratorias) son descalificadas de los programas de buceo BSA. Las personas con antecedentes de asma que no han tenido síntomas y que no han usado medicamentos para el control del asma durante cinco años o más, pueden bucear como parte de una actividad BSA una vez que remitan evidencia de su médico. Las personas con antecedentes de asma que no han tenido síntomas y que no han usado medicamentos para el control del asma durante menos de cinco años, pueden bucear como parte de una actividad BSA una vez que remitan una prueba de metacolina que muestre que el asma ha sido resuelta.

Alergia o anafilaxia. *Las personas que han tenido una reacción anafiláctica por cualquier causa, deben contactar a la base de aventura extrema antes de llegar. Si a usted le han permitido participar, se le requerirá que tenga el tratamiento adecuado con usted.* Usted y por lo menos otro miembro de su grupo debe saber cómo administrar el tratamiento. Si usted no trae consigo el tratamiento apropiado, se le requerirá que lo compre antes de que se le permita participar.

Lesiones musculoesqueléticas recientes y cirugía ortopédica recientes. Cada participante ejercerá una gran cantidad de presión en los pies, tobillos y rodillas a causa del efecto de andar por un terreno empinado y senderos escabrosos cargando una mochila; remando y cargando equipo pesado sobre terreno irregular; o al subirse y salir de una embarcación. Por lo tanto, los individuos con problemas musculoesqueléticos (incluyendo problemas de la espalda) o lesiones/cirugías ortopédicas en los últimos seis meses, deben tener una carta de autorización por parte de su cirujano ortopeda o médico tratante para que sea considerado para aprobación para participar. El permiso no se garantiza. Una persona con un yeso en cualquier extremidad puede participar sólo si lo aprueba la base de aventura extrema. **Las uñas encarnadas son un problema común y deben tratarse un mes antes del evento.**

Trastornos psicológicos y emocionales. *Los trastornos psicológicos no necesariamente excluyen a una persona de la participación. Los padres y consejeros deben estar conscientes de que ninguna experiencia de aventura extrema está diseñada para ayudar a contrarrestar problemas psicológicos o emocionales. La experiencia demuestra que estos problemas generalmente aumentan, no disminuyen cuando un participante se somete a los desafíos físicos y mentales de un ambiente remoto y silvestre.* Cualquier condición debe estar bien controlada sin los servicios de un profesional del cuidado de la salud mental. **Bajo ninguna circunstancia se debe suspender el medicamento inmediatamente antes de participar, y el medicamento deberá continuarse durante la totalidad de la experiencia de aventura extrema.** Los participantes que necesiten medicamento deben llevar la cantidad adecuada para la duración del viaje.

Límites de peso. Las reglas de límite de peso son utilizadas ya que los individuos con exceso de peso corren mayor riesgo de ataque al corazón, presión arterial elevada, derrame cerebral, enfermedades de altitud, trastornos del sueño y lesiones. Quienes están dentro de los límites tienen más posibilidades de tener una excursión placentera y evitar incurrir en riesgos de salud. Estos lineamientos deben utilizarse en todas las bases Scouting de aventura extrema y actividades de aventura extrema en terrenos aislados.

Philmont. Cada participante en una excursión en Philmont no debe exceder el límite máximo aceptable en la tabla de peso que se muestra a continuación. La columna a la derecha muestra el peso máximo aceptable para la estatura de una persona a fin de poder participar en una excursión en Philmont.

Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck WILL NOT be permitted to backpack or hike at Philmont. They will be sent home. For example, a person 70 inches tall cannot weigh more than 226 pounds. All heights and weights will be measured in stocking feet.

For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek.

Philmont will consider up to 20 pounds over the maximum acceptable as stated on the chart; however **exceptions are not made automatically, and discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age.** Philmont's telephone number is 575-376-2281.

Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs. This requirement is necessary due to rescue equipment restrictions and for the safety of search-and-rescue personnel.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 pounds.

Participants and guests in Philmont activities, including most Philmont Training Center conference and family programs, who *will* participate in limited backcountry access during their visit must not exceed the maximum acceptable limit in the weight chart.

Northern Tier. Each participant in a Northern Tier expedition should not exceed the maximum acceptable weight for height in the table shown on the Annual Health and Medical Record form. Those who fall within the recommended weight limits are much more likely to have an enjoyable trek and avoid incurring injuries and health risks. Extra weight puts strain on the back, joints, and feet. The portage trails can be very muddy, slippery, and rocky, and present a potential for tripping and falling. We also strongly recommend that no participant be less than 100 pounds in weight. Extremely small participants will have a very difficult time carrying canoes and heavy packs.

Canoes' loads are another important reason to limit participant weight. Northern Tier assigns three people to a canoe. The total participant load per canoe must not exceed 600 pounds, or an average of 200 pounds per participant. Northern Tier does not permit individuals exceeding 295 pounds to participate in high-adventure programs.

Florida Sea Base. Any participant or advisor who exceeds the maximum weight limits on the weight chart may want to reconsider participation in a Sea Base high-adventure program. Anyone who exceeds these limits is at extreme risk for health problems. Participants who fall within the guidelines are more likely to have an enjoyable program and avoid incurring health risks. The absolute weight limit for our programs is 295 pounds.

Los participantes de 21 años de edad o más que excedan el límite de aceptación máxima de peso correspondiente a su altura en la revisión médica en Philmont, NO podrán excursionar o ir de expedición con mochila en Philmont. Serán enviados a casa. Por ejemplo, una persona de 70 pulgadas de estatura no puede pesar más de 226 libras. Todas las estaturas y pesos serán medidos con calcetines puestos.

Para los participantes menores de 21 años que excedan el límite de aceptación máxima de peso correspondiente a su altura, los médicos de Philmont utilizarán su mejor juicio profesional para determinar la participación en un recorrido en Philmont. Philmont considerará hasta 20 libras sobre la aceptación máxima tal como se establece en la tabla; sin embargo, **las excepciones no se realizan automáticamente, y se requiere un análisis por adelantado con Philmont con respecto a cualquier excepción al límite de peso para personas menores de 21 años de edad.** El teléfono de Philmont es 575-376-2281.

Bajo ninguna circunstancia se le permitirá a ningún individuo que pese más de 295 libras participar en los programas en las áreas campestres. Este requisito es necesario debido a las restricciones del equipo de rescate y por la seguridad del personal de búsqueda y rescate.

El peso máximo para cualquier participante en el Sendero Cavalcade y para montar a caballo es 200 libras.

Los participantes e invitados de las actividades Philmont, incluyendo la mayoría de las conferencias y programas familiares del Centro de Capacitación Philmont que *participarán* en zonas campestres con acceso limitado durante su visita, no deben exceder el límite máximo aceptable en la tabla de peso.

Northern Tier. Cada participante en una expedición en Northern Tier no deberá exceder el peso máximo aceptable correspondiente a su estatura según la tabla que se muestra en el Registro Médico y de Seguridad Anual. Aquellos que entran en los límites de peso recomendables tienen mayor posibilidad de tener un trayecto agradable y evitar incurrir en lesiones y riesgos de salud. El exceso de peso causa estragos en la espalda, articulaciones y pies. Los senderos para trasladar embarcaciones pueden ser fangosos, resbalosos y pedregosos, y presentar riesgos de tropezones y caídas. Asimismo, recomendamos encarecidamente que no haya participantes que pesen menos de 100 libras. Los participantes extremadamente pequeños tendrán dificultad para cargar canoas y mochilas pesadas.

Las cargas de las canoas son otra razón importante para limitar el peso. Northern Tier asigna tres personas por canoa. La carga total de los participantes por canoa no debe exceder 600 libras, o un promedio de 200 libras por participante. Northern Tier no permite a los individuos que excedan 295 libras que participen en programas de aventura extrema.

Base Marina de la Florida. Cualquier participante o consejero que exceda los límites máximos de peso en la tabla quizá quiera reconsiderar su participación en el programa de aventura extrema en una Base Marina. Cualquiera que exceda dichos límites está en riesgo grave de tener problemas de salud. Los participantes que entran en los lineamientos tienen más posibilidades de disfrutar del programa y evitar incurrir en riesgos de la salud. El peso límite absoluto para nuestros programas es 295 libras.

Summit Bechtel Reserve. The Summit Bechtel Reserve offers many types of activities that can be physically demanding, including rock climbing, mountain biking, white-water rafting, zip-line canopy tours, and more. Due to the mountainous terrain and remote location, there are safety precautions that must be followed. Check the Summit's website for more specific information: <https://summit.scouting.org/en/Pages/default.aspx>. Please contact the Summit Bechtel Reserve at 304-250-6750 if you have any questions.

Summit Bechtel Reserve. Este lugar ofrece muchos tipos de actividades que pueden ser físicamente exigentes, incluyendo escalada en roca, ciclismo de montaña, descenso en ríos, recorridos en tirolesa y mucho más. Debido a los terrenos montañosos y ubicación remota, se deben seguir precauciones de seguridad. Consulte el sitio web de Summit para obtener información más específica: <https://summit.scouting.org/en/Pages/default.aspx>. Favor de contactar a Summit Bechtel Reserve al 304-250-6750 si tiene más preguntas.

Height (inches) Estatura (pulgadas)	Recommended Weight (lbs) Peso recomendado (libras)	Allowable Exception Excepción permitida	Maximum Acceptance Aceptación máxima
60	97-138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220
70	132-188	189-226	226

Height (inches) Estatura (pulgadas)	Recommended Weight (lbs) Peso recomendado (libras)	Allowable Exception Excepción permitida	Maximum Acceptance Aceptación máxima
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over 79 y más	170-240	241-295	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services. Esta tabla está basada en la revisión de las Directrices dietéticas para estadounidenses del Departamento de Agricultura y del Departamento de Salud y Servicios Humanos de los EE.UU.